

March 2021 - Issue 1

Spirit

IN THE TIME OF COVID 19

worship in
different
times





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*Inspired by God and the example
of Jesus to serve our community
by offering love and acceptance to
everyone.*



From the Editor

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The last issue of Spirit saw us at the beginning of long, dark, winter days and nights, in isolation, as we were asked to stay home in the midst of a pandemic. Wasn't it similar to being in the desert; and on some days, a cold and snowy one? But we took up that challenge as many of your articles reflected, and now, we are looking ahead to spring.

Uplifted and encouraged! Thank you for so many submissions which provide uplifting reading and encouraging thoughts, ideas and reflections. You will find articles on living with Zoom; there are some positives that have come from meeting this way! There are several articles depicting a variety of ways to offer support to others, our church and our community. We are encouraged to consider the "coffee challenge." And, what are you doing during Lent? There are many ideas for a "gentler, kinder Lent" this year, because we must. There are submissions which describe uplifting times of solitude, remembering we are not alone, whether in a special or sacred place, maybe your garden; going for a walk or trying something new. This issue is brimming with articles which will leave you uplifted, encouraged and looking forward to Easter and longer days ahead. *Jane*



MINISTER'S MESSAGE



▼ In the Interim

A copy of the Annual Report was placed on the Altar with a prayer before the Annual Congregational Meeting. During the sermon we reminded ourselves that the Altar is the place where we meet Jesus; it is a place of transformation. What we offer to God on that Altar is transformed and returned for us as blessing.

Our Annual report represents a year of work, of ministry, of service by the people of this parish in response to God's call. As we account to God and to one another for the stewardship of God's gift and call to us we understand that the Annual Meeting is a spiritual act.

There were moments that didn't feel very spiritual as computers didn't do all we wanted of them – but we were asking a lot of them. Georgia and Kate and David tried to surprise us with a new way of delivering the music but it didn't work – and then at the last moment David did get it to work and we saw it at the end of the service.

The meeting itself went fairly well, even without the polling function working. The motion to welcome same-sex couples who qualify by Anglican Church law to be married at St. Peter's passed. We also voted in favour of inviting David Fitzsimmons to assume a role in the parish as a Deacon; the Parish Council will continue the process with the diocese.

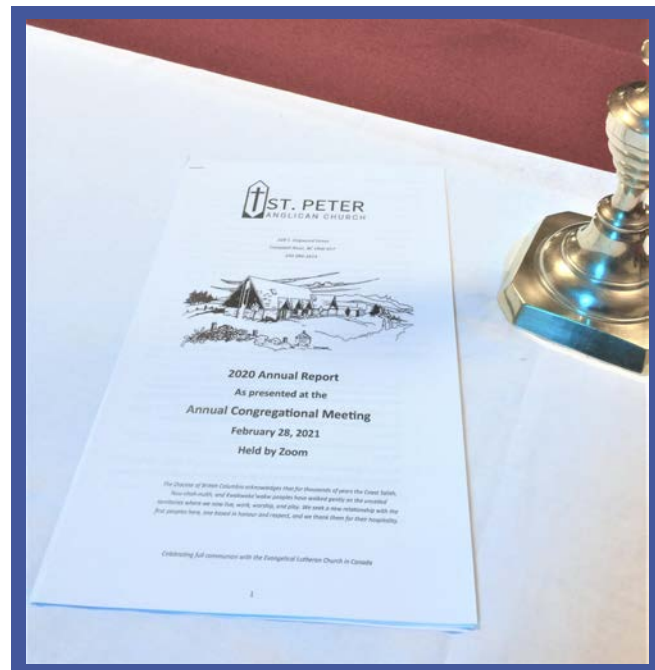
Holly Finn introduced the financial statement and the proposed 2021 budget. She pointed out that there

are many unknowns until we have a new incumbent and a secretary. She also recognized that our income has slipped, some of it due to lower rate of giving and some due to an inability to carry on the fundraising we are accustomed to. We accepted the report and passed the proposed budget recognizing that we will need to move forward with care.

We ended the meeting by committing ourselves to God knowing that God can do "infinitely more than we can ask or imagine."

On Saturday we will begin planning our next few months in a parish day of reflection and planning. Watch for the email.

Yours in Christ, Cathie



The Rev. Dr. Catherine Dafoe Hall, she/her 250-668-3701

Director, EfM Canada

Interim Priest, St. Peter Anglican Church, Campbell River BC

www.efmcanada.ca

<https://www.facebook.com/EfMCanada/>

EfM Canada office is located on the traditional territories of the Syilx, Westbank First Nation; and EfM groups meet across Canada on the ancestral lands of many Indigenous, Metis and Inuit Peoples. We are grateful for their witness to us. As an organization devoted to adult Christian Education, EfM Canada is committed to offering opportunities for learning and engagement in truth-telling and reconciliation in Canada.



▼ Bishop's Warden

Lois Tirebuck

The year of 2020 will be remembered like no other. We have all experienced a significant change from what we thought was the predictable “normal.” As we are aware, the church for most of the year was closed for services, gatherings and fundraisers however, we were fortunate to hire Cathie Hall as our interim minister. She has been diligent in connecting with parishioners either by phone, in person or email and has introduced many of us to Zoom. Even though church services are not held in the sanctuary of the church, we all look forward to seeing one another on Zoom. By the time this issue of the Spirit is published, we will have held our Annual Meeting via Zoom.

