



Messenger

July & August 2025

Issue 277



FROM THE RECTOR'S STUDY



Dear friends,
You have probably heard that we will gather to celebrate Judy Jupp's life on Saturday, July 5 at 1:30pm here at St. Christopher's. (Visiting is planned for July 4th, from 3-5pm and 7-9pm, at Smith's on Guelph Line.) I wouldn't normally ask but, since we are expecting a lot of people at the service, and if you are able, would you please consider parking behind the Remax building at Guelph Line and Prospect? Think of it as a sign of hospitality that our congregation could extend to our guests who are joining us for Judy's celebration.

Part of the way I have been processing my feelings around Judy's sudden and unexpected death has been to think about powers of attorney and funeral plans. Judy's kids knew where to find her important papers, and that was a gift in stressful times. Did you know that St. Christopher's keeps a file with funeral

plans that members of the congregation have shared with us? The best time to do this is when you're well! Elsewhere in the pages of this edition of the Messenger, you'll find the planning form I like to use. Why not tear it out (or print pages 9 and 10 if you're reading this Messenger on your screen) and put a few things on paper over the summer? Then ring the church and arrange a conversation with me. We'll get a copy of your wishes into our file, and make sure you have copies to share with your family or other decision-makers.

Let me tell you about a few things I'll be working on over the summer:

- I'm going to invite a few people to gather for a conversation about liveable income. You may remember that last winter we decided to do some learning and advocacy around this issue. It's something that fell to one side for me this spring. Summer is the perfect time to return to this issue,

to take the congregation's temperature, and to look for likeminded partners in the community.

- The Open Doors leadership team is gathering a small group of people to plan next steps for our outreach ministries. We are ready to consolidate the growth and the learning we gained over the past year working with our consultant into a plan. The outcome of our conversations this summer looks like a concrete plan for the operation of Open Doors starting as soon as the fall, and strategy that will shape our work for the next few years.
- I'll be working with staff to recruit volunteers in key areas of our shared ministry. We are always on the lookout for ways to connect St. Christopher's people with volunteer opportunities that light you up! Looking ahead to the fall, we know we're going to have a particular need for people to help

with Sunday morning children's programs and youth group. We are actively recruiting people to help create content for our social media presence—if you're an ideas person, just imagine what high jinx you could get Penny up to in our feeds!! And we need people to help serve dinner on Tuesdays and lunch on Thursdays to our guests who join us for our weekly community meals.

- Do you know anyone who owns a tree farm? I'll be searching for the live Christmas trees I'd like us to sell next winter!
- Members of the St. Christopher's staff will be away on vacation at various points through

the summer. We have all arranged for colleagues to cover our absences, so the things you expect from your church will be available to you through the summer months. So you know, Wojtek will be away August 4 - August 25, and I will be away July 7 - 21. I printed a picture of me (second from the left) in my paddling gear at the top of this column so you'll recognize me if we see each other out on the water!

Have a safe and restful summer,

Penny



REV. CANON DR.
PENNY ANDERSON
RECTOR

Wishes for My Celebration of Life

FULL NAME: _____

Known as: _____ Birth Date: **MM / DD / YYYY** _____

NEXT OF KIN: _____ Phone # : _____

_____ Phone # : _____

About the Service:

I want my service to be in the church ☐ in the funeral home ☐

(If in church) I want my service to include Communion: ☐ YES ☐ NO

Some of my Favourite Hymns:

Other Music I Would Like to Include (if possible):

People I Would Like to Include in My Celebration:

Readers of Lessons:

Remembrances (Eulogy):

Before and After the Service:

Visiting at the church prior to the Celebration: ☐ YES ☐ NO

Reception to Follow: ☐ YES ☐ NO

Burial: ☐ SAME DAY ☐ AT A LATER TIME

Suggested Readings - please mark any you would like to use for your service

Old Testament Readings

Job	19. 1, 21-27a	I know that my Redeemer lives
Isaiah	25. 6-9	He will swallow up death for ever
Isaiah	61. 1-3	To comfort all who mourn
Lamentations	3. 17-26, 31-33	The steadfast love of the Lord never ceases
Daniel	12. 1-3	Every one whose name shall be found written in the book
Ecclesiastes	3. 1-8	For everything there is a season
Wisdom	3. 1-6, (7-9)	The souls of the righteous are in the hand of God

New Testament Readings

Romans	6. 3-9	All who have been baptized into Christ Jesus were baptized into his death
Romans	8. 14-19, (34-35, 37-39)	The glory that is to be revealed
Romans	14. 7-9	Whether we live or whether we die, we are the Lord's
1 Corinthians	15. 20-28, (35-44a)	In Christ shall all be made alive
1 Corinthians	15. 51-57	Death is swallowed up in victory
2 Corinthians	4. 7-18	The things that are unseen are eternal
2 Corinthians	5. 1-9	What is mortal may be swallowed up by life
Philippians	3. 20-21	To be like his glorious body
1 Thessalonians	4. 13-18	So we shall always be with the Lord
2 Timothy	2. 8-12a	If we have died with him, we shall also live with him
1 Peter	1. 3-9	We have been born anew to a living hope
1 John	3. 1-2	We shall be like him
Revelation	21. 1-7	Behold I make all things new

