



Messenger

October 2025

Issue 279



FROM THE RECTOR'S STUDY



Dear friends,
Thank you to everyone who participated in our observances of the National Day for Truth and Reconciliation on the morning of September 28th. Our orange shirts are a symbol of our commitment to learning and action around the history of Indian Residential Schools, and the Anglican Church's role in the abuse suffered by generations of Indigenous children.

At the September 28 Sunday services I talked about the offer of tobacco I made to WhiteEagle Stonefish, who is the deeply respected local Indigenous Spiritual Healer and Elder who led the City of Burlington's National Day for Truth and Reconciliation observance at Spencer Smith Park on September 30. I was deeply honoured that WhiteEagle felt she could accept this small gesture from St. Christopher's.

In her remarks before

she accepted our gift, WhiteEagle talked about what a gift of tobacco means for her: Tobacco "is about acknowledging that we are equal. That no one is above and no one is below. No one stands in front and no one stands behind. That we are going to go forward as one."

That is a beautiful vision for the future of our relationship. At St. Christopher's we will continue on our path of listening and learning.

By the time you read this column, Greeters, Hospitality Teams, and Parish Council members will have gathered for a lively reception and a little tune-up around how we welcome guests and visitors on Sundays and at parish events. I think many of us depended on Judy Jupp to be St. Christopher's greeter in chief. Now that Judy is God's greeter upon another shore and in a greater light, it's time for all of us to take responsibility again. Here's

what you can do!

Avoid awkwardness when you approach someone you think may be visiting: simply tell them your name and say, "I haven't learned your name." Once you have chatted for a bit, introduce them to someone else. That's it! Oh, and, always be your warm and interesting selves. You've got this St. Christopher's!

Through the coming program year, the Accessibility Committee will be bringing you an occasional education series designed to support us as we move toward our goal of becoming a more inclusive congregation. We are inviting speakers who will help us learn about invisible disabilities. Please plan to attend the first event in the series entitled "Holy Distractions! Let's Talk About ADHD." Our facilitator will be Shannon Mac who promises a fun, interactive session on understanding ADHD and building a more welcoming

church for everyone. The event takes place at the church on Saturday, October 25, at 1pm.

There is a full update from our outreach ministries elsewhere in this Messenger. I want to draw your attention to just a couple of things. First, now is the right time to switch over your clothing donations to fall/winter items – please hold onto your spring and summer clothes until next year! Second, please consider attending Harvest Fest later this month. This seasonal fundraiser for our outreach ministries will take place at Paradiso Restaurant (2041 Pine St) on Thursday, October 23. The dinner choices look lovely! You may also want to check out our silent auction. Lots more information about this event will be coming your way. Stay tuned!

Please pray for the St. Christopher's youth who will be confirmed later this month. The service of confirmation will take place at Christ's Church Cathedral at 4pm on Sunday October 19.

Of course October brings the season of gratitude. I hope you will make plans to bring family and friends with you to our Thanksgiving services on October 12. I look forward to meeting your people!

Penny



REV. CANON DR.
PENNY ANDERSON
RECTOR

PASTORAL CARE

I've been fascinated by Mysticism since I was in high school. I remember spending my lunch breaks in high school looking through books on monasteries, seeing pictures of monks praying and reading scripture, and wondering what it must be like to have such a close relationship with the Divine. Over the years I've become convinced that mysticism (a life of closeness with God) is available to all, even me. Most of us will never become monks, we may never even have the opportunity to visit a monastery, but we still have access to God in our ordinary everyday life. Going through my books I often rediscover old treasures, and this is

what happened when I noticed a little book entitled "Armchair Mystic" written by Mark E. Thibodeaux, SJ. The book has a picture of an armchair on the front cover as an invitation that perhaps an armchair is all you really need to become friends of God. After all, would not the God who desires to be known by all make the pathway to him as accessible and inclusive as possible? I believe so.

Mysticism is a journey towards God. This journey includes prayer in the traditional sense, but it is not limited to it. It is more about expending our prayer to include every moment of our lives and every aspect of our lives. Living with intentionality to want to



meet God, and a belief that God is accessible to us humans is what is at the forefront of mysticism. So, if you want to be a mystic, if you want to know God, if you want to be one who "speaks with God as a friend speaks with a friend", it all has to begin with affirming that desire. Jesus, when meeting his first disciples, asks them a simple question: "What do you seek? What do you desire?". Our relationship with another must begin with wanting to be in a relationship with the other. Reshaping our desires is the doorway to mysticism. Every day as you sit down with your morning drink in your favourite armchair, imagine Jesus asking you this simple question: "What do you seek today? What do you desire today?" If we ponder that question long enough and deeply enough then we will find that at the base of all our desires is the most simple ask, simply to know God. As our desire for knowing God grows, so will our activities throughout the day. Everything we experience in life can be a pathway to knowing God:

