



# The Mustard Seed

September 2023

*Newsletter*

*of*

*St. John's Evangelical  
Lutheran Church*

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

## **Church Council**

Andy Kalnins (Chair)	863-0202
Enid Blackwell	
Vice/Treasurer	623-7017
Debbie Witt (Sec'y)	622-1500
Dave Burkett	618-5729
Fred Steinke	298-5017
Mellissa Watt	858-9932
Pastor Norine	623-4562

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." - Matthew 13: 31-32*

## **Pastor's Message**

Labor day weekend always signals changes for everyone. The weather changes, signaling for us to tend to harvesting our gardens. The sun sets earlier reminding us to enjoy those days of sun and heat before we start looking for our favorite sweaters.

The routine changes for families as they prepare for the new school year! "We give thanks for the gift of reason and the opportunity for education. May God bless our schools, that they may be places of learning and safety, where teachers challenge the minds and nurture the hearts of students. May they work together in mutual respect". (ELWp78) *Our Sunday School will begin again on Sept. 24.* We look forward to celebrating Baptisms this fall and Confirmation.

The life of faith communities does not stop in the summer time. 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. I encourage people to care for others.

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. AND God blesses us and our ministries with so much more!

In Christ, Pastor Norine Gullons

# PRAYER LIST

Please pray for these people in your daily prayers:

**From our Congregation:** Ed, Jacqueline, Paul, Rachel.

**Friends:** Tere, Briar, Alivia, George W., Lynne Z., Claude, Amy, Sheila, Janice & Roy

**We pray for our schools.**

We commend students, and teachers to God's care that they may have joy in learning, experience new discoveries and practice patience! Amen.



## September 2023

### **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 Frivalt*

*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 Frivalt*

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

## **September 2023 Calendar**

DATE	EVENT
Saturday, Sept 2 <sup>nd</sup>	11:00 a.m. Private Family Funeral for Gladys Buder
<b>Sunday Sept 3<sup>rd</sup></b>	<b>10:30 a.m. Worship Service of Holy Communion and Baptism.</b> Guest musician: Lorie Easton
Thursday Sept 7 <sup>th</sup>	<ul style="list-style-type: none"> <li>• 10:00 a.m. the Prayer Team meets every Thursday in the Pastor's office.</li> <li>• 7:00p.m. Property Committee Meets</li> </ul>
Saturday Sept 9 <sup>th</sup>	9:00a.m. — Men's Breakfast at Jim's
<b>Sunday Sept 10<sup>th</sup></b>	<b>10:30 a.m. Worship Service of Word and Prayer</b>
Thursday Sept 14 <sup>th</sup>	10:00a.m. Lutheran Pastors meet at St. Stephen's
<b>Sunday Sept 17<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• <b>10:30 a.m. Worship Service of Holy Communion and Confirmation,</b> Guest musician: Karen Prince</li> <li>• Coffee hour after worship</li> </ul>
Monday Sept 18 <sup>th</sup>	1:00p.m. — Church Council
Saturday Sept 23 <sup>rd</sup>	9:00-5:00p.m. — Celebration of Life for Bower Litle
<b>Sunday Sept 24<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• <b>10:30 a.m. Worship Service of Word and Prayer.</b></li> <li>• <b>Sunday School</b></li> <li>• Coffee hour after service.</li> </ul>
Monday Sept 25 <sup>th</sup>	12:00-4:00p.m. — IMAAW Union in the Lounge
The Muslim Community	Meets every Friday from 1:00-2:00p.m. in the Lounge
Movimiento Dharma Dance	Wednesdays 6-7p.m. begins Sept. 13 in the Hall



## Minutes of the August 28<sup>th</sup>, 2023 Council Meeting

Enid Blackwell

Pr. Norine

David Burkett

**Attendance:**

Debbie Witt

Fred Steinke

Andy Kalnins

Mellissa Watt (Regrets)

Meeting was called to order at 1:00 pm.

Andy welcomed the members at the first meeting since June.

Pastor opened with a devotion and prayer.