Gospel Readings

Matthew	5. 1-9	Rejoice and be glad, for your reward is great in heaven
Matthew	11. 28-30	Come to me and I will give you rest
Luke	24. 13-16, (17-27), 28-35	He was known to them in the breaking of the bread
John	5. 24-27	Who hears my word and believes him who sent me, has eternal life
John	6. 37-40	All that the Father gives me will come to me
John	10. 11-16	I am the good shepherd
John	11. 17-27	I am the resurrection and the life
John	14. 1-6	In my Father's house are many rooms

Non-Biblical Readings

A short, appropriate reading from a non-biblical source may be read instead of one of the readings before the Gospel, or at the time of the sermon, or at another suitable point in the service.

PASTORAL CARE

The Practice of the Presence of God

It should not be a surprise to anyone that prayer is the point of encounter with God. We pray in order to speak to God, to worship, to ask for help and strength, and to give thanks. We pray in a community of believers, when we gather in prayer groups, when we join hands with family and friends before sharing a meal together. We also pray alone when we say our morning and evening prayers, when we read Sacred Scripture, spiritual or inspirational reading. These are all opportunities for us to pray. These are moments when we are not guaranteed that we will encounter God, because an action alone cannot bring about that encounter. We must also have the proper intention and desire. But presuming that we have the desire to pray and we enter into prayer with that desire we will most likely encounter God in an intimate and a powerful way.

But what happens when we are not at church, or at home with Sacred Scripture? What happens when I am not praying? Is it possible for us to have an experience of God throughout the day and not just when engaged in traditional prayer? In other words, is it possible for us to extend the experience of prayer, an experience of being in union with God, to every moment of our life? After all, Jesus does invite us to pray always and to pray without ceasing. And yet we are not all monks, we have jobs, and responsibilities. We can't spend all of our time at church or at home

reading Sacred Scripture. How then do we experience the presence of God always, and not just in prayer?

To answer this question we turn to a monk, out of all people; an unknown monk from the 17th century by the name of Brother Lawrence. All we know about Brother Lawrence is that at midlife he joined a newly established monastery in Paris where he spent the rest of his life as a cook and a sandal repairman. He describes himself as a man who was clumsy and one that broke everything. He struggled to attain intimacy with God through regular means of community prayer and traditional meditation, blaming his failure on his own lack of intelligence. We know him from a small book entitled "The practice of the presence of God", which is nothing more than a series of interviews and letters he produced in which he describes a path of intimacy with God that he discovered and that transformed his life in such a dramatic way that he became a sought after spiritual director of souls both in his community and outside.

Br. Lawrence's simple way allows a person to enjoy the presence of God at all times, not just in the moments when engaged in traditional prayer. And the method is so simple that it can be practiced by anyone. The principle of Br. Lawrence's way of living in the presence of God is being in constant awareness of God's presence and in conversation with God. Whenever he would think of



it, during work, recreation, silent meals, Lawrence would remind himself that God is present. He would speak to God about everything, how he felt, how he disliked the work he was doing, how bad the weather was, and so on. He would stop conversing with God when other people were seeking to speak to him. Br. Lawrence would always give his entire attention to others. But when alone, working in the kitchen or repairing sandals, when sweeping the floor or going for a walk, he would become aware that he was never alone, that God was always with him, and he would continue to converse with God. Brother Lawrence explains that this was not an easy habit to acquire, it cost him much time and effort before it became natural for him. But when it did, it changed everything. The work he disliked became pleasant to him, even

though nothing about the work changed. His attitude towards life and other brothers changed, even though he was still living in the same community. Even though nothing changed in his exterior life, this practice of the presence of God changed his attitude towards his exterior life. In this new way of encountering the Lord he found joy, peace and satisfaction; and this because he found God in every moment of his day. Every task he was involved in became a point of encounter with God.

What a wonderful way from a simple brother from the 17th century, a way to know God by having an experience of God that is not limited to time and space, but only to

our discipline of realizing that God is within our reach always. This should not lead us to abandon formal prayer, not at all. Brother Lawrence never stopped going to church and practising meditation with his community, he simply decided to invite God into every aspect of his life and spoke to God about everything. Why not give it a try, it worked for a simple monk, it may work for you.

THE REV. WOJTEK KUZMA
PRIEST ASSOCIATE



UNDERSTANDING ACROSS DIFFERENCES



Understanding Across Differences: One Neurodivergent Person's Perspective on Inclusion

Inclusion isn't just a word, it's a practice, a mindset, and for many of us, a daily hope. As a neurodivergent person, I've spent a lot of time navigating a world that wasn't designed with my brain in mind. As I write this article, I set forth with the hope of building bridges and understanding. If you're neurotypical, my goal is simple, to offer you a glimpse into my experience so we can create spaces that welcome and celebrate every kind of mind.

