



QUARTERLY NEWS

Commemorating Orange Shirt Day and the First National Day of Truth and Reconciliation in Canada

On September 26, our Parish commemorated in advance Orange Shirt Day and the National Day of Truth and Reconciliation at both of our worship services at St Mary's in Navan and at Trinity in Bearbrook. Our worship honoured the history and experiences of Residential School survivors in Canada, especially providing a sacred space to hear the voices of Indigenous Peoples.

The liturgy included prayers prepared by Phyllis Webstad, the little girl in the Orange Shirt Day story. We prayed with Phyllis as she invited all our relations to participate in the journey of truth and reconciliation. The congregations listened to a poem written by Rebeka Tobodondung that was first shared at the Ecumenical Worship Service hosted by KAI-ROS in 2011 as a part of an event called "Making it Matter." Voices joined to sing "Change My Heart, O God" in response to the intimate and heart-breaking experience of Phyllis having her bright orange shirt taken away on her first day of Residential School.

We do not often think of September as a crying month, yet this was how an elder described it to Phyllis. It is a time calling us to learn as students are moving back to school. As a Parish, we are engaging in this

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learning by opening our hearts to the narratives of Indigenous Peoples and trying to relate to the heart-breaking experiences of children being taken from families and communities challenged to rebuild their cultures and self-understandings.

We heard the call for solidarity in Phyllis' message to bear the orange shirt as a sign of standing together for justice. She said in her video, "when you wear an orange shirt, it is like a little bit of justice for us survivors in our lifetime and recognition of a system that we can never allow again." A small gesture on our part, a visible step towards acknowledging our journeying together in a good way.

Rev. Chung Yan Lam

St. Mary's
will be at
The Original Navan Market
on
Sunday, October 24
with
Scones Jellies Cookies
Jams Squares
Buns Beans Soups Pies
Tarts ... and more!

Parish Directory

The Anglican Parish of Bearbrook, Navan, & Blackburn

Trinity: 8785 Russell Road, Bearbrook
St. Mary's: 3480 Trim Road, Navan
St. Mary the Virgin: 2750 Navan Road, Blackburn

Mail: PO Box 71, Navan ON K4B 1J3
Phone: 613-216-2200
Email: bvnanglican@rogers.com
Web: www.bvnanglican.ca

Priest

Rev. Chung Yan Lam

Parish Treasurer

Don Clysdale

St. Andrew's Chapel (Vars)
Chapel Steward

Cherie Jackson

St. Mary's (Navan)

Rector's Warden Chris Lyon
People's Warden John Geiger
Deputy Warden Neil Blaney
Congregational Treasurer *Don Clysdale*

Trinity (Bearbrook)

Rector's Warden *Marilyn Lowe*
People's Warden Sharon Armstrong
Deputy Warden Pat Magladry
Congregational Treasurer *Cherie Jackson*

St. Mary the Virgin (Blackburn)

Rector's Warden *Glenda Farstad-Clark*
People's Warden *Kathryn Harris*
Congregational Treasurer *Don Saunders*

As we enter into October, I am led to reflect upon Thanksgiving and “giving thanks.” In Canada Thanksgiving has been celebrated on the second weekend of October since 1957. Before this, Thanksgiving didn’t have a fixed date. October was chosen to distinguish it from Remembrance Day and to align it with Canadian harvest times. Biblical references abound about giving thanks, for example: “O give thanks to the Lord, for he is good, for his steadfast love endures forever.” (Psalm 107: 1).

We are still not “back to normal.” This past year has been challenging. COVID19 has turned our lives upside down. Last year we celebrated Thanksgiving mostly separated from friends and family and it looks like this year may not be all that different. Children are back at school but we wonder for how long especially since many cannot yet be vaccinated.

We have been confronted with the many challenges of global warming and climate change. More than that, we have been confronted with the devastating past of the residential school system. We also have seen the ugly face of Islamophobia. Racial discrimination exists in our country and it must be confronted. With all this in mind it is challenging to be thankful, but we have so much to be thankful for.

