

# THE CORNERSTONE WINTER 2016-17



est. 1818 with St. Paul's

**St. Thomas' Anglican Church of Canada is a caring Christian community; *Therefore* we welcome persons of any race, gender, sexual orientation, ability, or economic circumstances to full participation in our community life and ministry.**

## **Once in Royal David's City (New Hymn Book 123, Old Hymn Book 733)**

Children's hymns were just starting to become common in 1848, when Irish authoress Cecil Frances Alexander penned "Once in Royal David's City" - the story of the birth and childhood of our Lord Jesus Christ.

Do you know that "Once in Royal" has two famous companion hymns? They are "All Things Bright and Beautiful" and "There is a Green Hill Far Away". Alexander based each hymn on different clauses of the Apostle's Creed. Another related hymn of Alexander's is "Do no sinful action" (Old, 720), based on a clause in the Catechism, "Renounce the devil and all his works." This hymn did not make it into the new Hymn Book, but then, neither did half of "Once in Royal". This is a pity, because half its story is missing. Victorian moralism has now gone out of fashion. True, children cannot always be expected to be "mild, obedient, good as He." But the most well-behaved, deferential bunch of children I ever had the pleasure of meeting was two summers ago at Upper Canada Village. These kids were dressed in period costume, and were immersed for a day in what it was like growing up in the 1860's.

Alexander is careful to set the birth of Christ in a larger context. The child born in a manger is "God and Lord of all." He will "lead his children on, to the place where he is gone." That is, ascended into heaven, to be "set at God's right hand on high." But having attained God's heavenly court, our children no longer "wait around" but simply "gather round", (thanks to our well-meaning editors). Come on, now! Whom do you want to see at Dinkel's - a gatherer, or a waiter!

Henry John Gauntlett had a long career as an organist in London, England. He was organist at the premiere performance in 1846 of Mendelssohn's `Elijah` at Birmingham City Hall. He claimed to have composed 10,000 hymn tunes. The tune wedded to ``Once in Royal David's City`` (Irby, 1849) is his most well-known.

Submitted by John Uttley

## **From Good King Wenceslas to Via Rail: Stories of Blessings Old and New**

I love the hymns and carols of the Christmas season and one of my favourites is Good King Wenceslas. You know the story: the Christ-like King Wenceslas, despite his rank and circumstances, notices the need of peasant gathering firewood far from home. Wenceslas bothers to find out more about the man and determines to meet his need. Accompanied by his young page, they set off in severe weather to deliver food and fuel to the peasant. Then the miracle takes place- the page is overcome by the cold and is encouraged by the good king to follow in his footsteps. By doing so, the page finds warmth and strength to carry on: We can assume they accomplished their mission. The last verse summarizes the carol's lesson:

*Therefore Christian men be sure,  
Wealth or rank possessing,  
Ye who now will bless the poor,  
Shall yourselves find blessing.*

That old story reminds me of a little miracle related to me by my friend, Judy. Last fall she bravely set out alone on a cross-country train trip from Toronto to Edmonton. She was travelling in an economy coach, spending three solid days and nights with many people whom she did not know.

Late in the evening of the last night of her journey, a man and his young son boarded the train and sat behind her. They began speaking loudly together in a language she did not recognize. The father made cell phone calls from time to time. Judy was tired and wanted to settle in for some sleep. She felt quite annoyed and resentful of their behaviour, judging it as inconsiderate. She wanted to say something to them, but they seemed to speak no English. Instead, she angrily moved to a seat farther from them.

Now upon reflection, Judy began to feel uncomfortable about her attitude towards the pair and her behaviour. She began to recall things she had not acknowledged earlier: neither was dressed for the changing fall weather (or the temperature of the coach car), they had few possessions, and they were obviously unaccustomed to train travel in Canada. She wondered if they were newcomers to Canada. Perhaps they were refugees, en route to a new home? She considered how she might amend her attitude and behaviour towards them. Father and son eventually settled down to rest. Judy noticed that the young boy had only a thread- bare towel to cover him and the father nothing.

Now, I've known Judy for 25 years and she is always easily chilled. Indeed she had slept poorly on the earlier nights of her trip because of it, despite packing extra layers of clothes and a blanket for the trip. She felt drawn though, to give her blanket to them. She gently placed it over them and returned to her seat.