"Jesus, help me to know you in this moment, in this frustration, in this simple act of speaking to a friend, in my feeling of loneliness and stress. Help me to meet you here and now." Jesus responds to the apostles who wish to follow him by simply inviting them to "Come and See" for yourselves who I am and what I do. This is the second step in our mysticism, to spend time with Jesus, to see Jesus, to listen to Jesus. Sit in your armchair and read something that reveals the face of God: Bible story, inspirational book, news story that reveals human need, etc. In reading you will journey with Jesus to where He wants to take you. Notice what Jesus is doing, imagine how Jesus is feeling, accompany Jesus with no other goal but to know Him, to notice Him, to be alongside Him.

Being a friend of God is not as complicated as we make it out to be. It is not really that different

from our human friendships. Sometimes all that is needed is time together, attentive presence, thinking about our friend, talking with our friend, and desiring to remain close to our friend. I encourage all of you, especially those who are spending most of your time at home, to recognize the opportunity that exists even in the most simple and humble of circumstances, to transform your armchair into a place of encountering God, renewing your own awareness of God's presence, rediscovering your desire to connect with God, and enjoying the experience of reaching out to the one who is already very close.

Here are some practical ways to embark on your mystical journey with God:

1. Spend time in silence. The Bible tell us that God speaks in silence. Make sitting in silence an intentional part of your day. Notice your breathing, close your eyes, feel your feet flat on the floor, and imagine entering into this silent space the way you would enter a monastery chapel, filled with awe and wonder and God's presence.
2. Read less, feel more. Pick a passage from the Bible and read it many times over. Make sure it is a short passage, short enough that you would be able to read it many times over. Take pauses between sentences, between words. Notice your thoughts, your feelings.
3. Stay where there is movement. Notice a word or a sentence that moves your heart or your mind. If there is a word that makes you feel something, or makes you think something new, stay with it, allow what you're feeling or thinking sink deep into your soul. Where there is movement that's where God may be speaking to you.
4. Invite distractions. If your mind wanders off to something else, don't worry. This too can be useful. Be gentle with yourself, and with your distractions. Acknowledge whatever it is you're thinking about and include it in your encounter with God. Stay real with yourself, patient, and present to whatever is happening in your mind or heart.

REV. WOJTEK KUZMA
PRIEST ASSOCIATE



WARDENS' REPORT

It's a season of new beginnings at St. Christopher's.

Autumn truly feels like the beginning of a new year!

With the crisp air and vibrant colours of fall, we are filled with a sense of renewal and anticipation at St. Christopher's. It's the perfect season to reflect on the many ways we come together as a community to support one another and serve those beyond our doors.

One of the core values that guides us at St. Christopher's is serving the greater community. We live out this value in a multitude of ways, all driven by the belief that we are called to be the hands and feet of Christ in the world. I often think of St. Christopher's as a community of communities – each one offering something unique, yet all united in the mission to love and serve others.

We have something for everyone: Bible studies, choir, band, guitar club, cooking clubs, bridge groups, mindfulness and climate action initiatives, support for those caring for loved ones with mental health challenges, bereavement support, fitness groups, art classes, children's and youth programming, seniors' social clubs and fundraising committees. There's truly a place for you to connect, grow, and make a difference.

In addition, we have our vibrant Open Doors team, whose efforts provide both tangible and spiritual support to people in need, and of course, our beloved Christmas Market, a highlight for all. This year

the first annual Maker's Market will take place in late November.

This month, I would like to spotlight one of our quieter yet profoundly impactful groups: The Prayer Shawl Group.

The Prayer Shawl Group: Weaving Love, Comfort, and Prayer

The Prayer Shawl Group at St. Christopher's was started over 10 years ago, when a group of dedicated members came together with a simple but powerful mission: to create hand-crafted shawls that would bring comfort and peace to those who needed it most.

The shawl is more than just a piece of fabric – it symbolizes warmth, love, protection, and spiritual care. Across cultures and traditions, the shawl holds deep meaning, often representing an embrace from the Divine or a reminder of the loving embrace of the Earth itself. For those who are struggling, grieving, or in need of reassurance, a prayer shawl can be a tangible expression of God's love and presence.

The Prayer Shawl Group currently has between 20 and 25 active members, all of whom gather monthly (on the last Thursday of each month at 1.00 pm, September through June) to knit or crochet shawls, each one crafted with deep care and intention. While making each shawl, the artisan prays for the recipient, asking for peace, healing, and strength. Once completed, each shawl is blessed before being given to its recipient.

These shawls are never sold; they are always given freely as gifts of love.

Whether someone is ill, grieving, or welcoming a new life, the shawl serves as a comforting reminder that they are not alone.