I am now ready to address the “elephant in the room.” As you may recall, Lincoln's last six sermons were about stewardship. He left us in a good place to continue on, particularly with the strength of those to carry us through some of the tough times we were about to enter. He purposefully did not address the financial aspects of stewardship.

Parish Council has met throughout this past year and reviewed both our expenses and our income. We have tightened our belts where possible and reduced our expenses. Even during COVID, St. Peter's is blessed with so many parishioners who generously give their time, talent and treasures to the church. However, you may have noticed we are expecting more maintenance projects which will need to be completed within the next few years. Please be aware we will try to delay these projects until the funding is in place. I encourage you to review your current ability to support the church expenses. Whether you donate by electronic giving or with envelopes, now is a good time to review your individual situation and consider if you are able to increase your giving. We realize that everyone's situation is different and very much appreciate everything that you already do to support the parish.

Managing the expenses of the church is similar in many ways to managing your home. We continue to pay for utilities, internet, water, phone, wages, taxes and more. The Synod Apportionment paid to the Diocese, which was \$31,118 in 2020, will be even higher in 2021. So, even though the church doors are closed for services, the majority of our expenses are unavoidable.

Our new Council will be looking forward to working together to keep our church strong within our four walls as well as within the community of Campbell River. We value everyone's input and I hope you will take this opportunity to evaluate how you can best support St. Peter Anglican Church.

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Consider taking up the “coffee challenge.” We don't think twice about driving through the take-out of our favourite coffee shop. Consider increasing your weekly donations by what you spend on take-out coffee!



▼ The Spirit of Finance

Holly Finn, Treasurer



What have we been doing during this time of COVID? Well, I have been in the church, usually on Wednesdays, keeping up with the finances, writing cheques, and doing deposits (thank you Lois for your willing help). I also thank you, our devoted parishioners who have been constant with your offerings, both by envelope and by our electronic collection plate.

We have had, and continue to have, so many upgrades to the church. Thank you to all of those involved. We have a pretty healthy bank account right now (\$68,156.27) and we remain diligent in our care of those monies. When (not if) we get back into the church, get our new Minister and re-start our parish and community fellowship projects, our finances will rise and fall accordingly. There is no doubt in my mind that the people of St. Peter will stay steadfast, caring and generous with their time and talents.

	Actual - January	Budget - January	Budget 2021
Income (all)	\$21,663.73	\$13,935.80	\$166,720.00
Expenses (all)	\$14,091.21	\$17,489.67	\$209,878.00
Net Income (Loss)	\$7,572.52	(\$3,553.87)	(\$43,158.00)

In 2020, we received \$6,190.94 from the Diocese for the Government of Canada's Wage Subsidy Program. We have been notified by the Diocese that they had to change how they reported the Wage Subsidy and, as a consequence, we received cheques from the Government amounting to \$8,349.85 and the Diocese will, in turn, take the initial portion (\$6,190.94) from our bank account sometime soon. I questioned whether or not they will take the remaining \$2,158.91 from us as well and was reassured that the money is ours. Clear as mud? I agree.

If you have any questions, please always feel free to contact me. Thanks - Your Sister in Christ, Holly



▼ The Spirit of Finance

BC Recovery Benefit



Have you heard of the BC Recovery Benefit? Many people have not but it is definitely something you should be aware of. The BC Recovery Benefit is a onetime tax free COVID-19 assistance payment of up to \$1,000 for families and \$500 for individuals. Almost all residents of BC are eligible and you have until June 30, 2021 to apply.

The amount of the Benefit you will receive is based on your net income from your 2019 tax return:

- \$1,000 for families and single parents with a net income of up to \$125,000
- Reduced benefit for families and single parents with a net income of up to \$175,000
- \$500 for individuals with a net income of up to \$62,500
- Reduced benefit for individuals with a net income of up to \$87,500

Just google “BC Recovery Benefit” or click on the link below to find more information.

<https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

You will be able to apply on line – it takes just a few minutes! You can also apply over the phone.

For many of us, the BC Recovery Benefit is like a little windfall which can be used for many things, including supporting St. Peter Anglican Church or any worthy charity! If you need help, call Rick at 250 923-8588.

▼ The Prayer Chain



Exploring Prayer with Justin Welby

I always feel like I could do so many things better. There are some things which, even though I have been doing them for a long time, I wonder whether I am ‘doing it right’. Prayer is like that. So easy to pray for other people or for things we need. But is that all prayer is for? I checked out Archbishop Justin Welby’s website recently and found a really clear, down to earth ‘how to’ for prayer. In these short videos, I felt like I was sitting in Justin Welby’s study having a heart to heart as he shared what he knows about prayer. Perhaps in Lent you have decided that prayer is what you will focus on.

Maybe you are just curious about it. Or maybe, you are feeling distant from God. Whatever the reason, this series of videos is worth the time to take a look. "Over five lessons, Archbishop Justin explores different ways of praying. From asking for things and giving thanks, to expressing deep sadness and anger, Exploring Prayer helps you begin – or develop – your conversation with God." (From the website of the Archbishop of Canterbury)

<https://www.archbishopofcanterbury.org/exploring-prayer>



REPORTS

▼ The Prayer Chain

- Part 1: Asking God
- Part 2: Learning to Lament
- Part 3: Saying Sorry
- Part 4: Giving Thanks
- Part 5 - Wonder!