We are thankful

- for the healthcare workers, lab technicians and pharmacists who have been there for us
- for the firefighters who have worked hard to control all the forest fires
- for the teachers who have stepped up to teach our children during such challenging times
- for the grocery store and front-line workers who have worked through all the challenges of Covid19
- for the food we put on our tables
- for family and friends and so much more
- for the opportunity to worship both in person and online and for those who have worked to make it happen.
- for Covid19 vaccines protecting against severe illness and death

We are all likely familiar with the notion that the Pilgrims celebrated the first thanksgiving with local natives in 1621, but this was not the first Thanksgiving. Truth be told, it was not new for either the settlers or the Indigenous people. Settlers were familiar with times of thanksgiving before they ever came to North America. Long before settlers arrived, Native tribes celebrated the autumn harvest and the gift of Mother Earth’s abundance on Turtle Island. The idea of giving thanks is central to Native heritage and culture, and in this way, thanksgiving is simply a chance to appreciate the good things of life like family, community, and the riches of the land. Native American spirituality emphasizes gratitude for creation, care for the environment, and recognizes the need for communion with nature and others.

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For the Indigenous, our celebration of Thanksgiving can be seen as hypocritical. They gave without expecting anything in return: providing the food for the feast and teaching the settlers about agriculture (corn, beans, squash and wild rice) fishing and hunting (turkeys, deer, etc.). Sadly, it would not be long before the settlers would steal their land, commit genocide and assault their culture. For many natives this is what they associate with white man's thanksgiving – a reminder of the systemic racism and oppression still being experienced. We must accept the truth of our past recognizing the wrongs we have perpetrated, for without truth there can be no reconciliation. We need to reimagine our Thanksgiving reaching out with hope, healing and a desire to dismantle the barriers – physical, economic, educational, psychological and spiritual – that divide us and oppress the indigenous.

Barbara McKenzie

Tourtières and Christmas Fruitcakes



Tourtières
(Order by November 1)

Small (1/4 lb)	\$8
Med (1/2 lb)	\$15
Large (2 lb)	\$25



Christmas Fruitcakes
(Order by November 30)

2 lb \$25

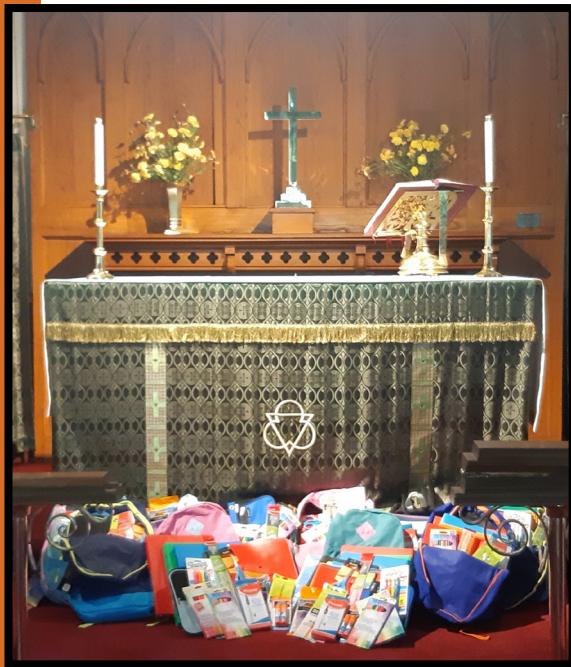
Please note: Tourtières can be ordered as uncooked or cooked.
Please specify when placing your order.

Products are prepared by fully vaccinated cooks.
Pick up or delivery will be arranged as soon as the products are ready.

Proceeds will be designated for St Mary the Virgin Anglican Church in
Blackburn for general and building maintenance.

Contact:
Glenda Farstad-Clark, 613-837-4587

Oh, The Places They'll Go!



With their packs on their backs, sneaking looks at their books, we've lightened the load for the kids down the road. A little less worry, a little less scurry, the supplies we supply make it easier to try. And with their brains in their heads and their feet in their shoes, they can steer themselves any direction they choose.

On Sunday, September 19th, St. Mary's played host for the annual Parish BBQ. This year a special '*Blessings of the Backpacks*' service preceded the lunch. Borrowing liberally from the whimsical style of Dr Seuss, the service marked the significance of the return to school for students, teachers, and parents alike. Participants brought their own backpacks for a socially distanced blessing and a set of ten, fully loaded new backpacks were also blessed.

Following the OCDSB supply list, these ten donated backpacks were outfitted with binders, duo-tangs, paper, pens, pencils, erasers, coloured pencils, markers, highlighters, glue sticks, scissors, a ruler, a geometry set and a pencil case. On Monday, they were taken to Heritage school where Julie Morris, principal, accepted them on behalf of the school saying, "*Thank you so much for the very important donation of school learning materials! We are blessed to be part of such a wonderful and supportive community.*"

In that same sense of community, the BBQ after the service was well attended by BNB parishioners, guests from the N-V Untied church and fellow Navanites. With the burgers being supplied by the parish and the salads and desserts brought as a potluck, our collective sweet tooth was revealed. The desserts out numbered the salads 5 to 1.