Pocket Prayers: Small Acts of Big Comfort

In addition to the shawls, the group also creates Pocket Prayers - small knitted crosses or angels paired with a simple but powerful prayer. These little tokens of care are meant to provide peace and support during difficult moments. Perhaps someone is facing surgery, feeling stressed, or simply in need of a reminder of God's presence in their life. Whatever the need, these pocket prayers are a small yet meaningful way to bring comfort and reassurance.

You can find these pocket prayers on the table under the TV in the atrium, housed in a flowered oblong box. We invite you to take one if you or someone you love is in need of prayer and support.

Reaching Out: The Prayer Shawl Group and Shifra Homes

The Prayer Shawl group also extends its love and care to the women and children at Shifra Homes in Burlington, an organization that provides a safe and supportive environment for women facing difficult circumstances. Shifra Homes offers shelter and guidance to women who may be struggling with parenting, fleeing violence, or working to rebuild their lives.

Through this partnership, the Prayer Shawl Group provides each baby at Shifra Homes with a receiving blanket, a baby shawl, and a cap, along with a prayer



shawl for the mother. This outreach ministry is an act of solidarity, letting these women and children know they are seen, loved, and supported by our church community.

Group members report feeling deeply fulfilled by the work they do, knowing that every shawl and prayer has a real, meaningful impact on the lives of others. It's a reminder that even small, quiet acts of kindness can make a big difference.

Join Us: A Community of Friends

St. Christopher's is a vibrant, welcoming church family where there are countless ways to connect and serve. Whether you are looking for a small group to study Scripture, a place to build friendships,

or a way to reach out and make a difference in the wider community, we have something for you.

We would love for you to find a group that resonates with you. From knitting shawls to supporting our community outreach efforts, to simply sharing in the fellowship of others, there's always room for you at St. Christopher's.

How to Get Involved

To learn more about the Prayer Shawl Group or any of our groups, please chat with one of your friendly Wardens, read through our weekly bulletin announcements or eblast, view our monthly newsletter, The Messenger, or contact the church office at 905.634.1809 or staff@stcb.ca.

Lisa Kruitwagen 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

Lisa Kruitwagen
WARDEN



MUSIC & THE PERFORMING ARTS



It was great to have the choir back on the first Sunday of the program year, September 7th. Unusually, there was a sung prelude that morning and the sound that greeted me as I sat at the piano was large, exciting, fulfilling and confident. I thought, "that's the sound that church has been missing." The entire choir, whose membership is largely unchanged since the spring term, was present. Welcome back, everyone!

I had a similar experience when the band started playing on the first Sunday of September. While there were some things I enjoyed about leading the 11:30 service solo, the full sound is inimitable and there are some songs that are impossible to do alone, like Crowded Table by the Highwomen. On September 7th, the band rocked that one alongside

some Supertramp and more traditional Contemporary Christian Music fare.

And, first but not least, Peggy Cardwell was back leading the singing at the 8am service. Which, on that particular Sunday, included an electrifying rendition of Amazing Grace.

There's almost always a special musical moment on Sunday morning. A couple weeks after Launch Sunday, this was provided courtesy of Bells of Praise, a handbell trio from Burlington Baptist Church. Handbells have an unassuming and ethereal way of filling the worship space. Their music was transportive and appreciated by all.

A few days later, I performed a solo piano recital, entitled A Farewell to Summer that included some Canadian compositions alongside classical giants like

Tchaikovsky, Beethoven and Chopin. There were over fifty people in attendance and over \$500 was donated to Open Doors. Thank you to everyone who came and supported.

There is already another recital on the horizon. On October 26th at 3 pm, I will share the St. Christopher's organ bench with members of the Royal Canadian College of Organists (RCCO) as we present a family-oriented, costume and candy-filled, Halloween Organ Recital. The pipe organ is, of course, well suited to spooky music and there will be TV and movie music in store as well. There are no fees and no tickets to attend. The RCCO is a not-for-profit and money received goes to covering costs, and extra funds are typically given to the host church. I hope to see you

there.

The following week, November 2nd, the church will again be filled with Sunday evening music but of a decidedly more contemplative variety. At 4pm the choir will sing at our annual Service of All Souls. The music is always beautiful and is sung with an awareness of the importance and privilege of ministering

in bereavement.

And so it is that, without introductory remarks, the program year is off to a running start. In October, as we give special attention to gratitude, I will be grateful to the many talented people at St. Christopher's who, week after week, animate our worship with inspiring and thought-provoking music. Thank you.



ANDY ELMHIRST
DIRECTOR OF MUSIC

CHILDREN'S AND YOUTH MINISTRIES



“Carrie, what’s your favourite chip flavour?” a 10-year-old asked me on Sunday morning.

