

The People's Pulpit

EASTER 2019



St Thomas sets its heart toward being a Christian Home which welcomes, encourages and seeks to inspire people.

St. Thomas Anglican Church

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People's Warden	William Passmore
Deputy Warden	Pat McNally
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Synod Alternate	Jennifer Stipetic
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PEOPLE'S WARDEN REPORT



As I write I have recently returned from vacation having left shortly after our annual vestry meeting, so this will be a shorter report. I am pleased to say that we now have a contract with Capital Elevators for the refurbishment of our elevator which we are planning to take place during our quieter time in the summer. In addition, the grant application has been submitted to the Anglican Foundation which we hope will cover a third of the cost.

At our vestry meeting the budget for 2019 was approved. We also approved a motion of intent to reduce the budget. This is not a “cast in stone” statement but an expression of our will and what we believe as a congregation that the Lord is calling us to do. So here it is:

MOTION OF INTENTION TO REDUCE THE DEFICIT

We believe that God is calling us as a congregation to balance the budget within a reasonable time to show that the Gospel can be proclaimed by word and deed. We are reminded of the scripture that “with God nothing is impossible”. We believe that this is part of God’s plan for St Thomas and we trust that God will enable us to do it.

It is moved that we, the parish plan to increase giving so that the 2019 deficit may be reduced by 33% * (or \$4000) in 2019 by:

- 1) A focussed and detailed stewardship campaign
- 2) Diligent use of “FundScrip” & grocery card program.
- 3) Strong support of parish fundraisers.
- 4) Renewed emphasis on the importance of updating PAR donations
- 5) Redirected giving
- 6) Intentionally inviting others to our worship services and our fellowship events

{* This would result in deficit elimination in 3 years based on 2019 finances }

For those of you who may not have had time to read the vestry report I have added the forward-looking aspects of my report:

We have seen 2 new initiatives started; monthly Wednesday Coffee and Conversation (thanks Hilary Shouldice & Pam Hazen) and the monthly Men's Gathering-Prayer and a Pint. These along with all our other small groups add a rich dimension to our parish life.

Finally, please continue to provide prayer and special support to those who are still relatively new in their ministries: Ryan Dallaway as bookkeeper and Rector's Warden; Nicole Dallaway as Parish Administrator; Minako Uchino our organist; Stephen Dow our Facilities Coordinator; and of course, Rev Lee and Sheri.

Respectfully Submitted
William Passmore, People's Churchwarden

MEN'S GATHERING-PRAYER AND A PINT

In November we started a Men's fellowship event called "Prayer and a Pint". The purpose of this event is to provide a relaxed and enjoyable time of fellowship where men can get know each other, enjoy some focussed conversation on issues of interest and/or concern. We begin our meeting in the Council room with a short evening service and then engage in a topic of conversation. We then move to the pub where conversation and refreshment continue. We have met at both the Glen and Main Street Pub. The group is looking at some practical hands-on activities to further enrich our experiences together.

Many thanks to Rev Lee for his discussion leadership and his great sense of humour!

Respectfully Submitted
William Passmore

EDUCATION FOR MINISTRY (EFM) REPORT

The EFM program finished at St Thomas' after running for 4 years. On June 5 2018 we held our graduation service for the 4 graduates from the program run here and 2 graduates from the program run from St Paul's Almonte. Shirley Chennette, Gillian Mattock, Dot Sweeney and Heather Coles were the graduates. I would like to thank Rev Jane McCaig for her role as co-mentor.

This is a 4-year program consisting of Old Testament (year1), New Testament (year 2), Church History (year 3) and Theology and Ethics (year 4). Throughout the year we explore our personal faith history (spiritual autobiography), we explore our personal ministry and we learn and practise Theological Reflection. The course is aimed at lay Christians to assist them in developing their baptismal ministry.

