



ST. MARGARET MARY PARISH NEWSLETTER

Open Doors, Open Hearts, Open Minds

Winter 2010

Vol. 1, No. 1

Welcome to the first issue of St. Margaret Mary's Parish Newsletter.

At their visioning/retreat day this time last year, the Parish Council decided to create a forum in which to celebrate the people, events and projects that bring so much energy and life to the parish.

Hence, this newsletter, which will be published three times a year. The newsletter will not replace the weekly bulletin, which keeps us up to date on events and issues in the parish and diocese. Rather, the newsletter is meant to capture the spirit of cooperation, generosity and vibrant faith among us. It is meant to celebrate who we are and what we do to enliven and enrich our parish and our world.

We thank all those people who have contributed to this first issue – and those who will help create future editions. Enjoy!

~ The Parish Newsletter Committee

A MESSAGE from Father John ...

I have now completed four years as Pastor of St. Margaret Mary's Parish and it has been wonderful and convenient living in this community – I'm just a few minutes away from the hospital and the church is just next door! Working at the parish and the hospital is a great combination. The parish location makes it possible for me to do what is closest to my heart – ministering to the sick and dying and their families.

And, the fact that the parish is willing to cope with a part-time pastor makes the parish an integral part of ministering to the sick and dying as well.

The generosity of a community that is willing to take up parish ministry wherever and whenever needed allows me to continue my hospital ministry. For me, that is a great gift.

In 2009, Parish Council, at their annual retreat, discussed ways in which we might improve communication within the parish. A decision was made that with the help of interested parishioners we would introduce a parish newsletter.

I agreed wholeheartedly with this endeavour and wish the newsletter team much success in keeping parishioners up to date with new and ongoing activities. We encourage parishioners to submit items of interest to the parish office for our second newsletter which will be published in June 2010.

I know that each and every parishioner is dedicated to our parish community and wants to grow in every way as a faith community living in Christ's image.

My thoughts and prayers are with all of you each day as I celebrate Eucharist at the hospital.

Blessings!



Annual Christmas Bazaar: Another Success Story

by Shona Timmins with Carol O'Brien

In December 2009, St. Margaret Mary Parish held its 11th annual bazaar. The bazaar has grown over the years and has become the primary fundraiser for our Sunday Supper program.

For the past four years, Louise Rickenbacker, a parishioner at St. Margaret Mary's for some 12 years, has been the chair of the Bazaar Committee, which has 13 members. As well, some 40 to 50 volunteers are involved in the preparations and in the running of the bazaar. These are mostly parishioners, but include 12 people from other parishes.



The working committees are divided into four major categories:

- **Healthy frozen foods**, which can be purchased prior to and on the day of the bazaar. These nutritious meals are made with care by a team of parishioners. Frozen apple pies are also available.
- **Baked goods and preserves**, donated by generous parishioners.
- **Silent auction**, with prizes donated by more than 30 local merchants.
- **Fun for the entire family**, including a café-style sit-down lunch featuring homemade soup, meatballs with rice, or pizza (with most of the ingredients being donated by 14 local merchants), supervised craft activities for kids, and a fishpond where they can fish for prizes.

Louise delivers individual thank-you letters to all businesses that donate food and other items to the bazaar. You are invited to support these local merchants and thank them for their generosity.



Molly Fraser & Anne Louise Mahoney

Because of the ongoing renovations in the Old Firehall on Sunnyside Avenue, the bazaar was held entirely in Mary Beattie Hall in 2009.

At first, it was feared that this change would result in crowding and less revenue, as we had to forgo sales of collectible items and crafts this year. There was indeed a small shortfall, but the budget for the Sunday Supper program was more than met. It is estimated that the program costs the parish \$6,000 per year. The revenues from the bazaar in 2009 exceeded \$7,250 and will cover the Sunday Supper program and the extra maintenance costs involved with the program.

The Bazaar Committee may opt to keep the bazaar in Mary Beattie Hall in future years as the initial concerns were, in the end, not a problem.