1. **Previous Minutes:** Debbie moved that the June 19, 2023 draft minutes be approved. As well the E-Vote of June 16 with upgrades to our Abuse Policy for insurance purposes. Also a special meeting on June 25 to approve to go with Robert Hall Insurance, saving \$600.00 a year. Fred seconded, CARRIED.
2. **Finance:** The deficit to the end of July is -\$3,513 which is less than half at this time last year. We remain short of desired commitment which is \$7,000 below budget. Rental/investment income is \$2,843 over budget which has helped offset deficit. Expenses still run somewhat under budget, \$1,750. Other income includes campership donations now at \$1,360. \$300 remitted to Food Bank. Newsletter to have a note on where we are at financially. Fred motioned that the finance report be accepted. Debbie Seconded, CARRIED
3. **Property:** Fred reported that electrical sub-panel parts to be purchased.
4. **Pastor's report:** Ministry continues to be very busy getting caught up after holidays. There will be a baptism on September 3 for baby Eloise Danielle daughter of Ryan and Shannon Kargus.
5. **Long Range Planning:** Karen Greening will sit on committee, along with Lorne Reuckwald and Dave Burkett. The committee will contact young people to have their input even it not able to attend meetings.
6. **Outreach (including Bazaar):** Nothing at this time except bazaar. Maureen and Alison will be contacted to see if willing to organize this. The date suggested is Saturday, November 4.
7. **Technology:** Dave said that live stream is considerable work and may only happen during special occasions: i.e., Christmas, Easter, Bishop here (Nov. 19). Andy to train in order to help with the technology.
8. **Communication and Rental:** Facebook posts continue. Muslim community rental continues at least to the end of December. IAMAW Union, 3 Mondays afternoons and 1 Tuesday afternoon booked for September and Oct. Community Dance program to Start Sept. 13. Celebration of Life for Bower Litle on Saturday, September 23, 9-5 by Ann Smeltzer. involves rental of downstairs, use of kitchen and large screen, signage by walkway. 3 Council members volunteered to cover all hours, including entry, info, setup, take down help.
9. **Health & Safety:** NO REPORT
10. **Youth and Abuse Prevention Policy:** Mellissa's report noted that she and Ryan attempted a matinee/movie night; few kids but popcorn was delicious. Enid organized an UNPLUG Indigenous drumming event held on Aug. 26 attended by young and older kids alike. Sunday School to resume once a month, September through December for 35 min. while service is taking place. Sunday School Sept. 24 and likely Oct. 15. Mellissa also made some suggestions regarding the Abuse Protection Policy which were noted and will be looked at more closely at Council's next meeting. It was also suggested that this policy should be looked at every year.
11. **Operations:** NO REPORT
12. **New Business:** Long Range Planning, Bazaar, Youth. All covered above.
13. **Close of Meeting:**

Next meeting: September 18th at 1:00.

Pastor ended with a prayer

**Come Dance!** You are welcome to check out this fun fitness, music and social time which we are offering again this fall.



## Dancing Round the World

**St. John's Lutheran Church in Partnership with Movimiento Dharma**

**Invites You to Come Dance with Instructor Andréa Villarreal**

**6-7 p.m., Wednesdays, September 13, 20, 27 & October 4**

**Downstairs Hall**

**St. John's Lutheran Church 47 McLachlin St. S. Arnprior**

**Back Entrance**

Andréa will lead us in simple, low-risk dances to varied rhythms, including chachachá, salsa, mambo, and bachata, Afro and Arabic dances

**No Experience or Partner Necessary**

**Space Limited Wear Comfortable Clothes and Bring Water**

**Contact:** Debbie [bkwdwitt@hotmail.com](mailto:bkwdwitt@hotmail.com) 613 622-1500

**to Pre-Register and for More Information**

**Free Will Donation**



## A prayer from our National Bishop

Loving God,  
We pray for all those affected by wildfires.  
For evacuees, for those left behind,  
for those on alert, for firefighters,  
for families and friends  
who watch and worry.

We pray for safety of all people,  
for the protection of property,  
and for forest life.

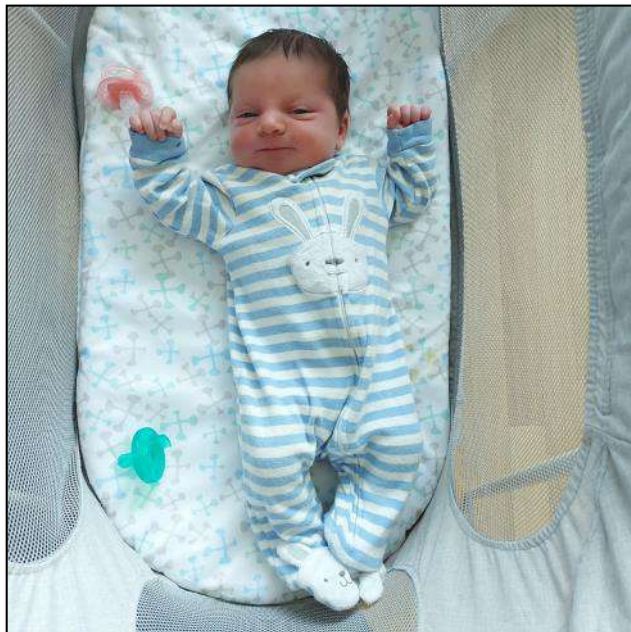
May all know the assurance  
of your presence with them.  
*Amen.*







“Ryan and Shannon have their baby girl! Eloise Danielle Kargus arrived August 10th at 9:39 a.m. She weighed 8lbs 13oz. and all are doing well!”