Both Gillian and Dot attended the mentor training in 2018. They hope to start a new EFM seminar group this year. Please contact William Passmore if you would like more information and/or to be put in contact with them. More information is available also on the website www.efmcanada.ca

Respectfully submitted
William Passmore, EFM mentor

ACW UPDATE

Book Sale/Library

Books are available for sale for a loonie. One bookcase is in the Council Room. Another bookcase is in the Parish Hall downstairs. Please peruse the books, help yourself, drop in a loonie for each book taken. Please feel free to add books to any of the bookshelves to help our sales. This is an ACW project and all raised money will be given to the Elevator Fund.

Cookie Sale

The ACW will be holding a cookie sale on Sunday, April 14th in the church hall after both the 8:30 and 10:30 services.

You will be given an empty container and you can purchase the homemade cookies that you want from the selection displayed.

The cost is 1/2 dozen for \$5.00 and 1 dozen for \$10.00. All proceeds from the cookie sale will be given to the Elevator Fund at St. Thomas.

GOD'S GARDEN

God's Garden is growing well.



Happy Spring! A lot has been going on in our Rainbow room. The Children of God's Garden are growing in Faith and learning many more Stories of Jesus. We love singing "Tell Me the Stories of Jesus" along with about 15 other songs we sing together. On Transformation Sunday we reviewed all the miracles of Jesus that we had learned about this year using picture and props and crafts to bring them back to our memories.

'The Mountain Top Experience' is an important story to remind us that we are called to come to church to be refreshed for the true work, which is outside our comfort zone among the people God places in our lives.

The children are also learning how to enter the church following a cross that represents following Jesus. They are learning to enter quietly and to bow their head to the cross before joining their families in the pews. Please be patient. It all takes time.

During the March Break Holiday, I returned to the work I had started last summer on the mural I was painting on the wall of the children's room we call "The Rainbow Room". I worked for 5 days for 6 hours a day and enjoyed every minute of it. The picture begins with a rainbow waterfall pouring through a colourful mist into a rainbow river. The Rainbow is God's promise never to leave us. The river continues through His creation to the 'Tree of Life'. It is symbolic of our family tree with God as our roots and Abraham and Sarah the beginning of a family God promised would have more children than there are stars in the sky. We are all part of that family, including Muslims and Jews. (The Muslims followed Abraham's line through his first son Ishmael and the Jewish faith follows from Isaac, his second son.) God created this world for all.

The picture continues to the Mountain Top Experience with rainbow stars bursting in the sky.

There are many hills for us all to climb up as well as down in our lives, these are throughout the length of the mural and are inscribed with a shortened version of the first Chapter in Genesis ... In the beginning.....

This is a beautiful way for our children to remember that God has been here since the beginning and will never leave us alone in the beautiful world He created for us to live in, and that we should try to do our best to continue the work he gave us - to love one another and care for this world.

I was fortunate to have my niece volunteer to help me paint. Vonnie is a grade 12 student working towards becoming an animator. She has painted some adorable creatures in the God's Garden mural.

The older class, who meet in the small classroom beside the nursery, is also working on a stained-glass window mural on the wall of their room learning at the same time about the different symbols in our faith.



Please be sure to come to God's Garden to enjoy the new surroundings.

I love what I do for the children with Family Faith time at 10:00 and helping with Kids Talks in church followed by songs and teaching bible stories, games, crafts and prayers with all the children. I wouldn't be able to do this without the help of Jennifer Stipetic, Bonnie McNally, Emma Passmore, Linda Noble, Lorna and Gary Graham. We are a team who work together well, but would welcome others who wish to volunteer to assist us once in a while.

Please make sure you have filled in a registration form for us if your child comes to God's Garden. It is important that we have your phone number, email address and the child's allergies if any and their birthdays so we can send all of them birthday cards.

Family Faith time is at 10:00 every Sunday morning. It is a time for the whole family to learn about their faith together with prayers, and a lectionary-based craft or activity. The children also enjoy ringing the church bell just before 10:30 to call all those in the hearing of the bell to join us in worship.



