

## Pastor's Message

# The Mustard Seed

## September 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	623-7017
Debbie Witt	622-1500
Dave Burkett	618-5729
Cory Weckwerth	793-3701
Andy Kalnins	863-0202
Alison Burkett	618-5716

See us on facebook:

*St. John's Lutheran Church Arnprior*

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

Around the end of August, the weather changes, signaling overall changes in the air. The sun sets earlier reminding us to enjoy those days of sun and heat before we start looking for our favorite sweaters. This fall sees children and youth returning to school. Some people are returning to offices, if only part-time. All of our changes are shaded with notes of caution. May God bless the changes in your families as you move forward.

The life of faith communities does not stop in the summer time. There have been people having surgeries, people have been ill, funerals, a wedding and baptisms. We may slow down - but God's Spirit still blows through us, gathering us together for sad times and for joy filled times. We are all called to be faithful and flexible.

Churches are about people, the communities of faith. No matter what changes happen, we are called to remember every morning (like Martin Luther), even before our feet hit the floor, that we are a baptized child of God and God has decided to love us no matter what changes we go through. *We are invitational people*, so we gather together and invite others to join us. All we need is people, water, bread, wine and THE WORD of God to be a faith community. So, may God also bless the ministries of our faith communities as we move forward.

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

## **September Event Schedule**

DATE	EVENT
Sunday Sept 5 <sup>th</sup>	<b>10:30a.m. Worship service of Word and Prayer—Blessing of the Backpacks</b>
Sunday Sept 12 <sup>th</sup>	<b>10:30a.m. Worship service of Word &amp; Prayer</b> 1:00p.m. Ryan Zimmerling leads "Unplug Youth" exploring habitats
Thursday Sept 16 <sup>th</sup>	Ottawa Valley Pastors meet at St. Timothy's Pembroke
Saturday Sept 18 <sup>th</sup>	Fall Work Weekend at <b>Camp Lutherlyn</b> —see note later in news-letter
Sunday Sept 19 <sup>th</sup>	<b>10:30a.m. Worship service with Holy Communion</b> <b>Guest Preacher: Rev. Doug Reble, Assistant to the Bishop</b> 1:00p.m. — Jeff Kargus leads "Unplug Youth" - community garden harvest & games
Wed Sept 22 <sup>nd</sup>	Ottawa Valley Pastors—Zoom meeting with Bishop Michael
Saturday Sept 25 <sup>th</sup>	10:00a.m. Adults and Unplug Youth - welcome to join Andy Kalnins for watershed clean-up with Arnprior Rotarians
Sunday Sept 26 <sup>th</sup>	<b>10:30a.m. Worship service of Word &amp; Prayer—CLWR SUNDAY</b> 3:00p.m. Installation service for Rev. Scott Schellenberger at Zion Pembroke
Monday Sept 27 <sup>th</sup>	7:00p.m. Church Council Meets—Zoom and In person
<b>OTHER EVENTS</b>	
Wednesday, Sept 8 <sup>th</sup>	6:30-8:00 p.m. Discussion with participant in prairie reconciliation involving Chippewayan, Lutheran (ELCIC St John's, Laird Sask.) and Mennonite communities. Featured in <i>Reserve 107</i> film. For invite/ more info: Jean <a href="mailto:hjeancassidy@gmail.com">hjeancassidy@gmail.com</a> or 613 602-7889.
Monday Sept 13 <sup>th</sup>	1:30-2:30 p.m. <b>Indigenous Drumming and Teachings</b> with Bonnechere Algonkin women. Seniors Active Living Centre. p.m. Contact: <a href="mailto:dmccabe@arnpriorhealth.ca">dmccabe@arnpriorhealth.ca</a> . or 613 296-1906.

### **Continuing Education and Pastoral Care**

Pastor Norine plans to take a continuing education week from Monday, September 27 to October 3. During this time, any urgent pastoral care can be arranged by contacting the church number, 613 623-4562.



St. John's Lutheran Church  
Arnprior

# Council Meeting

August 31<sup>st</sup> 2021

Attendance (ZOOM)

Enid Blackwell

David Burkett (Zoom)

Pr. Norine

Alison Burkett (Zoom)

Andy Kalnins

Debbie Witt (Zoom)

Cory Weckwerth

Council had a brief meeting August 31 to touch base after 2 months without gathering and to reflect briefly on fall plans. Next council minutes will come in the October Mustard Seed newsletter. Any questions, concerns, ideas please contact Enid or another council member.



