



The Mustard Seed

October 2021

The Monthly Newsletter

of

*St. John's Evangelical
Lutheran Church*

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

Pastor:

Norine Gullons 613-282-5032

Church Office: 613-623-4562

Church Council

Enid Blackwell (Chair)	623-7017
Debbie Witt	622-1500
Dave Burkett(Sec'y)	618-5729
Cory Weckwerth	793-3701
Andy Kalnins (Vice)	863-0202
Alison Burkett (Treasurer)	618-5716
Rachel Roesner	804-3392

See us on facebook:

St. John's Lutheran Church Arnprior

On the web: stjohnsarnprior.com

Pastor's Message

Dear family in Christ,

Our service on Sept 26 celebrated CLWR 75th Anniversary. Much of CLWR's work is in refugee resettlement. So I was quite engaged with the news of the 2 Michaels being released from China this past weekend. For anyone, refugee or others, being detained for any length of time away from your home and family would be quite an ordeal. Michael Kovrig (Toronto) and Michael Spavor (Calgary) exhibited resilience and courage while being detained 1000 days in China on false charges. I am sure it was an emotional reunion with their respective families and we are sure to hear more from these 2 men as the days go on. Truly this is an event that sparks thankfulness.

The change in the weather, the darker evenings, and the coloured leaves on trees are always a reminder that we are heading into fall and a season of Thanksgiving and harvest time.

We celebrate thanksgiving every time we have Holy Communion or Eucharist. *Eucharist* is Greek for *thanksgiving*. We remember after all that Jesus took bread and gave thanks. We are all blessed. We have a God who loves us. We live in a beautiful part of God's creation and we live in a peaceful country. If we have friends that are true and family who love us then we are doubly blessed.

Remember to take time to give thanks for all you have, your time, talents and possessions, signs of God's gracious love.

P+Norine

"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."

Matthew 13:31-32

October Event Schedule

DATE	EVENT
Sunday Oct 3rd	10:30a.m. Worship service of Word and Prayer
Thursday Oct 7th	1:00 p.m. Special Council Meeting on Constitution renewal
Sunday Oct 10th	10:30a.m. Thanksgiving Sunday— Worship service with Holy Communion
Thursday Oct 14th	Ottawa Valley Pastors meet in Quebec
Sunday Oct 17th	<ul style="list-style-type: none"> • 10:30a.m. Worship service of Word and Prayer • 1:00p.m. UNPLUG event—Challenge Course led by Craig Burkett (see ad in newsletter)
Monday Oct 18th	7:00p.m. Church Council Meets—Zoom and In person
Sunday Oct 24th	10:30 a.m. Reformation Sunday— Worship Service with Holy Communion
Sunday Oct 31st	<ul style="list-style-type: none"> • 10:30a.m. Worship service of Word and Prayer • 2020 Volunteer Appreciation Sunday

New Council member: Rachel Roesner.

Council is pleased to announce that at the last council meeting, Rachel was appointed as a council member to fill a vacancy.



Council Meeting

September 27th 2021

Attendance (ZOOM)

Enid Blackwell	David Burkett	Pr. Norine
Alison Burkett	Andy Kalnins	Debbie Witt
Cory Weckwerth	Rachel Roesner	

Meeting was called to order at 7:00 p.m. and the meeting opened with each speaking of a favorite or special piece of clothing, shoes etc. Pastor opened with Devotions and a Prayer.