Coming to church is a Family Affair... God's Family.

Blessings to all

Merilee Clarke

AN UNINTENDED PIGRIMAGE (the sequel)

Mary and I have recently returned from a late winter break to North Carolina and Florida. We relished a break from the cold and a chance to enjoy spring weather in the Blue Ridge Mountains in North Carolina and summer weather in the Orlando area of Florida.

In North Carolina we stayed in the beautiful settlement of Lake Lure. The lake is nestled in a ring of mountains with stunning mountain trails and great views. When Sunday came, we searched for a church to worship, we found Chimney Rock Baptist church. We received a warm welcome and were told how encouraging it is to local believers when outsiders join them in worship. The pastor had a very quotable quote ...” If Jesus is the centre, people will come”

Lake Lure is quite close to Asheville where we had the opportunity of visiting the historic and beautiful Biltmore House and gardens, hike some trails near the Blue Ridge Parkway, and took the opportunity to visit the Billy Graham Training Centre at the Cove. It was an opportunity to celebrate his amazing ministry, reminisce on the Billy Graham Mission to Ottawa in 1998, to see the impact of the current ministry of training Christian leaders, the online ministry of evangelism and hear about the Christian festivals conducted by his grandson, Will Graham. On our return from Asheville, just a few kilometres south of Lake Lure, we passed an Episcopal (Anglican) church at the village of Bat Cave! We had a look around and saw that there was someone in the church hall. I asked if they were having a Pancake Supper on Shrove Tuesday... and they were! We were warmly welcomed and we enjoyed a sumptuous meal and shared fellowship with them. Many of them were active in the Cursillo movement. They had an active ministry which involved others in the local community called “(M&M) Mature and Motivated”. They meet to play games, learn new things, take field trips and enjoy fellowship. They also had an interesting idea to encourage discipleship by having a photograph display of all the different ways of serving within their community.

And so, to Florida where we visited Disney’s Animal Kingdom, the only Disney theme park that we haven’t seen before. It was a beautiful experience particularly the Kilimanjaro Safari and the Asia exhibit. We intentionally did the less touristy things. We visited Lake Louisa State park, very peaceful with walking trails where we saw so many different and beautiful butterflies; a visit to the upper everglades where we enjoyed the thrill of an airboat ride as well seeing alligators, varied bird life, and a very good small zoo.

We worshipped at a local Baptist church where the take away line from the homily was “Delayed Obedience is disobedience” a reflection on the fact that Jesus’s disciples did not hesitate to follow Jesus when he called them to follow him.

As we looked for other less traditional activities in Orlando, we discovered the Holy Land Experience. This turned out to be a very thoughtful and inspiring place. There were living exhibits of the Wilderness Tabernacle, the garden tomb, Lazarus’s house and the temple. There were dramatic presentations of various episodes in the bible. The central presentation was called “The Empire and the Kingdom” It told of the apostle Peter’s journey to Rome to encourage the faith of believers who were under persecution from the Emperor Nero. Peter encourages them with dramatized stories of King David, Queen Esther and then with stories of healing and hope from his time with Jesus. It was an enthusiastic and emotional presentation.

We had a wonderful holiday. It was enriched by meeting and sharing with other Christians. We were inspired by our visits to the Cove and the Holy Land Experience.

(The original Unintended Pilgrimage was published in October 2017)

William Passmore

Lenten waiting is like...

Sleet and snow and ice and slush
A blanket of white, the world all a hush

Long dark nights
Icy rain isn't right

Bright sunshine
Sundogs are fine

Beautiful flakes of snow
We still want it to go

A time of waiting
Our back feels like breaking

The new life of spring
Like an Easter bell will ring

-Liz Hall, March 2019

HELP WANTED

We have vacant positions and are looking for someone who might be interested in the following:

Nursery Coordinator



There is a Nursery Room available for babies and pre church school during the 10:30 service. Volunteers are welcome for nursery duty. We need a coordinator to orientate and schedule the volunteers.

