



# The Mustard Seed

*May 2022  
Newsletter  
of  
St. John's Evangelical  
Lutheran Church*

47 McLachlin St. S., Arnprior  
Ontario K7S 2Z1

## Church Council

### Pastor:

Rev Norine Gullons: 613 282-5032

Church Office: 613 623-4562

Enid Blackwell (Chair)	623-7017
Debbie Witt (Sec'y)	622-1500
Andy Kalnins (Vice)	863-0202
Dave Burkett	618-5729
Rachel Roesner	804-3392
Fred Steinke	298-5017
Pastor Norine	623-4562
Alison Burkett (Treasurer)	618-5716

See us on facebook:

*St. John's Lutheran Church Arnprior*

On the web: [stjohnsarnprior.com](http://stjohnsarnprior.com)

*"The Kingdom of Heaven is like a grain of mustard seed, which a man took, and sowed in his field; which indeed is smaller than all seeds. But when it is grown, it is greater than the herbs, and becomes a tree, so that the birds of the air come and lodge in its branches."*

## Pastor's Message

### A PRAYER

**Lord God, we thank you for today and all of our blessings during April.**

Especially we thank you:

for the dawn of the resurrection of our risen Savior,  
for the support offered in a time of grief,  
for wonderful worship during Holy Week; a Good Friday Dramatic reading; and a joyous Easter worship with children present. For guest musicians and singing, the commitment of our members and a new Church Council,  
for our relationships with our Lutheran sisters and brothers,  
for all your gifts of healing and blessings,  
and for the end of winter!

**We pray that in the month of May you will continue to bless us, and renew our weary world and community.**

Especially we pray:

for those contending with the effects of war in the Ukraine, and those fleeing from their homes,  
for those living and those working at Hospice,  
for Lutherlyn Camp and Conference Centre,  
for our UNPLUG Youth Program,  
for our Ottawa Valley Ministry Area Churches and leaders,  
for all who work for peace and the preservation of our earth.

Help each and every one of us to remember that it is only through you and by the grace of God that we are able to be who we are and do what we need to do every day. In Jesus name we pray. Amen

Pastor Norine+

## ***May 2022 Event Schedule***

DATE	EVENT
<b>Sunday May 1<sup>st</sup></b>	9:00am UNPLUG Event—Spring Bird Walk (See ad in Newsletter) <b>10:30am— Worship Service with Holy Communion</b>
Wednesday May 4 <sup>th</sup>	9:30am—Pastors Cluster meets at St. James, Renfrew
Saturday May 7 <sup>th</sup>	1:00-4:00pm—UNPLUG Farm & Forest Adventure #2
<b>Sunday May 8th</b>	<b>Mother's Day</b> <b>10:30am—Worship Service of Word and Prayer</b>
<b>Sunday May 15<sup>th</sup></b>	<b>8:45am—Worship service with Holy Communion, at St. James, Renfrew. Rev. Dr. Bishop Michael Pryse preaching. Fellowship after the service in Stuart Hall. See invite in newsletter.</b>
Saturday May 21 <sup>nd</sup>	9:00am—Men's Breakfast at Jim's Restaurant
<b>Sunday May 22<sup>nd</sup></b>	<b>10:30am—Worship service of Word and Prayer</b>
Wednesday May 25 <sup>th</sup>	7:00pm—Church Council
Saturday May 28 <sup>th</sup>	Camp Lutherlyn Spring Clean Up Day. See invite in newsletter.
<b>Sunday May 29<sup>th</sup></b>	<b>10:30am—Worship service with Holy Communion</b> 1:00-3:00pm—UNPLUG Plant the Garden

Please Note: Pastor Norine will be away on a continuing education course from May 16<sup>th</sup> to the 24th.

In case of an emergency, please call Debbie Witt directly at 613 -622-1500. Other messages may be left on the office phone as it will be checked daily.

Rev. Cathy McCaig will be covering both Lutheran churches in case of emergency pastoral care.

## Minutes of the April 25<sup>th</sup>, 2022 Council Meeting

**Attendance:** Enid Blackwell                      David Burkett                      Pr. Norine                      Fred Steinke  
                          Alison Burkett (via zoom)                      Andy Kalnins                      Debbie Witt

Meeting was called to order at 7:00 pm.