Nevertheless, a truly enjoyable time of fellowship was had by all. The weather co-operated in fine fashion and over 50 people gathered, mostly on the west lawn. If you'd like to contribute to the cost of the school supplies you can send an e-transfer to stmarys.navan@outlook.com or mail a cheque to the Parish Office at PO Box 71, Navan, ON, K4B 1J3. Please write a note that it is for the school supplies donation.

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*reprinted with permission from Heritage Public School

THANK YOU TO ST. MARY'S ANGLICAN CHURCH

We are very grateful to all parishioners from St. Mary's Anglican Church who have participated in a special service to bless new backpacks and school supplies to help our students learn and achieve this year. This important donation to the school comes at a time of need especially during unexpected and unprecedented events related to Covid-19. Thank you to Anne-Marie Clysdale and Jill Noakes for facilitating this generous community support.



Fresh Fir Christmas Wreaths and Centrepieces

Created by a local supplier in NAVAN



Wreaths

(Decorated with a variety of bow selections, decorations, & small cones)

18-inch diameter	\$ 25.00
28-inch diameter	\$30.00

Centerpiece

(Accessorized in bowl, candle and bow, cedar, prince pine, decorations, and small cones)

12-inch diameter	\$30.00
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Proceeds to support St Mary the Virgin Anglican Church Blackburn Outreach Initiatives and Church Restoration

Last day for orders:
October 31, 2021

Deliveries:
starting from December 3rd, 2021

Contact:
Jean Lockett
613-824-0904
lockett.xiii@gmail.com

Thursday Bible Study

*Wondering what is missing from
your Thursday mornings?*

A few of our participants are sending you an invitation to join us for discussions, learning, and fellowship around the study of Scripture.

“We have been introduced to the Canadian Bible Society Course this year and it has been a successful start. The course is very well organized with informative videos, accompanied by a study guide (booklet) which provides key notes, timelines with historical relevance, a flow chart, readings and more. As we progress through the overview of the books of the Bible from Genesis to Revelation, the course invites you to always consider the big picture.” ~ Barabara L.

“Every Thursday morning at 10 o'clock at Trinity Church an enthusiastic group of participants are meeting to study the Bible. We are following a course prepared by the Canadian Bible Society that helps us study the formation of the Bible from Creation until now. Join us!” ~ Andrea P.

“Back to the Basics...”

This fall's Bible Study is dedicated to getting to know the bible with The Bible Course, published through the Canadian Bible society. Explores the BIG STORY TWO Thursdays in and I've already learned so much and the accompanying DVD is a great asset. Come and join us!” ~ Patricia K.

See you at 10 a.m. next Thursday at Trinity in Bearbrook!

Fruit Pies

Homemade by ACW of Trinity in Bearbrook

9-inch \$10

<i>Apple</i>	<i>Strawberry peach</i>
<i>Apple cinnamon</i>	<i>Raspberries peach</i>
<i>Blueberry</i>	<i>Raisin</i>
<i>Cherry</i>	<i>Pumpkin</i>
<i>Mixed berries</i>	<i>Strawberry rhubarb</i>
<i>Peach</i>	

*Call Doreen for orders 613-835-2920. Ongoing orders year-round.
~~ We've made more than 1000 pies in 2020! ~~*

Managing stress and workload while returning to work or to school

Here are a few tips to tackle some stressful time or overwhelming workload from school or work and get back on track.

When you feel like projects are starting to slip through the cracks or you just can't give your best because you're spread too thin, take some time to address the situation before your to-do list gets the best of you. Here are a few ways to tackle an overwhelming workload and get back on track.

1 – Create a Schedule – Keep track of important dates

Create and keep a master schedule of all your deadlines by setting up a calendar on iCal or Google Calendar or using a nice planner. Seeing everything in one place can help you prioritize your time because you'll know exactly what's coming up, days and weeks in advance.

A trick to organizing your time is to break your projects up into mini-attainable goals that will be easier to achieve, this will help you bust through tough projects and stay on track.

2 – Stay Alert – Encourage positive routine

Setting up your master schedule is only half the battle—the other half is actually using it. If you're not in the habit of checking your calendar daily, you might need a little push in the right direction, so after you've set deadlines for yourself, also set some alerts, a quick reminder of what is coming up, if you use a paper planner, set up visual alerts with Post-it notes. Helping kids to develop and learn similar strategies will set him or her up for success.