Strangely, as she settled for sleep, she noticed that she felt quite warm, though the temperature in the coach remained unchanged from what it had been earlier. She remained that way for the remainder of the night and had the best sleep of the journey.

Like king and page in the hymn, she was blessed by being attentive to the needs of a couple of less fortunate strangers. It is my hope that in 2017 you will be blessed as you seek to follow in Jesus' footsteps: being open to recognize the needs of others and meeting them as best you can. Have a very warm 2017 everyone!

Submitted by Bernadette Hymus



## **Summer Institute of Church Music - 47th. Session, July 3-8, 2016**

### **“The Church Musician as Master Chef”**

From the opening concert on Sunday evening (“A Hand Bell Banquet”), through workshops and chapel services, to Thursday evening's Gala Organ and Choral concert entitled “Let Us Break Bread Together,” the Summer Institute of Church Music this year had the theme of church music as nourishment for the soul.

Director Chris Dawes and the Board of Governors again put together a five-day session filled with music, worship, learning and fellowship. Michelle Martin-Atwood, returning for her second year, was our Organ Clinician, and Evelyn Grieger, whom we had got to know in the past two summers when she came as a participant, was our Choral Clinician. Rev. Canon Susan Wilson, an Anglican priest, who also came last year as a participant, was our Chaplain, and led our worship each morning.

Activities began on Sunday afternoon with our first choir rehearsal for the twelve anthems we would sing on Thursday night. For several years, SICM has had a Chorister Registration, enabling choristers from the Whitby area to come for four evenings of intensive rehearsals (about 12 hours in total), under the direction of an expert choral conductor, and then to sing in the SICM Gala Organ and Choral concert at St. George's Anglican Church, Oshawa, on Thursday evening.

On Sunday evening, Debbie Fingas and her Jubilate handbell ringers from Trinity United Church, Cobourg, presented the first of our food-themed events, with a 12-course “banquet” of hymns and other music, traditional and contemporary.

Michelle Martin-Atwood inspired us to be “Creative Chefs” in her session on organ improvisation. Her suggestions for developing a repertoire of techniques, illustrated with a very useful handout, presented a series of goals and gave practical methods of how to achieve them. The next day, Michelle gave us more basic techniques in her “Registration Recipes” - a guide to setting up a standard service playing piston set, and the do's and don'ts of registration for congregational hymn singing. She also had a collection of spare organ pipes (very small ones!) that people had given her, so each of us could take home a souvenir pipe.

Chris Burling, an experienced percussionist, added the “Spices”. He brought several traditional percussion instruments, and after demonstrating how they can produce a variety of sounds, he gave us hands-on time so we could try out the techniques on his djembes and congas. In a session entitled, “Working on the Recipe,” Roger Bergs presented ideas for incorporating other instruments into the service music as an accompaniment to the organ. Evelyn Grieger explained the fundamentals of choral conducting, and provided lots of opportunities for participants to try their hand at conducting entries and cut-offs.

When the hour for your banquet arrives, whether it's a dinner party at home or the Sunday morning service, in spite of all your preparations, “stuff happens.” Chris Dawes led a discussion about “Problems in the Kitchen,” or how to deal gracefully with the unexpected, whether it's the result of your own mistake or something done by someone else.

The basic staples of our church music banquet are the hymns we sing together. Tuesday morning's session, “Born in Song,” was a celebration of the life of our beloved friend, Dr. Kenneth Inkster, a distinguished church

musician, who was Director of SICM for thirty years, and continued attending almost every year after his retirement as Director, until his death on December 6, 2015. The feast of hymns old and new from *Voices United* was interspersed with reminiscences and tributes about Ken from friends and long-time participants in SICM.

Finally, a round table discussion on “Sharing Menus” brought forth ideas on such diverse topics as dealing with budget restrictions, recruiting and keeping choir members, and choosing repertoire.

The 48th Session of the Summer Institute of Church Music will take place July 9-14, 2017, at Trafalgar Castle School, Whitby. This places it in the week between the Royal Canadian College of Organists Montréal Organ Festival, July 2-6, 2017, and the Hymn Society Conference to be held at Conrad Grebel College, Kitchener-Waterloo, July 16-20, 2017. We hope that participants from a wider area will decide to come to this part of the world for a musical vacation, and spend three weeks or more visiting Montréal, Whitby and Kitchener-Waterloo.