What Does It Mean to Be Neurodivergent?

The term neurodivergent refers to individuals whose brains function differently from what is considered "typical." This includes ADHD, autism, dyslexia, dyspraxia, and dyscalculia, among others. These differences are not deficits or disorders, they are simply natural variations in how people process information, interact with the world, and express themselves. For many, these brain differences affect the frontal lobe, the area thought to be primarily responsible for what's called executive functioning, often referred to as the "doing part of

the brain." Executive functioning skills include things like planning, organizing, regulating emotions, initiating tasks, and staying focused. When executive functioning is disrupted, it can influence nearly every aspect of daily life.

Here's the part we often forget: neurodivergent people possess unique strengths. Someone with ADHD might have boundless energy and creativity, an ability to think quickly in crisis, or a knack for seeing patterns others miss. Autistic individuals often have deep focus, unparalleled honesty, and a refreshing directness. People

with dyslexia may think visually and make powerful connections across ideas. Neurodivergent people have often also developed profound resilience, strong problem-solving skills, and deep empathy from years of navigating systems not built with them in mind. When we make room for neurodivergence, we make room for innovation, insight, and new ways of being in community.

The Power of Language and Conversation

Creating an inclusive environment begins with how we speak about and with neurodivergent individuals. Words are powerful. Phrases like

"childlike," "special needs," or "suffering from" may be well-meaning, but they can unintentionally diminish the dignity of the person being described. Instead, we can use language that respects identity and agency, such as "autistic person," "person with ADHD," or simply, their name.

Beyond labels, the everyday language we use plays a significant role in either fostering or hindering inclusion. For example, telling someone to "just focus" or "just sit still" might feel like helpful advice, or might slip out in moments of frustration, but for someone with ADHD, it can feel like yet another accusation

of a personal failure. Similarly, calling someone “too much” when they’re expressing excitement or joy can lead to lasting feelings of shame and self-doubt. These phrases, even when unintended, can reinforce the harmful belief that there’s something wrong with being different.

In fact, it’s estimated that children with ADHD receive over 20,000 more negative or corrective messages about their behaviour or “character” by the age of 12 when compared with their neurotypical peers. So, trust me, these aren’t new comments. They simply echo a lifetime of being misunderstood.

It’s also common to hear phrases like, “Everyone is a little ADHD,” or “Everyone forgets sometimes.” While it’s true that everyone experiences distraction or forgetfulness, equating those occasional moments with ADHD misses a crucial distinction. ADHD isn’t about being forgetful now and then, it’s about struggling daily with focus, organization, executive functioning, and memory in ways that are consistently disruptive and often invisible. Simple tasks, like following a conversation, completing a to-do list, or remembering to eat, can require extraordinary effort and intentional strategies to manage.

When people say, “Everyone forgets sometimes,” it can feel like they’re minimizing the reality of living with ADHD, as if it’s just a matter of willpower or maturity. But for neurodivergent individuals, these challenges are part

of how the brain is wired. They’re not a phase or a personality quirk, they’re a deeply rooted neurological difference.

Other behaviors, too, are often misunderstood through a neurotypical lens. For instance, avoiding eye contact is not necessarily a sign of disrespect; for many neurodivergent individuals, it’s a coping mechanism to stay regulated or focused. Eye contact can be overwhelming, even painful, and maintaining it can make it harder to process what’s being said.

Likewise, doodling isn’t a sign of distraction. For many with ADHD, it’s a technique that helps keep their mind engaged while listening. What might appear like “zoning out” is actually a strategy for tuning in.

Small shifts in language can have a big impact. Instead of saying, “Just focus,” try, “How can I help you stay on track?” or “What do you need to feel comfortable?” Rather than, “Sit still,” consider, “Would you like to take a break?” or “Is there a better way for you to engage?” Instead of brushing off the challenges by saying, “Everyone’s a little ADHD,” try something more empathetic like, “I know staying focused can be hard, I’d love to understand what helps you most.”

These simple changes can make neurodivergent individuals feel seen, respected, and supported. And they help create the kind of community where every person knows they belong.

Remember: Inclusion starts with listening. You

don’t need to have all the answers, just a willingness to understand. In fact, one of the most inclusive things you can say is, “Help me understand.”

Fidgets Aren’t Toys, They’re Tools

You may have noticed people in church or small groups using fidget spinners, cubes, or textured strips. These are not toys, they’re tools that help regulate sensory input, manage restlessness, improve focus, and reduce anxiety. For someone with ADHD or autism, having something to move or touch can actually enhance their ability to listen and engage during conversations or services.

Rather than viewing fidgets as distractions, or comparing them to the toys your grandkids might play with, please think of them as accommodations, similar to reading glasses or wheelchairs. They’re not meant to draw attention; they’re meant to provide access and support, and it is important not to minimize their true purpose.