**The Class of 2021:** Alyssa Richardson graduated from Grade 12 on June 24th from Sacred Heart in Stittsville. She will be attending St Lawrence College in Kingston for pre-health in September. Grandparents, Beryl & Keith Richardson



**Arnprior & District Food Bank Inc.**

P.O. Box 463  
Arnprior, Ontario  
K7S 3L9

July 16, 2021.

To our friends from St John's Lutheran Church:

On behalf of the Board of Directors, our many volunteers and above all, those who we serve, a heartfelt **thank you** for supporting us with your generous financial contribution of \$460.00.

We at the food bank are truly grateful for the ongoing support of community faith groups such as yours; providing us with the funding needed to provide outreach programs for the neediest in our community.

With the help of financial donations such as yours, we were able to provide food, snow suit clothing and other basic essentials for a monthly average of 100 needy families comprised of a monthly average of 144 adults and 87 children for the first 3 months of 2021.

Once again... thank you for caring and sharing, and we wish you the very best of health in 2021.

Most Sincerely,

Dave Fridgen

Treasurer,

Arnprior & District Food Bank Inc.



## The Bells Return and Neighbours Give Thanks

Thanks to Greg Steinke and Dave Burkett, our June and July *online* services had recorded bells, rung by seasoned bell ringers Beryl and Keith Richardson, added to our remote worship. We also thank Beryl and Keith for training some 'newbie' bell ringers recently, so that In August, as we began *in person* worship, 'live' bells returned for those present.

And, our neighbourhood welcomed them, too. On a Sunday afternoon in mid August, two of our neighbours stopped by and left this message for us:

*We really missed the bells in the times when people could not gather. It's been 15 years that we have been listening to them. Beautiful to hear them again!*

*Alanna MacRae and Bree MacRae Sullivan  
Crescent neighbours*

Alanna commented how she will pause prayerfully as she hears them ring. We rejoice that our bells gladden you, neighbours!



## 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:** Chris & Kathy, Ed & Rosemary, Linda & family, Diane B., Briar & Joy. **Friends of the Parish:** Leslie, Tere, Lorraine, Lucille, Alivia, Kathleen, Iona B., Ed

We pray for all in the global community that are dealing with natural disasters and civil unrest, esp. the women and children of Afghanistan.

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

## **In Person Worship and Live Streaming!**

We are continuing with in person worship for many of you, as long as we consider it safe to do so and public health recommendations allow. It is our intention to provide both a Live Stream and a Video for viewing later via Dave's email link, or via Facebook at St. John's Lutheran Church Arnprior. However in trying to combine live and video elements, and deal with cameras, audio, computers, large screen, internet and microphones, gremlins sometimes creep in and intervene. The free software that we were using has been very problematic so we are switching to a Hardware solution. Throughout the next 1 to 2 weeks, we will **not be live streaming**, but will attempt to post a video later on Sunday and distribute the link via email, facebook and the website.

Through all this. we are very grateful to main producer Dave Burkett and associate producer Jeff Kargus for taking on all the tasks associated with broadcasting, and thank them and all of us for patience as we serve present and distanced community and friends as best we can. We keep on that learning curve!

## **T H A N K S**

The Headrick family wishes to extend our heartfelt thanks to the congregation for their prayers, phone calls, gifts of food and monetary donations at the time of dad, Stan's, passing.

His church family was a source of comfort for him and your thoughtfulness has meant a lot to us all.

***Joyce, Terry, Donna, Peter & families***



## Harvest Time Rolls Round!



Our community garden in our back 'corner' is almost ready for harvest. Thank you to Jeff Kargus who has taken the lead in building, planting, weeding and watering our raised beds, and seeking a garden grant to cover supply costs. Here is a photo of gardener Jeff with our maturing onions and carrots, soon to be harvested and delivered to the Arnprior Food Bank.

We expect some young 'Unplug' hands will be helping with the harvest, learning about the growing season, and hearing about the Arnprior

Food Bank, where Jeff has volunteered for years.

Thanks, also, to Dave and Alison Burkett for providing a rain barrel, and to volunteers, Joy Statham, Pastor Norine, Bob Hinchley, and Enid Blackwell for helping to tend the beds through the season.