For more information on the Summer Institute of Church Music, and some great photos of past seasons, visit the SICM website at [www.sicm.ca](http://www.sicm.ca).



(From Left) Evelyn Grieger, Christopher Dawes, Michelle Martin-Atwood  
Submitted by Elizabeth Mitchell

## **St Thomas' Anglican Church Continues To Support Meals on Wheels**

Joanne Mortimore, Food Service Coordinator, for Meals On Wheels, operated by Community Care for South Hastings explained that, "In November 1966, through the caring and thoughtfulness of the church women at St. Thomas' Church, Meals on Wheels became a reality in the Quinte area. Nineteen seniors were served one meal per week, in their homes, at a cost of 25 cents per meal. The meals were prepared, packaged, and delivered by volunteers."

Since then, for 50 years, the St. Thomas' parishioners have assisted in carrying out the Meals on Wheels program. At present they serve as volunteer drivers and meal delivery people. Since 1995, Sandy and Alma Tosh have coordinated the involvement and efforts of the volunteers. In May 2016, they announced their intention to retire from the leadership role. Last year volunteers from St. Thomas' delivered almost 600 meals on the Wednesdays in July and December. More than 31,000 meals were delivered in the Belleville area in 2015.



The Parish of St. Thomas' thanks Sandy and Alma for their many years of diligent and thoughtful coordination efforts for the on time delivery of the fresh and hot meals. They carried out the task with determination and joy, no matter the circumstances or the location of the kitchen.

Demand for the Meals on Wheels service grew in the 1970's and more churches became involved. As a result, the churches requested organizational help from the Central Volunteer Bureau. The Ontario Ministry of Community and Social Services selected Belleville to carry out a program "Alternatives to Institutionalization" in the mid 1970's. The object was to coordinate program delivery to seniors and disabled persons with community based support services. Community Care started as the facilitating organization for these services.

*Sandy and Alma Tosh*

Community Care for South Hastings Inc. now offers eleven excellent home care services ranging from Friendly Visiting to Stroke Support together with three meal programs - Meals on Wheels (fresh made in Belleville and Deseronto), Meals on Wheels (frozen) and Diners Club. In 2015, more than 44,000 meals were provided.

The Meals on Wheels kitchen has been located in at least four different facilities since the inception of the program in Belleville in 1966. Within the past year the kitchen was relocated from the Parkdale Community Kitchen to the brand new Crossroads to Care facilities at the Bayview Mall. There is a satellite kitchen which produces freshly made meals for delivery in the Eastern part of the service area.



*Joanne Mortimore, Food Service Coordinator*

The chief contact for the program is Food Service Coordinator Joanne Mortimore, who skillfully and pleasantly ensures that the meals are prepared to specifications, labelled and packed for delivery, and schedules participation by the volunteer groups. Route sheets are prepared with up-to-date location information, including specific instructions from the residents as to what should be done with the order if no one is at home. The clients order their meals in advance and pay a nominal \$5.75 fee for high quality, nutritious and good tasting meals delivered to their homes. Fresh meals (made daily) are delivered on Monday, Wednesday, Thursday and Friday. Frozen meals can be ordered in bulk and are delivered on Wednesdays and Thursdays by individual volunteers.

At present, there are eight delivery routes. St. Thomas' provides volunteers for seven routes. Most of the St. Thomas' volunteers work in teams of two - a driver and a delivery person, although some prefer to deliver by themselves. It is a great opportunity to meet other Belleville residents, learn the geography of Belleville, and provide a much needed and

appreciated service. The number of meals prepared for delivery varies from week to week and seasonally due to the changing needs of the clients. Anyone who is interested in receiving home delivery of a tasty nutritious meal can contact Joanne Mortimore at 613 969 0130 for details.

Four weeks before our month to deliver, an announcement is made at the St. Thomas' services and volunteers are requested to "sign-up" if they are available to participate for some, or all, of the Wednesdays of the month.