- 1. Previous Minutes:** Andy moved that the June 21st, 2021 minutes and the minutes of the June 27th meeting be approved as distributed, Debbie seconded, CARRIED
- 2. Finance:** Alison presented the Income vs Budget report. Deficit is \$6,000 at this point, slightly better than was budgeted. A bit of CEWS can be applied for. In communications with CRA regarding a claw-back of CEWS is ongoing. Benevolence is above Budget. Alison discussed plans for the 2021 Christmas Bazaar. Dates proposed are Nov 6th or Nov 13th. Possibly on-line orders again this year. Alison discussed the categories of items to be included broken out by in-person and or Online/Curbside. Optimistic to make the budget.
There is room in "Other Ministries" category to allow the donation to the Fountain for gift cards.
Alison explained the budget process and timing.
Lutherlyn 100 x 100. Currently St. John's contributors have 3 options: camperships / legacy / operating. Recommendation to not promote the Lutherlyn 100 x 100 – it is not an authorized campaign for Synod. Alison moved that we adopt a policy that we only publicize authorized Synod campaigns. Cory seconded, CARRIED with Andy in disagreement.
Planned giving was discussed – perhaps we should publicize it continually through the website and/or facebook. Andy moved that the financial report be accepted, Debbie seconded. CARRIED
- 3. Outreach:** Jeff spoke about the grant application to the compassionate justice fund for the Food Bank SnackPack program. Max \$1000. Costs are now \$11,700 due to increase to 5 days per week. Anticipated 1250 children use it. Cory moved that council approve the submission of this application. Debbie seconded, CARRIED.
- 4. Children, Youth, Family: UNPLUG:** Categories of activities: Nature hikes / Crafts / Games / Other offsites. We are at a point of great need for leaders and support. We will need to the cast net wider. Lots of resources are available to minimize the effort of leading. Publicize on facebook / What's up Arnprior. Discussion ensued. Pastor will try to identify possibilities.
- 5. Pastor's report:** Pastor presented her activity report for the summer.
- 6. Communications:** Enid presented her report. The facebook "reach" is increasing. Decision that Sunday Oct 31st be the volunteer appreciation event.
- 7. Constitution renewal.** Debbie has distributed a first draft. We need to approve and distribute to congregation by mid October in order to meet the Nov 19th deadline for Synod. Debbie proposed that she make the edits done by Wendell and redistribute, A date was set for discussion by council - Oct 6th at 1:00.
- 8. Property Update:** Dave updated on the reconstruction of part of our back walkway by the town to match up with the new curb. We will try to get the contractor to do the entire walkway. Gerald has been dealing with a damp basement during heavy rains, although this past one was dry. Chair lift was serviced.
- 9. Technology:** New switcher device working well. Need to recruit an additional volunteer. The website went down a few weeks ago. Decision was made to switch the hosting environments, and the site was redeveloped and the ".com" version is now up.
- 10. Other Business**
 - Planning cycle was discussed – suggested moving the retreat to Q1 2022. Enid, Cory and Dave to organize.
 - Cory moved that Rachel be appointed to congregational council and will serve on council until the next Congregational General Meeting when it is anticipated she will stand for election. Debbie seconded – CARRIED.
 - Andy offered a COVID practices review, which is to be publicized (service, newsletter).

NEXT MEETING: October 18th 2021

Adjournment: 8:30

Message from John to James, St. James' Chapel Dedication September 19th *(Given by Enid)*



It's great to be with you today in your new gathering space!

Thank you very much for inviting us, your John sisters and brothers, to gather with our James siblings on this special occasion.

What a big journey you have been on! - though only a short physical distance - and the journey continues! We see that you have planned so well and patiently in taking these meaningful



Daryl Thom's eternal light, created from wood from former pulpit

steps.

Your chapel space is beautiful, welcoming, and includes such important pieces of your former home space. I know all who enter here will be warmly welcomed by you and our good P* Norine.

We look forward to continuing to partner together, as we have done in past times - for example, in services, in Hospice walks, in Seder meals, and in Valley events. We have **missed** that over this long, pandemic time.

Also, we invite you to reach out when we may support you practically and prayerfully. We know that this support is mutual - we can reach out to you, too and learn from you. Speaking of **learning**, last night your good friend Lois Rosien phoned with regret that she could not be with you. However, she talked of good times spent with you and remembered in particular buying items at a food sale you had to assist the local food bank. . . she's still **trying to learn** who made that wonderful butterscotch pie she took home!

Congratulations and blessings - may you continue to flourish with love, care and faithfulness.

PRAYER LIST



We normally have this list on our Sunday bulletin.

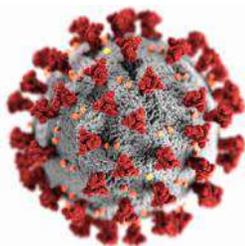
Please pray for these people in your daily prayer:

Please pray for these people in your daily prayers:

From our congregation: Kathy, Ed & Rosemary, Linda & family, Diane B., Briar, Joy, Lois, Marion B. . **Friends of the Parish:** Leslie, Tere ,Lorraine, Lucille, Alivia, Kathleen, Iona B., Ed.

We pray for all in the medical profession who are our front line workers.

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



Reminder: Our COVID Protocol as of late September, 2021

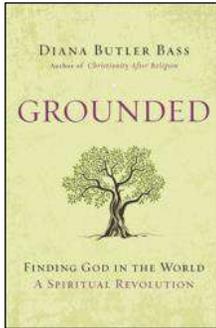
As we all know, COVID is not going to disappear from our world anytime soon. Government guidelines, Synod protocols, and local requirements are seemingly ever changing and the best we can do is stay nimble and responsive and do the best we can.