It is easy to get your prayer request to us. People in congregation at St. Peter, or anyone else for that matter, can ask us for prayer for themselves, or for friends or family. You can phone the church office at 250-286-1613 and leave a message, or email a message via the new email address linked to the St. Peter Anglican Church website stpetercrprayerchain@gmail.com . You are welcome to ask for prayer!

Kathy Fitzsimmons – Prayer Chain Coordinator

▼ Building Maintenance

George Wagner

The following maintenance activities have taken place to date in 2021:

1. FloodStops™ were added to the main building water supply line and to the water supply to the hotwater heater. FloodStops consist of a sensor placed on the floor to detect water leakage and an actuated valve that will close when water is detected by the sensor. The installation of FloodStops was recommended by the diocese and they will be reimbursing St. Peter's for the cost of this installation.
2. During a period of heavy rains in early January, the basement sump pump was found to have failed.
3. The two sinks in the women's washroom were replaced.



If anyone becomes aware of an issue that needs attention, please inform one of the Wardens or myself.

CHURCH MAINTENANCE, THE MOVIE

(Thank you cast & crew for your ongoing appearances)

NOW
SHOWING



▼ Garden Committee Glenna Armitage



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As I walk down my garden path, I absorb the peace of the garden. Beside me in the rock wall, plants reach out through the spaces. The garden work brings with it a mindset that renews. In this time of social distancing, I enjoy my quiet space while working in the garden. The positive reinforcement in gardening is part of the spirit of giving. Spring is a time to bring new life into the world. Turn the soil, plant the seeds, start new growth and believe in tomorrow. Keeping busy with your garden space helps with social distancing, I find. Good luck in your garden this spring.

▼ Dahlia Tubers for Sale

We have sold out of quite a few varieties so thought we would remove the sold-out varieties from the catalogue to make it easier when making your selection. This should help to avoid disappointment. Still over 60 varieties are available! Please order early to avoid disappointment. If we are out of a dahlia tuber, we will contact you.



At the end of the catalogue is a description of all of the tubers and the number available of each tuber. Catalogue link:

[Dahlia Catalogue 2021 February 14 update.](#)

Tubers are \$4.00 each. Buy 10 and get one free. To order tubers, please email Rick or Jane Monchak at monchak@shaw.ca or call 250-923-8588. Orders will be ready for pickup commencing March 30th.



CURRENT EVENTS

The COVID Coffee Hour - Every Monday Morning

I have just reread the article I wrote, regarding the Monday Morning Coffee Hour, for the Fall Spirit. I was amazed at how the message has changed to the one I am about to write.

Since October, the Coffee Hour has become a Zoom meeting.

The time now is just an hour, between 10:00 and 11:00 a.m. every Monday.

You no longer need to R.S.V.P.; you just need to show up. We no longer need to dress up, although you might wish to get dressed. But then, that has changed as well. With Zoom, you can show up, and choose no video, so it doesn't matter if you are still in your jammies! What fun!

The conversations are interesting and informative. Some of us are out and about more than others. You can keep informed with what is happening in town. So, charge your coffee mug and click on the link for an hour's visit with your Church family...

Monday Mornings at 10:00 a.m. See you then! Jennifer



Thrifty's Smile Card



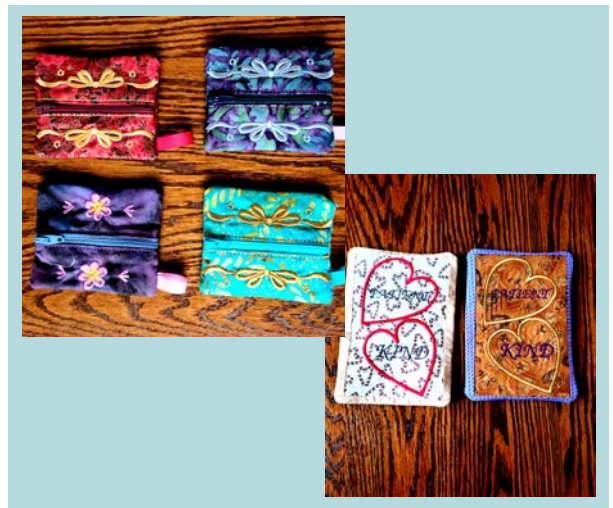
Thrifty Foods Smile Card Fundraising Program allows qualifying organizations to raise funds by shopping with Thrifty Foods. The system is simple: Thrifty Foods will donate an amount equal to 5% of the dollars you load on to your pre-assigned Smile Card to the group you are supporting. Extra support in your organization's pocket is as easy as that!

St. Peter's has enjoyed the benefits of this program in the past. Would you like to continue to participate? Let us know via email stpeterscampbellriver@shaw.ca or by phoning the Church at 250-286-1613. Someone will be in touch with you and will deliver your card!

