

THE LOOP

Church Phone – 519 – 485 – 0385

E-Mail - stjoffice@execulink.com

St. James' Anglican Church Newsletter

September / October 2015

"WELCOME BACK" Greetings from Your Wardens

(Mike, Cheryl, Bob and Veronica)

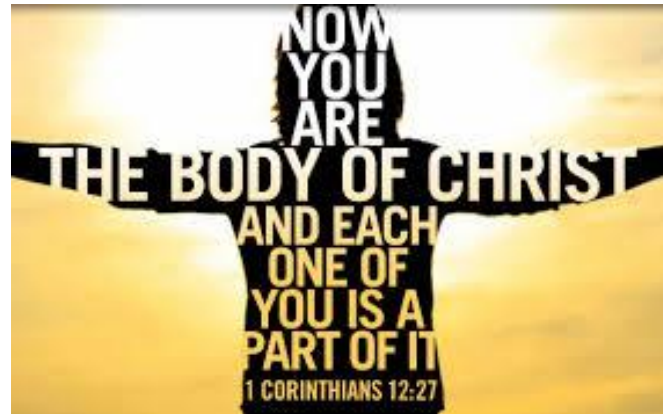
Hopefully, all our parishioners and friends of the parish had a chance to unwind and relax this summer. Many folks had their personal calendars packed full with either mini or maxi vacations and excursions, while others stayed closer to home and enjoyed the summer weather and local sights. Whatever your choice was, we hope that you had a very interesting and pleasurable time.

As you read through this edition of the newsletter, you will notice a common theme - activities and services at St. James' will be in full gear once again. From Sunday School, Messy Church and Bible Studies resuming, to Tribute Shows and Women of the Anglican Church and BAC events, the parish hall and church will once again be hubs of activity. One of our long standing outreach programs, Lunch Bunch, starts up again in October and numerous young and old diners alike will line up for a tasty hearty meal.

The Wardens, Reverend Meghan and the Parish Council would like to thank you for your

continued support over the past summer and future assistance as we move through this busy fall season.

We look forward to joining in worship and reconnecting with everyone.



PARISH HALL PROJECT

As you can see from the photo below, the parish hall floor has been refinished and it looks beautiful! The refinishing project was completed by Stephen Cadieux. It involved 3 sandings with proper cleaning, and a proper sealing process which included 4 coats of polyurethane. This process will guarantee many more years of durability for the floor with lower maintenance.



INSIDE THIS ISSUE

- 1 Wardens' Message
- 2 From The Rector's Desk / Christianity 101
- 3 Recent and Upcoming Events
- 4 VBS Follow-Up / BAC News
- 5 God's Chair
- 6 Nursing & Retirement Home Ministry
- 7/8 Calendars – September & October

From the Rector's Desk

I hope that your summer has been one of relaxation, rest, and filled with great memories. I look forward to hearing the stories. I certainly had a great summer sitting on the dock of our family cottage, swimming with my twin niece and nephew and taking in the beauty of Eastern Ontario. I am very excited to get back into the swing of things this fall. As usual, we have many events which are sure to offer something for everyone.

Meghan+



Christianity 101: A Practical Guide to What Christianity is All About

In many parts of the world today, the Christian faith is growing by leaps and bounds. People of all races, ages, and classes are finding in this ancient faith meaning and purpose, hope and new life. Yet here in the West, many people are turning away from church. What have others found that we have missed? This course seeks to remove layers of misunderstanding and prejudice to uncover the amazing truths of Christian faith which even the church has often forgotten.

This course is for all those who have questions about the basics of the Christian faith. It is designed for the curious, the beginner and for any who want a “refresher” on the basics. In four sessions we will examine -

1. Why should I bother with Christianity?
2. What's so special about Jesus?
3. Faith: blind, leap, or choice?
4. A Future and a Hope

You are invited to join us for four evenings with good food, lively discussion and like-minded people. **Christianity 101** will be held on

Wednesday evenings - October 21, 28, November 4, 11

On each evening, the program will begin with dinner served at 6:00 pm and discussion following; each evening will conclude by 9.00pm.