## Balcony Families & Outdoor Unplug Time

We welcome families who may wish to come for worship with our highly double-vaxxed 'older' congregants. For your comfort, and to take account of any concerns, you may choose to make use of the balcony, where 2 families could easily space out. Busy bags could be used and ac-

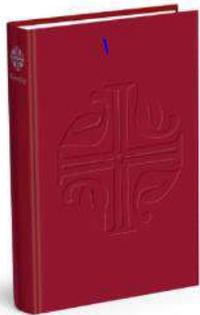
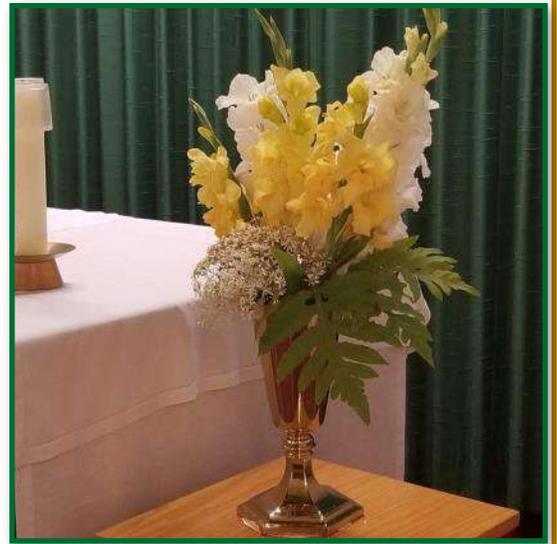
tivities could occur, and visits to the downstairs washrooms and hall could be made, as needed.

We do understand that being present may not meet some needs, but do thank you for your ongoing connection. Please know that you are often thought of within the community, and we are thankful when you can participate in person or do readings by video. And perhaps you can check out the safe, outdoor Unplug activities as they roll out - this month it's exploring diverse habitats time at Zimmerling Free-Run Farms, harvesting our garden's onions and carrots for the Food Bank, and helping with watershed clean-up.

## Flowers Galore!

Gwen Steinke offered gladioli from her garden for some Sundays In August.

Thanks Gwen, for this beauty which graced the altar!

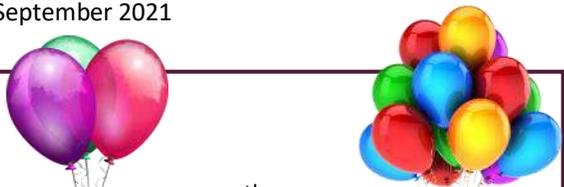


## ELW Books

St. John's has received a gift of surplus Evangelical Lutheran Worship (ELW) books from former Gadshill St. Peter's congregation, via our Eastern Synod office. Normally, each would cost around \$30 and we are grateful to finally have this resource here.

These worship books were recently placed in our pews by Cory Weckwerth and Andy Kalnins - thank you! We made use of them for the first time on Sunday, August 29 and will gradually transition to them. Often, we use hymns from this book in our service videos. This book combines all music and words from traditional and newer resources, as well as familiar and somewhat updated liturgy and prayers.





On August 29<sup>th</sup>, we recognized  
Marion Leeck's 85th Birthday



When a kid says  
"daddy, I want  
mommy" that's the  
kid version of "I'd  
like to speak to  
your supervisor" 😂😂😂

The people whose  
first instinct is to  
smile when you make  
eye contact with them  
are some of Earth's  
greatest treasures.



## September 2021



### BIRTHDAYS

*Sept 5<sup>th</sup>—Gwen Steinke*

*Sept 5<sup>th</sup>—Jessica Elliot*

*Sept 7<sup>th</sup>—Rhonda McTeer*

*Sept 11<sup>th</sup>—Cathy Frivaldt*

*Sept 18<sup>th</sup>—Beryl Richardson*

*Sept 29<sup>th</sup>—Dave Burkett*

### ANNIVERSARIES

*Sept 4<sup>th</sup>—Bob & Debbie Witt*

*Sept 6<sup>th</sup>—Henry & Lois Rosien*

*Sept 12<sup>th</sup>—Rick & Cathy Frivaldt*

*Sept 29<sup>th</sup>—Elmer & Marion Leeck*

100 years ago everyone owned a horse and only  
the rich had cars.  
Today everyone has a car and only rich have  
horses.  
Oh how the stables have turned.



## UNPLUG Youth Program—August

We now have 2 successful UNPLUG events under our belt. Planned attendance was too low to start on July 25 as we hoped in the last newsletter but we did start on Sunday August 15<sup>th</sup>. Enid did a yeoman's job getting marketing materials together for the 2 August events and delivering flyers around the neighbourhood.