Our New Sensory Room: A Welcoming Space

Our church recently created a sensory room, a quiet, calming space designed for anyone who may feel overstimulated during services or gatherings. Whether someone needs a break from noise, light, or crowds, the sensory room offers a gentle environment where they can reset and return when ready.

This space is not only for children. Adults with sensory processing differences also benefit from having a retreat space where

stimuli can be controlled. For some neurodivergent individuals, sensory inputs such as loud noises and bright lights can actually be interpreted as pain signals by the brain. So, being overstimulated is a painful experience.

Having a sensory room isn’t about separating people, it’s about providing a safe space and honouring the diverse ways we participate. For some, worship happens best in stillness. For others, movement is what helps them stay connected to the message and to God.

Final Thoughts: Celebrating Every Kind of Mind

God made each of us fearfully and wonderfully, and that includes our brains. Neurodivergent people aren’t broken or in need of fixing. We are problem-solvers, visionaries, listeners, innovators, artists, builders, and caregivers. We are part of the body of Christ, just as essential as any other member.

If we are mindful of our language and make space for inclusive tools, it can improve everyone’s experience. Often, what helps neurodivergent individuals thrive, like clearer routines, more visual aids, quieter spaces, and the freedom to move, benefits everyone. Inclusive environments make for better, more engaging spaces for all.

As we work to build a truly inclusive community, let’s move forward with empathy, patience, and the understanding that inclusion isn’t just something we say, it’s something we do, together.

WARDENS' REPORT



As we embrace the warm, or brutally hot, days of summer, it's a good time to reflect on the past month, acknowledge the highs and lows, and look forward to the events and opportunities ahead.

A big thank you to the MAP team, Parish Council, and everyone else who helped make our church picnic such a success! We kicked off the summer with good food, great company, and a wonderful sense of community. The hot dogs, watermelon, strawberries, and ice cream were a hit, and the kids had a blast with the games and face painting. It was a heartwarming time of laughter and togetherness, and it is moments like these that make St. Christopher's such a special place.

As Pride month draws to a close, we may be saying goodbye to the rainbows that have adorned our church, but our commitment to being a loving, inclusive community remains

steadfast throughout the year. Everyone is welcome here, and we will continue to support, celebrate, and fiercely love all who walk through our doors.

Not quite ready for Pride month to be over? Same! I am pleased to announce that on July 20th, we will be participating in the Halton Pride Festival in Milton, hosted by Prism Halton. The event kicks off at 3 pm, and we're looking forward to celebrating love, unity, and diversity at this community event. Please stay tuned for ways to get involved and show your support!

We also look forward with excitement to our Fun in the Sun camp in August! There's still time to register, so if you're looking for a fun and engaging activity for the kids, we'd love to have them join us for a week of fun, games, and new friendships. It's shaping up to be a great time!

Additionally, I'm thrilled to share some exciting news about our social media

efforts. Our goal of tripling our Instagram following in the first two years was achieved almost a month ahead of schedule! Over the past month alone, our reels were watched a staggering 40,000 times. This is a testament to the hard work and dedication of our social media team, who have helped us reach a wider audience than ever before. They are doing incredible work, and I'm so grateful for their efforts in sharing our message of love, hope and inclusivity. If you would like to lend a hand on this team, please connect with me. We are always looking for new recruits, and are especially looking right now for people who love writing and sharing stories.

However, alongside our successes we are carrying a deep sense of loss. As you know, we lost a beloved member of our community, Judy Jupp, or as she was known online, JJ the Church GG, earlier this month. Judy's voice and presence

were a beacon of warmth, welcome, and kindness, reaching beyond our church walls and touching the lives of thousands of people, whom she affectionately called her "Hunnybunches." Whether in-person or online, she was always quick with a word of encouragement, reminding everyone she connected with, "you are loved." Her passing leaves a crater-sized hole in the heart of St. Christopher's, and the personal loss many of us are feeling is profound. We will continue to honour Judy's legacy by keeping her spirit of connection and love alive

in all that we do.

As we move forward into these summer months, let's continue to support each other, celebrate the moments of joy, and keep those whom we've lost close in our hearts. Together, we are a family, rooted in faith, bound by love, and committed to making a positive impact in our community. I look forward to seeing you all at the upcoming events and continuing to walk this journey with you. I pray you all have safe, joyful, and adventure-filled summers.

Stay cool!

Shannon Mac is one of the four wardens (Paul Shelton, Shannon Mac, Mike Ravenscroft Lisa Kruitwagen) who, along with our Rector, Rev. Canon Dr. Penny Anderson, make up St. Christopher's Corporation

SHANNON MAC
WARDEN



MUSIC & THE PERFORMING ARTS



There are lots of versions of summer fun, from good books in cozy chairs to cheap beers in dirty fields. Like everyone else, my summer plans are unique to me. With choir and band paused for the summer, I'm able to work on projects that are less time sensitive.