Recent Happenings in our Parish

Marriage:

Jeffrey Davidson & Melissa Vandenberg

Deaths: Donald Edward Ford

Upcoming Events



Key Holders Meeting with Fire Drill - October 27th @ 6pm

This summer our parish fire plan was updated. In this updated plan we are required to conduct fire drills every 6 months. This meeting is mandatory for all key holders to attend so as to ensure that everyone is well equipped with the necessary information if a fire were to occur.

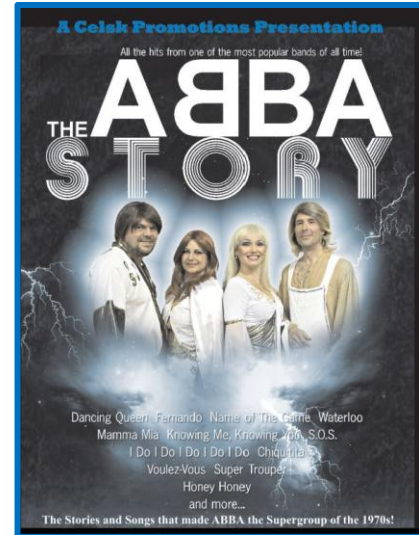
Blessing of the Animals Service - St. Francis of Assisi -

Morning Prayer Sept. 27th at 10:30 am



The bond between person and pet is like no other relationship, because the communication between fellow creatures is at its most basic. Eye-to-eye, a man and his dog, or a woman and her cat, are two creatures of love. No wonder people enjoy the opportunity to take their animal companions to church for a special blessing. Church is the place where the bond of creation is celebrated. Let St. James' be part of this celebration.

ABBA Tribute Show and Dinner



**Saturday September 19th
beginning at 6 pm**

(As we go to press we are almost SOLD OUT!) What a great evening of food and entertainment awaits us.

Lunch Bunch - Begins its 2015/2016 school year season on **Wednesday October 7th**

Messy Church - Begins its 2015/2016 school year season on **Thursday October 8th**

The Women of the Anglican Church News

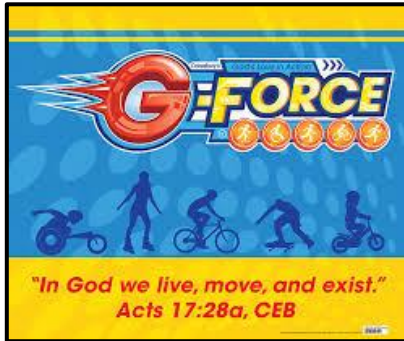
**Women's Day Out
Saturday September 26th
9:30 am - 2:30 pm**

Shop the special offers in our Parish Hall and see some of the various home based businesses we have in this area. Grab your friends and family members and visit with the vendors, pause for a wee bit of lunch (soup, sandwich, sweet, tea/coffee) and then shop some more! You might also find an opportunity to explore a new career and find an opportunity to supplement your income or help you take that cruise you've always wanted. Over 20 businesses will be represented so there will be quite a variety and all of the vendors will have special offers.

We hope to see all of you on the 26th!

Vacation Bible School

July 13th – 17th 2015
Follow - Up



At G-Force Adventure Park VBS, 82 children explored their faith through an interactive, energizing, Bible-based program that gave them an opportunity to experience God's love in action. During our action packed week, the children explored how to serve God and others with active love!

A **Big** thank you to all the volunteers who helped out. I know the children can't wait for VBS 2016!

Making a Joyful Noise!



Busy at the Craft Table.



Celebrating with Music



BAC NEWS

Next Meetings - Sun. September 13, 2015

Communion Service at 8 AM

BAC Breakfast Meeting at 8:35 AM

Sun. October 4, 2015

Communion Service at 8 AM

BAC Breakfast Meeting at 8:35 AM

Please join us for Breakfast – phone Scott Naisbitt at [519-485-5816](tel:519-485-5816) for additional information



GOD'S CHAIR

A man's daughter had asked the local pastor to come and pray with her father. When the pastor arrived, he found the man lying in bed with his head propped up on two pillows and an empty chair beside his bed. The pastor assumed that the old fellow had been informed of his visit.

"I guess you were expecting me," he said.

"No, who are you?"

"I'm the new associate at your local church," the pastor replied. "When I saw the empty chair, I figured you knew I was going to show up."