Advertizing for People`s Pulpit



The contracts for advertizing have expired and we need someone who is willing to contact local businesses to advertize in the People`s Pulpit. Sample letters are available.

Gardeners



Pam and Hilary welcome anyone who would like to help keep the Church gardens looking beautiful. Any help is appreciated either on a weekly or occasional basis. No experience or green thumb required.

What is Celiac Disease?

The words "Celiac" & "Gluten Free" are heard in conversations these days, but often people have no knowledge of what they really mean. Last November myself & Gary attended a Lecture in Ottawa presented by the Canadian Gastrointestinal Disease Society, who is very aware of the problems so many people have in their daily lives with these medical conditions. The lecture was given by a local Doctor who really understood the difficulties many of us live through each day. When I read this article in their magazine, I found it very emotional that their publications (& there are many) present much information to help us, the patient, understand what can be done to help us live a more daily comfortable life. When the Doctor began the lecture & I heard him talking & explaining facts of the diseases it brought tears to my eyes because he was so able to verbalize all the problems we have. He encouraged us to keep trying to get treatment to be healed. After that

evening, when I was able to read this article, it occurred to me this would be good information for everyone to see, & get some idea of what is involved in keeping yourself well when trying to keep "gluten free". As an aside, my sister & my 2 nieces in England are certified celiac, a diagnosis reached by biopsy, & some of their staple foods are provided on prescription.

Respectfully submitted,
Lorna Graham

Celiac Disease: Looking Forward

At the 2018 Canadian Digestive Diseases Week (CDDW) in Toronto, gastroenterologists spoke about some of the challenges – and the exciting new possibilities – of treating celiac disease. In this article, we'll focus on the current state of celiac disease treatment, and potential medications that we might see in the future.

What is Celiac Disease?

Celiac disease is an autoimmune gastrointestinal condition in which a substance called gliadin (a grain protein in gluten) causes damage to the inner lining of the small intestine. In those with celiac disease, gliadin triggers an unusual immune response that leads to flattening and altering of the millions of microscopic finger-like projections (villi) that line the inner wall of the small intestine. This makes it difficult for the body to absorb enough essential proteins, fats, carbohydrates, vitamins, and minerals from food. To date, the only treatment method available for celiac disease is a total gluten-free diet.

How Effective is the Gluten-Free Diet?

Treating celiac disease sounds incredibly simple: avoid gluten and your symptoms will disappear, your intestinal tract will heal, and you can live a normal, healthy life. Yet, for some, adequately treating celiac disease can feel impossible. While the gluten-free diet is great in theory, and it does work perfectly for many who have celiac disease, an alarming number of those who do their best to follow a gluten-free diet still manage to consume gluten and continue experiencing symptoms. Almost a third of those with celiac disease who follow a gluten-free diet are non-responsive to this treatment, likely due to consuming small amounts of gluten, often accidentally. This can happen for a number of reasons, including cross-contamination at restaurants, not reading labels, and not being aware of some surprising sources of gluten (such as processed meats, candies, medications, and supplements). In addition, a further 1-2% have refractory celiac disease, which occurs when the intestine does not heal, even while maintaining a careful gluten-free diet.

Even in those who are thoroughly educated as to which foods and products contain gluten, many still slip-up. For some individuals, managing new diet plans and avoiding food in social situations can seem like an impossible hurdle, and many who are diagnosed with celiac disease later in life find it tough to change lifelong eating habits. This can mean that those with celiac disease knowingly eat gluten from time-to-time.

Despite how easy the gluten-free diet seems on paper, those with celiac disease may have a perceived burden of treatment that is higher than it is for those with diseases that many would consider more difficult to treat, such as inflammatory bowel disease and diabetes. A major dietary overhaul can affect

most aspects of life, and many individuals find it much harder to manage than adhering to a medication regimen.

Is the Gluten-Free Diet Really the Best We Can Do?