As usual, I aspire to advance an array of professional development goals:

- The Royal Canadian College of Organists is holding its convention in Kitchener-Waterloo this year. While I'm not registered to attend the whole thing, I'll likely take in a couple of the world-class concerts. A good performance always gives me new ideas and serves as a harsh reminder of what fine art sounds like.
- I've signed up for an online jazz piano course. I'm hoping that this will help me reimagine

Common Praise hymns in a jazz style for use during instrumental instances like communion music, preludes and postludes.

- I have a long running and ever growing list of piano and organ repertoire than I would one day like to learn. While I wish I had time to do more pieces, I've chosen a Chopin étude, Op. 10 No. 3, as the top priority this season.
- I have at least a half dozen compositions in varying states of completion. I'm hoping that I can get a couple of them (self) published this summer.

My other summer project within the professional sphere is to clean out the music room. The room contains a lot of music that hasn't seen the light of day in decades. Hopefully, we can free up enough space that there will be no music stored outside of filing cabinets. With less clutter,

we will be able to do a deep clean of the floors and walls. This refresh is long overdue and I can't wait to have it finished!

And I best get crackin'! This September, Labour Day arrives as early as possible which means the St. Christopher's program year and the associated increase in weekly tasks also arrives as early as possible. With September, the capacity to prioritise nice-to-have to-do lists will drastically diminish.

Of course, I have non work-related summer plans too. The Elmhirst family is going to Quebec City in July and I'm taking a couple Sundays in August to visit family and race mountain bikes. To help me do this, a couple of my organ students, Ericka and Daniel, are going to be subbing in. It is essential for the future of church music that students get real world experience and I'm proud

that St. Christopher's is providing this opportunity. Which isn't to say that it's a charity, both Ericka and Daniel are accomplished pianists and I'm sure that their music will be well received. Plus, I know that St. Christopher's is a

welcoming space. In a world where it is increasingly hard to depend on anything, we can depend on that.

Those are my summer plans; whether yours involve a good book or a cheap beer, I hope the season treats you well.



ANDY ELMHIRST
DIRECTOR OF MUSIC

CHILDREN'S AND YOUTH MINISTRIES



And with that, our program year comes to a close! What a joy it has been to spend this past year with the children and youth of St. Christopher's. They have explored the Bible, learned stories both old and new, and created beautiful crafts and artwork, but more importantly, they have found community with each other. Each child, whether they came once a week or once a month, showed up wholly and completely as themselves, celebrated for who they are. We watched friendships form, watched quiet ones come out of their shells, and busier ones grow in their listening skills, each in their own time. I truly believe that you all, as a congregation, have helped them all to find their church home in St. Christopher's, and really feel that they have a place here. Thank you!

Thank you to the volunteers who have helped

us to make this possible. Whether you contributed to the GIFT program, the Christmas Pageant, Youth Group or Kids Club, we couldn't run any of these programs without your help and we are grateful for your service and your support.

Our program year ended with an instructed eucharist and children's service during which our young people had an opportunity to take part in the service and learn more about what the grown-ups do on Sunday mornings. It was a great chance for us all to come to worship together, followed by a beautiful spread put out by our MAP committee for the year end church picnic. With balloons, face paint, games and ice cream, the church was filled with enough joyful noise and fellowship to last through the whole summer!

We are already full swing in preparation for Fun in the Sun camp this August.

We will continue to accept registrations through the month of July so please spread the word with families you know with children ages 4-11. Our 'True North' VBS program will give us a chance to learn about and explore the beautiful land we live on through art, drama, music, science, and of course, plenty of outdoor fun! Thank you to everyone who has already signed up to help with this vibrant program. Still looking for ways to help? We could use another adult volunteer or two during the camp week, as well as some more snack volunteers. Please reach out to me if you have questions about whether these roles might be right for you!

I am already looking ahead to our fall programming with enthusiasm, but I will let you all enjoy your summer before turning your attention to what comes next! Rest assured, we have lots of exciting things lined up for

our children and youth.

Perhaps your summer holidays will take you away on camping adventures, family holidays or even just Sunday mornings out enjoying the sunshine. Perhaps you will be staying close to home. If you do find yourselves at church with your young ones through the summer, please know that although our GIFT program has paused for the season, there will be

engagement bags, books and colouring available for them to enjoy during the service and that they are so welcome in church! So parents and caregivers, don't worry about crayons strewn across the seats or an audible 'Mom, what are we having for lunch after this?' during a moment of quiet reflection, because at St. Christopher's, children are always welcome, and we are always glad to see you!



CARRIE FORD-JONES
CHILDREN'S & YOUTH MINISTRY COORDINATOR



Fit for Service 9.30am

Monday | Wednesday | Friday



Accessibility Committee

You're invited! Help us create a culture of inclusion at St. Christopher's. Join us in the Sensory Room at 7pm on Thursday, July 24.