“Hmm...I do love a good Dorito. No, wait. Salt and vinegar. Definitely.”

“Okay, I’m going to bring you some tonight. You shouldn’t have to spend your money on all the snacks for Kids Club.”

“Aww, thanks dude! But it’s actually not my money. The church pays for Kids Club snacks.”

A pause.

“That doesn’t seem like a very appropriate church thing to spend money on snacks and candy.”*

In that moment, I saw an opportunity and we took a quick pivot from our original lesson plan.

“Guys, what do chips and sour keys have to do with God?”

We had a few good answers, and among them, “God created the farmer that harvested the potatoes.”

So I asked another question. “Can you name a time in the Bible when Jesus shared food with people?” The hands shot up.

What followed was a wonderful discussion in GIFT, and later in our confirmation class and Kids Club, about the way that food brings people together. Inviting friends to share food with you is a tradition as old as time. Everyone needs to eat. Everyone enjoys a treat. And food is a wonderful ice breaker. You can busy your hands with a cookie and a napkin. You can excuse yourself to refill your cup or put away your dishes. You can pause to chew or sip your coffee during a lull in the conversation.

Just like Jesus, who never discriminated when it came to sitting down to share food with people, the church has the same role. Sometimes we are truly nourishing a hungry tummy – offering a meal when food otherwise isn’t accessible.

But sometimes we offer food as a symbol – a symbol of care and hospitality and a message that says ‘I thought you might enjoy this, so I wanted you to have it.’

The youth conversation continued. St. Christopher’s is great at food, they agreed. One of the answers I got to the question “What does the word ‘church’ make you think of?” was “Cookies & Juice.” As the young person was writing out the words in scented marker, they asked “Is that okay? Or should I choose something else?” I assured them it was a perfect answer – in fact, it was exactly the answer I was hoping to hear that day. When you think of Church, you think of being fed. When you think of Church, you think of feeding people.

Maybe that’s a lot of pressure to put on a bag of potato chips. So we put it in its simplest terms. Whether he was offering the most delicious wine at the wedding, lunch with the

most unlikely companions, or His own flesh and blood, Jesus said, over and over again, ‘I see you. I love you. I want you to feel nourished. I’m choosing to share this food with you.’

So kids, that’s why it is okay to use a bit of the church’s money to buy snacks for youth group. Because if Jesus was hosting Kids Club (and by the way, how cool would that be??) He would sit down and share snacks with you. And then He would tell you to go out and do as He has done. To make others feel seen, and loved and nourished.

And grown-ups, as you enter this season of Thanksgiving, I invite you to think of your grocery shopping, your food preparation and your hosting as doing God’s Work. The kids are watching you. And they are following your example. And if you have enough, I hope you will share what you have. And if perhaps, in this season you don’t have enough, I hope that you can count on your community to lift you up and share with you, just as Jesus would have done.

(*story shared with permission)



CARRIE FORD-JONES
CHILDREN'S & YOUTH MINISTRY COORDINATOR



RCCO Halloween Concert

Family friendly - come in costume!

Sunday | 26 October | 4.00pm



**"TAKE MY LIFE AND
LET IT BE CONSECRATED,
LORD, TO THEE."**

**THE 151ST SYNOD OF
THE DIOCESE OF NIAGARA**

This year's Diocesan Synod will take place virtually
on Saturday, November 1.



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...

October 15
Soups & Stews



OPEN DOORS
every person, every table.



Thursday Bible Study and Service

Our Thursday morning gathering begins with Bible Study at 10.30am and mid-week worship at 11.30am. Come for church; stay for lunch at noon!



David Montgomery's Induction

October 8 @ 7pm

Grace Waterdown | 157 Mill St N, Hamilton ON



Confirmation

Please pray for St. Christopher's youth who will be confirmed at Christ's Church Cathedral at 4pm on Sunday, October 19.

CLIMATE JUSTICE COMMITTEE



On September 20th the Diocesan Climate Justice Niagara team offered a workshop primarily intended for Parish Climate Justice Facilitators. Lee Ford-Jones and I were pleased to attend as representatives of the St. Christopher's team, which is co-facilitated by Lee, along with Mary Loree.

Two important topics which were addressed were updates to the Parish Accreditation Program, and information on how to engage with elected officials. This latter was presented by a representative from Environmental Defence, an environmental advocacy organization, and we look forward to telling you more about that in the November issue of The Messenger. In this issue, let's take a look at the Parish Accreditation

Program.