Also, rent is charged for the Firehall, and this fee may increase after the building's renovations are completed. This topic will be up for discussion in the months ahead. Your input is welcome!

The parish wishes to express its sincere gratitude to Louise who, we hope, will lead us into 2010 with another bazaar success story.



Mary Dalipaj and Louise Rickenbacker

Thank you, Louise, for your dedication to and leadership of this worthy cause.

Louise does have other outside interests and pursues these with the same vigour that she has shown in running the bazaar. She volunteers on the board of the Friends of the National Arts Centre Orchestra and is a volunteer docent (guide) at the National Gallery of Canada. She is also an avid golfer and spends many hours on the course during golf season.

As the new year gets underway, we invite you to consider being part of the Bazaar Committee in 2010.

New members are always welcome!

Fair Trade Coffee – Café Justicia



Fair trade coffee is available for purchase on the first Sunday of each month, Hospitality Sunday. Proceeds from the sales support the work of the Guatemalan cooperative of organic coffee growers in the Altiplano district of Guatemala.

Meet Leslie VandeLaar

by Shona Timmins

Leslie is our new parish secretary, replacing Linda Gunning in the church office. Leslie joined us on December 1, 2009. She will be working in the office each week from Tuesday to Friday, from 9 a.m. until 2 p.m.



Leslie lives in Orleans. Her husband, Bob, is deacon at St. Edith Stein Parish, Rockland. That is where Leslie and Bob met Fr. John, who was pastor there for several years. During his final year of training as deacon, Bob, who is retired from the military, did his formation under Fr. John's guidance. Leslie and Bob have two children, Nicole and Michael, who are at university here in Ottawa.

Leslie comes with excellent experience for her role as parish secretary at St. Margaret Mary's. In her previous job, she was lead administrator in a busy downtown medical office where there were 11 physicians. She tells us that she is very much enjoying her new role so far and described her move from her previous job as an easy transition, thanks to Linda Gunning, who has been responsible for her orientation. Leslie has found the parishioners she has met to be very welcoming and supportive.

Among her day-to-day administrative duties, Leslie is responsible for doing reception duties, producing the weekly bulletin, maintaining office supplies, arranging hall rentals, coordinating baptisms and funeral arrangements, and generally being a welcoming presence for the parish.

At the end of January 2010, she will take over many financial activities, including the computerized entry of weekly donations, paying bills, writing cheques and banking.

Among Leslie's other interests are quilting, gourmet cooking and gardening.

Welcome, Leslie! We hope you enjoy working with us and for the parish at St. Margaret Mary's.

Did you know?

You can now make monthly direct deposits to the parish instead of putting cash or weekly envelopes in the collection basket. This is a great opportunity to increase your giving, take advantage of tax breaks, and enjoy the convenience of direct deposits. Monthly giving helps the parish to plan and budget for its expenses. Contact the parish office to find out how to register! 613-730-5265

St. Margaret Mary's Parish Logo



- ◆ *The lines at the bottom symbolize baptismal waters.*
- ◆ *The hands represent a welcome to the diversity in our population.*
- ◆ *The symbol to the left of the cross represents the crown of thorns.*
- ◆ *The cross itself represents the Risen Christ.*

Lead the Way

A story for children of all ages



It was 11:00 AM and my family and I were sitting in our little house in the woods. My wife, Isabelle, was sitting in her rocking chair, knitting in front of the fire. I was sitting on the floor, reading to my daughter, Luna, but she seemed to have something else on her mind.

"Now what are you daydreaming about, little one?" I asked.

"I want a Cwistmas twee!"

"Well, then, I'll just have to go later and cut down a nice pretty one!" I said, smiling down at Luna.

"Oh, William, I was in town today and I heard them talking about a blizzard! You can go on Friday," said my wife pleadingly, even though she knew that when I set my mind to something, there's no way of changing it.

