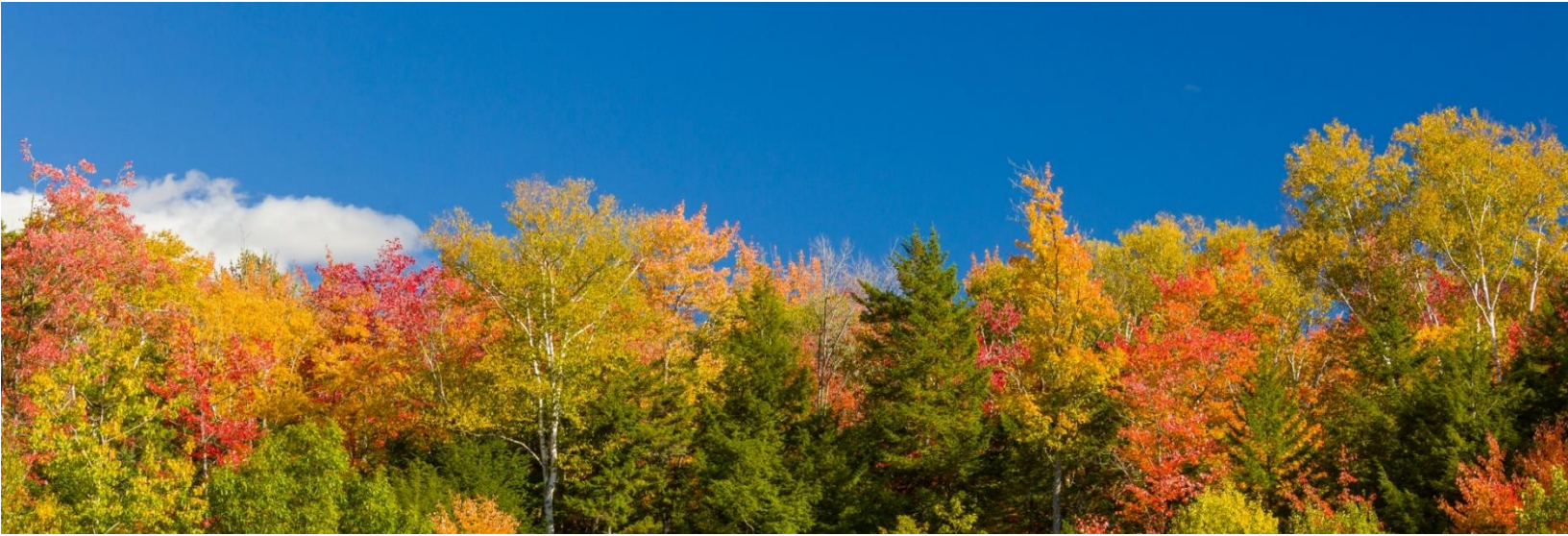


St. Mark's Chronicles

SEPTEMBER 2023



God Gave Me a Voice

By Farah Jurdi

This story talks not only about Susan Allen's journey through academia to pursue her love of music but also to encourage anyone else in the congregation to think about joining our choir. You don't have to have a degree or years of experience just a love of music!

I love, love, love music! It feeds my soul and nourishes my spirituality in a way that doesn't always need words," expressed Susan Allen, a Conrad Grebel University (U of Waterloo) College alumna who earned a Liberal Studies degree with a minor in Church Music and Worship from the University of Waterloo. With the goal of turning her 3-year degree into a 4-year honours degree, Susan returned to Grebel. Although the pandemic cancelled her convocation ceremony in 2020, Susan will soon graduate again and have the opportunity she deserves to cross the stage in triumph.

As an elementary school teacher for more than 30 years, Susan has always loved the classroom environment. "I always thought it would be nice to go to university, but it wasn't really on my radar," she said. "I had a teaching job and a family."