Community Corn Roast

Friday | 19 September | 6pm
(Great Hall)



St. Christopher's Co-Operative Preschool

Spaces available for the September 2025 - June 2026 Preschool Year

Half-day Preschool (9.00am - 12.00noon)

Children 2.5 - 5 years of age

Contact: info@stchristopherspreschool.ca

Website: stchristopherspreschool.ca



Beginning in Fall 2025

Two pages of our Messenger will now be open to paid advertising for local businesses. Businesses and the ads will be vetted by the corporation. Priorities will be given to our parishioners, current partners and regular space users. Please contact the church office for more information. Ads should be submitted by the 15th day of any month, for publication in the following month.



OPEN DOORS

every person. every table.

BACKPACK DRIVE

Shop the list, pack a bag,
and help support families in Burlington

- ☐ gender neutral, durable back packs for grades 1 - 12
- ☐ insulated lunch bag and reusable water bottle
- ☐ school supplies like pens, pencils, calculators, glue & rulers
- ☐ deodorant, body wash and feminine hygiene pads
- ☐ monetary donations are gratefully accepted to help fill in gaps where needed

Drop off Donations Monday to Friday: 9am-Noon,
or during Church services on Sundays: 9-11:30am.

Alternative arrangements can be made by
contacting the office for available times.

905-634-1809

662 Guelph Line, Burlington - St. Christopher's Church



Just because it's summer doesn't mean we're slowing down! Our monthly "What's for Dinner" cooking classes are still going strong - and at just \$35 per person, they're a fun, affordable way to try something new.

Whether you're looking to reconnect with friends you haven't seen in a while or want to sharpen your kitchen skills, these classes are a perfect excuse to get together and get cooking.

Plus, every dollar goes directly back into Open Doors programming, supporting the work we do in the community all year long.

Be sure to grab your spot and come hungry!

Open Doors is proud to be at the Lion's Farmers Market this summer every other week, sharing more than just our delicious soups, baked goods, and homemade specialties - we're building community one conversation at a time.

Each visit is a chance for meaningful connection, whether you're stopping by to pick up a treat or just to say hello. We love hearing your stories, sharing ours, and growing relationships that go beyond the market table.

We'd love to see you - come visit us over the summer when you can!

Each year, Open Doors proudly hosts its annual Backpack Program, providing students in our community with the essential tools they need to begin the school year with confidence. In 2024, we were honoured to distribute

314 backpacks to children who needed them the most - a milestone that represents far more than school supplies. It's a step toward dignity, belonging, and a successful academic journey.

At Open Doors, we believe that every child deserves to start school on equal footing. The Backpack Program helps eliminate barriers by ensuring that no child walks into the classroom unprepared or feeling different from their peers. A new backpack filled with necessary supplies is a simple yet powerful way to show students that they are seen, supported, and valued.

Each backpack given is a reflection of our community's generosity and shared vision for a brighter future.

We are deeply grateful to all our donors, volunteers, and partners who make the program possible year after year. If you'd like to get involved or learn more on how you can help, please email volunteer@stcb.ca

SHANNON SHUELL
GOOD FOOD COORDINATOR



JAZZ VESPERS



Sunday
21 Sept
2025

St. Christopher's
662 Guelph Line
Burlington

4.00pm
Free Will
Offering



Parish Council

Wednesday | 10 September | 6.30pm



WHAT'S FOR DINNER?

Join our Good Food Coordinator on the first and third Wednesday of the month (5pm-7pm) for a fun, educational cooking class. Classes are \$35 each, and can be paid in the office. Sign up with your friends, family, coworkers! Next dates...

July 16 - Entré Salads

Aug 20 - Kids Class

Sept 17 - Stir Fry's




OPEN DOORS
every person. every table.

REMEMBERING JUDY JUPP





CLIMATE JUSTICE GROUP



At our baptism into the Anglican faith one of the promises made on our behalf (if we are too young to make this promise ourselves) is “to strive to safeguard the integrity of creation and sustain and renew the earth.” Many of us develop an appreciation for the natural world at a young age and often our first insights into how we can participate individually in caring for our planet come through lessons about the 3 “R”s namely, Reduce, Reuse, and Recycle. I will admit that it was not until I was an adult that I learned that these three were very intentionally in that order. Our best bet is not to over-consume (Reduce) or at least to try and minimize environmentally detrimental packaging or other attributes

of the items we consume. For items that we really need, trying to give them a second life beyond the first (Reuse) is a second choice. And finally, when an item’s useful life is truly over, looking to dispose of them in ways preferable to landfill (Recycle) is the third choice.

St. Christopher’s has recently become a host site for the Burlington Repair Café with a first monthly offering held here in June. This group invites Burlington residents to bring broken or damaged household items to be fixed by volunteers, giving items a new lease on life (Reuse) and avoids them being thrown into the global garbage heap.