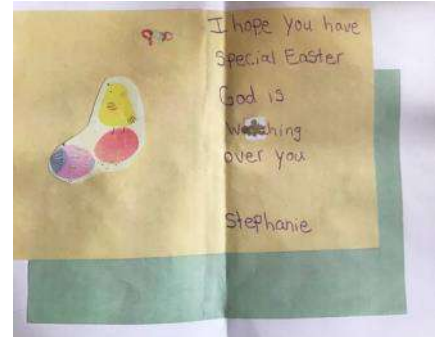
1. Pastor opened with a devotion.
2. **Previous Minutes:** Rolands Kalnins moved that the March 21, 2022 minutes be approved as amended with legal names for the executive. Frederick Steinke seconded, **CARRIED**.
3. **Finance:** Alison reviewed the Budget vs. Actuals. Donations are \$1100 below budget. Gas rates have increased by 42%; need to watch the utilities. Investment income for the first quarter was a loss of about \$1,000. Alison Burkett moved that the financial report be accepted, Deborah Witt seconded, **CARRIED**. Fred Steinke nominated Deborah Witt, Enid Blackwell, Rolands Kalnins and Alison Burkett to be signing officers, Rolands Kalnins seconded, **CARRIED**
4. **Children and Youth:** Alison presented her report. A new Farm and Forest Adventure series (April, May and June date) has started; it features child-led play; children signed up for the full series; 3 parents have volunteered to assist Julie & Ryan Zimmerling as leaders. Alison led a discussion regarding a potential Mission grant – we could apply for a large screen TV for Movie nights for youth? Council discussed at length, and it was decided that we should apply. Alison will work with Ryan to develop the application. Deborah Witt moved that we apply for a mission grant for a large screen TV, Fred Steinke seconded, **CARRIED**
5. **Planning Cycle** (through June). Discussion around grounds. Enid to expand the volunteer schedule, Alison to co-ordinate volunteers for garden watering. Dave to talk with Randy, Lorne surrounding grounds upkeep procedures and grass cutting. It was decided that we should pick a date for a clean-up day and request participation. Dave to talk with Beryl & Keith.
6. **Pastor's report:** The Bishop is coming to Renfrew for the May 15<sup>th</sup> 8:45 service. St. John's is invited. Pastor needs to stay after, so we should cancel our service. There will be a June 4<sup>th</sup> Ottawa Valley meeting to discuss "The Church after Covid", at Zion Pembroke-details to follow. Regarding Communion Wine: we will go back to full communion, perhaps at the rail, Pastor to decide on best format. A decision when is to be made in the future.
7. **COVID Protocols:** New Protocols are: No restrictions mandated, voluntary masking / distancing.
8. **Outreach:** Walk for Hospice delayed. Date to be determined.
9. **Communications:** Parochial report has been done, 14 baskets/bags were distributed for Easter (thanks to Pastor, Anda and Andy, Enid and Phoenix, Emily and Stephanie for the cards). Some Easter photos have been sent to Synod. The Newsletter will be published for May 1 – need everything to Dave as early as possible.
10. **Operations matters:** Operations' write ups continuing, also paper sorting and archiving consultation ongoing. Offering plate is to remain at the back. Discussion around what to do with green books –any personalized ones will be sought, and offered to those members. Books distributed in 2020 already offered to be kept by members.
11. **Property/ Technology:** The chair lift was serviced April 25<sup>th</sup>, no issues found. The test for asbestos for the floor came back negative. Randy and Jeff will co-ordinate a time to begin removal of old floor in the test area. There were issues with the live stream over the past two weeks. A power failure on good Friday had reset the switching device back to factory defaults, only discovered minutes before the Easter service, resulting in no audio for the service. Procedures have been put in place to facilitate easy recovery from this sort of situation.
12. **Other Business:**
  - Visioning process: There will be an April 26<sup>th</sup>, design meeting of Enid, Dave, Pastor Norine, Cory and Pastor Stan.
  - Closing – Round Table and Prayer

Next meeting: Wednesday May 25<sup>th</sup> at 7:00. / Adjournment at 9:00pm.



### Saturday!

Thank you to all who contributed to Easter baskets and bags for members mostly confined to their homes. Along with real coloured Easter eggs, chocolate, oranges, buns and bulletins, very special cards were included, made, and signed by Phoenix Barnhart, Emily Burkett and Stephanie Shipman.



### Sunday!

Cousins Kaleigh and Chloe (and Chloe's Easter bunny stuffie), hunted for and found our Alleluia! banner as we returned to joyful singing and began Easter worship. Thanks, Chloe and Kaleigh and thanks, Lorne Rueckwald for the photos.