We mentioned one medication in our article *The Future of Celiac Disease* in issue 195 of the *Inside Tract*®, but there are many others in development. For some time, researchers have had little interest in formulating medications for celiac disease because, unlike many other diseases and disorders, there is already an effective celiac treatment that anyone can do at home. However, with more evidence pointing to the fact that it doesn't quite work for everyone, researchers are getting on board with the idea of medications for treating celiac disease. The one benefit that celiac disease has compared to many other diseases and disorders is that when it comes to formulating treatments, we know the cause.

Current Research

There are many new and exciting possibilities that could allow those with celiac disease to eat gluten one day without experiencing intestinal damage and negative side effects.

Researchers are focusing on many mechanisms, but most of these medications aim to do something similar: prevent gliadin from damaging the intestinal tract. A straightforward approach that some are looking at involves using enzymes to degrade the gliadin and render it inert, or using binders, products that attach to the gliadin and cause it to pass through the digestive system without harming the intestine. One medication type, tight junction regulators, aims to help heal intestinal permeability in the lumen, preventing gluten from passing through. Researchers are putting effort into several other medication types, including medications that block a protein called interleukin-15, tolerogenic immune-modifying nanoparticles, and transglutaminase inhibitors. There is even the possibility of a vaccine to help celiac patients build up resistance to gliadin.

It is unlikely that first generation medications will allow those with celiac disease to eat a standard diet, but they might be ideal for those who follow a gluten-free diet to the best of their abilities, but still ingest small amounts of gluten.

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Transitioning from Child to Adult Care



Celiac disease is often diagnosed early in life, at a time when most children rely entirely on their parents or guardians to help them manage their disease. For these kids, reaching adulthood can be jarring. Along with managing the new aspects of adulthood that others their age deal with, these young people must learn how to take over their disease care from their parents. Managing a gluten-free

diet is often tough for them, and many young adults consume gluten sometimes, which can have devastating effects on their health at this critical time of life.

At CDDW, they discussed ways to ensure this transition from childhood to adulthood goes as smoothly as possible. First, it is important for parents to involve their children in their disease care considerably earlier than when they go off to college, ideally by 13 years-of-age. At this time, parents should focus on explaining to their child how celiac disease works, what it means for them, and how to manage a gluten-free diet. It's also important for pediatric gastroenterologists to help the children they care for continue to get help once they age out of child specialists by referring them to gastroenterologists who treat adults. In one study reported during the CDDW conference, only 33% of young adults with celiac disease followed up with their gastroenterology care when they did not receive a referral to an adult gastroenterologist, compared to 76% of those whose primary care physician or pediatric gastroenterologist gave a referral to an adult gastroenterologist.

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Upcoming events at St Thomas

April 11		Making Palm Crosses 10 am Council Room
April 13		Open Table Community Table
April 14		Palm Sunday
April 17		Coffee and Chat Social Time 10:00 am in the Council Room
April 18		7 pm Maundy Thursday Service
April 19		Good Friday Walk 9:30 am at St Andrew's Church; Stittsville 1 pm Service at St Thomas
April 21		Easter Services TBC Sunrise Eucharist TBC Fellowship Breakfast 8:30 Eucharist 10:00 Family Faith Time 10:30 Choral Eucharist (Sunday School)
April 27		Spaghetti Dinner: Doors open at 5 pm
May 11		Open Table Community Table
May 15		Coffee and Chat Social Time 10:00 am in the Council Room
May 18		ACW Yard Sale Please remember us when you are splitting your perennial plants.
May 23		ACW AGM at St Thomas
June 1		Fish Fry

Water Conservation



Did you know every year the world consumes 4 trillion cubic meters of fresh water? That is over 10 billion tonnes every day. And you can break it down further to say that it is 4 glasses of water every minute. Furthermore, a standard garden hose uses over 50 litres of water per minute.

Only 3% of all the water on Earth is fresh water, and less than 1% of that is ready for human use. And currently 1.4 billion people are already living in areas that are simply running out of water.