Here is a quick summary of what we have in place currently. Any questions please contact Andy Kalnins flatrapids@gmail.com or 613-863-0202

- **Worship** - All individuals attending worship are reminded to sign-in, don a face mask prior to entering the church building, and sanitize their hands. The mask must be worn the entire time while in the church. There should be a person who signs in for each family unit. People who are not part of a family unit are reminded to sit 2 metres apart when seated. People may participate in verbal responses in the service, but singing is not permitted. Exit and egress in the church will be through the main doors. Jackets and coats should be taken to the seat, and not hung up on the hangers to prevent crowding. There is no need to provide proof of vaccination.
- **Entering Church for Meetings** - A meeting will be defined as a grouping of three people or more that is outside worship or another service. Meeting participants are required to have a proof of a double vaccination with final shot being two weeks or more prior to the meeting. Participants will record entry and exit from the church and be masked at all times with the exception of being seated at the meeting table. Provided there is the two metre separation, masks need not be worn. A face covering is required when not seated,
- **Entering Church for Other Reasons** - People are asked to record entry and exit as before. Sanitization of hands is still in place. A mask need not be worn provided there are no other individuals in the building.
- **Bazaars and Other Events in the Church Building or Church Property** - Protocol for these will be published shortly



BOOK STUDY



The Unplug Team invites you to join us in a book study! led by Pastor Norine. The book is **Grounded** by Diana Butler Bass "**Finding God in the World - A Spiritual Revolution**"

Diana talks about dirt, water, and sky as elements where we may discover and connect with God through the environment in which we live.

The books are free (sponsored by the UNPLUG program) and are available by contacting Alison Burkett at 613-618-5716 or at aburkett@gmail.com.

We will read a section of the book ahead of time and then join on ZOOM to discuss the topic. (date & time yet to be determined).

Please rsvp to Alison or P+Norine if you are interested in joining us.

see you soon, P+Norine



IN MISSION FOR OTHERS

Milk bags into Sleeping Mats

St. James & St. Johns are invited to collect clean flat milk bags this fall.

They will eventually go to Trinity St. Andrews United Church women who make these into sleeping mats and bags which eventually go to Peru, Haiti and Kenya.

The collection box will be in the narthex starting Thanksgiving Sunday.



September 19, Pastor Norine (Gullons) and Pastor Doug (Reble)



Remembering the Children -Sept. 26, Litany for National Day for Truth and Reconciliation (Sept. 30)



October 2021



BIRTHDAYS

Oct 10th—Cathy Zimmerling

Oct 12th—Nate Zimmerling

Oct 21st—Jeff Kargus

Oct 25th—Rosemary Drziak

Oct 26th—Kayla Zimmerling

Oct 30th—Stella Boese

Oct 30th—June Wolff

Oct 31st—Joyce Headrick

ANNIVERSARIES

Oct 10th—Bartly and Linda Roberts

Oct 11th—Greg & Debbie Steinke

Oct 23rd—Bob Hinchley and

Enid Blackwell



UNPLUG Youth Program—September

Three more great UNPLUG programs were held during September:

Sep 12: **“Exploring Different Habitats”** at the Zimmerling Farm.

We had 13 kids and 7 parents come out for a terrific exploration of the terrain, “critters” (frogs, insects, as well as goats, chickens rooster etc), plus some skulls (old ones (!) of critters who once lived on the property) at the Zimmerling Farm. Ryan was the activity leader and Zach the activity support - it was a fantastic event. (Ryan promises a Part 2 of this activity – there are still lots more areas on the farm to explore.)



Sep 19: **“Harvest for the Food Bank”**. A small but enthusiastic crowd – 2 children and 1 parent – enthusiastically harvested the bumper crop of carrots and onions from the new community garden at St. John’s. Thanks to Jeff Kargus for a very interesting event. To fill a bit more time after the harvest was done, the children enjoyed a simple game of “Squirrels”; squirrels need to eat too so they hide their food in the fall so they can find it in the winter.



Sep 25: **“Watershed Clean-up”**. This activity supported a Rotary effort; we had 7 children plus parents attend. Andy Kalnins led our UNPLUG “team” supported by Galilee Centre staff as well as Rotary. Feedback from one parent: *“Great activity! So well run. We learned lots and I got a bit more acquainted with the Galilee Centre.”*



October UNPLUG Events

Just 1 event this month – for kids 5 to 12; the cost is \$5/ child.