ACW Fundraiser

The ladies of the church are pleased to let parishioners know their fundraising with coffee mug rugs (coasters) and small change purses will be continuing on due to the success of the project. Special orders can be placed with the Church office by leaving a message on the phone. It is by donation and the monies collected help support our local community. Even though traditional fundraising seems to be on hold, we continue to evolve with new ideas which in turn allow us to support the residents of Rose Harbour, Transition House, Carihi High New Moms' Program and others. Looking forward to helping you with any needs.

Blessings, Lois Tirebuck and Bev Lawrence, ACW coordinators



WHAT'S COMING UP DURING LENT

The Lent Project



Image: The Betrayal of Christ by Monvaerni

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When you find something good, don't you want to share it? That's how I feel about The Lent Project. It is a powerful resource for Lent. Each day's page includes amazing art, music, and reflections focused on the sayings of Jesus. You can visit the site each day or you can subscribe to it. This link is to the first day, but when you get to the page it takes you to when you type this all into your browser window, you will see a calendar of days for which there have already been pages posted and can access them. I invite you to look at them, they are excellent!

<http://cca.biola.edu/events/2021/feb/16/lent-project-2021-devotional/>

The Sayings of Jesus: Words of Eternal Life

Submitted by: Kathy Fitzsimmons

The Sayings of Jesus: Words of Eternal Life In these perilous days we desperately need a renewed vision of the Savior, our Lord Jesus Christ. So often we Christians get caught up in fighting to prove that we are right about certain dogmas or interpretations to the point that we are unable to see Jesus in all his glorious love and beauty. The New Testament Christ who spoke timeless truths is both captivating and convincing. British scholar, N.T. Wright writes, “Christ is disturbingly compelling. He comes to wound as well as heal, to warn as well as to welcome.”

Our introduction video graciously provided by spoken word poet, David Bowden, ends with a powerful expression, “This is our confession, we believe in Jesus Christ, his death, burial, and resurrection.” We warmly invite you to join us this Lent as we examine once more--the story and words of the living Christ. We enter this discipline together so that our faith in him might increase. There is no better way to focus on what is most essential than to meditate on the actual sayings Christ spoke over the course of his three years of public ministry. Each entry of the 2021 Lent Project will contain a different quote of Jesus. “So will my word be which goes out of my mouth; it will not return to me empty, without accomplishing what I desire, and without succeeding in the purpose for which I sent it” (Isaiah 55:11). “For the word of God is living and active, and sharper than any two-edged sword, even penetrating as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart” ([Hebrews 4:12](#)).

Early in his ministry, many of Christ's disciples abandoned Him because his teachings were difficult. When Jesus asked the twelve, “Do you also want to go away?” Peter answered, “Lord, to whom shall we go? You have the words of eternal life”

([John 6:66-68](#)). As we journey together this Lent may we find renewed hope and strength in the powerful words of Jesus--words of “wounding and healing, warning, and welcome--the words of eternal life!” Barry Krammes, 2021 Lent Project Scripture Curator

THE LENT PROJECT
FEBRUARY 16 – APRIL 10



Truck-load of Donations Delivered to the Food Bank



On Thursday, February 4 a truck-load of donations from our church was delivered to the Campbell River Food Bank. The diapers, formula, and baby food we delivered will help these families. We also took a cheque for \$290 which enables the food bank to fill gaps. The manager, Debbie Willis and assistant manager, were very grateful to receive the donations. We were given a tour of the facility which has grown immensely over the years. The Campbell River and District Food Bank Society was opened in 1985 as a result of the economic times; and through the support of a grant from the Vancouver United Way, the Ministerial Committee and other caring community members began to distribute groceries in the spirit of “Neighbour Helping Neighbour.” Now the facility includes a large area of shelving to store canned and packaged items, a walk-in cooler for refrigerated items and a walk-in freezer for frozen donations.

The Food Bank is a charitable society with an elected Board of Directors. It is totally dependent on donations and volunteers who love to serve. It is open for donations Monday to Friday from 9:00 a.m. to 1:00 p.m. Distribution days are the first three Wednesdays of the month, open 9:00 a.m. to 3:00 p.m. The Food Bank is also open Mondays and Fridays 10:00 a.m. to 1:00 p.m. for smaller handouts of produce, dairy and bread.

Over 60 families a week receive a “banana box of staples” on one Wednesday per month to last the month. Some families also visit the Food Bank on either Monday or Friday, or both days, with some visiting every week on Monday and Friday.

The need is great. Those who use the food bank are people who live in their homes but whose income is too low to provide the necessities of life. Many of these families have infants and young children. Some of Campbell River’s youngest citizens are living in difficult circumstances. Gifts of diapers, formula, baby food, and non-perishable food will make a difference in many lives.

Please continue to donate to the Food Bank by dropping off item/monetary donations to St. Peter’s on Wednesday or Thursday mornings.

Noisy Offering Continues!

We are no longer allowed to bring clothing into the community kitchen, but there are other ways of contributing to the distribution of needed items. Rain ponchos are now on the list. And we are still gathering socks, toques, scarves, and other items.

In the meantime, our offerings continue to support our monthly meal for Grass Roots, Kind Hearts. Meatballs, gravy, veggies, potatoes, buns and dessert are included in a typical meal and our assistance is greatly appreciated to feed folks who have no place or way to get a meal.

While they are blessed by our offering, we are blessed multiple times for the privilege of doing this. Many thanks for your continued support. Thanks to Georgia Smith for initiating this project!



