

# OUTREACH



Epiphany 2009

## Jesus Christ is Born

*Sing to the LORD, for he has done glorious things; let this be known to all the world.* Isaiah 12:5

“Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation.”

Isaiah 12:2

“To give knowledge of salvation unto his people by the remission of their sins,”

Luke 1:77

“For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,”

Titus 2:11-12



St. Mary's carolers, Rob Popp, Hilary Schroeder, Jody Lai, Sarah Harvey, Mervyn Crozier-Smith sing to greet visitors at *A Christmas Carol*, featuring actor John Huston, former parishioner of St. Mary's.

The bells of St. Mary's may not be ringing, but there is a new sound coming from within its doors. In September 2008, a Music Team was born from a passion to see a new focus surround the music and worship of St. Mary's Anglican Church. Rev. Claude and Hilary Schroeder teamed up with Sandra Woods and Sarah Harvey to begin brainstorming ideas for a new music ministry.

In October, the *Sing a New Song* evening was an opportunity to introduce a new, eclectic form of worship by drawing from centuries of musical style – from plainchant to contemporary. This was also the opportune time to poll the congregation's musical preferences as well as their willingness to be involved with St. Mary's music.

A few other events were key in bringing these willing musicians together. In early December, St. Mary's was proud to host John Huston and his performance of Dickens's *A Christmas Carol*. Members of the congregation were called upon to sing carols as a welcome at the door and throughout the performance. With carols in the air and in their hearts, St. Mary's parishioners took their songs to a retirement center later in December. The caroling touched the singers just as

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## From the Editor's Desk

*Since you are zealous for spiritual gifts, let it be for the edification of the church that you seek to excel.* 1 Corinthians 14:12



I was looking back through my records to when I first started to edit the Outreach. It was Advent 2001 when I took over from Rob Dawson, who had decided he would pass on the torch in view of his up-coming duties as Lay Reader. At the time, articles included “Women at Ten”, “The Men’s Breakfast”, “The LIFE Group”, which was a small community group, to name a few. Since then we celebrated with Dorothy Goodale on her 90<sup>th</sup> birthday, St. Mary’s first Alpha group, the introduction of Faith Quest, the 90<sup>th</sup> birthday of St. Mary’s Church and the 100<sup>th</sup> birthday of Eileen Bancroft. More recently we have reported on the Dallas Valley Welcome Back Sunday, All Saints Saturday, Palm Saturday, India Night for Soul’s Harbour, and numerous examples of the work that individuals have done in the community.

The Outreach is a Gospel-sharing publication and shows God’s love and work in our parish, by our parishioners, in our community, in our city and beyond. There are so many illustrations of God’s gifts in his people. The hope was to reflect that presence in the pages of Outreach.

In the weeks to come I will be writing up a ministry profile which speaks to the mission and ministry opportunities that come with being a part of an editorial team for Outreach. It is my hope to work with people who are interested and feel called by the Lord to join in this ministry. If this may be something you’ll think about, please consider it prayerfully and watch for the ministry description. I am very grateful to those who contribute to the Outreach. You make it what it is. Thank you . Blessings to all.

Ann Molson

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## Pastoral Care Notes

**Home Communion Ministry** Members of our Home Communion Ministry team are available to bring Holy Communion to anyone who, for whatever reason, is unable to join in the celebrations at St. Mary’s. Please call the office number at 522-6052 to make this request.

**Taxi Service** St. Mary’s is pleased to offer taxi service to anyone needing a ride to church, and back home again. Simply call Co-op Taxi at 522-2727 and charge the service to St. Mary’s.

**Prayer Chain** is comprised of a group of people who are committed to praying for individual needs and concerns during times of distress and crises. All requests are kept confidential, and can be made by calling the church office at 522-6052 or by calling Beryl Forgay.

**Prayer Ministry**, is available during administration of Holy Communion. If you would like prayer for yourself, for someone else, or have some other concern, please make your way to the back of the church to the prayer team, after receiving Communion.

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## From the Rector's Study

Somebody said to me recently after Morning Prayer, "This is really quite a good start to the day." And I replied, "It's the only way to start the day."

