

St. Mark's Chronicles

OCTOBER 2023



The Cross

By Ashely Wallace – thanks to Susan Allen

Holy Cross day was September 14, so we have missed it for this year. But this article has just come to my attention and can apply to any time of the year.

Making the Sign of the Cross can be very controversial within some Christian circles. Some see it as a rote gesture that holds no meaning or a superstitious act that is done to ward away evil. Others cherish its rich symbolism and spiritual significance. Today, I'd love for us to put aside any prejudices we might have or a lack of understanding and delve into the meaning of the Sign of the Cross, looking at its roots in the early Church and exploring its relevance and importance in our lives.

The cross holds profound significance for Christians. At its core, it represents the central message of Christianity—redemption and salvation. Christians believe that Jesus Christ, the Son of God, was crucified on the cross to atone for humanity's sins. His death on the cross is seen as the ultimate act of love and sacrifice, offering forgiveness and eternal life to those who believe in Him.

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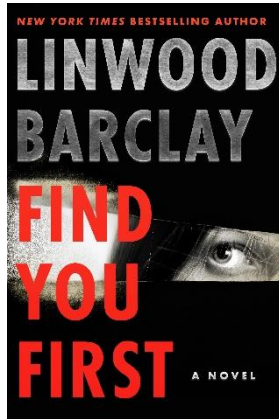
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Book Review

By The Rev'd Canon Lynne Thackwray

***Find You First* by Linwood Barclay**

Linwood Barclay is one of my favourite mystery (thriller) writers. I wasn't disappointed. Tech billionaire Miles Cookson has recently been diagnosed with a terminal illness, never married, no children but two decades ago he donated his sperm to a sperm bank. He wishes to find these children and leave them some money but one by one they are vanishing with no trace of ever having existed. The story is suspenseful and the ending a surprise. A good (fast) read as are any of Barclay's books!



Recipe of the Month

Thanks to Richard Flynn

Meatloaf

1 lb ground beef (deer)
 1pkg onion soup
 salt & pepper
 2 eggs
 1 can of tomato soup
 soda crackers (as desired)

Mix all ingredients together and place in a cooking pan.
 Cook at 350 degrees for 1 hour



Poems for the Journey

Day 23 (a firefighter's poem)

- > My toenail's turned up on itself,
- > My inner thighs are skinned,
- > My knee's been torqued a thousand times,
- > My ankles' skin is thinned.

- > There's horsefly bites upon my butt
- > from when I took a s**t,
- > 'Tween that and the mosquito bites
- > it's getting hard to sit.

- > Been pulling hose and scouting line
- > so many days on end.
- > And yet the fires refuse to die,
- > Just one! — Just one more bend!

- > My insole sheered itself in half,
- > I don't know where it went.
- > I'm getting mad at little things,
- > my patience all but spent.

- > My clothes, they stink, direct result
- > of fourteen days afield.
- > Alike in kind, my sleeping bag,
- > which might make paint to peel.

Continued on page 3.



The Lions: This Fall

By Tracey Croft

The Lions are roaring back into a new school year! Our weekly lectionary series sees us (usually, but not always) hearing the same stories as the congregation, with lots of interactive and creative activities for all ages.

This fall, we are looking forward to:

Everybody Services (no classes) - October 8 (Thanksgiving Sunday) and November 26 (Reign of Christ) - these are opportunities for kids and families to worship together and get a sense of what takes place "upstairs". Nursery is self-serve.

Trunk or Treat - October 29 - this started during the pandemic, and we'd love to keep it going! We need volunteers to bring their cars (or a table if you don't have a car), decorated open trunks, and stories of their favourite saints. We provide the prizes, treats, and themed activities for you to offer our costumed charges as they visit from car to car, around the church at 11:30-12:30. More to come, but in the meantime, please put your thinking caps on! About a dozen cars would be ideal.



Christmas Pageant - yes, it's already in the air! Our annual no-audition Christmas Pageant is always fun and takes place twice; once during the 10:00 service in Advent, and once at the Family Service at 4 pm Christmas Eve.

As always, if you'd like to drop in, help out, share a craft, make a costume, decorate your trunk and hand out treats, you're always welcome! Please contact Tracey at lions@saintmark.ca, or connect with her on Sundays after the service.

Thanks!

Poems for the Journey

Continued from page 2.

- > I haven't seen a shower stall
- > in days that feel like years.
- > At best I'll get a hobo bath
- > to scrape the top few layers.

- > I've forgotten creature comforts,
- > like pillows, soap, and sheets.
- > I've been wet since 9am,
- > and now it's time to sleep.

- > And so I'm lulled to dreams tonight,
- > again in field and mud,
- > By a symphony outside the tent
- > that calls out for my blood.