Meals are picked up between 10:30 and 10:40a.m. for delivery. Usually, the deliveries are completed and the volunteers return the insulated bag, hand basket and parking sign to the pick-up point at Bayview Mall between 11:30 a.m. and 12:30 p.m. (depends on traffic, road conditions and number of meals to be delivered). Remuneration for gas is offered by the Community Care For South Hastings.

Mel and Michelle Plewes have taken over the coordination of the Meals on Wheels delivery program and are trying to fill the large shoes left by Sandy and Alma Tosh. Seventeen volunteers participated in the delivery of meals during July, 2016.

*Some St. Thomas' Volunteers waiting for meals to deliver. Cook Erin is standing wearing hat.*

Some teams attended each of the four Wednesdays, while others delivered meals for one, two or three Wednesdays, as their schedules permitted. All agree that participation offers many intangible rewards for the participants as well as a sense of well-being, not to mention the smiles and words of appreciation from the meal recipients. Our participation also reminds Belleville residents that St. Thomas' Anglican Church is alive and active in community outreach.

Joanne notes, "We have the ongoing assistance of over 15 churches and service clubs, not to mention many individuals who stand ready to deliver meals to the less able members of our community." She also said that, "The wonderful volunteers of St. Thomas' Church have been a staple to our roster of food deliverers,...This is a much appreciated feat, both by CCSH and our grateful clients!"

On behalf of all the parishioners of St. Thomas' and the clients of Meals on Wheels, we thank Sandy and Alma Tosh for the 21 years of dedicated service in coordinating the involvement of St. Thomas' in the Meals on Wheels program. Also, we thank the volunteers who delivered meals this past July and hope to see them, and others, in December. May we continue to participate in this much needed program for years to come.

Submitted by M & M Plewes, with grateful thanks for files and comments from Joanne Mortimore.

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# 2016 Talent Night



Our MC, Mike Hall



Singing and Dancing by Pam Bell, Bill Tomlinson and company



The Pancake Song



Maggie at the Piano

Elizabeth Semlitsch sings a Welsh song



## RUMMAGE AND BAKE SALE - OCTOBER 1, 2016



We had a very successful sale this year and the local community seemed to enjoy the added Baked Goods they were able to purchase as well.



**A Princess at St. Thomas' Anglican Church!**



## The 100 Club



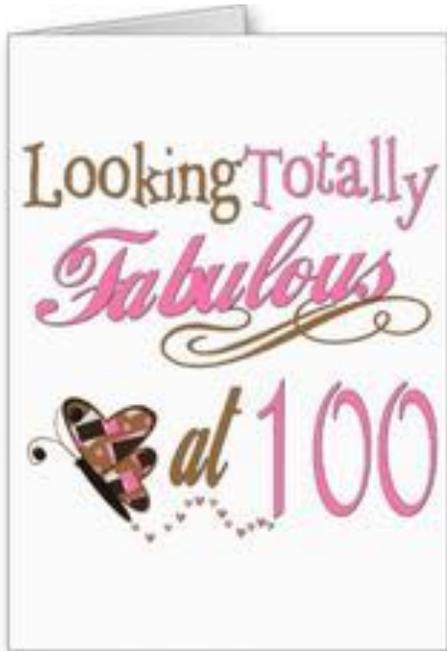
Isobel Fuzzen celebrated her 100<sup>th</sup> birthday on June 3<sup>rd</sup>. Family members brought Isobel to church to share her birthday with others.

Alice Smith celebrated her birthday on September 26<sup>th</sup>. Her cousin Tom was one of the guests at the Open House.



Phyllis May celebrated her 101<sup>st</sup> birthday on September 12 at Moira Place in Tweed.

**Happy Birthday to our wonderful parishioners!!!!**





## CAMP HYANTO REPORT

By Linda Matchim

This summer St. Thomas' was well represented at Camp Hyanto with six of our children attending Hyanto. There was also an Activity Camp and a Music Camp this summer which I understand were well attended. Here are the comments from some of those children.

**Max Archer** – I have been going to Camp Hyanto since I was 3 as a camp kid when my brother was a camper. For me, it is the best part of the summer. We get to eat, swim, kayak, sing, canoe, do archery, team stuff and have fun outside with friends.

