



# The Mustard Seed

September 2024

*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 (V./Treas) 623-7017  
Debbie Witt (Sec'y) 622-1500  
Karen Greening (416) 540-5354  
Fred Steinke 298-5017  
Mellissa Watt 858-9932

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*

## *Message from Council Chair*

**And all of a sudden, it is Labour Day!!** There is still plenty of sun and warmth, and the season of lots of fresh farm produce is peaking. But you can't help but notice that the sunrises are later, and the sunsets earlier. Some are going to school for the first time, and others are anticipating the excitement of school away from home in a college or university. Some are making sure they know where the long johns are stored. And more than a few trees are showing flashes of autumn colour.

I think the SJL crowd spread their wings across Canada. I know that folks went to Newfoundland and Nova Scotia. I stuck to rafting a river, but managed to see the Yukon, British Columbia, and Alaska. In the "critter category" I saw grizzly bears and seals and even a chipmunk (although I suspect many saw chipmunks this summer – they seem to be very abundant this year). Perhaps we can arrange for some travelogues at our socials this autumn.

We are still a church without a minister. Pastor Doug Reble will be meeting with the church councils of both St. John's and St. James's on September 7<sup>th</sup> to discuss this very matter. Our church has submitted an updated church profile to Synod to give possible applicants an idea of what we are all about. St. James has done the same. At this point there is little purpose in speculating about possible scenarios and outcomes. We need to have faith, and a measure of hope, in anticipating all will go well, and as it should.

Elsewhere in this newsletter you will find the worship schedule as we know it for September. We are grateful to Pastor Michael Hackbusch for his service and support. His family is in Kitchener, he serves the Canadian Forces full time in Peta-wawa, and yet he is able to find time to provide support. On days that he has not been able to come to Renfrew and Arnprior, we have been ably served by lay people. Both Jeff Kargus and Enid Blackwell have stepped up whenever the need was there. And even though I missed it, I hear the Zimmerling Family knocked it out of the park with their youth and family service.

Randy Zimmerling took the summer off, so all he did was rent the biggest ladder I have ever seen, and painted and repaired our windows, fixed the wall in the pastor's office, and cleaned up and tidied up in general. We are so grateful to have Randy's work ethic and Energizer Bunny enthusiasm.

*Continued—>*

## *Message from the Chair of Council, Continued*

Earlier this summer a long-time friend of mine was visiting Arnprior and I took him through a quick “walk through” of our church. I should say my friend has been in the building trades for more than 6 decades as he grew up in the business. His unsolicited comment was that “This building is in great shape! How do you do it? I explained we have these guys: Randy Zimmerling, Dave Burkett, Fred Steinke, Lorne Rueckwald, Jeff Kargus, and others that just roll up their sleeves and do it. He said, “You are lucky”. I agreed!

To be sure, there is stuff that needs to be done. We are still looking for a Property Chairperson. We are not great on accessibility for all in our building but there are some exciting developments in that area. The Pastor’s office needs a “sprucing up. (perhaps that should be deferred until we get feedback from a new leader). But unlike the Walls of Jericho, we are still standing strong.

Elsewhere in this newsletter you will read about the success of our Vacation Bible School. I had yet again one of those unsolicited comments from someone who came up to me in Robert Simpson Park and told me how wonderful it was! (and this person was not part of SLJ). So, thanks to Debbie Witt, Mellissa Watt, Ryan Zimmerling, Jessica Elliot, Julie Zimmerling, Zach Zimmerling, and Alison Burkett for all the work

I hope we all enjoy the fading days of summer. As autumn approaches, we have a lot on the go. We have the “*Fête du Norine*” where we will have some good cheer and memories with Pastor Norine. (Sensible Enid Blackwell has a better name for it but that is what I am calling it). Jeff Kargus has some exciting news about spaghetti. I hear the trumpets blaring, but our walls are standing strong.