I have been very encouraged of late by the small group that comes to St. Mary's on week days for Morning Prayer at 9.00 a.m. We gather in silence for a while in the choir stalls. This is a time for hollowing out an empty space in the heart, out of which will flow the living waters of the Holy Spirit. Then, whoever is leading the prayer that day invites the others to rise, and we begin, "O, Lord open thou our lips," and the others reply, "And our mouth shall show forth thy praise."



This is for us all a moment of sheer grace. As the Article on Free Will states (page 702 in the Book of Common Prayer), "the condition of man after the fall of Adam is such that he cannot turn and prepare himself, by his own natural strength and good works to faith and calling upon God... without the grace of God 'preventing him' (that is to say, 'going before him')." We have turned to God and asked him to open our lips so that His praise might pour forth from our mouth, and this asking is itself already a sign of his grace. The prayer is answered forthwith!

We continue with the Venite (Psalm 95) and the Psalms appointed for the day, followed by the lessons, a chapter from the Old Testament and a chapter from the New Testament, which is interspersed by the recitation of that ancient hymn of the Church, the Te Deum, and is followed by the Benedictus, the Song of Zechariah, where we bless God for raising up such a mighty salvation for us: Jesus.

Having heard the Word of God proclaimed in the Scriptures, we respond by a confession of faith in the words of the Apostles Creed, turning east, as we do so, which harkens back to an ancient practice in which converts to the Christian faith would face west for the renunciation to evil, and turn east towards the rising sun for the confession of Christ. The words of the Creed also serve as a tool for comprehending all that is proclaimed in the Scripture. This is the story the Bible tells. This is what it means. But the recitation of the Creed also provides us with a basis for prayer that follows, and kneeling down we offer up our prayers for ourselves, the people of St. Mary's, the city of Regina, those who are in authority over us, and those in need. Often the themes and concerns of the Scripture readings provide "grist for the mill" of prayer. The Collects for peace and grace speak powerfully of the spiritual war in which we are engaged, and fortify the "pray-er" with promises of God's help and protection.

By 9:30 we will have concluded with the Prayer of St. John Chrysostom and the Grace. Before going our separate ways and pursue the tasks that God has set before us, some will linger to share how the Word of God spoke to them that morning.

St. Paul taught that there are two people that co-exist within each one of us. There is the person who sets his mind on what the selfish nature desires. That selfish nature is hostile to God, and focuses upon the life of this world only, and concentrates on what can be seen, and excludes any reference to God. Such a person depends on culture, politics, leisure pursuits for happiness. This writes St. Paul, is death. (Romans 8.6a).

But there is another person, and that is the person who sets his mind on the Spirit, and this is life and peace (Romans 8.6b), and produces the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control (Galatians 5.22). When I join with others in silence, and listen attentively to the Scriptures being read out loud, and pray the Church and the world, I am setting my mind on the Spirit, and enter more deeply into the experience of the fullness of life and peace, and have real hope which carries me through the day.

We know that in the Communion of Saints we are never alone, but the presence of living, breathing persons sitting next to me and around me puts flesh on that notion, and I am so encouraged.

Claude +

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# Milestones



**Congratulations** to Olwyn Crozier-Smith who celebrated her 98<sup>th</sup> birthday on December 11.



**Baptised** on August 24, 2008, Leandra Morris-Petrescue, daughter of Kevin Morris and Lisa Petrescue. Congratulations, Leandra!

**Baptised** on November 23, 2008, Mira and Jacob Cappello, daughter and son of Asha and Mike Cappello. Congratulations, Mira and Jacob!



Jacob and Mira

**Congratulations** to Mervyn Crozier-Smith on his induction as an Associate of the Sisters of Saint John the Divine on December 12. Mervyn is shown here with his mother Olwyn Crozier-Smith (centre) and Sister Patricia SSJD.

**Congratulations** to Danielle Klingelhofer, Victoria Martin, Nicholas Schroeder, Nancy Bailey and Tara Griffin who were confirmed on November 2.

**Baptised** on January 11, 2009, Noah Hubelit, son of Sheri Hubelit and sister of Brittany. Congratulations, Noah!



Claude Schroeder and Nicholas, Nancy Bailey, Victoria Martin, Danielle Klingelhofer, Tara Griffin



Noah with Mom Sheri

Thank you to Randy Mandziak, Mervyn Crozier-Smith, Roy Norberg and Marv Klingelhofer for photos.