For many years, parishes have been invited to engage in a parish environmental (formerly called "greening") program which leads to accreditation at a bronze, silver, or gold level. St. Christopher's attained silver standing in 2011. The program has been revamped to reflect current environmental challenges as well as new technologies available to us. The revised Accreditation Program is divided into 15 categories. Each category has three levels to be achieved: Bronze, Silver and Gold. To achieve bronze accreditation overall, a parish needs to complete 10 of the 15 bronze level categories. As the program is designed to be cumulative, for silver and gold accreditations,

the other lesser levels are prerequisites for accreditation. These can be different for each level. For instance, you may complete bronze level categories 1-10, but then choose to complete silver categories 2-9, 11 and 12 for your silver accreditation. As a parish we will be able to decide which 10 categories we think are most suitable for us and our unique context. If we feel that we have also undertaken other significant sustainable practices within our parish, we may suggest two substitutions to count towards our 10 categories needed for accreditation. The fifteen categories, and examples of the items therein are:

- 1 The Niagara Home Challenge – a tool for households to use to assess their practices at home
- 2 Climate Justice Facilitator – whether the parish has a facilitator and team in place
- 3 Lighting – type and signage
- 4 Water Use – plumbing, best practices, no single use plastic bottles
- 5 Energy Audits – parish

- completion and goals
- 6 Waste Management – signage, attempts at reduction and waste diversion
- 7 Vehicle Use – carpooling, transit use, virtual rather than in-person gatherings
- 8 Worship and Sunday School – engage in events, and worship includes environmental themes
- 9 Heating and Cooling – temperature leaks are addressed, HVAC systems upgraded
- 10 Fair Trade, Organic and Local – food products used in parish events
- 11 Parish Grounds – no pesticides, best practices in gardens, tree inventory completed
- 12 Paper – limit use, print double-sided, recycled paper, compostable paper products used
- 13 Kitchen & Parish Events – minimize plastic and Styrofoam, reusable items, buy local
- 14 Recycle & Reuse – signage, education, rummage sales

15 Maintenance & Cleaning – scent free, environmentally friendly
Your Parish Climate Justice Team will be reviewing all of these categories and their implementation at St. Christopher's to see where we may be able to improve our practices and move closer to the gold standard. The full revised Parish Accreditation Program will be available soon, and we will provide the link to access it should you wish to delve deeper. As always, we welcome interested parishioners to join our team. We meet each month in the Family Room at 7 pm on the third Tuesday of each month (Next meeting is October 21).

Coming Events to Note:

Dundas Valley School of Art

Free Art & Climate Change Panel Talks
Register at: <https://dvsa.ca/art-and-climate/>
Beginning October 5

Repair Café

Request an appointment at:
burlingtonrepaircafe@cogeco.ca
Saturday, October 18 at St. Christopher's



CAROL HENLEY

PROPERTY REPORT

As the warm summer days become shorter and cooler, fall air descends, and our focus shifts to new projects. Here are some of the things accomplished over the summer months ...

- Access to the attic storage area that houses one of our HVAC systems at the north-west side of the Great Hall has been revamped with very positive effects. The new opening and future door allow us to step up into this storage space from the top of the attic at the rear of the Great Hall via a wooden step system, designed and built by Michael Peroune. In the past, two ladders were placed at the fire access panel which opened up into this space; the moving of large, bulky and sometimes heavy items was unsavory and unsafe! Soon Chris Jones will build the diagonal door to cover the new opening, finishing this complex project.
- The air filters outside the Sensory Room were replaced. These filters regulate the kitchen air quality.
- Mike Peroune continues to repair rectangular and circular tables to the inventory for weekly use.
- A new voice over internet protocol phone system was installed by Chris Jones which involved re-cabling and wiring all headsets to the main board in the back hallway. Our IT provider, Shawn Theriault, came for several hours to do the final integration of the old with the new. The

new system allows for additional sets, current technology with support, and a significant cost savings per month.

- Additional security cameras were installed at the front of the building (facing Guelph Line), with grant money awarded to us through the Anti Hate Security and Prevention Grant Program offered through the provincial government.
- New outer doors, door jambs, hardware and floor transitions were installed and painted in the Youth Room and Clothing Store rooms, also funded by the AHSP Grant Program. Please visit these rooms to see the doors – they have been handled by a superb craftsman, Al Wolin and they are solid and attractive. Thanks to Chris for making this connection and overseeing the project.
- The deteriorating ramp on the loading (west) side of the Community Market has been demolished and removed. A new ramp has been built by Starfleet of Burlington. The loading gate, just outside the back door of the Market, has a removable wall, allowing for a much smoother unloading process. All downspouts have been moved away from the structure and the base of the new deck has been raised above the ground to reduce water damage over time. It is also a superb product and should be seen to be appreciated.
- The Preschool has been busy over the summer in their outdoor space

(south west corner) – there is a new sandbox, with a wooden cover and sail above. There is a completely new storage shed and several other new wooden play items in the yard. Some new plant material and mulch were added over the summer. All of these costs were covered by the Preschool. It is a very inviting and attractive space.