Sincerely, Andy Kalnins

## **PRAYER LIST**

**Please pray for these people in your daily prayers:**

**From our Congregation:** Jaqueline, June, Vicki, Samantha, P+ Norine, Karen, and Mel

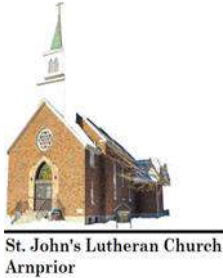
**Friends:** Terry, children Briar and Alivia, George W., Lynne Z., Charlotte, Claude, Roy and John S.

We remember and give thanks for all who have fought for workers’ rights around the world.

## **September 2024 Calendar**

DATE	EVENT
Fridays	1:00-2:00p.m.—Muslim Community—each Friday in the Lounge
Thursdays	Prayer Group will continue at a later time.
<b>Sunday Sept 1<sup>st</sup></b>	<b>10:30 a.m. — Worship Service of the Word (Lay led—Andy)</b>
<b>Sunday Sept 8<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• <b>10:30 a.m. — Worship Service with Holy Communion, — Pastor Doug Reble</b></li> <li>• Social — Birthday Celebration for Gwen Steinke</li> </ul>
Saturday Sept 14 <sup>th</sup>	9:00 a.m.—Men’s Breakfast at PJ’s
<b>Sunday Sept 15<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• <b>10:30 a.m. — Worship Service of the Word (Lay led),</b></li> <li>• Alison Burkett will share her experiences from the Synod Assembly</li> </ul>
Monday Sept 16 <sup>th</sup>	<ul style="list-style-type: none"> <li>• 1:00p.m. — Church Council Meets</li> <li>• Pastoral Care with Rev. Leena Jensen (see details in this newsletter)</li> </ul>
<b>Sunday Sept 22<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>• <b>10:30 Worship Service with Holy Communion —Pr. Michael Hackbusch</b></li> <li>• Social follows service</li> </ul>
<b>Sunday Sept 29<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• <b>10:30 a.m. — Worship Service—details to be determined</b></li> <li>• 4:00 p.m. — Celebrating Pastor Norine at the Galilee Centre</li> </ul>





## *Minutes of August 27<sup>th</sup>, 2024 Council Meeting*

### *Attendance:*

Andy Kalnins	Debbie Witt	Fred Steinke
Enid Blackwell	Karen Greening (regrets)	Mellissa Watt

Meeting was called to order at 1:00 pm. Andy welcomed everyone. Enid read a devotion.

- Previous Minutes:** Debbie moved that the June 17, 2024 minutes be accepted as distributed. Seconded by Mellissa, CARRIED.
- Ministry Plans for September:** Andy said that this Sunday, Sept. 1 we will have a lay service. Doug Reble will do communion service Sept. 8 and Pastor Michael Hackbusch on Sept. 22. The 29<sup>th</sup> is Truth and Reconciliation day so we are seeking an indigenous person to speak then, or when possible. To request Alison to present Assembly report one Sunday in September.
- Property (also Property Chair Position):** Fred reported that Randy caulked and painted windows, and he did furnace window. Organ needs tuning soon. So far nobody has stepped up to become Property Chair. An application was submitted to Charitus for a grant that would cover half the cost for accessible washroom; we should hear back in September. No report on further research on lift available. Pastor office to be painted; timing to be determined.
- Pastor Norine Reception:** The dinner celebration for Pastor Norine will be held on Sunday, September 29 at 4:00 at Galilee Centre at an expected cost of \$20.00 a person. Information will be in the newsletter. Suggestions were given for a gift and still to be decided on.
- Pastoral Care:** Enid reported that Pastor Leena Jensen continues to help with home visits and communion; August 12: 6 visits made, with Beryl and Barbara. September 16 likely next day, with possible meeting with council included, as well as home/other visits.
- Finances:** Enid reported end of July surplus to budget is high largely due to no regular pastor for some months. Andrea is moving Wednesday dance classes (fundraising/community program) from church to Kenwood Centre; council and others encouraged to find other times/uses of our hall (e.g. for dance/fitness/family events). 2 window air conditioners purchased due high heat. Charitus investment grew close to \$300 in 2<sup>nd</sup> quarter. Chequing: \$15,253; cashable GIC: 30,000. Enid moved that the financial report be accepted including recommendations to transfer 24 memoriam receipts to 24 commitments income and 22-23 memoriam receipts to Charitus investment account. Mellissa seconded. CARRIED
- Call Process and Church Profile:** Andy reported that Doug Reble will be here on September 7 to go over our Profile form and next steps with Lorne Rueckwald, who has accepted to chair call process committee, and some council members, including from St. James, Renfrew.
- Outreach:** Andy reported that a Spaghetti Dinner is proposed for October 25 or November 1 TBD with all proceeds to the Fountain. Other congregations and Muslim prayer group will be contacted to see if they wish to participate in this fundraising effort.
- Youth:** Mellissa reported that VBS went well with 20 children attending. Recommend that we need a more simplified version than what was presented. Sunday School is once again being proposed once a month starting hopefully in September. Discussion on First Communion learning with three boys eligible, possibly with Pastor Leena, if families agree to this.