Oct 17 (1:00-3:00): **“UNPLUG Challenge Course”** – this is an active, fun, event that will be held at Robert Simpson Park in Arnprior, led by Craig Burkett who loves obstacle courses and designs fitness circuits for his own young children. The kids will be split into 2 or 3 groups by age (challenges will be tailored by age). The challenges will include the following. All “scores” are average for the team – everyone does every activity. So, can the little kids get the bragging rights to beating the bigger kids on:

- The “Laser” (it’s really string!) Maze
- The Obstacle Course
- The Target challenge (Nerf darts aiming for a Paw Patrol target board)
- Then, the “Snack Hunt” - each team solves clues to find their snack.

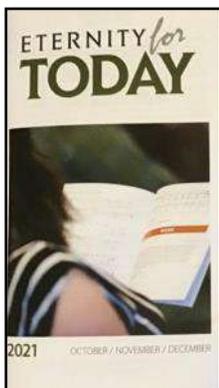
Do you know someone who's a "Big Kid" at heart?

UNPLIG is looking for adults and teens who would be interested in helping on 2 to 5 outdoor activities over the next year. Activities are held Sunday afternoons – generally 2 to 3 hours; they are geared to children 5 to 12.

Ideal would be a family duo: a teenager who's interested in (or has experience) being a camp counsellor or playground supervisor plus an adult who would like to work together.

- A non-taxable honorarium is paid (\$100 for an activity leader and \$70 for activity support)
- We're looking mainly for help on crafts (like bird feeders, Christmas wreaths, rainbow orb sculptures) and games (like Hide and Seek Sardines, Barnyard Bedlam, Quick Frozen Critters, Capture the Flag, compass games)
- Detailed, well tested, resource material will be provided
- Experienced member(s) of UNPLUG will help plan the event, purchase needed supplies, and will host the event.
- Training will be provided.
- Sign up for weeks that fit your schedule.

All "Big Kids at Heart" who are interested should email Unplug.SJL@gmail.com. We want you and your enthusiasm to help kids unplug and enjoy the wonderful outdoors.



Eternity for Today: In Your Hand and/or Before Your Eyes

Eternity for Today has been a long standing publication of the Program Committee for Worship (PCW) of the Evangelical Lutheran Church in Canada.

This daily devotional follows the lectionary of the church and provides daily reflections and prayers from ELCIC members across the church.

The devotional series is available in two ways:

Print Publication – in Your Hand

The print publication is an annual subscription [available through Parasource](#). At St. John's, we subscribe to Eternity for Today and receive and distribute a limited number of print copies each quarter, especially for those without internet access.

We have a few extra. If you do not already receive a print copy, and wish one, please contact Enid at 613 623-7017.

Friends of St. John's can also sign up for a calendar year subscription individually by contacting Parasource..

Eternity for Today App – Before Your Eyes

The Eternity for Today app is available with the same content but in an online, digital format. Receive daily notifications right to your desktop, iphone or android device. Subscriptions are available for monthly (\$2.00/month) or annual rates (\$8.95/year).

[Sign up for a new online subscription here](#)

[Access the desktop version from your current online subscription](#)

October at Galilee Centre

Galilee events are open to everyone who is fully vaccinated against Covid19.

Masking and distancing protocols will also be observed.

We are accepting reservations for private Christmas events.

Call (613) 623-4242 or visit galileecentre.com to register.

OCTOBER 1-3

PASSION & ACTION:

INTEGRATING THE INNER LIFE WITH JUSTICE

Presider: Rev. Mark Slatter

How can we wield the energies of our passions for justice – and not have them wield us? This retreat will bring the range of our passions to the power of Transformative Love.

Cost: Single \$320, Double \$275, Commuter \$180 (includes meals), Virtual participant \$90

OCTOBER 8-10, 2021

KENDAASAWIN: HOW WE LEARN

Facilitator: Donna Naughton, and others from Kateri Native Ministry

Join a two-day cross-cultural experience designed to provide transformative opportunities for Indigenous and non-Indigenous learners on the path of healing, reconciliation, and spiritual growth. Retreatants will participate in ceremony, teaching, & sharing circles under the guidance of knowledge-keepers.

Cost: Single \$280, Double \$210, Commuter \$140 (includes meals), Virtual participant \$90

THURSDAY, OCTOBER 14, 11:30 AM AND 1:00 PM

OCTOBERFEST LUNCHEON FUNDRAISER

Join us for a 3-course luncheon with two seating times available. Menu of Vegetable Borscht, Smoked Sausage and Perogies, Fruit Crisp and Ice Cream.