"Oh yeah, the chair," said the bedridden man. "Would you mind closing the door?" Puzzled, the pastor shut the door.

"I've never told anyone this, not even my daughter," said the man. "But all of my life I have never known how to pray. At church I used to hear the pastor talk about prayer, but it always went right over my head. I abandoned any attempt at prayer," the old man continued, "until one day about four years ago my best friend said to me, 'Joe, prayer is just a simple matter of having a conversation with Jesus. Here's what I suggest: Sit down on a chair; place an empty chair in front of you, and in faith see Jesus on the chair. It's not spooky because he promised, 'I'll be with you always. 'Then just speak to him and listen in the same way you're doing with me right now.'

"So, I tried it and I've liked it so much that I do it a couple of hours every day. I'm careful, though. If my daughter saw me talking to an empty chair, she'd either have a nervous breakdown or send me to off to the funny farm."

The pastor was deeply moved by the story and encouraged the old guy to continue on the journey. Then he prayed with him, and returned to the church.

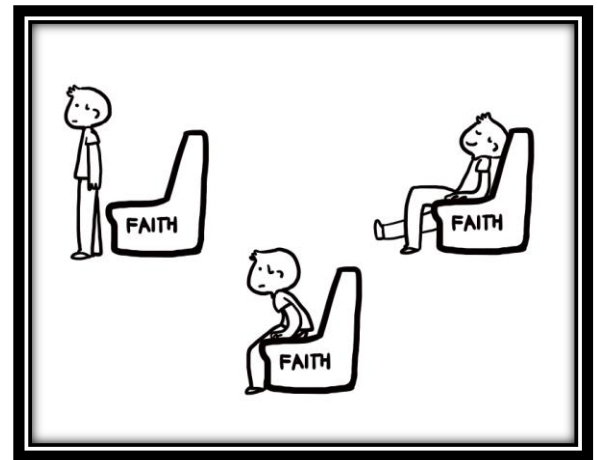
Two nights later the daughter called to tell the pastor that her daddy had died that afternoon.

"Did he seem to die in peace?" he asked.

"Yes, when I left the house around two o'clock, he called me over to his bedside, told me one of his corny jokes, and kissed me on the cheek. When I got back from the store an hour later, I found him dead. But there was something strange, in fact, beyond strange - really weird. Apparently, just before Daddy died, he leaned over and rested his head on a chair beside the bed."

~ Author Unknown ~

- submitted by Inez Fishwick





St. James' Outreach - Nursing & Retirement Home Services

Sunday October 18th starting at 1:30 pm

Woodingford Lodge, Oxford Manor, Second Trails

Please Join and Support our Lay Ministry Team

If you're an active member of a house of worship you know how supportive the congregation can be. When you're sick, they call and ask if you need anything. Someone will always offer to run an errand. If there's a death in the family, members will make dinners and offer fellowship. But as we get older, our needs are often more than the congregation can meet. You may need more than a social support system. You may need home health care. You may need to move to an assisted living facility. And while the members can continue to visit, support and pray for you, the reality is most of your day-to-day living needs will be in the hands of strangers. So what if you want your care providers to share a religious foundation? To share in your faith? In your values? There are many faith-based senior care providers. And as some studies show religion can help seniors heal or at least cope with the effects of aging.

Seniors and Religion

If you're reading this for a senior parent or friend, you should know the value that this generation puts on religion and faith. A 2010 poll by the Pew Research Center found the following:

- 84% of those 60-69 consider themselves Christians as do 88% age 70 and up.
- 53% of those 65 and older attend church services at least weekly compared to 39% for the total population.
- 43% of those 65 and older read scripture daily; 68% pray daily.
- 69% of those 65 and older say religion is "very important" compared to 56% for the total population.
- 77% of those 65 and older are absolutely certain in God's existence.

Faith and Healing

Over 1,000 books and articles have been written showing the power of religion in health. One of these articles, a study of 68 Alzheimer's patients who were on average 78 years old, found that those with "higher levels of religiosity and spirituality were associated with a slower progression of Alzheimer's disease." This study included Christians, Jews, a Buddhist and an atheist.