# PRAYER LIST



We normally have this list on our Sunday bulletin.  
Please pray for these people in your daily prayers:

**From our congregation:** Marion, Ed & Rosemary, Linda & family, Vicki, Jacqueline, Briar.

**Friends of the Parish:** Leslie, Tere, Lorraine & Iona B. (Rhonda McTeer's sister and mother); Alivia, Lucille, Kathleen, Kye, Ed (Bob Witt's cousin), Roy (Mel, Lorne & Joyce's brother), Kenny T.

Please pray for the safety of Ukrainian refugees as they seek safety.

Bless you for believing in the power of prayers. If you wish to add a name to this list, please contact Pastor Norine.

A sincere **thank-you** to all who attended the funeral for Bill Koops on Tues. April 26. Marion and family truly appreciated all your support.

I wish to thank the worship team who pulled everything together, Andy Kalnins, Dave Burkett, Enid Blackwell & Bob Hinchley, Karen Prince, Beryl & Keith Richardson, Jeff & Debbie Kargus, Maureen & Lorne Rueckwald.

sincerely Pastor + Norine

Gestating Spirit,  
your gifts of transformation  
await me on every threshold.  
Your life-giving power raised Christ  
from the bleak tomb . . . .  
Raise what has died in me.  
Refresh it with your touch of love.  
I open the door of my heart to you.  
I open the door.

- Joyce Rupp

Living our **FAITH**  
PRAY READ WORSHIP LOVE

Being attentive to the blessing of everyday opens my heart to joy and gratitude. Intentionally identifying beauty and blessings—a rich sunset, a moving landscape, a caring act, fresh air, sweet and cold water—stirs awareness of God's presence and love.

- Rev. Pam McNeil





For a number of years the Arnprior Food Bank has benefitted from the generosity of our Synod in the form of a \$1000 grant to purchase food items for the "Childrens Healthy Snack Pack" program. Mom's and Dad's needing assistance from the Food Bank are given one snack pack for each of their school aged child each visit. Food Bank volunteers were very appreciative for the donation from Pastor Norine on behalf of St. John's.



During the first quarter of this year the number of families using the food bank is up by 30% over 2021. The number of children has risen by 20% and the total number of adults and children using the food bank in 2022 has risen by 24% over 2021.



Natalie O'Neil joined her grandparents Beryl & Keith Richardson on Easter Sunday, and enjoys ringing the bells when she is here. Natalie is a member of Trinity Lutheran Church in Belleville. She attends a United Church Youth Group with one of her friends.



The Ottawa Valley Area Ministry Team is sponsoring a workshop on **Sat. June 4<sup>th</sup> 9:30 - noon** at Zion Lutheran Church in Pembroke. 4-6 lay leaders from each Valley Congregation are invited to attend. The timely topic is **Building Community**. Rev. Doug Reble and Rev. Adam Snook from the Eastern Synod will also be in attendance.



The Spring Work Day at Camp Lutherlyn will be Saturday May 28. Arrive by 10:00 a.m.; lunch will be provided. There's lots of work to be done this year including some grounds work cleaning up trails after loggers thinned the woodlot and the arborist has done some work on clearing the trails. Everyone is welcome! Workers are welcome to stay over either Friday or Saturday night in the Four Seasons Lodge; drop a note to [lutherlyncamp.ca@gmail.com](mailto:lutherlyncamp.ca@gmail.com) to let us know if you're interested in spending a night at camp to coordinate the space.

### Men's Shed!

Do you recognize a couple of these 'masked men'? The Men's Shed has been nominated for the Not for Profit Excellence Award by the Greater Arnprior Chamber of Commerce. The Shed is also hosting workshops for those with dementia and their caregivers at Nick Smith Centre, during a May 7-13 event.



**Earth Day Week!** Friday, April 22 was Earth Day, when Andy Kalnins and Jeff Kargus participated in a local Earth Day Errand Cycle. We can do some important errands (food bank, library, post office . . .) without any gas engines! And have some good social and fitness times while being grateful for nature around us and our health.



The next day, Andy continued active moving when he helped the local Rotary Club in doing watershed clean-up near the banks of the Ottawa River. River Road between Arnprior and Braeside saw *some* ditch cleaning, and Andy found 1 boot and 1 drill, along with much other trash which we wish was never there.



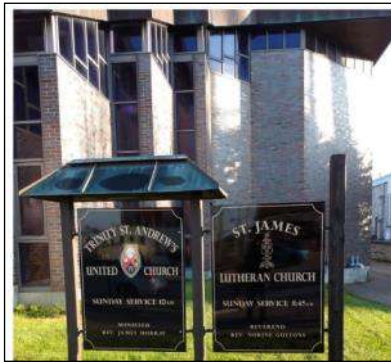
# John, Join in at James!