**Adelaide Cater** – At Camp Hyanto, I met lots of new friends and had lots of fun. I played lots of new games. I tried some new things like canoeing and archery. It was a new experience in my life and the staff was really nice. I missed my family but I had the best time ever there! Thank you for helping send me there!

**William Cater** – Hyanto was great! We played a real live Clue game with people instead of the board game. I had fun going canoeing and swimming. I met a new friend there. Sleeping in a cabin was cool. Thanks for the new experience!

**Nolan Winter** – Camp Hyanto was a fun experience for me and I liked it a lot. We did many fun things and activities and games. I learned lots of things about nature and water/swimming. The councillors are great, fun and really nice. Lunch, breakfast and dinner activities were amazingly fun and one of my favourite things there at Camp. Camp Hyanto is cool and I would go back there if I were given the opportunity.

We paid a total of \$1980.10 for Camp Hyanto attendees. There were donations, interest and fundraising events for an income of \$1753.55 and total expenses of \$2150.86 leaving a balance on hand of \$3920.02 as at the end of October. We did not access the Schofield funds which have a balance on hand of \$712.96 and approximately \$7600 at Diocese with interest gained this year. Final balances will be included in the annual report.



*The Anglican Diocese of Ontario*

# St. Thomas' Church Governance

By Pam Bell

In preparation for Vestry and the election of new officers I have taken excerpts from the document on St. Thomas' Governance that was created last year. This will hopefully help people know what the position entails and they can decide if they are interested in this form of ministry.

## **Positions and responsibilities:**

### Wardens:

There will be 2 wardens –the Peoples Warden and the Rectors Warden and the deputy warden. The 2 Wardens constitute the corporation. It is expected that a Warden will have a preliminary year as a deputy Warden learning and performing Warden duties. The deputy Warden may then serve another two or more years as a warden. For further information refer to The Warden Guidelines 2015 and Screening and Faith Warden Job Description.

### Lay delegates to synod:

Lay delegates along with the wardens and Incumbent are important to the relationship of our parish with the wider Anglican Communion.

Lay delegates are members of Parish Council and are the Parish representative members to diocesan synod. The Parish is entitled to elect 3 lay delegates and an additional one for every 50 families in excess of one hundred families to a total of 6 delegates. Lay delegates shall serve for 4 years. They may be re-elected but it is desirable that the ministry is shared with others in the parish. The parish shall elect a number of substitutes to take the place of a lay delegate unable to attend synod. In the past St. Thomas' has had 4 lay delegates and 2 alternates.

For further information refer to Congregational Handbook –section 4.3. (Found in the office or the diocesan website.)

### Parish council:

Parish council is the principle leadership body of the Parish. The council represents the parish. Each individual member is called on to make responsible decisions for the church using their best intentions and knowledge. Being a member of Parish Council is a form of Ministry. We value each member's particular background experience, knowledge and skill set.

Parish Council members have certain responsibilities-the duty of care, the duty of loyalty, and the duty of respect of decisions.

- The duty of care- is to have a full understanding of the parish and its mission, prepare for meetings, have regular attendance, and active informed participation.
- The duty of loyalty-is that the congregation's mission is paramount, not self-interest and that the member will vote with the congregation's mission in mind.
- The duty of respect-is being faithful to the decisions made collectively by council and honouring these decisions to best preserve our unity and fellowship.

### ***Members of council:***

Incumbent (1)

Wardens (2)

Lay representatives to synod (4)

## Treasurer (1)

Elected members or appointed members will not exceed 8-10 members resulting in a board no larger than 16-18 members. Members should be elected for a maximum of three years except for individuals that it is deemed necessary to have on the committee because of their role e.g. property coordinator. No person holding office in any organization in the parish is for that reason a member of council. Members must be nominated and elected by the Vestry.

Meetings will be held once a month except in July and August, or as needed.

Information and reading material for the meeting is circulated, and should be read and researched prior to the meeting.

By showing respect for each other's ideas, thoughts, opinions, by active listening and creative thinking we can work together to make decisions that will lead and guide our parish to fulfill God's work and the mission plan of this Parish



CHURCH MEETINGS ARE BRILLIANT

## Ves • try

*noun*

a meeting of parishioners,  
originally in a vestry, for the  
conduct of parochial business.