- The Community Garden is flourishing with many innovations and plant varieties. If you have never had a conversation with our gardener, Sam LeGrand, try to do so before she leaves at the end of October. She is knowledgeable and passionate about all living things and extremely engaging! Thanks Sam, for all you do. Chris has assisted with water system re-engagement and rubbish removal.
- Mike Peroune updated all of the gold paint at the north doors, highlighting steps and posts.
- A digital lighting control of the parking lot and perimeter lighting was installed in the basement by Active Electric. This enables our Facilities Coordinator to make adjustments to lighting from his phone. The previous system was complex and difficult for making alterations in timing. This cost has been covered through the AHSP grant.
- New external electrical outlets have been added at the front garden from our bump-out section of the sanctuary. This should



Fall Yard Cleanup Saturday | 8 Nov | 9-12noon

allow for greater ease in Christmas illumination.

- A toilet was replaced in the Preschool washroom by Chris Jones.
- Chris Jones is consciously considering costs of all consumables in the supply and product procurement process.
- The directional signs in our driveways at Guelph Line were replaced and reinstalled by Mike and Chris.
- All downspouts were inspected and repaired by Mike Peroune.
- All life-saving equipment, including fire alarm bells, fire extinguishers and defibrillator are inspected monthly by Mike.
- A new grease interceptor was installed beside the wash up sinks beside the stoves by Harb's Plumbing. The old one had reached end-of-life.
- Two freezers and a fridge have been repaired by two separate companies, R.G. Henderson and Beechwood Refrigeration.
- Our relatively new Bunn coffee maker ceased working last week, but after a quick delivery

to Barber Kitchen Equipment in Hamilton, a repair and then a next day pickup, all was well within 24 hours! Our Tuesday Dinner patrons had the opportunity to be well caffeinated. Special thanks to Chris and Shannon for these two emergency trips!

Your chance to contribute to the well-being of our beloved property is coming up soon! Please keep Saturday, November 8, available on your calendar. Stan Pearce will be actively looking for volunteers to assist with the fall property clean up on this day, from 9 to noon. The more volunteers present, the more work that gets done and the quicker everyone returns home. It is a great day for exercise, time spent with friends and an appreciation for our amazing property.

If you are interested in doing small repairs or joining our Property Team on a frequent or infrequent basis, please let us know at the church office – 905.634.1809 or staff@stcb.ca. You would be most welcome!

Open Doors is working towards all things fall related ... preparing the garden to close, fall soups for Sunday's and Harvest Fest.

Join us this year for Harvest Fest 2025, October 23rd. An evening to savour the season's bounty and connect. This year, we're thrilled to be hosted by Paradiso Restaurant, where guests will enjoy an elegant three-course meal, thoughtfully paired with exceptional wines. Tickets will be able to be purchased through the office at \$150 per person. More details to follow on our social media and the weekly e-blasts.

This special gathering is all about celebrating our harvest, sharing stories, and enjoying great food with great friends. Food does more than just nourish the body; it brings people together, carries traditions, tells stories, and offers comfort. This month, Open Doors was attended the Burlington Community Foundation's Vital Signs Report 2025 – and wow, the things we learned about food security and Burlington!

The report offers a deep look into the well-being of our community, and it's encouraging to know that Burlington continues to rank high in quality of life. Across Canada, community foundations use Vital Signs reports as a check-up to measure the vitality of our communities and support action toward improving out collective quality of life. Many residents report feeling connected, safe, and happy living here – and that's something to celebrate!

But as always, there's more

to the story. While we're proud of Burlington's overall well-being, the Vital Signs report also shines a light on some critical challenges that many in our community are facing – and that's where the real work begins.

One major takeaway? Food security. It's not that we don't have enough food. It's that too many people can't afford it.

According to Food for Life, a staggering 76% of our neighbours have just \$0–\$200 left each month for food after covering essential expenses like rent and bills. That's for an entire month!

To put that in perspective, a Nutritious Food Basket – enough to feed a family of four a healthy diet – now costs \$1,162 per month (2024 figures). The math simply doesn't add up for many.

And here's another eye-opener: 30% of the people accessing food markets in our region are working – full or part-time. Employment isn't always enough to make ends meet.

At the end of the day, a strong community is one where everyone thrives – and we're proud to be part of one that's paying attention, taking action, and working together to make things better

If you want to read the full report you can access the link through the Burlington Community Foundation's website.

Don't forget – Harvest Fest 2025 is more than a celebration; it's a chance to support the vital programs that nourish our community year-round. Reserve your tickets today and help us turn a night of good food into lasting impact



SHANNON SHUELL
GOOD FOOD COORDINATOR

HARVEST FEST 2025

THURSDAY, OCTOBER 23 · 6:30PM

Paradiso



A meal to support **Open Doors**, Burlington's vital community hub offering free, wraparound services to those in need.