3 – Organize it

When you're working on several projects at the same time, your inbox can quickly explode into an overwhelming mess of information. And while you can't stop the flow of emails coming in, you can at least keep your assignments organized and separated. Try adding folders and color-coding to your inbox to help you find important information when you need it.

4 – Get Little Stuff Out of the Way

Are you in charge of repetitive reports or spreadsheets that have to go out weekly or monthly? To save yourself time and energy, create template for each report, instead of starting from scratch each time. Doing the small stuff early and making it as streamlined as possible gives you more space to work on complex projects.

5 – Keep up to Date

Set aside a few minutes before leaving school or work or in the evening to look back at your schedule and update it with your daily progress (even just doing this weekly is a big help!). It also helps to have some free time scheduled into each day (or even just once a week), which

will allow you to be more flexible if you don't meet a mini-goal and need to rearrange your schedule.

Keeping an eye on what you're getting done each day can not only help you from feeling overwhelmed, it can also help you gauge how much time you really need for a given project or task.

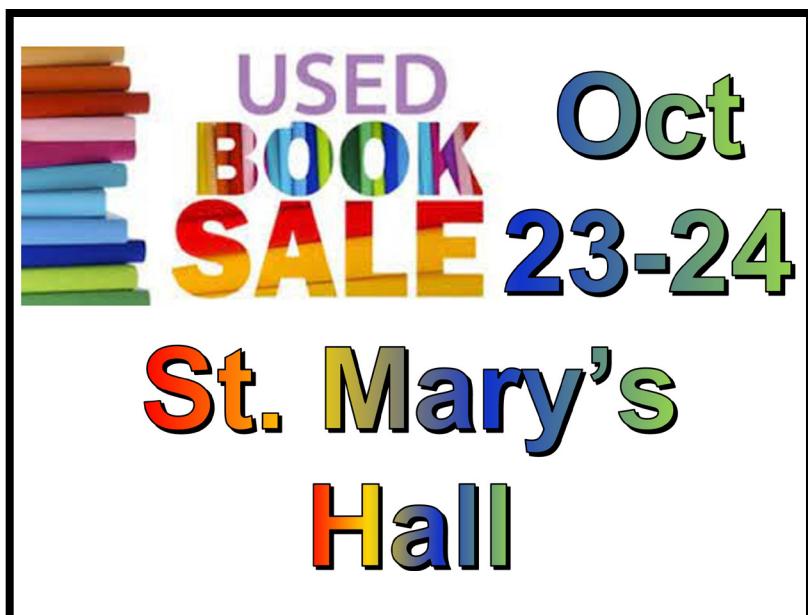
6 – Talk About Sharing or Seek Extra Help

If you start to realize that some of your mini-goals aren't getting done because there isn't enough time, because other projects are taking priority, or because new responsibilities keep landing on your desk, it may be time to discuss with your supervisor or your teacher, to help determine what's most important to stay on your immediate to-do list and what can be pushed back.

If a child is still having trouble staying organized after trying the above steps, seek extra help. Teachers may be able to offer some guidance or personalized help after school.

Finally, when you start to feel like you're losing it, take a big breath. Remember, control is all about keeping yourself organized and being honest about what you can handle.

Patricia Gaudet



This event will
be following
COVID-19
protocols
where proof of
vaccination will be
required for entry
into St Mary's Hall.

To join our newsletter mailing list, please contact the Parish Office at bnbparish@outlook.com or 613-216-2200.

To be ecologically-minded, we offer a digital version that is delivered electronically and accessible on our website www.bnvanglican.ca.

We invite you to support our various ministries by making a donation:

By Cheque: Payable to St. Mary's Anglican Church

Mailed to: Anglican Parish of Bearbrook, Navan, and Blackburn,
c/o St Mary's Anglican Church,
PO Box 71
Navan ON K4B 1J3

By E-Transfer:

Notifications to be sent to bnbparish@outlook.com

Please indicate in the "Note" or "Message" section as "donation for ...".

Through Parish Website at www.bnvanglican.ca:

CanadaHelps will process donations and receipts on behalf of the church. Donations may be processed with credit cards. Please ensure to select the appropriate ministry and church for the donation.

Sunday Service Times

St. Mary's	Eucharist	9 a.m.
Trinity	Eucharist	10:30 a.m.

**St. Mary the Virgin will not be holding worship services due to COVID restrictions.

**Navan Community Sunday School is not holding classes at this time.

Attendance to worship services will be registered as per COVID protocols of the Diocese of Ottawa. Participation in church activities (except worship) will require proof of vaccination. Our Parish and worship leaders are fully vaccinated for the safe-keeping of our communities.