In a 2006 article from the journal *Counseling, Psychotherapy and Health*, the authors cite research from a number of books and journals that show religious coping—"the reliance on one's religious beliefs or practices as a means of dealing with some of life's challenges"—to be a significant factor in helping seniors meet their challenges. These challenges include "loss of physical abilities and relocation to nursing homes can also contribute to feelings of despair, loneliness, and grief." The article also says religious seniors have a framework for understanding the purpose of life, have hope, and "are more likely to have a reason for living and for wanting to get better."

A University of Missouri-Columbia study says that religion is an important coping mechanism for "persons with chronic disabilities such as traumatic brain injury, spinal cord injury, stroke and arthritis." And the study recommends that health care providers "encourage religious practices important to individuals."

Doctors and Religion

Many seniors, particularly those with terminal illnesses, want to be able to discuss faith with their doctors. And there's good news. In a survey in the *Journal of General Internal Medicine*, 76% of the 2,000 doctors said they believed in God. In another survey of doctors reported in the *New York Times*, "54 percent said God sometimes affects a patient's health, and 33 percent said religion and spirituality help prevent specific medical events like heart attacks, infections and death."

(From the web site <http://www.seniorliving.org/healthcare/religious-based-senior-care/>)



September

2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 am - Women of the Anglican Church Meeting	2 10:00 am - Eucharist	3	4	5
6 Pentecost 15 10:30 am - Holy Eucharist	7	8 1:30 pm - Needlecraft Group 1:30 pm - Organizational Meeting for Turkey Suppers	9 10:00 am - Eucharist 1:30 pm - Oxford Manor Bible Study 3:00 pm - Holy Communion at Secord Trails 8:00 pm - Soulmates'	10	11	12
13 Pentecost 16 8:00 am - Eucharist 8:30 am - BAC Breakfast 10:30 am - Morning Service and Sunday School	14 1:30 pm - Healing Study & Prayer Group Meeting 6:00 pm- Pot Luck Supper Games Night	15 1:30 pm - Needlecraft Group	16 10:00 am - Eucharist	17	18	19 6:00 pm ABBA Tribute Show 
20 Pentecost 17 Welcome Back Sunday 10:30 am - Holy Eucharist and Sunday School With the Soulmates Pot Luck Luncheon	21	22 1:30 pm - Needlecraft Group	23 10:00 am - Eucharist	24	25	26 9:30 am -to 2:30 pm Women's Day Out 
27 Pentecost 18 10:30 am - Blessing of the Animals Morning Prayer and Sunday School	28 7:30 pm- Parish Council Meeting	29 1:30 pm - Needlecraft Group	30 10:00 am - Eucharist			



2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 10:00 am - Altar Guild decorating church
4 Pentecost 19 Harvest Thanksgiving 8:00 am - Eucharist 8:30 am - BAC Breakfast 10:30 am - Morning Service and Sunday School	5 6:00 pm- Pot Luck Supper Games Night	6 10:30 am - Women of the Anglican Church Meeting 1:30 pm - Needlecraft Group 6:00 pm - Keyholders Meeting	7 10:00 am - Eucharist 11:00 am - Lunch Bunch	8  5:00 pm - Messy Church	9	10
11 Pentecost 20 10:30 am - Holy Eucharist	12 Thanksgiving Day 	13 1:30 pm - Needlecraft Group	14 10:00 am - Eucharist 11:00 am - Lunch Bunch 1:30 pm - Oxford Manor Bible Study 8:00 pm - Soulmates' Practice	15	16	17
18 Pentecost 21 10:30 am - Holy Eucharist and Sunday School With the Soulmates Pot Luck Luncheon 1:30 pm - Nursing Home Services at Woodingford, Oxford Manor, Secord Trails	19 1:30 pm - Healing Study & Prayer	20 1:30 pm - Needlecraft Group	21 10:00 am - Eucharist 11:00 am - Lunch Bunch 6:00 pm - Christianity 101 - dinner and discussion	22	23 Loop Deadline for Nov. and Dec. Edition	24
25 Pentecost 22 10:30 am - Holy Eucharist and Sunday School	26 7:30 pm- Parish Council Meeting	27 1:30 pm - Needlecraft Group	28 10:00 am - Eucharist 11:00 am - Lunch Bunch 6:00 pm - Christianity 101 - dinner and discussion	29	30	31