Volunteers fix broken small household items, such as lamps, toasters, and vacuum cleaners. These repairs are provided free

of charge, with donations gratefully accepted (donated funds go towards tools and other materials needed by the volunteers). The volunteers also explain the repair process and offer advice on how to maintain items. While walk-ins can sometimes be accommodated, appointments are preferred. You can register for the events by emailing burlingtonrepaircafe@cogeco.ca, specifying what item you want to bring in for repair. Upcoming dates at St. Christopher’s are July 19, August 16, September 20, October 18, and November 22 with each event running from 10 am – 2 pm.

These events come highly recommended and are a terrific way to tap into local expertise in keeping our household

items working for us longer. You can learn more about Burlington Repair Café through their Facebook page. The BurlingtonGreen website also has links to the Repair Café: <https://www.burlingtongreen.org/shop-local-buy-green/directory/list/burlington-repair-cafe/>

As always, you are invited to join the Climate Justice group at St. Christopher’s as we learn about current environmental issues and explore ways that we can live out our baptismal covenant. Our next meeting will be on September 16th at 7 pm in the Family Room.



CAROL HENLEY

Did You Know ?

This is the final edition of the popular and well-read "Did You Know" in our monthly Messenger. With heavy hearts we find ourselves needing to say goodbye to the creator and author of this article (since October 2010). Our beloved Judy Jupp died on Friday, June 13, 2025. We will miss her in so many ways!

Some of you may know Judy as "Honeybunch" in the acclaimed reels on Instagram of "JJ the Church GG". Many of you will remember her as the first person you met when you arrived or visited St. Christopher's. You may have walked into St. C's on a Sunday morning with the intention of leaving abruptly, only to find yourself in conversation with a sprightly English elf, and then, before you knew it you were in conversation with another person, one with surprisingly similar interests and shared stories! (This was Judy doing her connecting, with finesse!) Further to this, that same Judy, would seek you out in subsequent weeks and remember the names of your children or pets and subjects discussed. Her memory was incredible! Others will recall being invited in the warmest of ways by Judy to take up volunteering in some specific way – it may have been something you had never thought about before but when Judy asked, you really couldn't refuse! Or you may have been a teen when you received a letter in the mail from Judy, encouraging you during a time of convalescence or when you were about to embark on a new adventure.

However you may have met Judy first, the following will be true - you will remember the occasion and the experience will have led you into countless hours of meaningful engagement and lasting friendships. Judy knew how to connect people, with a unique passion and attention to detail.

As we collectively reflect on the many ways she loved and connected us at St. C's, we remember the many groups that Judy was involved in across her 50+ years here. She was the quintessential volunteer in so many areas of parish life. Judy was Director of Ministry Development, Warden for four years, one of the first recipients of the Order of Niagara, Greeting Team Coordinator, Wedding Coordinator, Lay Delegate to Synod, Fit for Service Assistant Coordinator, Tuesday Dinner volunteer, Stewardship captain, and member of the following groups: MAP, Parish Council, Hospitality Coordinating Team, Omega Group, the Guild, Christmas Market team, Funeral Hospitality, Messenger writer, Seniors' Lunch facilitator, Study Group facilitator, Tortière preparers, Discover St. C. displays, and the 50th and 60th Anniversary Committees. Wherever action was taking place, where laughter abounded, or where energy was tangible - there was Judy in the midst!

Over the last approximately 15 years, we have all grown to know "Judy Tuesday" as the day when Judy would volunteer

in the office, welcoming those who walked through our doors, graciously recounting the items to be included in that evening's Tuesday Dinner, preparing a number of items for weekly and biweekly mailing for the home-bound community, making calls to those who had been recently sick or to find volunteers for special events, updating greeter and hospitality schedules, and writing her monthly article for the newsletter. It was a special day on the calendar in the office and we will all miss Judy's ready wit, encouragement, warmth and curiosity.

Judy loved to teach, as was her profession. Judy regularly highlighted Anglican words or special items in the sanctuary in her "Did You Know" article, to bring everyone to a place of common understanding and to unlock the mysteries of ancient historical language for all to participate equally. We could count on Judy to reflect on a big event at the parish ie. the Christmas Market, Volunteer Appreciation, Coldest Night of the Year, Congregational Meetings, MAP social events. She would express thanksgiving for those who had organized and taken part. But beyond this she also realized the bigger picture things that had happened in those spaces. Judy, working amongst us every Tuesday, was aware of her "behind the scenes scope" and regularly celebrated staff accomplishments with an intuitive grace. Judy noticed when individuals within the parish did exemplary things, sometimes in one



big effort but often she noticed the many small things contributed over the years and she wrote about both. Judy remembered and recounted the details for all of us to be aware.

We will all fondly remember some of her favourite expressions: "Honeybunch, da da da, going straight to the good place, big whoop, swishee, have they got the goodies" ... and so many more!

Enjoy some wise words that Judy shared with us in her May 2025 "Did You Know" article...

- Tell your friends and family you love them.
- Hug regularly (like Mary Ann Foster!)
- Smile at the sales person.
- Enjoy today! – even if it's raining!
- Have a treat – whatever it is for you - (shrimp, a shower, fudge, a walk, a conversation).
- Give thanks for Canada.
- Whether at home, or in church, get there early enough to be able to hear Penny's remarks.
- When in church, watch the children rush down

the aisle to get to the front for the eucharist.