- > But I'll not rest in peace tonight,
- > no soundful sleep for me.
- > For there's a monster steps away
- > that's eating all it sees.

- > The heli comes, "We're going home!"
- > Bush crazy as a loon.
- > The bugs swarm worse, as if to say,
- > "you're leaving us so soon."

- > And now I sit here on the deck:
- > I'm clean, I'm healed, I'm dry.
- > But four days hence I'll go again,
- > and never wonder why.

The Quiet Corner

Thanks to The Rev'd Canon Lynne Thackwray

The Energy of The Wave

For the people of Africa (facing armored tanks and other weapons they did not make)

As a child I sensed but did not
grasp the power of prayer.
It was my innocence of the depths
that kept me unaware.

How could the passion of the heart
sent flying towards others through humble words
change anything?
Or, rather, what might this change?
But prayer is an energy
that crosses mountains and deserts
and continents and seas
and is never stopped nor even slowed by anything.

It arrives at its destination as a blessing that says:
I feel—though it is but a shadow of your sorrow—
the suffering that has befallen you.
Though far away
you are securely cradled
In the safety of my heart.
I am but a droplet
in what must become a vast sea
to create the big wave
that washes away
whatever demons are harming you.

Prayer is the beginning when
we don't know what else to do.
It is in this spirit
of awareness and near impotence
beloved kin of butchered Africa
that we stand with you.

Alice Walker, Taking the Arrow Out Of The Heart: Poems, pp 237, 239.

A Little Bit of Humour

Thanks to The Rev'd Canon Lynne Thackwray

Groups of Americans were traveling by tour bus through Switzerland.

As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing.

"These," she explained, "are the older goats put out to pasture when they no longer produce."

She then asked, "What do you do in America with your old goats?"

A spry old gentleman answered, "They send us on bus tours!"

Words of Wisdom

Thanks to The Rev'd Canon Lynne Thackwray

Sometimes people don't notice the things we do for them until we stop doing them. Do not educate your child to be rich, educate him to be happy so when he grows up he'll know the value of things not the price.

Everyone wants happiness no one wants pain, but you can't have a rainbow without a little rain.

If you can't be a pencil to write someone's happiness, try to be a nice eraser to remove their sadness.

October Trivia

By The Rev'd Canon Lynne Thackwray

Short forms, acronyms and abbreviations are all around us these days. Do you know what the ones below mean? *Answers on page 8.*

- | | | |
|----------|----------|----------|
| 1. ASAP | 2. i.e. | 3. inc. |
| 4. mph | 5. DIY | 6. ETA |
| 7. FAQ | 8. FYI | 9. LOL |
| 10. OMG | 11. TBA | 12. TGIF |
| 13. TYVM | 14. BOGO | 15. POS |
| 16. DOB | 17. N/A | 18. aka |
| 19. BYOB | 20. BTW | 21. BLT |
| 22. RIP | 23. BCC | 24. DOA |

All About October

By The Rev'd Canon Lynne Thackwray

The anglo-saxons had a different name for October, calling it Wintirfyllith. This name refers to October having the first full moon of the winter season. In early Germanic, October was known as Weinmond, meaning wine month. This must have been before Oktoberfest!

A unique birthstone - the opal is the birthstone of October. It is the only birthstone that isn't crystalized and can take on many shapes and colors. It was also a favorite of Cleopatra. Here's one of our favorite October facts: Opal deposits have even been discovered on Mars. How cool is that!?

Take me out to the ballgame - the World Series of Major League Baseball always starts in October. The first World Series took place on October 1st, 1903, with the Boston Americans winning it all.

A beautiful birth flower - the flower that has come to represent October is the calendula or marigold. When we see this bright yellowy-orange flower we think of the fall sunset and the changing leaves. Marigolds represent comfort, healing and protection. Perfect for October, we say!

What day is it? - as with all the months, our list of fun facts about October would not be complete without highlighting some of the strange days on the October calendar. October 2nd is International Coffee Day. October 8th is National Kick Butt Day. October 15th is National Grouch Day. And October 29th is National Cat Day

Cyber Security Awareness Month (Cyber Month) is an internationally recognized campaign held each October to help the public learn more about the importance of cyber security. The campaign helps Canadians stay secure online by teaching them simple steps to protect themselves and their devices. The theme for Cyber Security Awareness Month 2023 is Step up your cyber fitness. It's all about stretching your cyber security muscles and taking things one step at a time! Cyber security is a shared responsibility, so join us and other organizations across Canada in promoting cyber security by participating in Cyber Month.