"Oh, come now, Isabelle, you can't believe everything Mrs. Spencer, Widow Freedland and Mr. Duffley say, can you? Plus, Friday is Christmas, and little one here doesn't want to have to wait that long now, does she?" I said, smiling at Luna.

"No, no, papa!"

"Well, there you have it, Izzy!"

"But the people in town said..."

"Then it's settled! I'll leave in half an hour!"

There was a long silence, then Isabelle burst out laughing. "I'll get you supper before you go."

So I ate my supper, took my axe and left.

As I was walking, I saw some nice evergreens, but they were all either too small, too big or didn't have any branches. After walking about seven miles, I finally found the perfect tree. Just then I noticed that the wind was picking up and it was starting to snow, but I figured it would pass so I started to chop. When I had chopped down the tree, I put it on my back and began to walk.

I soon realized that the wind hadn't passed. In fact, it got much worse. The snow blew harder and harder. Then I collapsed from a mighty gust of wind, hit my head on a rock and was out cold. When I was unconscious I had a dream.

I saw a bright light and a man with chestnut brown hair down to his shoulders. He was wearing a white robe. He spoke to me, his voice like heavenly angels singing together. His eyes twinkled like one thousand stars and his smile was filled with love and gentleness. He said to me: "Follow the golden dove."

Then I woke up, covered in snow from my waist down. I dug myself out of the snow and looked around. I had no idea where I was. Remembering the man's words in the dream, I looked up into the trees, hoping to find a golden dove, when I saw something sparkling. I squinted and looked closer. There it was! The golden dove! It looked as though someone had woven a golden thread through its feathers.

"Lead the way!" I said, doing what the man had told me. As the bird began to fly, I followed. Then I remembered the tree! I looked back and saw a couple of branches sticking out of the snow. But the bird didn't stop, so I could not stop to dig out the tree. I had to leave it behind.

The bird flew this way and that, left, right, left again, forward. Just when I started to think the bird was lost, I saw something in the distance.

It got bigger and bigger and then I knew what it was... MY HOUSE!

I ran towards the house, yelling, "ISABELLE! LUNA! I'M HOME!" Luna and my wife came running outside.

"Oh, William! Oh, William!" said my wife, with tears in her eyes.

"Papa, da Cwistmas twee!" said Luna.

"Oh yes, Luna... Um, I couldn't bring the Christmas tree home because of the storm."

"What? But dere's a pwetty Cwistmas twee right here! With a pwetty little birdy in it!"

I turned around, and there it was, the Christmas tree I had left behind, with a golden-feathered dove nestled in its branches.



*by Eleanor Duffley
Age 10*

***Excerpt from a Prayer after the
Earthquake in Haiti***

*And once the shaking has ceased,
the images of destruction have stopped filling
the news,
and our thoughts return to life's daily
rumblings,
let us not forget that we are all your children
and they, our brothers and sisters.
We are all the work of your hands.*

Diana Macalintal

The Universe Story and Us

by Norah Comeau

Last fall, a group of parishioners met to reflect on the universe story and our place in it, guided by the insights of Fr. Thomas Berry, a leading environmentalist and spiritual thinker. The group continues to meet, furthering its exploration through a DVD series by Brian Swimme, a disciple and colleague of Thomas Berry, titled *The Powers of the Universe*.

Some thoughts of Thomas Berry we might all ponder:

- The Universe emerges as a differentiation process. ... Each expression that emerges is unrepeatable and irreplaceable at whatever level it occurs, from the subatomic to the galactic, from the iron core of the Earth to the flower, from the eagle in flight to the human persons walking the land. The unique quality of each individual is the universe's first value.
- Each individual reality carries within it an interior depth, a special quality, a mystery that expresses not only its observable way of being, but also something beyond itself. Each form of reality reveals something of the whole of reality. Each reality resonates with the mystery that pervades the world. This subjectivity – this inner life – is the universe's second value.
- A third basis of value is communion, for every reality of the universe is intimately present to every other reality and finds its fulfillment in this presence. The entire evolutionary process depends on communion. Without this fulfillment that each being finds in beings outside itself, nothing would happen in the entire world. There would be no elements, no molecules, no life, no consciousness.
- The law of gravity is the most basic form of communion. Everything is held in creative tension by its capacity to attract and be attracted by everything else.