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## **\*\*Our Community\*\***

### **Olwyn Crozier-Smith - 98 Years Young**

St. Mary's birthday celebrations were held after the worship service on Sunday, December 14<sup>th</sup> to honor all who had birthdays for that month. Olwyn Crozier-Smith, who was 98 on December 11<sup>th</sup> was able to be present and to visit with members of the congregation. A tea followed for Olwyn, with close to 100 people conveying their best wishes. A musical program, presented by members of the family and the music ministry team of the church, was enjoyed by all. This was followed by story telling and history of past events, a table of memorabilia and pictures of Olwyn, as well as a slide presentation.

Olwyn and family wish to thank all for the many gifts, letters, phone calls and visits, and for making this birthday celebration a memorable occasion in her life.

Mervyn Crozier-Smith

## **Seniors I Know**

### **Olwyn Crozier-Smith**

One of the privileges of being a pastoral visitor is to hear the stories of our pioneers. Their colourful histories, courage and great faith in our Lord is such an inspiration to all of us on our Christian walk.

Olwyn Crozier-Smith, now 98 years young, is just such a hero. I was present at her 90<sup>th</sup> birthday at St. Mary's when her son Derwyn gave a tribute to his mother. He explained that one of her accomplishments as a young woman was winning the Dominion Gold Medal for the highest marks in Canada on Sunday school exams of the Anglican Church, General Board of Religious Education. This did not go unnoticed, and in May 1934 she was invited by the Diocese of Qu'Appelle to come to work in the office of the Sunday School by Post Program (SSBP). After a time away in Victoria, B.C. to attend St. Christopher's College for the 1936-37 academic year, she returned to the Dioceses of Qu'Appelle to spend the summers of 1937 and 1938 on the vans working for SSBP, visiting the homes of children taking the lessons.

Olwyn is presently living at the Casa Bella Care Home. On Fridays we meet to pray, read the gospel and share the reserve sacrament. This devout woman hears the Bible stories and says, "I remember that story!" Of the Beatitudes, she said, "That is one of my favourites."

When I ask her about her life in the Sunday School by Post vans, she says, "That was the happiest time of my life." The plucky little lady was still living in her own home until a year ago. At Christmas she produced dinner for the whole family, an amazing feat for a petite woman of less than 100 lbs., standing on an artificial leg. She never gives in to self pity. Her cheerfulness is contagious. Her deep reverence for the Holy Communion makes me hold my breath in awe.

"I appreciate your visit so much," she beams with the loveliest smile. The light of Christ still shines brightly in this vessel. Thank you Olwyn, for your example of what the Christian life is all about.

Lois Martin

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# Thanks and Appreciation

You may recall on Sunday, October 26, St. Mary's Faith Quest was host to a group from St. Alban's, Moosomin, who were here for lunch, a tour of Faith Quest and observing and taking part in the lessons on the Beatitudes. The following thank you card was received from Marie Everett, conveying their appreciation.

## Our Message to St. Mary's

**From all 43 of St. Alban's children and adults, a huge thank you for the preparation and organization that went into our wonderful day with you. The 30 children were able to experience the Worship Centre and Faith Quest lessons and see how your program is organized. We are following the same model and the help we have received from Hilary over several sessions has encouraged us greatly. A special word of appreciation to the following people who made us so welcome and took care of us:**

**Rev. Schroeder, Hilary Schroeder, Shelley Baron, Andrew Henley, Louise Knowles, Louise Kilby, Nancy and Joe Bailey, Norma Trim, Kate Berringer, Melanie Baldwin and Victoria Martin. God bless all of you.**

**Marie Everett**



Photos provided by St. Alban's

## St. Mary's Music Ministry, Cont'd from Page 1

much as it did the listeners that night, as they walked door-to-door through the hospice. The group finished the evening in a local Tim Horton's where a customer became ecstatic at their singing to the point of handing out bookmarks to everyone present.

As the New Year begins, St. Mary's Music Team has decided to shift its focus to the growing Family Choir, bringing children and adults together in song to lead the Sunday service once a month. This opportunity to grow in music and fellowship is open to all who may be interested.