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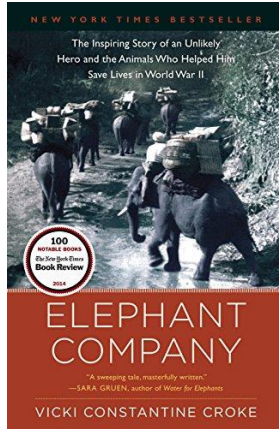
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Book Review

By The Rev'd Canon Lynne Thackwray

***Elephant Company* by Vicki Constantine Croke**

I have always loved animals but after encountering elephants at the Sheldrick Elephant Sanctuary in Kenya I felt a very special bond with them. I donate yearly to support one of their orphans. This book really resounded with me and will probably be one of the few that I actually go back and read again. It is the story of Billy Williams, who earned the title of "Elephant Bill" due to his near mystical understanding of elephants and of the friendship, loyalty and breathtaking bravery that resulted from the bonds he developed working with them. It is the inspiring story of Billy, and the elephants who helped him save lives of refugees in Burma during World War 2. This is a spellbinding true story of elephantine and human courage set in one of the earth's most exotic jungles.



The Quiet Corner

The barefoot priest
 from Bonnevaux France
 Came to teach the SILENCE dance
 We sat with chimes, we circled round
 We ate, we prayed, without a sound
 A Desert Day, mid-week sounds great
 I prayed four times instead of eight
 Thanks be to God – this prayer I sound
 For joy-filled gifts on holy ground

Silent Meditation Retreat at Mt St Francis with Fr. Laurence Freeman WCCM

Recipe of the Month

Thanks to June Moir

Basic Muffin Batter, or, The Nothing Muffin

1 cup all-purpose flour
 2 tsp. baking powder
 1/2 tsp. salt
 1/2 cup sugar
 1/2 cup milk
 1/4 cup melted butter or margarine
 1 egg



Stir together the dry ingredients
 Add melted butter and beaten egg to milk. Add liquid ingredients to dry, stirring only to moisten.

To the batter, add anything you have on the shelf - chocolate chips, butterscotch chips, raisins, fruit, nuts, etc.

OR

Add nothing and serve with your scrambled eggs for breakfast with your favourite homemade jam or jelly.

Bake 375 degrees - 15 or 20 minutes
 Yield - 8 medium muffins

Communication Skills

Thanks to The Rev'd Canon Lynne Thackwray

I had a phone conversation from a very nice young chap from Pakistan. This is how it went:

"Hello sir, how are you today?"

"I'm very well, thank you for asking."

"And how are you? And more to the point, WHO are you?"

"Sir, my name is Sanjit and I am calling you from Microsoft."

"Microsoft eh! Is that a city in Pakistan? And how is the weather there today?"

"No sir – MICROSOFT – the computer company. I'm calling to tell you we have found a problem with your computer and..."

"REALLY! Well that is quite concerning."

"Yes sir, it can become very serious indeed but thankfully, I will be able to fix it for you. Now if you..... "

"NO, I mean it's very concerning because you see I don't HAVE a computer."

"You don't?" "I don't."

"Aah, it must be a problem on your laptop sir."

"Don't have one." "iPad?" "Nope!" "Tablet?"

"Nope, I have none of those things. As a matter of fact, I don't even have a telephone."

After a few seconds of silence he said, "Ah sir, you are lying to me now."

I said, "well, you started it!" And I put the phone down.

Comments from the Clergy

By The Rev'd Canon Lynne Thackwray

Getting Back to It

September is a month of "returning to" of "getting back to" or "starting something new." There are all kinds of activities and opportunities to get involved in all over the place. Hopefully church has been on ongoing time of worship during the summer months but now is the time to perhaps think about volunteering or getting involved at another level. Talk to Tracey about helping out with the church school or youth group. Talk to Greg about pursuing your love of music. Talk to Bobbie Fowler about getting involved in the altar guild. Talk to Richard about becoming a reader or chalice bearer. Talk to Peter about getting involved in our weekly Bible study.

Talk to Rebeca about getting on the roster to help with the coffee after church. Would you like to be a greeter at church and be part of helping new people feel welcomed into our community. This is a time of renewal, a time to practically practice your faith. Think about it. Pray about it. And then listen to that quiet voice inside you that says, "Go for it!"