**Close of Meeting:** Next meeting: Monday, September 16, 2024, 1:00 p.m.



## Celebrating Pastor Norine

You are invited to:

***'A Celebration of Gratitude for Pastor Norine'***

**When:** 4:00 p.m. Sunday, September 29

**Where:** Galilee Centre, 398 John St. North, Arnprior  
K7S 2P6 — 613 623-4242

**What:** Chicken dinner followed by fruit bowl, cake, ice cream & . . . a few speeches!

**Why:** Thanksgiving for 10 years of pastoral care & leadership with P+ Norine Gullons

**Cost:** \$30/person

**Register** by Monday, **Sept. 16:** Debbie, [bkwdwitt@hotmail.com](mailto:bkwdwitt@hotmail.com) 613 622-1500

**Pay:** etransfer [sjltreasurer@outlook.com](mailto:sjltreasurer@outlook.com) or cash in envelope to Debbie or any  
member of council

**All are welcome!**

So don't hesitate to contact: Enid 613 623-7017 [eblackwell.ca@gmail.com](mailto:eblackwell.ca@gmail.com)

for any needs – e.g. meal cost assistance, dietary restrictions

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## Canada Lutheran Group Order

St. James Renfrew will be renewing a Congregational Subscription Plan for members for Canada Lutheran this fall, and we are invited to add our numbers to theirs to receive this ELCIC national publication 8 times a year at a discounted rate of \$18.56 plus HST/year. Please contact Enid at:

[eblackwell.ca@gmail.com](mailto:eblackwell.ca@gmail.com) or 613 623-7017

by October if you would like to receive your copy through this arrangement or if you want to check out a copy or two and maybe start reading excellent stories and messages.

## SCUBA Vacation Bible Camp (or VBS)



We had 20 children attend our SCUBA Vacation Bible Camp - held the mornings of July 15 to 19. (That was the pretty well the maximum number we could have with our space and the number of leaders we had.) Kids were split into 3 crews: the younger group had 7 children, and there were 2 older crews: 5 girls and 8 boys.

Activities included beginning and ending sessions with all the crew together, then "Stations" for crews: Bible Adventures, Sticky Scriptures, Imagination Station, Games, and Exploration/Crafts & Play. (Some of these were for both older and younger crews, some just for older or younger.)

Leaders/ Assistants - it takes quite a few to run a VBS - we had 10 great people running the activities for the kids - some full-time (or almost) and some part-time.

- Keandra O'Brien, an experienced VBS leader from Gateway Church, was our main leader.
- Jessica Elliot, Mellissa Watt, Ryan Zimmerling - our Sunday School parents, and Debbie Witt from St. John's were activity leaders for older and younger crews
- Teen assistants Zach Zimmerling from St. Johns and Alexis, Mercy, and Ava from Gateway were terrific and essential in helping the leaders.