Quentin's Quest

by Quentin Dodd

Hello to all of my very dear friends, first at St Peter's, since this is an article for Spirit magazine, but also "outside" in the big wide world. As I've said on occasion in the past, I first want to thank you all from the bottom of my heart for all the wonderful kindnesses you, both inside St. Peter's, and outside, have shown to me most especially over the past Christmas period. It was a very strange time for pretty much everyone, I think. But certainly, it was for me, with an almost complete removal of traditional stuff such as carol singing, either at our service of carols and readings, or the festival of Carols by Candlelight over in Powell River.

But here we are again, urged to get our latest articles in for this new edition of Spirit magazine a week or so before the holding of the annual general meeting, another computer get-together if you can call such remote, separated gatherings that. Hopefully though, by the time you read this after the AGM, there will have been a good meeting of the minds over so many different concerns and issues at this time of unusual difficulties.

So, to be honest, I struggle along, and one of the big things that's been borne home to me in recent days, and not least from my reading of the Bible story of King David in his war against the very aggressive Amalekite invaders of his territory. If we hope to have any recovery from all of the damage COVID is still doing to our North American society and throughout the world, then we've got to make a start on working on that recovery now, before we have any clear idea at all of what the future holds for us under the storm cloud.

The truth of the matter, as I read it anyway, is that there never is going to be full and complete recovery of all that we had before; but it can't be even a fraction of it if we don't start out on the journey towards that target now, in faith in Our Lord Jesus Christ.

For it is said so many times in the Bible that God promises, "Fear not, for I will always be with you and will never desert you. I hold you by your right hand to walk with you through all times." And in the David story, King David started out immediately against the Amalekites after he was first told about the invasion and that his enemies were still winning and causing enormous damage. He was well away from home at the time. The wonderful thing is that with God's support, David was able to recover every single one of the many captives the Amalekites had taken.

I'm not suggesting that that miraculous a recovery is likely to be possible at St. Peter's, even with God's unfailing moral support, but with the backing of good decisions taken in His name, we should be able, perhaps only very slowly and gradually, to move towards winning back the Promised Land and a rebuilding of our parish, our Church and all the communities around us "out there."

I concede and concur it's no small task and I have no doubt some will argue it's too early to begin now, but let's remember David's mission started out while his country's fortresses were still falling and the Amalekites were still increasing the damage they were doing. Please, God, help us all to make wise decisions and, shall we say, pack wisely with the right materials for the journey out into this horrible desert of devastation.

God bless. Quentin Dodd – (now styling myself as the Campbell River Observer)





▼ To everything there is a season by Barb Henshall

I love February! When I was young, we would go to my grandparents in Haney (Maple Ridge) most Sundays. They had acreage overlooking the Canadian Pacific Railway, and across the Fraser River were the many dairy farms of Langley. A block away, was the little old church of St. John the Divine – the oldest wooden Anglican Church in BC. This is where I first remember going to church with my Granny with her pocket full of cookies!

February is an exceptional month as many plants start to bud or bloom. The catkins on the many hazelnuts would be blooming. The forsythia with bright yellow blooms on their dining room table was so welcoming! One snowy Sunday stands out in my memory. We always did a walk around their exceptional gardens. There was always something new to see, some outstanding plant! As we walked towards their lookout, aptly named “Park Place” there was a most beautiful field of snowdrops poking out of the snow. They must have been planted years before as I have never seen a more magnificent and expansive display of snowdrops. One never knows how images will affect us years later.

When the snow came last week the snowdrops in my garden were just starting to bloom. I patiently waited to see what they would look like as they emerged from the snow... Yes, they were just as beautiful with their trumpet-like green-tipped inner petals, 3 of them, and the three outer pure white petals. Their heads bowed as if in prayer as they heralded a new season. Is it not a time of divine hope that this new season is awakening?

My grandparents had much wisdom - their patience and joy in seeing renewal, in seeing plants begin their annual journey, in their sacred spot.

Do you have a favourite spot that you call your holy or sacred place where you go to experience the joys, the refreshing and healing of nature in our ever-evolving seasons?

▼ Podcasts submitted by Kathy Fitzsimmons

Something New to Listen to on Your Laptop

Have you discovered podcasts? Podcasts are recorded conversations of hosts interviewing people they think others will find interesting to listen to. You can find all sorts of things to listen to on an incredible variety of topics. I often find a podcast I want to listen to while doing chores, choose an episode I find interesting, start it playing, and set to it. Every chore seems easier and the time spent doing it passes faster. Here is a



podcast I discovered recently which seems appropriate for listening to in these pandemic times, because life isn't as easy as it was, (though even then times were not always easy!) and we are all experiencing things which we are finding difficult.

Everything Happens-A Podcast with Kate Bowler <https://katebowler.com/podcasts/>. Life isn't always bright and shiny, as Kate Bowler knows. Kate is a young mother, writer and professor who, at age 35, was suddenly diagnosed with Stage IV cancer. In warm, insightful, often funny conversations, Kate talks with people about what they've learned in dark times. She is a Canadian from Winnipeg and is a professor at Duke University, a private research university in Durham, North Carolina.