Sunday, May 15 8:45 a.m.

We have received an invitation from St. James, Renfrew to join them for Easter 5 worship and fellowship on Sunday, May 15.

**Bishop Michael Pryse will be visiting and preaching** in their new gathering space, housed in Trinity St. Andrews (TSA) United Church at 291 Plaunt Street South, Renfrew.

Council has decided, that, though this worship time in Renfrew is 'very early in the morning' for some of us, we will not hold a service in St. John's that day but go to be with St. James and Bishop Mike. Our shared ministry sister congregation's beautiful chapel within TSA Renfrew is spacious, safe and welcoming, and includes memorable worship pieces from their old location. This is a fine opportunity to share, visit, renew or make new acquaintances, have a coffee or tea together in Stewart Hall . . .and maybe grill our bishop!



We strongly encourage you to join in and to car-pool. While **you are welcome to come 'registered' or not**, to assist in transportation arrangements and to help St. James with their planning, **kindly advise us by Tuesday, May 10 of your plans, if you can. Give names and indicate if you need a ride or can drive others.** Parking is available at Service Ontario across the street from TSA.



**Contact:** Enid [ebblackwell.ca@gmail.com](mailto:ebblackwell.ca@gmail.com) 613 623-7017 or Debbie Witt [bdwitt@hotmail.com](mailto:bdwitt@hotmail.com) 613 622-1500.

Thank you for joining in!

"Have you heard of Murphy's law?"  
"Yeah."  
"What is it?"  
"If something can go wrong, it will go wrong."  
"Right. Have you heard of Cole's Law?"  
"No, what is it?"  
"Thinly sliced cabbage."





*May 2022*



**BIRTHDAYS**

- May 2<sup>nd</sup>—Melissa Kargus*
- May 3<sup>rd</sup>—Dorothy Homer*
- May 15<sup>th</sup>—Andy Kalnins*
- May 23<sup>rd</sup>—Paula Mainprize*
- May 25<sup>th</sup>—Keith Richardson*
- May 26<sup>th</sup>—Clara Zimmerling*
- May 28<sup>th</sup>—Marion Bretzlaff*

**ANNIVERSARIES**

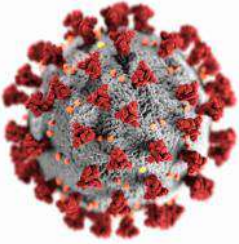
- May 22<sup>st</sup>—Keith & Beryl Richardson*

**For The Love Of Creation**

We continue to receive submissions to our "For The Love Of Creation" Art Competition! Thank you to all who have, and plan to, share their art with our synodical family! All artwork is available for congregational use and can be downloaded from the [Eastern Synod Worship Library](#). In addition, these submissions will rotate as features on our Eastern Synod website.

The note above together with art images from Eastern Synod's Art Competition is from the Eastern Synod weekly newsletter. If a young person in your circle would like to send in a creation about what God's creation means to them, they can still do so - send it to [ezehr@elcic.ca](mailto:ezehr@elcic.ca). More information is on the website, [easternsynod.org](http://easternsynod.org) under 'spreading the word'.





# CURRENT COVID PROTOCOLS

## COVID Protocols as of April 22<sup>nd</sup> 2022

It is likely time to eliminate most of our COVID protocols as we move into the late spring and early summer of 2022. There are two reasons for this:

1. The Ontario Government has removed most COVID restrictions (masking, distancing, record keeping) in our church and worship environment.
2. People are no doubt tired of all the protocols and procedures in place and the removal of these would be simply a welcome release.

All of us are now well versed in risks, responsibilities, and precautions. Many of us will continue to mask. We will sanitize our hands. We will stay away from public spaces if we are ill or even suspect we are coming down with something. I think we can be trusted to look after ourselves and look after others.

So here is a summary of the new COVID guidelines;

- A. There will be still be hand sanitizer and extra masks at the church entry,
- B. There will be no recording of names of who attends Service,
- C. Masking will be at the discretion of the individual,
- D. Seating will be at the discretion of the individual,
- E. The Collection Plate will remain in the Narthex.

At this point there will be no “social” but this will be reviewed at the next council meeting

In summary we empower our congregation to do what is right.

Finally - While it is good to be optimistic we need to have the big red emergency “STOP” button on the wall. I think we simply empower Pastor Norine to impose changes on any requirements as needed without need from interaction from Church Council.

## Applications for CPJ’s Public Justice Internship are Now Open!

CPJ’s paid internship (September 2022 to August 2023) provides a recent university graduate with the opportunity to join us in Ottawa as we explore the meaning of public justice in a Canadian context.