October 6-14 Oktoberfest, based on the original German Oktoberfest, it is billed as Canada's Greatest Bavarian Festival, and is the second-largest Oktoberfest in the world. It is held every October, starting on the Friday before Canadian Thanksgiving and running until the Saturday after. The festival originates with a party held in celebration of a royal marriage. On October 12, 1810, Kronprinz Ludwig (later King Ludwig I of Bavaria) married the Princess Therese of Saxe-Hildburghausen in Munich.

October 24 is United Nations Day, which aims to bring awareness to the work of the United Nations worldwide.

October 31 is Halloween (All Hallows' Eve)! Do you know the true history of Halloween? It's not as frightful as you might think...

The Cross

By Ashely Wallace – thanks to Susan Allen

Continued from page 1.

In our rich history of Christian traditions, there exists a simple yet profound act that unites believers across denominations and centuries—the Sign of the Cross. It is an ancient Christian practice of marking the shape of the cross of Christ upon one's self or upon another person or object. It is usually accompanied by the words, "in the name of the Father, and of the Son, and of the Holy Spirit."



This universal gesture, often made casually and frequently, bears a history rich with significance. In this post, let's delve into the origins, meanings, and enduring relevance of the Sign of the Cross, seeking to understand why this ancient practice continues to hold a special place in the hearts of believers.

The Origin of the Sign

To grasp the essence of the Sign of the Cross, we must journey back to the earliest days of Christianity. It was in those formative years, amidst the trials and tribulations faced by early Christians, that this sign emerged as a symbol of faith and a source of strength.

Historians believe that the Sign of the Cross began as a simple marking of one's forehead with the thumb, a practice dating back to the second century. This act was a clandestine identifier for Christians in a hostile Roman world. A subtle, yet powerful declaration of their allegiance to Christ, it was not only a courageous act of defiance against the prevailing pagan beliefs but also a sign of kinship amongst fellow believers.

As centuries passed and Christianity gained acceptance, this symbol evolved into the sign we know today—a cross traced over one's body. This simple motion became an embodiment of Christian identity, sanctification, and a visible affirmation of the belief in the Father, the Son, and the Holy Spirit.

The Profound Meaning

The Sign of the Cross encapsulates the core beliefs of Christianity. As fingers move from forehead to chest, then from one shoulder to the other, the power of the Holy Trinity is invoked. The Father, the Creator of all things; the Son, who redeemed humanity through the cross; and the Holy Spirit, our divine guide and comforter, are all invoked in this simple, sacred gesture.

The Sign of the Cross is also a sign of sanctification. Sanctification is the process by which a Christian is made holy and set apart for God's purposes. Through the sign of the cross, we are reminding ourselves with our bodies that we are being made holy and that we are setting ourselves apart for God's purposes. You will often see Christians sign themselves before communion, or as the Gospel is read. You will see the priest sign the entire congregation or a person's forehead at baptism. This is all done to set something apart as holy.

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The Cross

By Ashely Wallace – thanks to Susan Allen

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The Sign of the Cross is also a profound reminder of Christ's sacrifice. When we make this sign, we recall His crucifixion—the ultimate act of love and redemption. It's a tangible, physical connection to the very heart of Christianity.

Why We Should Continue

In today's fast-paced world, the Sign of the Cross may appear as a fleeting, rote gesture. However, its significance remains timeless. In making this sign, we reassert our faith, expressing our trust in the triune God, reminding ourselves of our sanctification, and remembering Christ's sacrifice for us.

Furthermore, this practice grounds us amidst the chaos of life. It invites us to pause, even if for a brief moment, and connect with God. It's a spiritual reset button, a reminder of what truly matters.

It's a beautiful tradition that transcends time and space, connecting us with the countless believers who have gone before us. In this simple act, we find unity, strength, and a profound affirmation of our Christian faith.

October Trivia Answers

Thanks to The Rev'd Canon Lynne Thackwray

Questions found on page 5.

- | | | |
|-------------------------------|---------------------------|-----------------------------------|
| 1. As soon as possible | 9. Laughing out loud | 17. Not applicable/available |
| 2. That is | 10. Oh my Gosh | 18. Also known as |
| 3. Incorporated | 11. To be announced | 19. Bring your own booze/beverage |
| 4. Miles per hour | 12. Thank God it's Friday | 20. By the way |
| 5. Do it yourself | 13. Thank you very much | 21. Bacon, lettuce & tomato |
| 6. Estimated time of arrival | 14. Buy one, get one | 22. Rest in peace |
| 7. Frequently asked questions | 15. Point of sale/service | 23. Blind carbon copy |
| 8. For your information | 16. Date of birth | 24. Dead on arrival |

Parish Profile

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 completed my Chaplaincy Certificate at Headwaters Heath 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

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

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

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

Address

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