(From *Dream of the Earth*, pp. 106–07)

Participation in this group inspired Phil O'Hara to create this fable.

The Small Voice No. 001

by Phil O'Hara

IMAGINE a near-human tribe living tens of thousands of years ago. Imagine one day a man in this tribe is holding his newly arrived daughter. All the women in the tribe are signalling that she looks just like him, and he can see that for himself. They are signalling because no one in the tribe can talk. Suddenly the man "hears" a message in his heart saying: "Men, cherish your girl babies." It is a startling idea to him. Men like him had always hoped for boy babies, to one day help with the hunt. What this man didn't know was that his baby was different.

Right from the beginning he enjoyed playing with her, even when, after a few seasons, she began to make unusual sounds. The other adults tried to copy her, and thought of her as "the squeaky growler". But the women noticed that she could imitate the songs of the birds around her, attracting them to fly closer, and so was a big help on short hunting trips. Why was this child different?

What had happened was that the Creator had planned that some individual creatures would change in tiny ways as time went on, gradually getting more gifted, and able to pass on their new gifts to their children. "Squeaky Growler" had brought the gift of speech to her tribe.

NOW IMAGINE a similar tribe nearby where a man with a new girl baby "heard" the same message in his heart, but ignored it. Unknown to him, his baby had gone through the same tiny changes as "Squeaky Growler" had, so when she began making the same unusual sounds he was so embarrassed with her that he forbade her to speak again. As a result, his tribe never learned to speak. In fact, a few years later, his tribe was wiped out by an enemy tribe, many of whom could speak.

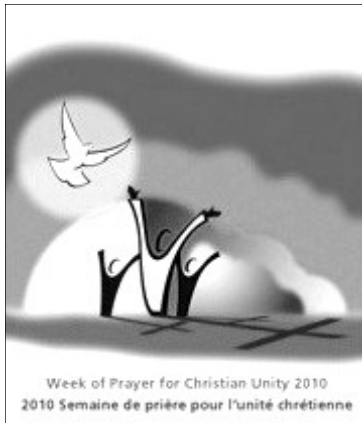
IT SEEMS THAT THE MORE INDIVIDUALS WHO HEDED THEIR SMALL VOICE, THE FASTER THE TRIBE EVOLVED.

Celebrating the Week of Prayer for Christian Unity at St. Margaret Mary's

January 17-23, 2010

by Paul Albert

In January, St. Margaret Mary parish hosted an ecumenical service to bring together parishioners, friends from other local Christian congregations, and interested persons of faith.



The theme for this year, “You Are Witnesses”, was drawn from the readings of Luke 24. This year marks 100 years since the birth of the modern ecumenical movement at the 1910 Edinburgh Missionary Conference.

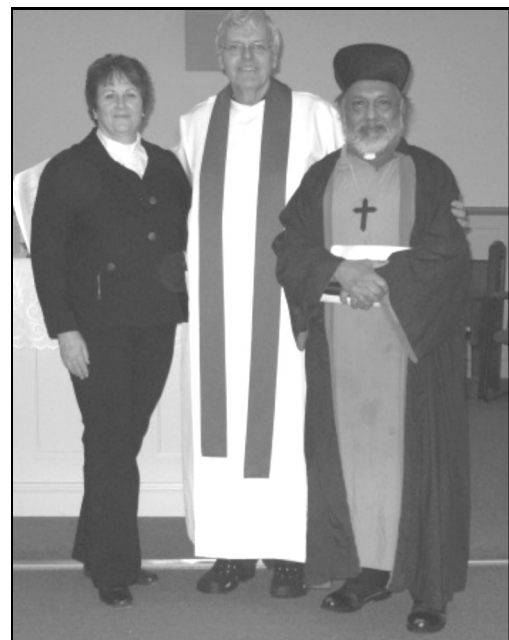
The organizers of the events at the parish were Paul Albert, Deacon Eugene Perabo, John Moran, and Maurice McDonnell. St. Margaret Mary's opened the Week of Prayer for Christian Unity with an ecumenical service on Sunday, January 17. A group of 40 parishioners, Christians from neighbouring churches, and friends came together to sing, pray, listen and reflect.