▼ Backdrop of Zoom by Ching Ho

I couldn't remember whether I knew what Zoom was one year ago. However, starting from March 2020, Zoom meetings or to meet at the Zoom has become the most popular term that related to taking classes or meeting a group of people.

Back then when we had in-person services, Sunday mornings were simply another school day, except we woke up later, quickly changed and scarfed a portion of the breakfast, then jumped into our van. When we arrived at the church, if we were

early enough, we would see Jennifer standing outside the main entrance. We shook hands and proudly walked into the sanctuary. However, most of the time, we sneaked into the sanctuary and tried to find an empty pew that had enough spaces for eight while others were singing.

When our church first moved to Zoom services in November 2020, everything changed. Gladly, we have been on time so far, though we sometimes logged in a couple minutes after 10:00 a.m., and sometimes the kids were still drinking their hot chocolate or still eating their bread.

One time, one kid whispered to the others, "Who drank my half of the cup of chocolate?" She then looked one by one and tried to figure out who the thief was, though all the others looked innocent. In order to avoid embarrassment in case they may accidentally shout out, we always mute ourselves.

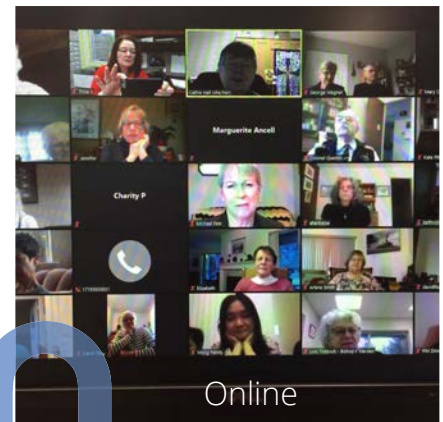
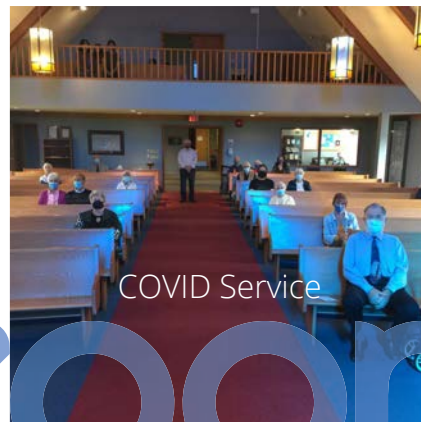
For a big family, we would always make sure we would be ready to be on camera: a laptop with enough battery, another laptop and an iPad for the bulletin, and the kids showing up to sit around the dinner table mostly in their pyjamas. They are not usually willing to show their faces to the camera, except to wave before the services and at the Peace.

For the two youngest girls, they always prepare their toys when they attend the services: a bag of pompoms, a little squishy rabbit, or a small frog, etc. They stay quiet at the beginning, then they sometimes make up stories during the service. When they are loud enough to disturb me, I give them a stern look or pat their shoulders.

When the service comes almost to the end, one by one they ask, "Is it done?" Once I nod my head, they disappear.

In the past, we always sat on the right side of the pews, and always saw the familiar faces around us because we had the tendency to sit in the same spots every Sunday. However, the Zoom service is seamless, we see every face on the screen, and listen to every conversation. The most important is that there are names matching with the faces.

Though we enjoy the Zoom services very much, I wish we could sit in the sanctuary, look at the cross, and sing together. Most likely my family would sit on the right side of the pews.



zoom



▼ Opus Painting Challenge Kathy Fitzsimmons

Pandemic took the wind out of my creative sails for the most part, and I didn't get into my studio very much at all this year. I found it kind of paralyzing, feeling like all of my attention was focused on coverage of the evolving COVID crisis. I felt like I was a character in a science-fiction novel, or in an episode of 'The Twilight Zone', for those of you who are old enough to remember it.

I got a jolt of creativity in early October, when my sister-in-law, who had moved to Merville from Pitt Meadows several months before, was celebrating a milestone birthday, and I was stumped as to what to give her that would be special enough. I was hit by the inspiration to do a painting of a beloved dog of hers who had 'gone over the rainbow bridge,' but that struck me just one week before her birthday. I painted many hours each day with lots of energy determined to meet the deadline, and completed a painting which brought tears to her eyes when I presented 'Delilah, in All Her Glory' to her. Wanting to give her something special and meaningful pushed me past the pandemic paralysis and it felt wonderful to be gripped by the desire to create.

The malaise descended again once this painting was done, and when the Opus Daily Practice Challenge came along in February, it seemed like a good idea to try to do this challenge to help re-establish a daily routine of time spent in the studio. The challenge was to each day create a piece of artwork inspired by the word prompt for the day provided by the art supply company Opus. They were not easy prompts; words like legendary, quaint, confidence, and pride, for example. But it did work, too, to get me past the resistance to spending regular time in the studio.



One of two of my favourite little pieces from this challenge is 'Beaming', a little watercolour of a small boy with the biggest grin on his face. I searched for images of children smiling, as the face of a grinning child was what came to mind when I considered the word. I am really happy with the infectious grin I was able to capture on his face. Light seems to be radiating from him, just what I was hoping for.