With these facts in mind St. Thomas has arranged a water conservation fundraiser, to encourage the use of alternative water sources in our community. We have partnered with www.rainbarrel.ca to sell rain water collection barrels in Stittsville.

In addition to the ecological benefits rain barrels will save you money and they come in a variety of colours to accent the character of your home.

Please visit www.rainbarrel.ca and find St Thomas in the list to pre-order your barrel today. The rain barrels start at a cost of \$55.00 and they will be delivered to the church in early May. If you would like it delivered to your home this can be arranged for a small donation to the church. Please contact the office for more information.



CORNERSTONE UPDATE

By Mary Passmore

We continue to make joyful/alternative music on the fourth Sundays at 10.30am. We realise that for traditional Anglicans we may seem a little “radical” ... but even if guitars & piano, trumpet & percussion & a more relaxed style are not your thing, our prayer is that you will see the integrity of what we do – offered up in Jesus’ name. We do try for a musically beautiful sound. that we can all sing together.

A lot of prayer goes into choosing Christ-centred songs that not only help us to Praise God, but also help to draw us all closer to him. We always welcome anyone who would like to join us ... bring your voice, instrument, enthusiasm. The only requirement is that you want to be there!

We practice on Tuesdays at 7.15pm at the Church.

Keep singing and praising God Whatever your style!



You have no doubt heard of the Von Trapp Family Singers. St Thomas is proud to present the Lambert Family Servers. Thanks to Diane and Bill Clement for catching this moment at the March Open Table.



March 21st concert, featuring the Goulburn Jubilee Singers and the Canadian Chamber Choir ensemble.

Religious and Cultural Practices About Easter

A large majority of Canadians belong to one of any number of Christian denominations and celebrate Easter every year as both a religious and cultural event. Since Canadians' ancestors hail from a great variety of other lands, though British and French ancestry is especially common, Canada is home to many different Easter traditions.

The Catholic and Protestant strains of Easter tradition are distinct to a degree, but there is much overlap even here. Many Anglicans, Lutherans, Methodists, and Presbyterians, for example, partake in certain Easter observances that are very similar to those practised by Roman Catholics.

Religious Observance of the Easter Season

For many, the season of fasting and prayer called "Lent" leads up to Easter Sunday. This 40-day period is meant to correspond to the time Christ fasted in the wilderness before beginning his public ministry. On the Sunday before Easter, Palm Sunday begins Holy Week.

Holy Week marks the Triumphal Entry of Jesus into Jerusalem and is often celebrated by Scripture readings and ceremonies in special Masses and church services. Some observe Monday as the day Christ was anointed in Bethany, Tuesday as when Judas' betrayal was predicted, and Wednesday as the day Judas arranged to betray Jesus and was paid 30 pieces of silver.

Maundy Thursday is the day of the Last Supper, and some faiths mark it by foot-washing ceremonies to commemorate Jesus' washing of the 12 disciples' feet. Good Friday, on which Christ was crucified, is a statutory holiday across all Canada. Holy Saturday, when Jesus lay in the tomb, is a day on which many keep an Easter Vigil to await his resurrection. Easter Sunday itself is set as the first Sunday following the first full moon of spring. It is the holiest day of the Christian calendar, and special services and celebrations abound.

Cultural Observance of Easter

Easter, in Canada is marked by many social and cultural events. Family gatherings are particularly common at this time of year. Families generally eat the third-largest meal of the year on Easter weekend, only Christmas and Thanksgiving being times of greater feasting. Some of the most traditional foods to eat during these feasts include lamb, ham, and hot cross buns.

Lamb is eaten to remind of Christ, the Lamb of God. The ham tradition derives from paganism and is supposed to bring good luck. The hot cross buns are of English origin. They are round, spiced, currant rolls traditionally having a cross shape cut into them. Today, the cross is often formed with frosting.