Sarah Harvey, Music Ministry Team

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## Community Group

I, along with my husband, Joe, Andrew Henley, Louise Kilby and Louise Knowles, am part of the Community Group that meets bi-weekly at Claude & Hilary Schroeder's home for coffee, bible study and prayer. Through the months we've been together we have learned to share and pray for each other in some of our darkest times. This has led to a strong bond of community, and we have become a group of people who pray for each other, keep in regular contact with each other, and who will even dare to fly to Edmonton for a hospital visit when one of us is in need. It has been exciting to watch as we've been able to be the hands and face of Christ to each other.

Since we have found this kind of acceptance, love and support, our next most natural step was to reach out to our community in a desire to share this bond with others. So in December we hosted a joint hospitality lunch, focusing on the inclusion of other St. Mary's and community folks. Joining forces to supply the simple luncheon fare, approximately 22 of us celebrated the goodness of God together as we got to know each other on a more personal level. This proved to be a great time of fellowship, sharing together and caring for each other in a tangible way. Relationships have both begun and been blessed through this get-together, so we're planning another similar gathering next month.

I am eager to see what new things God has in store for us as we continue to meet together to grow deeper in His word and then take what we've learned to the community within which we have been placed.

*2 Corinthians 2:14 But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.*

Nancy Bailey

## \*\*Wider Community\*



### Primate's World Relief and Development Fund

In the 50<sup>th</sup> year of the Primate's World Relief and Development Fund, here is another sample of the world-wide scope of the fund.

In South Africa the terrible problem of HIV/AIDS had affected so many young families, as hundreds of orphaned children are left behind when their parents die from the disease. In many cases grandmothers are overwhelmed with whole families of children and in other cases there is no senior family member to take on the responsibility.

The John Wesley Community Centre in South Africa runs an orphan HIV program funded by PWRDF as part of their ecumenical participation. The centre trains volunteer foster parents who provide support to families where the parents are in the last phase of AIDS. The foster parents are equipped to provide pastoral care and practical assistance. They visit the household twice a day while the parent is still alive but too sick to carry out the care that the children need. They make sure that the children receive nutritious meals, that homework is done and that they are tucked into bed. The dying parents are assured that when they pass away these foster parents will be there to provide a home for the children.

Please pray for the growing number of foster parents who have a passion to help those affected by HIV and AIDS.

The Primate's World Relief and Development Fund can also make good use of your donations for all of its work in many dire situations around the world. To make a donation, a cheque may be made out to St. Mary's but at the bottom indicate that it is for PWRDF. It will be credited in your year-end church statement for income tax purposes.

Beryl Forgay

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# Food Bank

The Food Bank is always in need of donations. The drop off point is on the landing up one flight of stairs from the Montague Street entrance of St. Mary's. Most need foods include the following:

- Pasta products and rice
- Canned meat & fish
- Dry & canned soups & stews
- Canned fruit & vegetables
- Flour
- Breakfast cereal
- Peanut butter
- Canned/powdered milk
- Fruit juices
- Pasta sauce
- Beans & legumes
- Infant formula & baby food



## SIMPLE IDEAS FOR REDUCING STRESS

1. **Pray.** Acknowledge your need for wisdom and guidance in your daily responsibilities.
2. **Go to bed on time.** When we are well-rested, our capacity for handling stress is greater.
3. **Get up on time so you can start the day unrushed.** There is such a thing as too much rest!
4. **Pace yourself.** Spread out big changes and challenging projects; do not take on too many difficult things at once.
5. **Take one day at a time.** Do today's work today; let tomorrow's work wait until tomorrow.
6. **Distinguish worries from concerns.** If a situation is a concern, find out what God would have you do and release the anxiety. If you can't do anything about it, forget it.
7. **Nourish yourself spiritually.** Have a Bible readily available to read while waiting in line, or for a meeting.
8. **Eat properly.** Following a healthy diet will help keep you physically fit and provide needed energy.
9. **Get organized.** Find a proper place for everything so you will not have to hunt when you need them.
10. **Write down thoughts and inspirations.** If you have a good idea, write it down. If you hear some helpful thoughts, record them so you will not forget them.
11. **Find time to be alone.** It is good having people around, but time alone enables us to recharge.
12. **Talk to God frequently.** Try to deal with small problems by praying about them. You do not have to wait for a specified time and place to pray.
13. **Make friends with people that share your values.** We all need encouragement in living up to the truths we hold dear in our lives.
14. **Keep favorite Bible verses readily available.** Having cherished Scripture passages written down on a piece of paper

or a card can serve as a helpful reminder in stressful times.