First grandchild for Ed and Rosemary Pinnell,  
Anna, born July 24, 8 pounds 11 oz.  
Proud parents are Erika Pinnell and Dylan Dimonte



## Financial Update from Council:

### Second Quarter plus One Month 2023

Thank you all for continuing to participate in financial support of St. John’s varied ministries, through regular offerings for our operating budget, whether through envelopes, PAR, e-transfers, and/or Canada Helps. This



support also extends to action for others. Recent Outreach events and donations have raised \$1,360 for Lutherlyn Camperships, and we continue to weekly welcome our Muslim neighbours and occasionally a workers’ union who are pleased to rent some of our space.

Our financial details to the end of July now show a deficit to our operating budget of some \$3,500, considerably less than some \$9,000 deficit last year at this time. Our commitments income does not (yet!) meet our budget, but the monthly commitment income deficit to budget was down to \$820/month for April-July, compared to some \$1,300/month for January -March. Any questions, kindly contact Enid, 613 623-7017, eblackwell.ca@gmail.com.

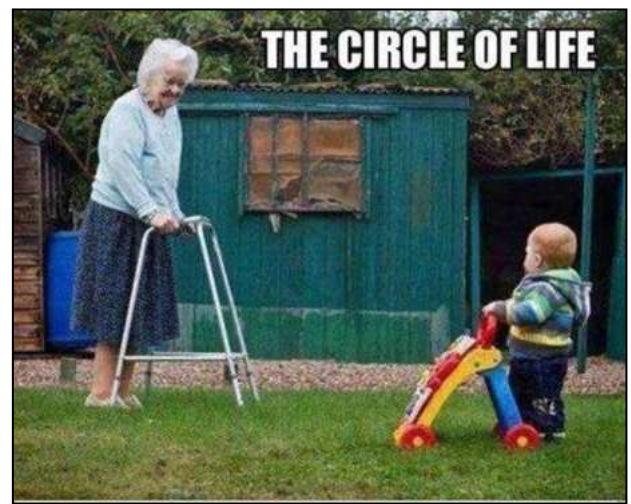
	Income	Budget (7/12 mo)	(below)/above budget	Comments
Commitments	\$43,369	\$50,590	(\$7,221)	5% not yet realized, but some improvement
Fundraisers	\$542	\$1,458	(\$916)	Mostly from SJL dance program with A. Villareal; also items sold. Bazaar to come.
Rental	\$2,965	\$123	\$2,843	Good -continues over projected
Investment	\$1,180	\$1,149	\$31	Growth continues, compared to loss last year
<b>Total income</b>	\$48,056	\$53,320	(\$5,264)	
<b>Expenses</b>	\$51,569	\$53,320	(\$1,751)	
<b>Net Ordinary Income</b>	(\$3,513)			
Total Other Income	\$4,472		No budget – almost all Outreach	Snack Pk grant, CLWR, Camperships, Food Bank
Total Other Expense	\$4,183			A campership donation yet to be remitted



# Photo Corner







**A SHIP IS ALWAYS SAFE AT SHORE BUT THAT IS NOT WHAT IT'S BUILT FOR.**

**-ALBERT EINSTEIN**

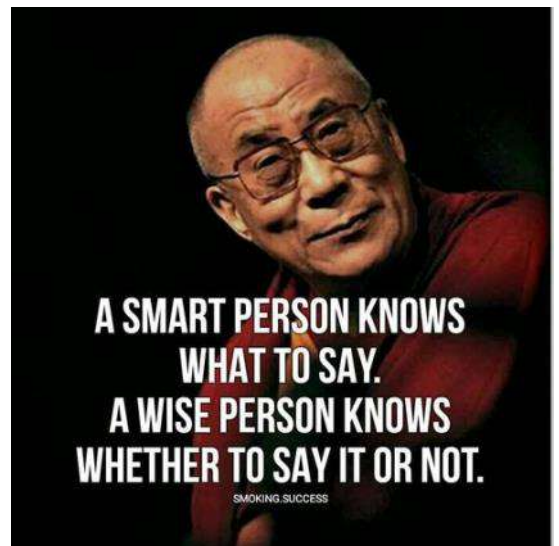
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POETRY

*the meaning of life is to find your gift.*

*the purpose of life is to give it away.*





**The UNPLUG event: Circle! Drum, Play & Learn  
was held on August 26 2023**

Six small and eight big kids joined the circle, and drummed and learned and did some playing at this UNPLUG event. A chilly day, so we gathered in the lounge, but the young finished with running outside.