Small gifts are often exchanged at Easter time, the most common gift being chocolate eggs and chocolate rabbits. Both rabbits and eggs are symbols of fertility that derive from ancient German paganism, but they have evolved to become a part of modern Easter festivities. Painting hard boiled eggs with store-bought dyes or with beet juice is also common, and when the eggs are hidden, children go looking for them in Easter egg hunts. Finally, petting zoos are often visited

during Easter so children get a chance to touch real bunnies and other animals. It is also not uncommon for pet bunnies to be bought around Easter time, though unfortunately, they are often bought on an impulse and not cared for properly the rest of the year.

Specific Canadian Easter Events

Local egg hunts, Easter parades, and church services on Good Friday and Easter Sunday are innumerable. There are, however, some unique and relatively famous Easter events that someone visiting Canada during the Easter season would do well to consider attending.

- From Maundy Thursday till Easter Sunday, you can visit the gorgeous Notre-Dame Basilica of Montréal. There, you will see the ornately designed interior and hear the beautiful organ music. You can also attend for a very dramatic Easter Vigil.
- In Charlottetown, Prince Edward Island, the Confederation Singers and the PEI Symphony perform each year around Easter. They typically will play Schubert's Mass along with other fairly short pieces.
- There are many zoos that offer special Easter events. The Edmonton Valley Zoo, in Alberta, provides an interesting display indeed. Visitors watch the zoo animals go on an Easter egg hunt and eat, smash, or play with the eggs. At the Toronto Zoo, children hunt for odd types of eggs, such as crocodile, turtle, snake, and Komodo dragon eggs. The Moncton, New Brunswick, "Eggstravaganza" takes place at the Magnetic Hill Zoo. Here, a candy hunt and a time to visit with exotic animals is on the menu.
- Two out-of-the-ordinary Easter egg hunts are the one at the Hatfield Farm in Halifax, Nova Scotia, and the one at Oak Hammock Marsh Interpretive Centre in Manitoba. The first involves a search for eggs all over the farm followed by an all you can eat hotdog feast. The second involves hunting for eggs in the wilderness using GPS systems.
- In Vancouver, British Columbia, you can witness the Vintage Car Parade, which is a major part of the overall Vancouver Easter Parade. This display is the work of the famous Vintage Car Club of Canada and is a big local attraction.
- If, perchance, you happen to make it up to the Northwest Territories at Easter time, you should not miss the Easter Weekend Bazaar in Yellowknife. A combination of local handicrafts and baked goods will make it well worth the attending.

Easter is a part both of the religious and cultural heritage of Canada. It is celebrated somewhat differently in the Protestant and Catholic churches, but there are more similarities than many often realize. Family gatherings, large dinners, massive chocolate candy sales, egg painting and hunting, colourful Easter parades, and petting zoo visits are all part of the celebrations.

The People's Directory

	Role	Phone	Email
Baumgart, Eleanor & Roy	Prayer Chair	613-831-4564	rebaumgart@sympatico.ca
Brush, Patricia	Choir Director	613-316-9008	
Clarke, Merilee	Church School/God's Garden	613-831-7704	godsgardenstt@gmail.com
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Dallaway, Judith	Open Table	613-623-4501	mapilgrim1946@gmail.com
Dallaway, Nicole	Fellowship and Fundraising Co-ordinator	613-298-6670	fellowshipstthomas1619@gmail.com
Dallaway, Nicole	Parish Secretary Tuesday, Wednesday and Thursday 9 am – 1 pm	613-836-5741	stthoms@magma.ca
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Prayer for Easter

Would we be counted
among the doubters
hiding in the shadow
cast by that cruel cross?

Or, when challenged,
like Peter
openly deny you?

There are times, Lord
when doubts assail
and the distance between us
seems to increase.

There are times, Lord
when sin has its hold,
like a barrier between us
that will not move.

Who is there we can turn to
when we feel so overwhelmed?

Who can roll away the stone
and reveal the empty tomb?

No-one but you, Jesus,
no-one but you!