September In Canada

By The Rev'd Canon Lynne Thackwray

Second week of September - Mennonite Heritage Week

This is the first public Mennonite Heritage Week celebration in Canada. As Minister of Diversity and Inclusion and Youth, I invite all Canadians to reflect on the rich culture and heritage of Mennonite Canadians and their role in promoting peace here and abroad. On May 29, 2019, the Government of Canada adopted a motion to officially declare the second week of September as Mennonite Heritage Week. This week is an opportunity to learn more about Mennonite Canadians, their unique history, their vibrant culture, and their contributions that have helped shape our country. The presence of Mennonites in what is now Canada dates back to the late 1700s. They came to this country to escape war and persecution in other lands. They risked everything to come to a place where they would be safe, not to mention free to practice their faith and live their lives in peace. The history of the Mennonites and their ability to contribute to building an open, welcoming, and prosperous society is a testament to the values they hold dear. These values are Canadian values.

Fourth week of September - Gender Equality Week

Gender Equality Week is an opportunity to:

- raise awareness of the important contributions women and gender diverse communities have made to the growth, development, character and identity of Canada,
- celebrate the significant achievements and accomplishments that we have made in advancing gender equality, and
- reconfirm our commitment to address persistent gender equality gaps in our country.

Gender Equality Week is the result of the passing of Bill C-309, the Gender Equality Week Act, which received Royal Assent on June 21, 2018. This legislation designates the fourth week in September as Gender Equality Week.

September 28 - British Home Child Day

That, in the opinion of the House, the government should recognize the contributions made by the over 100,000 British Home Children to Canadian society, their service to our armed forces throughout the twentieth century, the hardships and stigmas that many of them endured, and the importance of educating and reflecting upon the story of the British Home Children for future generations by declaring September 28 of every year, British Home Child Day in Canada.

September 30 - National Day for Truth and Reconciliation

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. This federal statutory holiday was created through legislative amendments made by Parliament.

Wear Orange

By The Rev'd Canon Lynne Thackwray

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.



There were 140 federally run residential schools in Canada that operated between 1867 and 1996. Survivors advocated for recognition and reparations and demanded accountability for the intergenerational impacts of harm caused. Their efforts culminated in:

- the Indian Residential Schools Settlement Agreement
- apologies by the government
- the establishment of the Truth and Reconciliation Commission
- the creation of the National Centre for Truth and Reconciliation

The Truth and Reconciliation Commission ran from 2008 to 2015 and provided those directly or indirectly affected by the legacy of the residential schools policy with an opportunity to share their stories and experiences. The Commission released its final report detailing 94 calls to action. The National Day for Truth and Reconciliation is a direct response to Call to Action 80, which called for a federal statutory day of commemoration.

The National Centre for Truth and Reconciliation has become the permanent archive for the statements, documents and other materials the Commission gathered. Its library and collections, as well as its National Student Memorial Register, are the foundation for ongoing learning and research.

The Dolphin Trainer

Thanks to The Rev'd Canon Lynne Thackwray

An elderly man whilst reversing his car, hits the car of the guy behind him, in an expensive Ferrari sports car. Enraged, the guy and his bodyguard hop out of the car and confront the old man.

"Look what you did to my car," he yells!!!! "You're going to give me \$10,000 dollars right now or my bodyguard is going to beat you to a pulp." "Oh my," says the petrified old man, "I don't have that kind of money. Let me call my son, he trains dolphins and he'll definitely know what to do."

Continued on page 8.

A Letter to the Congregation

By Kathy O'Shea

Dear St. Marks folk,

Firstly I must thank you for all the years of support and community that I experienced with you. It is truly a gift that needs to be shared.

Secondly I wish to thank you for the opportunities to make music. The ministry of music has always been my favourite. I want to thank Pam Claridge for many Friday afternoon singing lessons for which the only payment she would take was that I "Pay it forward".