15. **Laugh.** Everyday life can be disheartening. Take time to laugh. Maximize light-hearted moments.

16. **Have a personal exercise routine.** Physical exertion is an excellent stress reducer.

17. **Develop a forgiving attitude.** Bitterness is poisonous. Remember, most people are doing the best they can.

18. **Remember your greatest ally.** *"If God is for us, who can be against us?"* (Romans 8:31)

## Take Just a Minute....

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With our eyes looking to the environment and conservation, here are a few facts about water, obtained from [www.kairoscanada.org](http://www.kairoscanada.org)

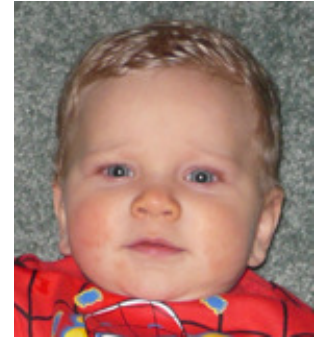
- Humans can survive without water for about five days.
- More than 1 billion men, women and children lack safe drinking water and sanitation services.
- A leaking tap can waste up to 378 litres of water a day.
- On a global average, most fresh water withdrawals - 69%- are used for agriculture, while industry accounts for 23% and municipal use, just 8%.
- About 148,000 litres of water are needed to make an automobile, tires included.

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# The Story of One Small Boy

On Sunday, February 3, 2008 the people of St. Mary's were asked to pray for Ayden. He continued to be on the prayer list at St. Mary's and other churches for months. Ayden's story is amazing; he is truly a gift from God.

Ayden was born Friday, January 25, 2008 to Daryn and Celena, who love and cherish him and his two siblings, Rylee and Kierra. As hemophilia is an inherited condition and Rylee is a hemophiliac, Ayden was tested for hemophilia. The tests were inconclusive. Since it took a long time for Ayden to stop bleeding from the needle site, he was considered a hemophiliac. He was carefully checked over by four doctors, declared healthy, and sent out into the world, under his parents' care, at the ripe age of two days.



Ayden was to be checked the following day by the home care nurse. The visit was postponed, due to a storm. Although he seemed a bit sleepy Wednesday evening, he was doing all the things a new born does – eat, sleep and keep his parents busy with diapers and laundry. Thursday, the nurse made her visit. Life was going smoothly. Daryn had gone to work and Rylee and Kierra were having a good time playing at their cousins' house.

The nurse examined Ayden and asked for the card that was sent home with him. The comparison showed that Ayden's head measurement had changed significantly. The nurse insisted that Celena not wait till his appointment the next day, but to take Ayden into the city to the Emergency Room immediately.

Celena phoned Daryn to let him know that she and Ayden were heading into the hospital and why. While Celena drove the 57 km into the city, Daryn made necessary phone calls - to the ER, the pediatrician and the Saskatchewan Bleeding Disorders Program.

At the ER, Ayden was given Factor VIII, to help his blood clot, and sent for a CAT scan. This showed the worst possible results – 50% of Ayden's blood was in his brain. This was unheard of, even in a hemophiliac. The blood was exerting massive pressure on Ayden's brain and would have to be removed immediately. Without surgery the chance of survival was zero; with surgery there was a 20 percent chance of survival.

By the grace of God, the only surgeon in Saskatchewan qualified to perform the surgery, was in the hospital and Ayden was rushed into the operating room. Thus started the longest three hours Celena and Daryn had ever gone through. Finally the doctor came out and informed them that Ayden had come through the surgery, but the doctor was concerned Ayden would be blind, deaf or paralyzed.

Friday morning Daryn and Celena were devastated as blood tests showed a dramatic drop in hemoglobin and Factor VIII. A CAT scan showed no more bleeding into the brain. Ayden was given blood products and they continued their vigil. By Saturday they reduced the coma inducing drug Ayden had been on. By Sunday morning he was breathing on his own, and by evening, happily nursing.