Here's a summary of the 2 events.

1. Sunday August 15: despite no (as in 0) known registrations on Friday August 13<sup>th</sup>, we had 9 kids and 2 parents come out for **"Stepping Stones"** at St. John's 2 days later.

- Enid talked to some families she knew and had some luck meeting a mother of young children on Friday night and interested her in UNPLUG.

- Sue Nevile assisted by Enid led the enthusiastic kids (and a mom) in both garden stepping stone making, and foot (some hand!) painting in pairs on small canvases, working under the tree. Some kids were also happy to go round the back and visit the garden and named what was in the bins that Jeff made. A neighbour mom and daughter stopped to see what was going on, and a good general SJL contact was made. A mom and some kids went home with altar and wild flowers from August 15 service. P+ Norine greeted and met most arrivals, and Pr. Stan came and visited with us for a while.



2. Sunday August 22: Dave Burkett led the second UN-PLUG activity **"Building and Flying Kites"**. Seven (7) children decorated and assembled their own kites at St. John's – again under the shade of our tree on Alicia Street; they were helped by 5 parents/ great grandparents plus Sue and Alison. We spent about 75 minutes at the church; then 3 of the

children went to Walter Zadow School to fly their kites. It was an incredibly hot day and the others headed for cooler environments.





## UNPLUG Youth Program—September

Lots of details this month—Attached is a flyer— please distribute to family and friends.

In September, we're planning 3 events all geared towards children ages 6-12. The participant fee is \$5/ child unless otherwise noted.

### 1. **Sunday September 12** (1:00-3:00): **"Exploring Different Habitats"**

- Have you ever wondered what fascinating creatures live below the surface of a wetland?
- Have you ever played in an immense forest, where massive rocks and fallen trees abound?

Come out and explore a variety of habitats and wild animals with activity leader, Ryan Zimmerling, a professional wildlife biologist.

The site is the **Zimmerling Free-Run Farm**, 156 Watts Line Road, Stewartville, 613- 622-5939. Parents can either meet at St. John's at 1:00 and head together to the farm or go directly to the farm for about 1:15. Participants should wear good outdoor shoes.

### 2. On **Sunday September 19th** (1:00 – 3:00), Jeff Kargus will lead a **"Harvest the Garden"** event at **St. John's**; onions and carrots from our community garden will be harvested and packaged up for the Arnprior Food Bank. Jeff will talk about the garden including the rain barrels which collect water for it, and what the Food Bank does for the Arnprior community. Jeff is a long-time volunteer with the Food Bank and an expert gardener.

Then we'll play a game called **"Flip the Cones"**; kids will be divided into 2 teams for a friendly competition to see which team can flip the most disc cones in a few minutes. PSST: besides being fun and letting kids work individually but also as part of a team, this game also develops agility.

### 3. On **Saturday September 25<sup>th</sup>** (10:00 – 12:00 a.m.) Andy Kalnins, a clean water enthusiast, will lead an extra UNPLUG event, helping the Rotarians **"Great Lakes Watershed Clean-up"**. (We'll be assigned to clean up a part of one of the rivers around Arnprior.) Any kids, parents, grandparents and friends who would like to be part of this effort are invited to come out! Kids need to be accompanied by their parents or grandparents and everyone should wear waterproof shoes or boots – we may be getting wet! Meet at St. John's at 9:00 to be supplied by gloves and bags and find out what river area we'll be working on. Because this is a service event, there will be no UNPLUG participation fee that day for participants.



## CAMP LUTHERLYN FALL WORK WEEKEND

The Fall Work Weekend at the Camp will be on Sept 18th. Plan to arrive by 10:00a.m. and we usually wrap up from 2:00-3:00 p.m. Lunch is provided. Jobs to be done include both buildings and grounds work. Helpful equipment if you have it: paint brush/pail; pole saw. Work gloves are suggested. You're welcome to stay over Saturday night at the lodge for some social time (camp-fire, a glass of your choice). Contact Alison at [aburkett@gmail.com](mailto:aburkett@gmail.com) / 613 618-5716 for more information.

## A RETIREE'S LAST TRIP TO COSTCO

Yesterday, I was at Costco buying a large bag of Purina dog chow for my loyal pet, Bruce the Wonder Dog, who weighs 191 lbs. I was in the check-out line when a woman behind me asked if I had a dog. What did she think I had... an elephant?