Enjoy a three-course prix fixe dinner at Paradiso, complete with red and white wine pairings, all for \$150 per person.

Live music, door prizes, and the joy of giving back.

SHAPING YOUR LEGACY



Today many charities and churches, including our own, struggle with maintaining donations even as the need and costs grow. It is virtually impossible to think about long-term sustainability or growth when struggles with operating budgets threaten existing services and programs. It is a challenge to integrate stewardship as a principle of spiritual growth both in the support of ongoing services and programs and in meeting future needs. Thoughtful planned givings can provide us with a firm foundation on which to invest in the future.

We have been fortunate that past and present members have been able to step-up in stewardship campaigns, building, and debt reduction campaigns and more as needs arose. More recently, Saint Christopher's received a \$20,000 bequest from the estate of a member who died. It is tremendously moving to see that our

people care enough for our church that they choose to remember us in their will with an investment in our future.

How often, when reviewing the journey of our lives, most, if not all of us, are struck by memories of life events that demonstrate how we are called to give thanks for past blessings and are uplifted by hope and trust for future grace. In my own life, our family gives thanks for my wife's recovery from leukemia. Her treatment led through months of chemo therapy, radiation treatment and an eventual stem cell transplant, with our daughter as donor. After lengthy recovery, supported by the prayers of family, friends and community including St. Christopher's, she is now cancer free for the past seven years. This for us is a significant past blessing that we will always remember and celebrate with thanks givings. Many of our church members

have similar stories in their own lives or in the lives of their families and friends for which they too may offer up bequests of thanksgiving.

Again, as we review our lives, we may also find ourselves casting about for a lasting meaning in our life, wondering "How will I be remembered?" Our family experience at the Juravinski Hospital and later Cancer Treatment Centre was enabled by the generous endowment by the Juravinskis and others. They shared their good fortune in life by creating a lasting legacy which benefited many thousands of others and for which they are now remembered with thanks by people they did not know. This can be a model of love and action in our own lives. We too can provide a legacy with which to support the future of those we care about and for many others.

That is why bequests to our church from our generous members can now

be used as investments in the future of our church. Our church does not use these gifts to merely cover operating costs. Our plan is to invest the money in ways that will benefit future generations. We have a new investment account, called the Mission and Maintenance Fund, where the principal must remain invested in the fund, and income from the fund can be used to pay for programs and services at St. Christopher's. Such gifts will grow into a meaningful legacy supporting us into the future.

Leaving a planned bequest to the church

allows each of us to expand our spiritual growth and to "reach for the heavens, and hope for the future. . . [to be] all that we can be, not just what we are" ("Eagle and the Hawk" by John Denver) – turning thanksgiving and the desire for a meaningful legacy into action.

In the words of the collect for the Sunday next before Advent from the Book of Common Prayer: "Stir up, we beseech thee, O Lord, the wills of they faithful people; that they, plenteously bringing forth the fruits of good works, may of thee be plenteously rewarded; through Jesus Christ Our Lord. Amen."



JOHN RESZITNYK



Fit for Service 9.30am
Monday | Wednesday | Friday



150 ANGLICAN
DIOCESE OF NIAGARA
MEDITATIONS
ON THE CHRISTIAN LIFE:
FAITHFUL LIVING IN A TIME OF CRISIS
Spiritual Retreat: Online with Bishop Susan Bell

Bishop Susan will explore classic Christian sources of inspiration for living in our polarized and difficult world. Registration is required.

Tuesday, October 21, 2-4.30pm
Wednesday, October 22, 6-8.30pm

<https://lp.constantcontactpages.com/ev/reg/5f9656z/lp/018f9ac6-c307-43f7-b8b8-74eddafadab28>

<https://lp.constantcontactpages.com/ev/reg/squz5um/lp/1468bb05-8eb7-4aac-b183-c74cfc427106>



To everyone at St. Christopher's
Dear friends,

Oh how I miss you!
For three years you showed me
so much love and your names are
forever etched on my heart. Thank
you for your love, kindness, support,
encouragement and overwhelming
generosity. I am truly blessed to
know you and to have been in
your midst.

I would like to invite you to
my induction service at Grace
Church on Wednesday, October 8
at 7 pm. It would be so nice to
see you there. And the guest
preacher is going to be awesome!

Always in my prayers,
and on my mind.
With love & blessings, David



Order of Niagara

We are so pleased that Bishop Susan is admitting Winston Tinglin to the Order of Niagara this year. This honour recognizes Winston's generous and gifted leadership in our congregation and in our region. The Order of Niagara service will take place at 4pm on November 16 at Christ's Church Cathedral. Please congratulate Winston when you see him.