The surgeon burst into a huge grin when he saw little Ayden reacting to light and moving both arms and legs. This feisty little one had beat the odds, not only had he survived the surgery, he wasn't blind or paralyzed! Soon he was able to go home with his happy parents.

Ayden continues to do well and is a happy, laughing baby who brings delight to all. Although Ayden suffers one or two lingering affects of his bleed, you'd never know it. Now just after his first birthday, he's starting to walk, he meets life at full speed and in true one-year-old fashion, gets into everything possible.

All who know and love Ayden celebrate the miracle of his life and praise God for having all the right people in the right place to help this one small boy.

Ann Wood

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# Ministry Opportunities

## CASSEROLE/MUFFIN MINISTRY

*“The Lord bless you and keep you: the Lord make his face shine upon you and be gracious to you: the Lord turn his face toward you and give you peace”.*  
*Numbers 6:24-26*

The casserole and muffin ministry is an ongoing ministry opportunity for all members of St. Mary’s to care for and nurture members of our church family, friends, neighbours, and members of the community. It is a ministry of visiting people to take them a casserole or muffins or soup and bread as a practical way to help as well as to listen, to give emotional and spiritual support. Visits are made to those who are sick, caring for someone who is sick, grieving, caring for a new baby, lonely, in need of food, or experiencing a job loss or other difficulties. We also like to give muffins as a warm welcome to newcomers.

There is a special deep freeze for casseroles, soup, bread, and muffins that are ready for delivery. The freezer is in the room off the kitchen in the upper hall. The food in the freezer is to be used by all members of St. Mary’s Parish Family for making visits or responding to a special need.

### **You can help by:**

**(1) Delivering food to others.** We need a contact list of people willing to occasionally make a short visit, taking food with them, to someone in need of a visit. If you would like to be part of this ministry, please call Sandra Dowie at 584-2042 or Kate Berringer at 586-6586 or sign the Sheet on the Welcome Table.

**(2) Being observant to the needs of others.** If you are aware of someone in need of a visit but are unable to visit yourself, pass the concern on to someone who is able to help out.

**(3) Preparing casseroles, soups, muffins or bread for the freezer.** Food items put in the freezer must be packaged carefully to prevent drying and must be fully labeled with the name of the product, ingredients, date of preparation, and heating instructions. There is a record book on top of the freezer. Please record food items put in the freezer and taken out of the freezer, along with the date and your signature.

Thank you to the parish family for support of this ministry and especially to those who have delivered and made food. Please consider helping with this important ministry.

Sandra Dowie

## COMMUNITY KITCHEN COORDINATOR

We are currently praying for a new person or persons to take on this position. This person or persons is required to provide support and assistance for a community kitchen group of people with various disabilities. The group meets **approximately once per month**.

Personal attributes required include a willingness to work collaboratively with about 10-12 people; basic experience with simple home cooking; and computer literacy would be helpful, but not absolutely necessary. A detailed position description is on the bulletin board in the hallway by the elevator in the church or can be obtained from Kate Berringer.

For more information please speak with Beryl Forgay.

## SENIOR OUTREACH PROGRAM

As many of you are aware, every Lent and Advent, the children of our congregation are encouraged to make an item for each member of our special senior’s group. This group includes members of our congregation who are in a stage of life when getting out to worship services and church events can be difficult for a variety of reasons. At Easter and Christmas, families are encouraged to visit one or more of these special members of our congregation and deliver the item.

Beginning this Lent, we would like to extend an invitation to the entire congregation to become involved in the delivery and visiting part of this ministry. Interested individuals would be given the name and contact information of a person on the list and would be encouraged to deliver an item made by the children and visit with that person each Easter and Christmas season for as long or as short a time as that person would like to commit to be involved. In addition, we will encourage those who become part of this ministry to pray regularly for the person they visit.

The seniors who are part of this group are valuable members of our congregation in so many ways. Some have served in various ministries at St. Mary’s for years and are now unable to get out to worship, serve and keep up relationships with their fellow believers as often as they would like. Some are family members of current members of our congregation who are unable to join their families in our parish life as often as they would like. There are also members who we do see at St. Mary’s quite often but who are in a stage of life where they enjoy being drawn in to our church family by one- on-one contact with other members of the congregation. These are all people who are as much a part of this Body of Christ as any of us are.

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**SENIOR OUTREACH PROGRAM** Cont'd from prev. pg.