Jessica, BIAK EarlyON program leader, was joined by Kichi Sibi women drummers Nancy, Doreen and Chyvyonne. She welcomed all, and encouraged us to choose and pick up a children’s drum with care and join in drumming the songs of greeting, busy and quiet day, birthday greetings and goodbye time.

Teachings included: all viewed as living - part of the earth, how drum frames are made from certain trees, images on the hide covers, and pictures of and the meaning of the many differing dancer groups who participate in Pow Wows. These were emphasized as being social times of gathering and welcome of old and new friends (including non-Indigenous). We learned about hunter, grass, fancy feather, jingle, shawl and hoop dances, some traditional, and some ‘modern’, and the symbolism and stories being told.

Each child was given the chance to pick special feathers, representing our relations (eagles) who fly high to Creator, and to choose beads and leather to create a spirit feather to treasure or a friendship feather to give. Selecting 4 beads for the 4 directions, 7 for the 7 grandfather teachings, or 13 for the moons in a year from the many colourful beads took some time and thought! We closed the time together with Phoenix leading the young in a rousing round of the ‘Hawk & Mice’ game.

Jessica noted with thanks that we were the only Valley church community to invite them and to host their program – so far! Also, we learned that the local library hosts them once a month – at least one child present had been with them in the library, but was happy to be with his grands and siblings and come again. We are very fortunate to have these women share with and welcome us.





*Spoken word poet Amena Brown responds to the question,  
 “How do you know when you’re hearing from God?”*

She said, “How do you know when you are hearing from God?”  
 I didn’t know how to explain ...  
 My words never felt so small, so useless, so incapable  
 I wanted to say  
 Put your hand in the middle of your chest  
 Feel the rhythm there  
 I wanted to say you will find the holy text in so many places  
 On crinkly pages of scripture  
 In dusty hymnals  
 In the creases of a grandmother’s smile  
 God’s ears are here for the babies  
 For the immigrant, for the refugee  
 For the depressed, for the lonely  
 For the dreamers  
 The widow, the orphan  
 The oppressed and the helpless  
 Those about to make a mess or caught in the middle of cleaning one up  
 Dirt don’t scare God’s ears  
 God is a gardener  
 God knows things can’t grow without sun, rain, and soil ...  
 I want to tell her God is always waiting  
 Lingering after the doors close  
 And the phone doesn’t ring  
 And we are finally alone  
 God is always saying  
 I love you  
 I am here  
 Don’t go, stay  
 Please  
 I try to explain how God is pleading with us  
 To trust  
 To love  
 To listen  
 That God’s voice is melody and bass lines and whisper and thunder and grace  
 Sometimes when I pray, I think of her  
 How the voice of God was lingering in her very question  
 How so many of us just like her  
 Just like me  
 Just like you  
 Are still searching  
 Still questioning, still doubting  
 I know I don’t have all the answers  
 I know I never will  
 That sometimes the best thing we can do is put our hands in the middle of our chest  
 Feel the rhythm there  
 Turn down the noise in our minds, in our lives  
 And whisper,  
 God  
 Whatever you want to say  
 I’m here  
 I’m listening





## VOLUNTEER SCHEDULE September 2023

DATE	READER	ALTAR	GREETERS	COUNTERS	SOCIAL	BLDG & GROUNDS
<b>Sept 3<sup>rd</sup></b>	Cathy Zimmerling	Beryl & Keith	Andy & Cory	Mel & Marion		Gerald & Cory
<b>Sept 10<sup>th</sup></b>	Mark Boese	Beryl & Keith	Andy & Cory	Mel & Marion		Gerald & Cory
<b>Sept 17<sup>th</sup></b>	Debbie / Jeff Kargus	Beryl & Keith	Debbie & Bob	Debbie & Bob	Jo Anne & Lorne	Gerald & Cory
<b>Sept 24<sup>th</sup></b>	Ryan & Julie & Family	Beryl & Keith	Debbie & Bob	Debbie & Bob	Barb & Gerald	Gerald & Randy



The Ottawa Valley Area Ministry Team invites you to attend an:

### Area Reformation Service & Dinner

**Oct 29 3:00p.m. - Rankin Cultural & Recreation Centre**

Guest Preacher Rev. Adam Snook. Dinner tickets will be available soon and are \$30. Please contact Randy Zimmerling if interested. Free will offering will go towards Camp Lutherlyn - Camper Sponsorship Fund.

### The Prayer Jar in the Narthex

This jar is a confidential place to list your prayer concerns and put them in the jar. NO ONE will be reading these at all. The Prayer Team simply raises up the contents in prayer without knowing what is requested on the notes.

Please feel free to add yours at any time, using the post it notes on the narthex table.

Thank you, P+Norine