Registration is required. Cost: \$20 per person.



OCTOBER 15-17, 2021

RITUALIZING LOSS AND GRIEF

Facilitator: Fr. Jim Clarke

For thousands of years human beings have honoured their grief and myriad losses through storytelling and ritual making. In this virtual retreat, we will explore this ancient practice and apply it to our contemporary situation through input, reflection, storytelling and creating our own rituals.

Cost: Virtual participant \$100

OCTOBER 22-23, 2021

THE BEATITUDES: THE KEY TO PEACE & HEALING IN CHALLENGING TIMES

Facilitator: Fr. Matt Linn S.J.

How to find peace and healing in these challenging time of pandemic, violence and isolation as we emerge from a period of virtually zooming rather than hugging those who love us. In this retreat we will experience the healing process in the beatitudes to create abundant life wherever we have struggled to find any life. This retreat will run from Friday at 7 pm to Saturday at 4 pm.

Cost: Virtual participant \$80

TUESDAY, OCTOBER 26, 9AM-3PM

DAY OF QUIET

SELF GUIDED PRIVATE RETREAT

For those needing a pause, a breath, a time of quiet in their lives. A day of private retreat, with self-guiding materials provided by Father Richard Kelly.

Cost: \$20, Boxed lunch additional \$10

COMING IN NOVEMBER (REGISTER NOW)

November 1 Memorial Walk

November 26-29 Advent Retreat

November 30 Day of Quiet



Galilee Centre

The perfect spiritual setting, year round

398 John Street North, Arnprior, ON K7S 2P6

Some very wise 6 year old students! An Elementary School Teacher had twenty-six students in her class. She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb.

It's hard to believe these were actually done by first graders. Their insight may surprise you.

Don't change horses	until they stop running
Strike while the	bug is close
It's always darkest before	Daylight Saving Time
Never underestimate the power of	termites
You can lead a horse to water but	how?
Don't bite the hand that	looks dirty
A miss is as good as a	Mr.
If you lie down with dogs, you'll	stink in the morning
Love all, trust	me
Where there's smoke there's	pollution
Happy the bride who	gets all the presents
A penny saved is	not much
Two's company, three's	the Musketeers
Laugh and the whole world laughs with you, cry and	you have to blow your nose
There are none so blind as	Stevie Wonder
Children should be seen and not	spanked or grounded
You get out of something only what you	see in the picture on the box
When the blind lead the blind	get out of the way
A bird in the hand	is going to poop on you



It was considered the best photo of this century. A lioness and her cub were crossing the savannah but the heat was excessive and the cub was in great difficulty walking. An elephant realized that the cub would die and carried him in his trunk to a pool of water walking beside his mother. And we call them wild animals.

15:17

Harvest Garden Event!

The “Harvest the Garden” event saw a small but a very enthusiastic group.

We started with a quiz showing a seed and then revealing what vegetable it was for. We talked about food, water and sunlight that plants needed to grow. Some MONSTER carrots were found and ones with 3 legs.



The kids then picked the red and white onions. All of the fresh vegetables were donated to the Arnprior and District Food Bank where they disappeared very quickly.

Harvesting was followed by a pretty quick game of Squirrels where the kids hide peanuts in the shell and try to not forget where they hid them and not lose them to other squirrels.

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VOLUNTEER SCHEDULE FOR OCTOBER 2021

DATE	READING	ALTAR	USHERS	COUNTERS	GROUND
Oct 3 rd	Maureen Rueckwald	Beryl & Keith Richardson	Fred, Greg & Kevin Steinke	Elmer & Marion Leeck	Rick & Cathy Frivalt
Oct 10 th	Mark Boese	Beryl & Keith Richardson	Fred, Greg & Kevin Steinke	Elmer & Marion Leeck	Rick & Cathy Frivalt
Oct 17 th	Joy Statham	Beryl & Keith Richardson	Fred, Greg & Kevin Steinke	Elmer & Marion Leeck	Rick & Cathy Frivalt
Oct 24 th	Ryan & Zach Zimmerling	Beryl & Keith Richardson	Fred, Greg & Kevin Steinke	Elmer & Marion Leeck	Rick & Cathy Frivalt
Oct 31 st	Andy Kalnins	Beryl & Keith Richardson	Fred, Greg & Kevin Steinke	Elmer & Marion Leeck	Rick & Cathy Frivalt