The intern will assist CPJ in our work on climate justice, refugee rights, and/or addressing poverty in Canada. The application deadline is the 15th of May, 2022. To apply, [please visit our website](#).

### Citizens for Public Justice cpj.ca

An organization inspired by faith to act for social and environmental justice in Canadian public policy.



# UNPLUG Youth Program

One UNPLUG event (a new concept) was held in April:

**April 24:** A “Farm & Forest Adventures” UNPLUG series led by Julie and Ryan Zimmerling started April 24, and continues May 7 and June 5. It was capped at 16 children and it quickly “sold out”. The new approach for our program is that these events will be primarily child-led, not adult-led. What this means is that the children will explore the Zimmerling forest and farm and ask questions of the leaders on what they’re interested in. Parents/ grandparents don’t accompany their child, but, we have 2 parents/ grandparents who are volunteer helpers each session.

At the first session, the kids

- visited with the farm animals,
- headed to the pond to find a minnow, a rare Blanding’s turtle basking on the grass, and a snake chasing a mouse (the mouse escaped).
- spent some time in a ‘community circle’ playing a name-association game (your name plus something from nature that starts with the same letter “Juniper Julie”); this let the kids start to learn each other’s names, etc.
- reviewed bear safety and were given a survival whistle; then the kids played in the forest. Climbing trees was a hit and an age-old favourite game of hide-and-seek in the pine plantation was enjoyed by all.
- learned about making a fire, fire safety, and match use/safety and then built a small fire.





## UPCOMING UNPLUG EVENT “Spring Bird Walk” Sunday May 1, 9:00-11:00 a.m.

*Kids: Unplug from screens & connect to nature! Enjoy a safe, outdoor activity with your parent or grandparent! Everyone’s welcome.*



- Stroll around the trails of the beautiful **Mill of Kintail Conservation Area** which is situated in 154 hectares amidst field, forest and the Indian River.
- Look and listen for the local birds which will be in full song and check to see if our summer migrants have arrived.
- Leader is Ken Allison who regularly leads bird walks from the Mississippi Valley Field Naturalists.

**Mill of Kintail  
Conservation Area  
2854 Ramsay Conc 8, Almonte**



To Register/ for Info	
•	Email <a href="mailto:Unplug.SJL@gmail.com">Unplug.SJL@gmail.com</a>
•	Or call/text Alison @ 613-618-5716
•	Site Fee is \$6/ car (coins or credit only)

## Community Garden

It was always our intent to have the raised community garden beds that Jeff Kargus planted last year - to support the Arnprior Food Bank - to be a joint Outreach and UNPLUG project. Alas, the pandemic didn't allow UNPLUG to get going in time last year to help plant; our kids did help harvest the garden. Look at these carrots!

Planting the 2022 garden will be an UNPLUG event, led by Jeff – on Sunday May 29. Kids will help add mulch, fresh soil and earth-worms and then plant carrots and onions.

To make things easier this year to support this important community outreach:



- Camp Lutherlyn has donated some wood chips to us which will be put around the gardens so that no mowing is required in those tight areas.
- An outside tap will be installed close to the gardens – to fill the rain barrels when needed.
- And, most importantly, a garden volunteer team is being formed to spread the workload on watering the gardens this year – that's an essential part of getting a good harvest. These volunteers, depending on how many we have, would look after watering for 1-3 weeks each (June through September). The schedule will accommodate everyone's "away" schedule. If you can help, please call/ text Alison at 613-618-5716.



## VOLUNTEER SCHEDULE FOR MAY 2022

DATE	READING	ALTAR	USHERS	COUNTERS	BUILDING & GROUNDS
<b>May 1<sup>st</sup></b>	Andy Kalnins	JoAnne & Lorne	Debbie & Bob	Debbie & Bob	Gerald, grounds TBC
<b>May 8<sup>th</sup></b>	Maureen Rueckwald	JoAnne & Lorne	Debbie & Bob	Debbie & Bob	Gerald, grounds TBC
<b>May 15<sup>th</sup></b>	Service at St. James Renfrew 8:45 a.m.			Debbie & Bob	Gerald, grounds TBC
<b>May 22<sup>nd</sup></b>	Joy Statham (family)	JoAnne & Lorne	Debbie & Bob	Debbie & Bob	Gerald, grounds TBC
<b>May 29<sup>th</sup></b>	Mark Boese	JoAnne & Lorne	Debbie & Bob	Debbie & Bob	Gerald, grounds TBC