My other favourite is the image I painted to express 'Jubilant'. I don't often paint from imagination, but I just almost immediately felt that the painting needed to feature a woman with arms and face lifted up, with forward movement, and lots and lots of colour seemingly flowing out of her spirit. Just laying the colour down on the paper and watching it flow together was so satisfying and freeing. I might do this idea again in a more formal painting. Doing this challenge gave me the boost I needed to work on a commission I had to do. Creativity and the pleasure of putting paint on a surface is flowing again. Very thankful!





The Waiting Game

Jane Jennings

The Israelites waited forty years
They ranted, cried and shouted at being
In a barren desert with wind whistling round
'How long' they moaned to Moses all day
'We are bereft - what does your God say?'

They came out of this wilderness new people
Good gifts God had bestowed towards them
A priesthood, the tabernacle, the Torah
They entered the promised land full of hope -
What can we learn in our year of waiting?

It is good to rest, to stop in the shade
Take time to notice earth's awesomeness
Our slowing existence, time standing still
We are ourselves, alone, in our own skin
Now left in our desert wilderness.

We will survive, break the boundaries
That have determined how we live
Expand horizons, change destinations
This time is shaped for a different future
That God is preparing us to enter.

So, we embrace our landscape, find our hope
In quiet places, experience God's call
We are not alone, we travel lightly
Knowing our weakness and our anxiety
We will wait on God and He will bless us.

Ideas for a Happy, Fun Time at Home

In the last issue of Spirit, Jane Jennings wrote an article about trying something new, something you might have never done before, to challenge yourself. Did you happen to set a specific time aside, put it on the calendar?

Jane suggested to us to do the following. Select a time when you will have minimal interruptions and are alert mentally. Find your materials and have everything available. Give yourself a time limit and if you want more time just carry on. The main point is to develop skills we may not have known we had, enjoy what you are doing, and allow yourself to play. We can all learn new things when they have value to us. Good wishes on finding those activities that really turn you on! The challenge is still on! Email a note to the editor to let us know how you did and we'll include your explorations in the next issue of Spirit. You may help someone else. We hope you have enjoyed and have had fun exploring your new pursuits so far.



Blessing the Dust

from *Circle of Grace: A Book of Blessings for the Seasons* by Jan Richardson

All those days
you felt like dust,
like dirt,
as if all you had to do was turn your face toward the wind and be scattered
to the four corners

or swept away
by the smallest breath as insubstantial—

did you not know what the Holy One can do with dust?

This is the day we freely say
we are scorched.

This is the hour
we are marked
by what has made it through the burning.

This is the moment
we ask for the blessing that lives within
the ancient ashes,
that makes its home inside the soil of
this sacred earth.

So, let us be marked not for sorrow.
And let us be marked not for shame.

Let us be marked not for false humility or for thinking
we are less
than we are

but for claiming what God can do within the dust, within the dirt, within the stuff
of which the world is made

and the stars that blaze
in our bones
and the galaxies that spiral inside the smudge
we bear.



ANNOUNCEMENTS

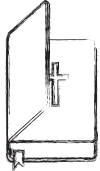


Weddings

Congratulations!

**DON &
SHERI
PROCTOR**

March 8, 2021



Deaths

Cynthia Sinnott - January 14, 2020
Althea Kellett - January 27, 2020
Anthony Tirebuck - February 6, 2020
Roy Briggs - November 4, 2020
John Hedderson - December 9, 2020

Some of the following announcements have come from the weekly leaflet. The leaflet contains the weekly service and parish news and can be found on the church website. <https://www.stpeterscampbellriver.com/news>

Pastoral Care

Pastoral Care at St. Peter Anglican Church during the Interim - the Reverend Dr. Cathie Hall
Her phone number is 250-668-3701 and email is incumbent@stpeterscampbellriver.com. If it is urgent call any time. Non-urgent calls can be made on Wednesdays and Sunday afternoon.

Staying Safe in the time of COVID-19

There is a detailed plan for how we stay safe in church in the time of pandemic; you can view it on the bulletin board. We have also formed a small team of medical people who will advise the priest and wardens if we need to stop having in-person worship. This may need to happen if there is an outbreak in Campbell River. So far, we are doing well.



ANNOUNCEMENTS

Staying Connected

Some parish members can't be present and don't have computers and email addresses. We would still like to let them know the news of the parish and make sure they know that they are cared for. You can do your part by phoning someone you know and checking in with them. You can also let the office know their name and Cathie will send them a bulletin and some encouraging words. The church office phone number is 250-286-1613.

Grass Roots/Kind Hearts - Tuesdays: March 16, April 20, May 18

Volunteers are always welcome to help us prepare and serve food for the Grassroots/Kind Hearts dinner program for people in need. We participate in this community program every third Tuesday of the month. If you would like to help, contact Diana at 250-286-1613 or email stpeterscampbellriver@shaw.ca with "GRKH" in the subject line. Diana would be joyful and love to have the roster filled early!

How to Help Kids Build Resilience During the Pandemic



The pandemic is testing the limits of kids' resilience. But there are proven strategies that can help children cope, even if caregivers and parents feel they're not coping so well themselves. Nancy Heather, a professor of educational and counselling psychology at McGill University in Montreal breaks down what parents should, and shouldn't, be doing to foster resilience. (*White Coat - Black Art, February 26*)

[The Dose with Dr. Brian Goldman: Here's how to help kids build resilience during the pandemic](#)

Need the leaflet mailed to you?