Reaching out to them and building and maintaining relationships with these folks is an important part of tending to the health of His Body!

As a member of a family who has done some visiting in the past, I can attest to the fact that visiting, whether briefly or for a longer period of time, and whether frequently or only once in awhile, blesses and feeds the spirit of the senior as much as it does the visitor. I encourage you to pray and think about whether you might become a participant. If you are interested in doing some visiting during Easter and Christmas, please call (586-6586) or email Kate Berringer ([berringer@accesscomm.ca](mailto:berringer@accesscomm.ca)) and more information will be provided.

Submitted by Kate Berringer

### **LUNCH MINISTRY**

As you have likely noticed, St. Mary's is blessed with quite a lot of reasons to celebrate during the church year, from baptisms to confirmations to special church services that come up on the church calendar. And, we often celebrate with a wonderful lunch after the Sunday service. To date, we have been blessed with the generosity of many of our church family members who have brought such wonderful food whenever they have been asked. In addition, we are thankful for those who are so willing to help with set up, serving and clean up after each of these meals. To make things easier on those who do the organizing, we would like to streamline the organization of such meals somewhat. We ask for your prayer and continued participation as we attempt to make this process easier on everyone, including the organizers!

Firstly, anyone who would like to help purchase groceries for lunches where the food is provided by the church is encouraged to join our grocery purchaser list. Those on this list might be contacted when those types of lunches arise on the calendar and can purchase groceries on an occasional or frequent basis, depending on their circumstances. Please contact Norma Trim if you have questions or wish to be on this list.

We have divided the usual "sandwich/veggie-bringers" into three groups (A,B,C) and we will designate each lunch that is scheduled to be the responsibility of group A, B or C, rotating through to make the responsibility as equally shared as possible. When a lunch is scheduled, we will notify everyone in the bulletin, as well as in other ways, which group is responsible. Occasionally, we have lunches that will be large enough to require help from all three groups.

When a group is scheduled for a lunch, each person will be responsible to bring veggies or one loaf of sandwiches and will also be contacted prior to the lunch by their group leader to help with one or more of three jobs on that day: preparation of food that morning before the service; serving food at lunch time; cleaning up/doing dishes after the lunch concludes. The group leader is responsible for making sure there are 2 people from their group scheduled for preparation, 2 scheduled for serving and 4 people scheduled to clean up. If you would like to be a group leader, please speak with Norma Trim.

If you are not yet a part of this ministry (have not received a letter indicating which group you are a part of) but would like to be or you have been asked to be a part of this ministry and cannot for some reason, please speak with Norma Trim.

We pray that the Lord will continue to bless us with many reasons to celebrate and that He will bless our attempts to organize this important ministry. Any questions, please contact us: Norma Trim, Sandra Dowie and Kate Berringer

### **MARK YOUR CALENDARS!!!**

Our second parish retreat will be held on Sunday, September 13, 2009 at Dallas Valley Ranch Camp near Lumsden. Details regarding the schedule for the day, activities, registration requirements and cost will be coming in the spring so watch for that. In the meantime, your prayers that God be glorified in our planning and organizing for the day would be most welcome.

### **Communication Survey**

As part of an on-going evaluation, St. Mary's Vestry is taking a good look at the way we communicate. A communication survey came out a few weeks ago and here are the results.

Out of 27 who responded, 26 prefer announcements to be in the church bulletin; 19 like verbal announcements; 17 like email, 12 like the Outreach newsletter; 8 each like the telephone and announcements to be on the door; and 7 each like the church web site and bulletin board.

Twenty-four respondents prefer to receive the same message more than once, and 22 respondents prefer to receive the same message in more than one form. Twenty respondents are satisfied with the way messages are communicated and five are not satisfied.

The Vestry has authorized a commitment of funds toward the upgrading of the web site and a professional company has been hired to take this on. Stay tuned for further developments.

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***St. Mary the Virgin Anglican Church***

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Rector: Rev. Claude Schroeder



***Sunday worship at 10 a.m.***

*Grant, O Lord, that we who have  
been given a new life in Thee  
through Water and the Holy Spirit  
in baptism, may serve Thee faithfully  
all the days of our lives; through  
Jesus Christ, our Saviour. Amen*