With the added skill and confidence she infused in me I have tried to do just that whenever and wherever I was able. I have thoroughly enjoyed working with the children especially. From teaching simple songs, to choosing the music for Everybody services, to presenting musicals, each thing brought me joy and I hope let me spread it as well. Shirley Gerhard's musical talent and patience was another great boon to my Music Ministry, in the Choir (she always sings the right notes) and choosing and learning the music to teach the Lions.

Being a part of the Choir has been my privilege for many many years even though I was not the tallest chorister. (when I came to buy a house in late July 2001, I attended the 10 am service. The choir consisted of Alma Allen, Petra Alexander and Elza Chapman who were all of shorter stature than I. I had hoped to finally be the "tall person in the choir".)

My Altar Guild group has been another wonderful blessing, both when I did my duty fully and also when I was not well enough to do my part. Learning the ropes from Doreen White was such a treat. There really is a right way to do things and she shared it with us so we could teach new members.

As I write this another Cursillo weekend has just passed. I highly recommend this wonderful journey in faith. I have met and befriended a variety of people there that are very supportive. Stephanie Pellow and Pam Lundy (both Curailistas) became not only treasured friends but also my theatre mates.

In 22 years one encounters a lot of people, too many to record here. Thank you to each and every one. I take with me your kind words and blessings.

I will do my best to continue God's work in my new home.

Keep a song in your heart and May God bless you.

Kathy O'Shea



God Gave Me a Voice

By Farah Jurdi

Continued from page 1.

Then, in a community choir in 2012, Susan met Stephanie Kramer, a Voice Instructor and Studio Coordinator at Grebel. She was inspired by Stephanie to fulfill her lifelong goal of attending university. "I realized I simply had more time, so I enrolled!"

Choosing music was a natural choice. "I grew up in a Baptist church, and singing has been a part of my life for as long as I can remember," she explained. Through her studies, Susan's love for singing continues to be strengthened by her faith. "God gave me a voice, and when I sing, I feel his pleasure," she shared.

Adjusting to her new lifestyle was not always easy, but Susan persevered. "At first, I wasn't confident that I could do well," she admitted. However, the supportive community at Grebel cheered her on and helped build self-confidence. "I made friends with all the Grebel faculty and other students. They were very encouraging, and I always found an ear to talk to if I was having difficulty," Susan said. "Everyone is your cheerleader!"



She quickly integrated into Grebel's student life by actively involving herself with many of the activities the Music Department offers, such as recitals, choirs, worship, and more. "Susan is involved in plenty of extracurriculars," said Angelica Allen, the Music Ensemble and Concert Coordinator at Grebel and friend of Susan. "She is vibrant, passionate, and determined. She enriches the lives of everyone she meets in those spaces, as well as her own."

"For Susan, it's a labour of love," said Mark Vuorinen, Music Chair, who has also directed Susan in choirs. Going to university, even later in life, was a personal affirmation for Susan, making her experience at Grebel especially rewarding.

Susan is encouraging of people who want to go back to school as a mature student but are hesitant to commit to a new kind of academia. "You have to be confident in yourself!" she said. Susan knew that if she was interested in something, it was perfectly okay to work at her own pace. Time was no barrier for passion and learning.

As Susan embraced Grebel's community, her experience transformed into something even more worthwhile and heartwarming. "I've always felt welcomed and like I truly belonged here," she shared. At Grebel, Susan found more than just knowledge and expertise in her field. She found lifelong friends and a community who loves music and human connection just as much as she does.

The Dolphin Trainer

Thanks to The Rev'd Canon Lynne Thackwray

Continued from page 5.

"Dolphins!" the other guy shouts while rolling his eyes and his sleeves. The old guy pulls out his mobile phone and dials, and just as the son answers, the irate man snatches the phone away from the old man.

"So, you're a dolphin trainer huh! Well your old man here just rear ended my Ferrari and I want ten grand right now or me and my bodyguard will beat your old man and even you to pulp!" "I'll be there in ten minutes." Says a voice calmly on the other end.

Exactly ten minutes later a jeep pulls up and a guy pops out and proceeds to single-handedly beat the living daylights out of both the bully and his bodyguard leaving them in a heap on the side of the road.