So, because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again.. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially The Perfect Diet, and that the way that it works is to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

# Installation Service

For Pastor Scott Schellenberger

Sunday, September 26<sup>th</sup> | 3:00pm

Zion Evangelical Lutheran Church  
Pembroke, ON

Followed by Fellowship in the Parish Hall

Come Celebrate With Us

Clergy Are Invited to Vest

Those Attending Need to Pre-Register with the Church Office Before Thursday, September 23<sup>rd</sup>  
Phone: 613-732-8792  
Email: [zionoffice@nrtco.net](mailto:zionoffice@nrtco.net)



Creator, the strength of all creatures, we honour you.  
We honour your Spirit who renews the world and calls us to care for your creation to the East, to the South, to the West and to the North.

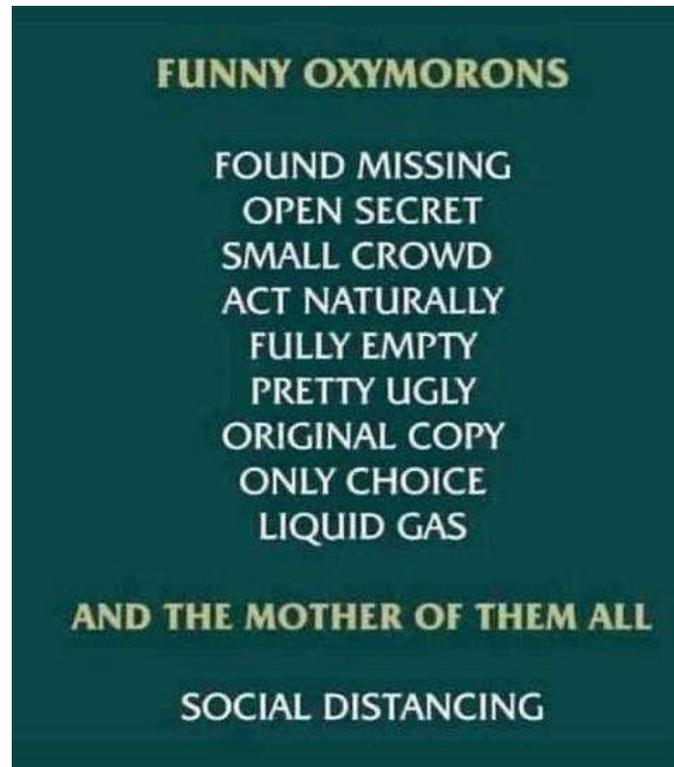
### Season of Creation 2021

September 1-October 4

### 'A Home for All'

(Varied world ecumenical bodies involved, including LWF)





## VOLUNTEER SCHEDULE FOR September 2021

DATE	READING	ALTAR	USHERS	COUNTERS	GROUND
<b>Sept 5<sup>th</sup></b>	Maureen Rueckwald	Gerald & Barb	Lorne Rueckwald	Lorne & Maureen	Rick & Cathy Frivalt
<b>Sept 12<sup>th</sup></b>	Debbie or Jeff	Gerald & Barb	Debbie/ Jeff Kargus	Lorne & Maureen	Rick & Cathy Frivalt
<b>Sept 19<sup>th</sup></b>	Joy Statham	Gerald & Barb	Paula Mainprize / Andy Kalnins	Lorne & Maureen	Rick & Cathy Frivalt
<b>Sept 26<sup>th</sup></b>	Rachel Roesner & Thomas	Gerald & Barb	Paula Mainprize / Andy Kalnins	Lorne & Maureen	Rick & Cathy Frivalt



# UNPLUG Kids Activities – September



Sun Sept **12** 1:00 - 3:00

- Explore Different Habitats
- Site: Zimmerling Farm, Stewartville



Sun Sept **19** 1:00 - 3:00

- Harvest the Garden/ Play Games
- Site: St. John's Lutheran (\*)



Sat Sept **25** 10:00 - noon

- Help clean up a riverfront near Arnprior
- Site: Meet at St. John's Lutheran (\*)



## To Register/ for info

- Email [unplug.sjl@gmail.com](mailto:unplug.sjl@gmail.com)
- Call Alison @ 613 618-5716

(\*) UNPLUG is sponsored by St. John's Lutheran Church, 47 McLachlin St S., Arnprior ON. Everyone is welcome!