Behind the scenes, I was Program Director. That involved recruiting leaders for which I'm most grateful for the help of Liane Gallant from Gateway in recruiting Keandra and 3 teen assistants. The rest of my work was getting the supplies and setting up the various parts of the church - Sanctuary (decorated as a coral reef), the basement (our submarine) and the Office and Board Room (for Bible Adventures). Many thanks to Dave Burkett who did the lion's share of the work on the submarine which was a huge hit with the kids and who borrowed and hung backdrops for various rooms. Thanks also to Cathy Zimmerling, Joanne Bretzlaff, Gwen Steinke and my grandchildren who helped with the coral reef, to Dave, Zach, and Keandra who helped put the reef in place Sunday afternoon. Thanks also to Randy Zimmerling for his leadership in keeping our church as cool as possible - the new air conditioners for the Office and Boardroom on Wednesday and fans to move the air from them, and the loan of their curtains for the Lounge helped a lot with the heat of the week.

We learned a lot and adjusted things as the week went on. The biggest change was to add in more active time - Jessica was the driver for this (remember, she developed and ran the 2018 VBS pretty well single-handedly) but all the leaders were involved - and it certainly helped. Games were modified; different activities were added to Bible Adventures; snack time was moved outside so the kids could play. (I hear slime, water balloons, the colour game, Ryan's addition of more "tests" to the Imagination Station were all big hits and there were other great changes that I haven't noted.) We adjusted the older crews and put boys in one crew and girls in another; Group Publishing strongly advocates having mixed crews, but this was the best for our kids.

*Youth Report, continued*

For next year, I've gathered input from our parents so far and will debrief with Gateway over the next week. It looks like we're planning to do it again next year -most leaders and assistants have said they'll be back. We'll be even more deliberate in using our own expertise to improve the suggested things from the Group VBS program - our leaders rock!

### **Other Youth Activities**

Watch for the Sunday School start date in September - we're running the same curriculum as last year and we've got our same great Sunday School parents as leaders. Watch as well for upcoming UNPLUG activities and dates -the first will be back to the Zimmerling Farm. And, we're planning another Movie Day this fall.

I plan to invite our Gateway SCUBA kids to both UNPLUG and Movie Days (some nice friendships were made) and to ask Gateway parents for their ideas for interesting nature activities and possible activity leaders.



### **'Dancing Round the World' Moves . . . and Opportunities!**

Andréa Villarreal is moving her Wednesday evening dance times to the Kenwood Centre this September. She remains very thankful for the use of our modest but fine hall for over the past year and more. If you may have an interest in dance with her in our hall sometime, she would happily add another dance time in the week or occasionally in our space. Also, this is an opportunity to consider who else might wish to partner with St. John's in a health giving, social and/or musical experience program. Do you know of mentors or teachers of any kind of fitness, peer support, dance, special crafts or art who might like to share our space? Perhaps it is you? Or perhaps you could offer guitar or singing time upstairs? Contact Debbie or Enid if you have some ideas to explore for community programs that reach out not just to us, but to others, too!

## Personal Actions re Climate Change—Alison Burkett



We hear items in the news daily about the need for action regarding climate change. I was privileged to hear Etienne Eason, a 19-year old climate activist, speak at SYNOD Assembly. He noted:

The future is bleak. This spring, the top climate chief at the UN said that humanity has two years left to take urgent action to “save the

world”.

I asked a friend who has been involved for many years in environmental issues about what we as individuals and families can do. He advised 3 things. (1) Drive “green” cars (electric or hybrid) to reduce burning fossil fuels. (2) Reduce the energy use (particularly of fossil fuels) in your home – insulation, windows, etc. (3) Reduce/ stop eating beef – cattle produce enormous amounts of methane, which is a large contributor to global warming. Dave and I are trying to do those things.

To those three, I’d add **(4) Eliminate food waste** going to the landfill (it creates methane gas) – **(4a) Reduce food waste**. I saw an article with someone’s New Year’s Resolution to have no uneaten leftovers after a meal – so plan your meals to eat what you buy. **(4b) Compost all food waste** you do have. We have had backyard compost bins for years. Almonte doesn’t have a green bin program but we do have a local not-for-profit organization called **Just Good Compost**. They provide a pail which is exchanged each week and it will take everything - meat, bones etc. as well as fruit and vegetables. That program has drastically reduced the size of our garbage bags. This organization recently expanded to serve Carleton Place and is interested in expanding to other small communities without a green bin program.