Special guests were Bishop George Theckedath of the Syrian Orthodox Rite and the Reverend Andrea Thomas of Trinity Anglican Church at Bank and Cameron. John Moran, a parishioner and chaplain, led the service, as Fr. John DeCoste was ill and unable to attend. Brian Cano led the assembly in song.

Bishop Theckedath gave a sermon on the theme of “Peace to those of goodwill.” In his view, ecumenism will not be achieved among organized religions, which often have strongly contrasting views on various issues, but through people of goodwill living the Word through their Christian lives. He challenged us to do more to bring peace to the world, and stressed that to do so we do not need a change of political regimes but a change of heart. His message was a powerful reminder of what should unite us as Christians.

The week's celebrations continued with readings by John Moran at the Monday evening Christian meditation group, led by Flora Benoit, and at Evening Prayer on Tuesday, led by Dan Alder, with a reading by Stephen Collens. On Saturday, after the final readings and reflections were led by Paul Albert, Fr. John, Deacon Eugene, and a group of parishioners shared a potluck supper.

As we begin a new year, these events gave those who took part a chance to reflect on the faith that unites us, and the need for unity among all Christians.



Rev. Andrea Thomas, John Moran, Bishop Theckedath

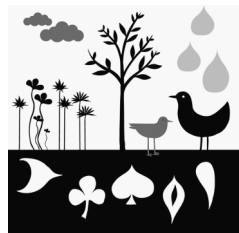
As Lent begins . . .

In a short time, on Ash Wednesday, we will begin our 40-day journey towards Easter. As children, we might have been asked by a parent, "What are you giving up for Lent?" This often led to a hesitant response with the announcement of a resolution that was almost impossible to keep!

Today, we are more inclined to turn our thoughts to positive resolutions. These may include any number of ideas. But what could be more positive than the idea that as a parish community we strive to protect and heal our beautiful, fragile planet Earth that is being threatened from so many sides?

One practical, achievable and cost-free resolution is to perform 40 "acts of green," one for each day in Lent. What acts of green can you imagine – in your home, in your school, in your office, in the parish, in your community? If 200 families at St. Margaret Mary's resolved in a serious way to reduce the amount of garbage we throw out on a daily basis, think of the good we would do for the environment! Here are a few ideas to get us started:

- ♦ recycle as much waste as possible in the city's new Green Bin program
- ♦ bring your own mug when you buy a cup of coffee
- ♦ pay bills online
- ♦ receive newsletters electronically
- ♦ lower the thermostat
- ♦ use less water for showers
- ♦ switch off lights and electronics when not in use
- ♦ use the clothes dryer sparingly
- ♦ contact your MP about addressing climate change issues
- ♦ plan to grow some vegetables in your garden this year



As we move through the Lenten season and prepare to celebrate the great feast of Life that is Easter, may we become more deeply aware of our role and our capacity to make the Life of our planet rise again in new, fresh, vibrant ways.

Enjoy the journey through Lent!

Thank You!

In December, I had a fundraising sale of Indian artifacts and spices in support of Gertrude Nakakande of Kampala, Uganda in East Africa.



Gertrude has been raising her seven orphaned nephews and nieces since she was 19 years old. She also volunteers as deputy director of an HIV/AIDS charity for orphans and widows.

Thanks to your generosity, we raised over \$650.00 to support her family and outreach!

~ Deacon Eugene Perabo

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www.stmargaretmarys.ca

If you would like to receive it electronically, please send your email address to the office:

stmm@magma.ca

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