When he's finished, he walks over to his father and says "For the last time Dad, "I'm telling you, I trains seals, navy seals, not dolphins.

Parish Profile: Rebecca Contin

By Rebecca Contin

Office Administrator / Beacon Outreach Manager

My name is Rebecca Contin. I was born here in Orangeville in 1974. My parents, my two brothers and I moved to Wellington County when I was 15 years old. I am back in Orangeville and living with my three children who are 24, 21 and 17.

I first came to St. Mark's Anglican Church as a student at Humber College in Social Services Worker program. I began a placement at both The Lighthouse and The Beacon in October 2013. In 2014 I took on the role of as The Beacon Outreach Manager. The Beacon is a program that runs at St. Mark's twice a week from 12:30p.m.-3:30 p.m. Fourteen years ago, the Gateway opened for people looking to find support and fellowship. The name was later changed to The Beacon. We play games, do crafts, baking, workshops, celebrate special events and have fun socializing. We have warm beverages and a snack at each meeting. The members of this program have become like a family, and I always look forward to seeing new faces join our wonderful group.

I also complete my Chaplaincy Certificate at Headwaters Health Care Centre in 2015. Serving as a Chaplain taught me so much about ministering to those in need of comfort, prayer, and support. In October 2021, I began my work here at St. Mark's as the new Office Administrator. I really enjoy working with the people in the Orangeville community. There are challenges working in both jobs.

Mainly seeing that there are so many people in need of love and support. I constantly pray for the needs of others and serve to the best of my abilities. I find both jobs to be extremely rewarding and its by God's grace that I get to work in a setting that reaches out to so many people daily. I am truly blest.

Blessings, Rebecca Contin

Poems for the Journey

By Lee Moir

September

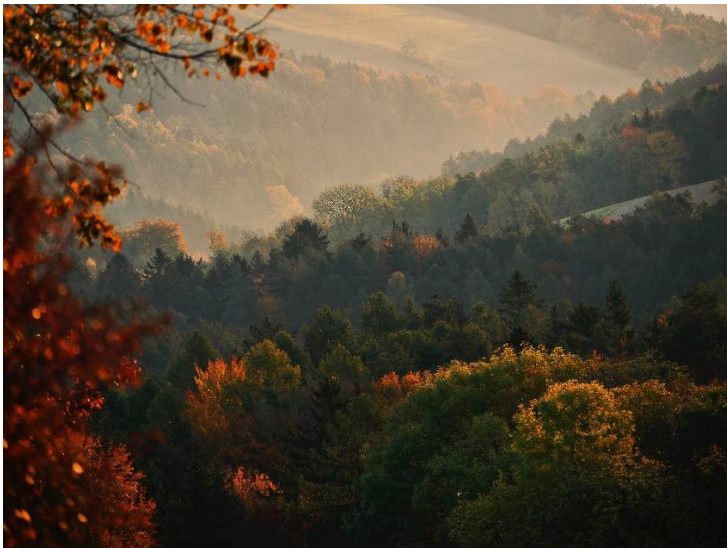
September, the month of Autumn
The month that leaves start to turn
To the colours of Fall
And to the ground they will fall

September, the month when all is changed
And the flowers one afternoon turn back to gold
And all is forever told
All is forever memories

Children are back to school
Teachers chores now come to pass
Even the first day of the week
To bring other stories
Of Him on high

Let us kneel and accept his praise
This season leading up to the
season that is for all to accept
As the greatest of all

The season of the birth day of the
Lord of all
When He was born
And forgave all



Church Information

Connect With Us

Website: 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

Services

Sunday Eucharist – 8:30 a.m.
Sunday Choral Eucharist – 10:00 a.m.
Thursday Eucharist – 10:00 a.m.

Office Hours (Summer)

Monday, Thursday & 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

Monday & Friday
12:30 p.m. to 3:30 p.m.

Address

5 First Avenue
Orangeville, ON
P.O. Box 22
L9W 2Z5