## Kitchen Renovation Project



As everyone can see when you go into the kitchen, changes continue as we progress to becoming a community kitchen. It has been exciting and rewarding working with the committed committee, on this project. Members include-Phil Allison (project lead), Sheila Stanley, Paul Callaghan, Mel Plewes, Heather Rutledge, and Brad Beale.

We have been able to continue to work on the project because of generous donations from The John and Bernice Parrott Foundation of \$15,000.00 and The Bridge St. United Church Foundation of \$2,500.00. We received this funding to bring the kitchen to the level to meet Health and Safety standards to allow St. Thomas' to help provide for food security needs in the Community. We are required on completion of the renovation project to report how the money was used to reach our goals. If we do not fill a community need/s the money may need to be returned. The KR committee encourages the Parish to look into what our future role in the community might be. Perhaps St. Thomas' needs to link with the Belleville community through Diana Chard- HPEC health unit, Bridge St. Church-*In from the Cold, Thank God its Friday, End of month meal program*, East Minister-*Open Café*, Salvation Army-*Warm Room and Collective Kitchens*, Food Security Network and Community Development Council, to find where the needs are and then work in cooperation to fill these.

Work done to date:

- Work continues on the kitchen to meet the Fire Department requirements. The Gas lines were re-plumbed, vent hoods venting to outside and pull stations for the fire suppression system were installed. Connecting the Fire suppression system to the fire alarm system will be done in the near future. When completed we will have met the safety requirements of the Fire Department.
- New items installed in the kitchen include: 2 gas stoves, dish sanitizer, commercial grade fridge, fire suppression system with vent hoods, roll up shutter for pass through, stainless steel counter for the islands and metal storage shelving.
- A new hand-washing sink will be installed to the left of the fridge. We have met with individuals concerning the cupboards and counters and are awaiting quotes on counter and cupboard repairs.
- With the changes to the kitchen –the new equipment, and to meet Health and Safety Regulations it has become necessary that people be trained in the use of the kitchen. We have educated 43 people to become kitchen supervisors at education sessions. A further education session for Kitchen supervisors will be scheduled for January.
- The back room 'the pantry' has new shelving for storage of bulky items and recycling. The pantry is only for kitchen storage and recycling. There are now garbage pails outside the kitchen door for all garbage.
- The project is still seeking a Kitchen Manager. As no individual has volunteered for this job -4 people have agreed to work together to temporarily manage the kitchen. They are Shwetha Mathai, Peter Mulloy, Sheila Stanley and Pam Bell. If anyone else is interested in joining this team information is on the web page and please contact Pam Bell.

I have tried to bring everyone up to date and I hope that you find this project exciting. Please feel free to ask me or any members of the committee any questions that may arise.

### **Submitted by:**

Pam Bell, Chairperson Kitchen Renovation Committee

## From the Church Office

BAPTISMS – Rayna Fraser  
Sophie Travis

DEATHS – Bill Brummitt  
Dorothy Baxter  
Susan Grav  
Phil Etter  
Lois Peoples  
Barbara Joan Newman  
Margaret Richards  
Sandy Wade

NEW MEMBERS - Shirley Elliott  
Addison & Roseanne Fraser  
Susan Fleischer  
Carol Beaton

### EVENTS

Feb. 1 Mystery Event of the Music Series - Sunday 4:30 pm  
Feb. 26 Annual Vestry Meeting – after the 10 am service  
Feb. 28 Shrove Tuesday Pancake Supper beginning at 5 pm  
Mar. 1 Ash Wednesday service– Wed. 7:30 am (Breakfast following) & 9:30 am  
Mar. 8 - April 12 Wed. services in Lent - 7:30 am (with breakfast) & (9:30 am)  
Mar. 12 Hastings & Prince Edward Regimental Association Parade Service 10:30 am  
Mar. 19 Masonic Divine Service 10:30 am  
Mar. 19 Music Series: The Choir of Men & Boys from Christ Church Cathedral(Ottawa) 4:30  
Apr. 7 Making Palm Crosses  
Apr. 9 Palm Sunday  
Apr. 13 Maundy Thursday – service at Christ Church 7 pm  
Apr. 14 Good Friday Walk- starting at Christ Church 10 am  
Apr. 16 Easter Sunday  
Apr. 16 Music Series: Organ Concert 4:30 pm

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