- Take special care to check out the bulletin and the cover story.
- See how carefully the words for the prayers are chosen.
- Sit back and listen to the choir.
- Try to hear every word of the homily. It is filled with wisdom, humour and truth.
- Look around at the people around you and know you are in communion with them.
- Remember the Lenten message. Try to find that place of solitude and that prayer mode. Whatever works for you.
- Know that we have the privilege of belonging to a church which speaks the truth. This is the place which dares to enter into a dialogue that we can trust. Judy, we will miss you but we know that you are safely and securely standing at the pearly gates, in the ultimate Greeting Job, with your characteristic twinkling eyes and passionate warmth! Rest in peace, dear one!

FROM THE REGISTRY

Funerals

14 June 2025

Carole Allen

21 June 2025

Christopher Reeves



Mental Health Care Support Group

Providing care to loved ones experiencing mental health challenges can be overwhelming. Come join a safe and confidential space with others on a care-giving journey to share experiences, discuss concerns, and be supported by others confronted with similar situations. Facilitated by community experts, this group meets in-person in the Family Room. Next date: September 8 at 7pm.



Ginger Group

Calling everyone 55+ or retired! Our next gathering will be Monday, September 22 at 11.30am. Contact Winston or John at staff@stcb.ca for more information.



Climate Justice

Pray • Learn • Act • Advocate

Next Meeting

Tuesday | September 16 | 7.00pm



Office Hours

Mon, Jun 29 to Mon, Aug 31

Mon to Fri | 9am - 12noon



Burlington Mindfulness Meeting

Wednesday | Sept 10 & 24 | 7.00pm



Watercolour Wednesdays

with Cheryl Goldring

Wednesday, September 3 at 12 noon

\$35 per session. All materials are provided, including professional instruction. Gather with others in a warm and encouraging space. Light beverages are included.

MAP

Reshaping Parish Culture

On Zoom with Gail Grant

Tuesday | 2 September | 7pm



Seniors' Social

Tricia Clarke and this warm and wonderful group of seniors meets Tuesday afternoon in the Family Room from 2-4pm. Enjoy a time of refreshment, games and conversation. Bring your special energy to build some new relationships. Please contact staff@stcb.ca for details. Next meeting: September 9.



Bridge Group

Welcome to those wishing to join us for a game of Bridge! All are welcome but previous experience is appreciated. Light refreshments will be provided. You don't need to be a regular at St. Christopher's to join this group. Please contact Liz at staff@stcb.ca for more information. Next Meeting: September 8, from 2-4pm.



Prayer Shawl Group

Plan to join this passionate and caring group at their next meeting: September 26 at 1pm. If you have never knitted before, come and learn. Meet friends over shared creative skills.



Men's Cooking Groups

Men's Cooking Combined will meet on Monday, September 8 at 9.30am. Come and learn how to be a proficient cook. Share your skills and knowledge if you are already experienced in the kitchen. Please contact Bob or Gerry at staff@stcb.ca if you are interested.



PRIDE Halton 2025: Sunday, July 20

Parade at 2pm

Pride in the Park at 3pm (Milton Fairgrounds)

This gathering will celebrate the 2SLGBTQIA+ pride, community! These events give marginalized communities a space to feel seen and feel affirmed. They help to push back against isolation and build resilience. Allies, Families and Friends are welcome also. This gives place to learn and listen and to build a wider culture of acceptance. Sponsors and volunteers and attendees are genuinely committed to diversity and inclusion. Active participation is encouraged. Special items include Kids' Entertainment space, South Asian Dance Group, Clown performances, drag shows (ticketed event), 19+ beverage tent and live music.

Come and visit us at the St. Christopher's table. Would you like to volunteer? (see the eblast for shift times)

<https://www.pridehalton.com/pride-parade-party-park-milton>

A colorful poster for "True North" VBS Summer Camp. At the top, a wooden sign reads "FUN IN THE SUN". Below it, a central image shows a mountain landscape with a lake and a bear silhouette. The text "TRUE NORTH" is prominently displayed in a stylized font, with "Trusting Jesus in a Wild World" written below it. In the bottom left corner, there is a campfire. In the bottom right corner, there is a yellow tent. The background is a dark blue night sky with a full moon. Text on the left side reads "VBS SUMMER CAMP IS BACK FOR 2025!". Text on the right side reads "LEADER TRAINING WEEK AUGUST 5-8". At the bottom, it says "AUGUST 11 - 15 2025 9:00AM-3:30PM" and "CONTACT CHURCH OFFICE OR CARRIE@STCB.CA".

VBS SUMMER CAMP IS
BACK FOR 2025!

FUN IN THE SUN

TRUE NORTH
Trusting Jesus in a Wild World

LEADER TRAINING
WEEK AUGUST 5-8

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