Parish Council has decided that we will mail out copies of service leaflets along with a message for that week to those who are not able to attend church and can't access the leaflet online. If you want to receive it, or if you know someone in the parish who does, please call or email the parish office and let us know.

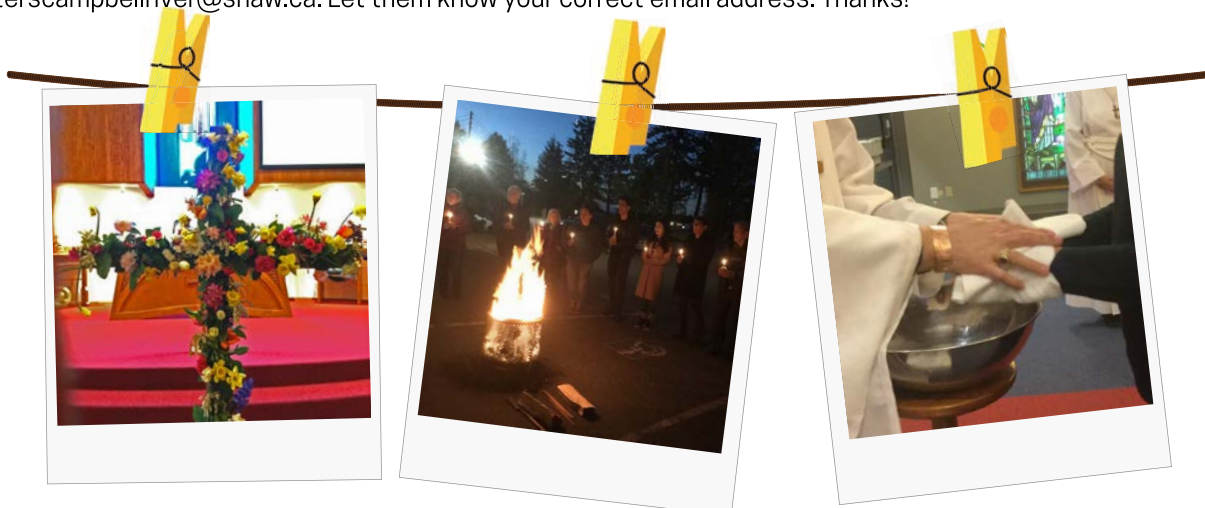
Why do we do That?

This column continues to appear in the leaflet each week. It answers that question you might have about "why do we do that?" Lately, it has explained: Epiphany and Bibles authorized for use in the church (Jan. 3); a 4-part series on 'What is a Deacon?' (Jan. 10-31); Question period (Feb. 7) and preparation for Lent (Feb 14 and 21). Again, take a look at the leaflet on the website. It is a wealth of information!

Do you have a question you want addressed in this column? Please write them down and drop them into the office or in the outdoor mailbox at the front entrance of the church.

Not receiving the Zoom link for services, meetings?

If you are not receiving the Zoom link sent by Trina Soltys (communications@stpeterscampbellriver.com) for services, meetings and studies, please contact the church office by phone, 250-286-1613 or email stpeterscampbellriver@shaw.ca. Let them know your correct email address. Thanks!



CALENDAR OF EVENTS

Worship Opportunities

(Sunday service available on Zoom as long as in-person services are on hold)

- Wednesday, 12:10 pm (on hold)
- Sunday, 10 am Morning Prayer

Services are from the Book of Alternative Services

Weekly Events

(All events listed below will be on Zoom or on hold)

- Monday, 10 am Coffee Hour on Zoom
- Wednesday, 10 am ACW (on hold)
- Wednesday, 3 pm Mindfulness (on hold)

Serving the Community

- Sunday Evening AA, in the hall (*will continue during the shut down*)
- Wednesday Afternoon Christian Children's Choir (*on hold*)
- Wednesday Evening Power Squadron (*on hold*)

Upcoming Important Dates



- March 21 - Parish Council, after 10 am service
- March 28 - Liturgy of the Palms, Sunday of the Passion 10 am
- March 28 - Drive by to receive a Blessing and a Blessed Palm, 11 am
- April 1 - Maundy Thursday 7 pm
- April 2 - Good Friday 10 am
- April 4 - Easter Sunday 10 am

Peter's Parish Council 2021

Bishop's Warden - Lois Tirebuck

People's Warden - Dave Storrie

Deputy Wardens - Bill Ritchie, Tony Smith

Synod Delegates (2nd Year of a Two Year Term) - Tony Smith, Pauline Woods

Synod Alternate - Barb Henshall

Youth Representative to Regional Council - Lok Wing Wong

Council Members (2nd Year of a Two Year Term) - Bill Ritchie, George Wagner, Connie Burns

Council Members (Two Year Term) - Gemma Halstead, Greg Goldstone, Barb Henshall

Ex Officio Council Members

- Treasurer - Holly Finn
- Communications Director - Trina Soltys

*Thank
you!*

With Gratitude, the Diocese of British Columbia acknowledges that for thousands of years the Coast Salish, Nuu-chah-nulth, and Kwakwaka'wakw peoples have walked gently on the unceded territories where we now live, work, worship, and play. We seek a new relationship with the first peoples here, one based in honour and respect, and we thank them for their hospitality.