Last, not part of climate change itself but a key environmental issue, is the harmful effects of micro plastics to our health. So, let’s add **(5) Reduce the use of single-use plastics**. A while ago we started using silicone lids and reusable containers; reusable water bottles. Recently, we’ve adopted Maureen Rueckwald’s practice of reusing most plastic bags we do use – they can easily be washed and I’ve ordered a mitten dryer to conveniently dry them.

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Editor’s note: If anyone else has climate related actions on a personal level, send them to me and I’ll include in future newsletters.





## Save the Date – Spaghetti Dinner Fundraiser

Outreach will be meeting over the coming weeks to discuss plans for a spaghetti dinner fundraiser.

Most likely dates being considered are Friday October 25 or Friday November 1.

We anticipate soliciting for helpers over the next two weeks to ensure we have enough volunteers before we get too far along in the planning process.

However, if you are keen to volunteer, please feel free to contact Jeff at [jeff.kargus@hotmail.com](mailto:jeff.kargus@hotmail.com) or 613-623-0192 or speak with Karen, Maureen or Andy.

The Outreach Team thanks you very much for your thoughtful consideration.

## A Workshop Hosted by Grace Saint Andrew's United Church

### *Planning ahead: Navigating End-of-Life*

**Tuesday September 24, 2024**  
from 1:30pm to 3:30pm, Registration fee: \$5



This interactive workshop explores how today's plans bring tomorrow's peace of mind.

**Grace Saint Andrew's United Church, 269 John St., Arnprior, Ontario**

Topics that will be covered:

- Learn how to prepare for the unexpected.
- Map your support network and discuss strategies for difficult conversations.
- Review end-of-life and deathcare considerations, including funeral arrangements, estate planning, and legacy.

To register, please contact:

[office@gsachurch.ca](mailto:office@gsachurch.ca)  
or  
613-623-3176

Presenters:

Kelly Butler, BSN, MHS, Educator  
Debbie Charbonneau, Death Doula

# Summer service leaders: Aug 25, Aug 4, July 28



# September 2024



## ANNIVERSARIES

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

*September 12<sup>th</sup>—Rick & Cathy Frivalt*

*September 29<sup>th</sup>—Elmer & Marion Leek*

## BIRTHDAYS

*September 5<sup>th</sup>—Gwen Steinke*

*September 5<sup>th</sup>—Jessica Elliot*

*September 7<sup>th</sup>—Rhonda McTeer*

*September 11<sup>th</sup>—Cathy Frivalt*

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

*September 29<sup>th</sup>—Dave Burkett*

*August 31<sup>st</sup>—Marion Koops*



## Reminder: Care with Pastor Leena

Pastor Leena has now visited with home/care centre bound members twice this summer, along with some active pastoral care members, and has met a couple more folks. We thank her for this service of visitation and home communion!

We next expect Pastor Leena to spend a day with us on Monday, September 16. Remember, also, that she is pleased to connect with any more active members, families or congregational teams/groups who wish private or group time with her over the phone or in person or wish to include her in a gathering.

**Connecting:** You may reach Pastor Leena at [leenabjensen@yahoo.ca](mailto:leenabjensen@yahoo.ca) or by phone at: 1 613 631-1082.



## VOLUNTEER SCHEDULE September 2024

DATE	READER	ALTAR	GREETERS	COUNTERS	SOCIAL	BLDG & GROUNDS
Sept 1	Debbie / Jeff Kargus	Beryl & Keith	Andy & Cory / alt	Andy & Cory TBC	TBC	TBD
Sept 8	Karen Greening	Beryl & Keith	Andy & Cory / alt	Andy & Cory TBC	Beryl (Gwen's Birthday)	TBD
Sept 15	Cheryl Supple	Beryl & Keith	Andy & Cory / alt	Andy & Cory TBC		TBD
Sept 22	Bob Witt	Beryl & Keith	Andy & Cory / alt	Andy & Cory TBC	Debbie & Bob	TBD
Sept 29	Andy Kalnins	Beryl & Keith	Andy & Cory / alt	Andy & Cory TBC	P+ Norine Supper @ Galilee	TBD



### 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.