Beginning in Fall 2025

Two pages of our Messenger will 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.

CHRISTMAS MARKET

As the golden leaves gently fall, there are many folks already donning their elvish wardrobe and getting ready for the festive season. If you would also like to be part of this preliminary excitement, there are many ways to join. If you make Preserves

there is a pH monitor and log book in the office as a sample of each batch needs to be tested. By doing this in your home we do not need to then open an entire jar later. Speaking of food, bring out those favourite recipes. Our Baked Goods area is a major drawing card

of the Market and we can never have too much. St Christopher's is known for doing food with great flair! Which brings me to the Bistro portion of the Market which will be serving breakfast, lunch, coffee and muffins. As always, there will be a Penny Sale, All Things Christmas,

Crafts, Knit and Textile Goods, several artisans who are parishioners, and a Silent Auction. Donations will be appreciated for the applicable areas closer to the Market. There will be sign up sheets in the atrium after Thanksgiving to guide you with where to volunteer.

Now, it is not mandatory to wear elvish or other festive garb in order to be a helper, so do not panic if you do not have a green felt outfit and jingle bell slippers! All are welcome. Stay tuned for updates on specific areas, and for the bulletin insert with detailed information.



A festive poster for St. Christopher's Christmas Market. At the top is a green holly leafy branch with red berries. Below it is the St. Christopher's logo, featuring a stylized blue figure and the text "st. christopher's". The word "Christmas" is written in a large, elegant teal script, and "MARKET" is in a bold, teal, all-caps sans-serif font. A small green star is centered below the title. A horizontal line separates the title from the date and time: "NOVEMBER 15 8.00AM-1.00PM". Below this, the address "662 GUELPH LINE BURLINGTON ON | L7R 3M8" and the website "www.stcb.ca" are listed. At the bottom is a row of colorful gift boxes with various patterns and ribbons.

st. christopher's

Christmas MARKET

NOVEMBER 15 8.00AM-1.00PM

662 GUELPH LINE
BURLINGTON ON | L7R 3M8

www.stcb.ca

TRUDY JOHNSON
MARKET CONVENOR





Bring It | Fix It | for Free

Volunteers help you fix broken household items
(there may be a small charge if parts are needed)

Upcoming dates - Oct 18 and Nov 22

St. Christopher's | 662 Guelph line | Burlington ON



Mental Health Care Partners

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: October 6 at 7pm.



Ginger Group

Calling everyone 55+ or retired! Our next gathering will be Monday, October 20 at 11.30am. We welcome Samantha Stambula and Gave Arcuri from the Canadian Centre for Electron Microscopy. Contact Winston or John at staff@stcb.ca for more information.



Climate Justice

Pray • Learn • Act • Advocate

Next Meeting

Tuesday | October 21 | 7.00pm



Holy Distractions! Let's Talk About ADHD

Saturday, October 25, 1pm in the Great Hall.

A workshop featuring speaker, Shannon Mac, brought to you by the Accessibility Committee. The event will be a fun, interactive session on understanding ADHD and building a more welcoming church for everyone!



Burlington Mindfulness Meeting

Wednesday | Oct 8 and 22 | 7.00pm



Watercolour Wednesdays

with Cheryl Goldring

Wednesday, November 5 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 | 7 October & 4 November | 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. (On the last Tuesday of the month, this group meets offsite at 1pm.)



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: October 6 and 20 from 2-4pm.



Prayer Shawl Group

Plan to join this passionate and caring group at their next meeting: October 30 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, October 6 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.

JAZZ VESPERS

SEASONS



Alison Young
Sax



Matt Newton
Piano



Tim Shia
Drums



Jim Sandilands
Bass



Rob Summerville
Trombone

Sunday
19 October
2025

St. Christopher's
662 Guelph Line
Burlington

4.00pm
Free Will
Offering

NATIONAL DAY FOR TRUTH & RECONCILIATION





Fall Maker's Market

Saturday | 29 November | 9.30am - 2.00pm

662 Guelph Line, Burlington, ON L7R 3M8
905.634.1809 | stcb.ca

Enjoy the wares of a variety of artists and craftspeople including:
baked goods, honey and related food, leather items, cards, coasters, birdhouses
and woodcraft, acrylic paintings, jewellery, crocheted items, scarves, tea
towels, Christmas crafts, books, cookware and more...

Plus light refreshments AND live Christmas Tree sales in our front garden.
You won't want to miss this event - mark your calendars now!



Thanksgiving Services

Join us for worship with friends and family at
8am | 9.30am | 11.30am
Sunday, October 12 2025

All Souls

Upheld by beautiful choral music, we will
draw strength from one another as we
remember our loved ones who have died.

2 November | 2025 | 4.00pm

