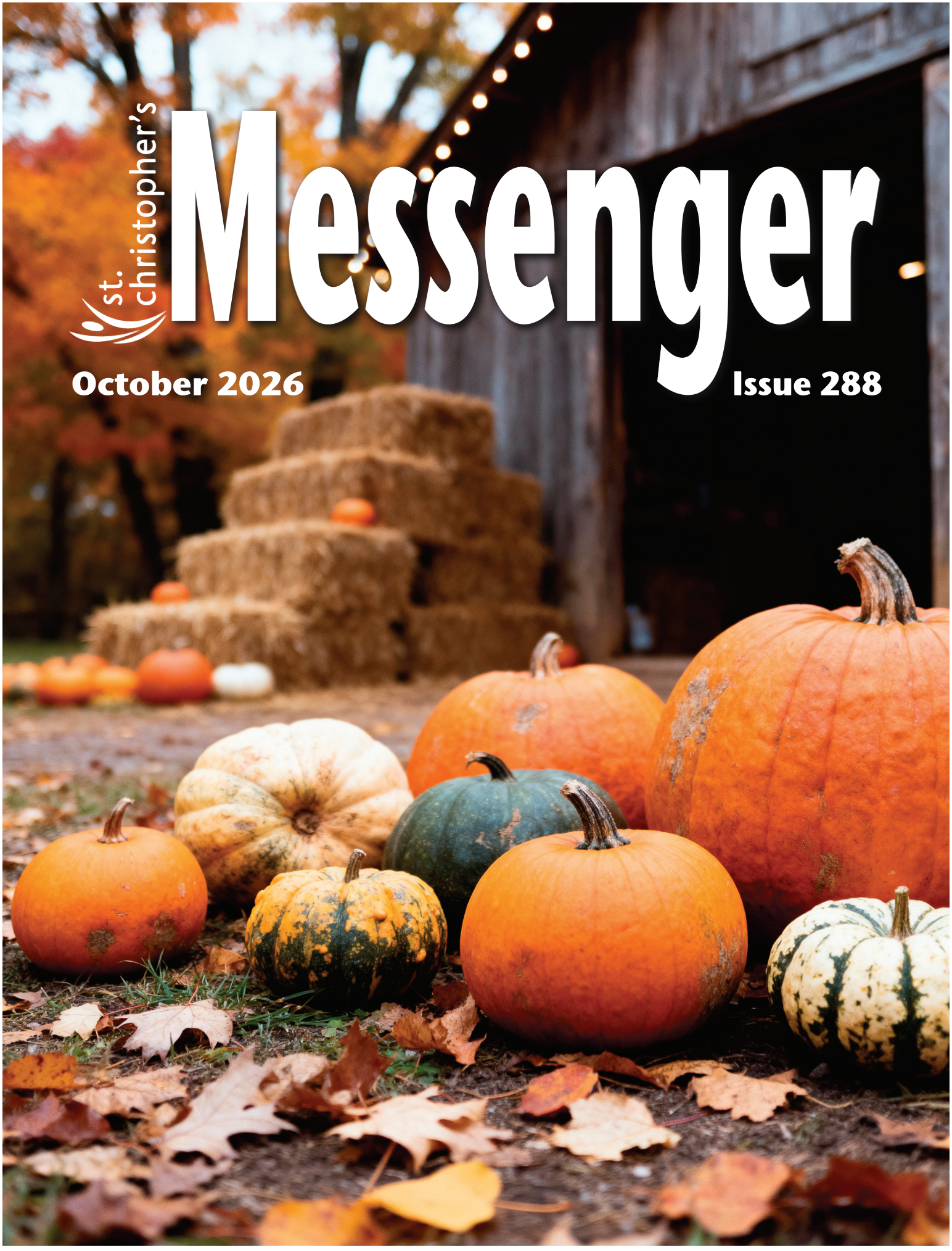

st. christopher's
Messenger
October 2026
Issue 288

Wardens' Report

Welcome back!

On Sep 13, we resumed our regular 8.00, 9.30 and 11.30 Sunday service schedule. It marked the return of all of the regular church activities, with a full schedule available.

It was also the return of everyone from summer and a chance to reconnect with people we haven't seen in a while to catch up. The connection with people is such fun. There are stories of cottage trips with mosquitoes the size of seagulls (or maybe they were seagulls), heart warming family updates, back to school readiness misadventures, and many other great stories to share. The people are part of what makes St. Christopher's so special.

This time of year also creates the opportunity to reconnect with the church. We continue to have a busy schedule with lots of ways for you to participate. Parish Council has restarted with a special meeting in September which featured Open Doors, including a tour to highlight the valuable work done by this important part of our ministry. We have also restarted our very busy calendar which offers something for everyone including:

- Kids Club - 1st and 3rd Sundays at 6pm
- Youth Group - 2nd and 4th Sundays at 6pm
- Fit for Service - M-W-F at 9.3am (new addition, chair yoga at 11am on Fridays)
- Burlington Mindfulness - 2nd and 4th Wednesdays - 7pm
- Mental Health Caregivers Support Group - 1st Monday of the month
- Accessibility Committee Workshop on Oct 17
- Watercolour Wednesdays - 1st Wednesday of the month at noon
- Senior's Group - every Tuesday at 2pm (last week of the month - offsite)
- Ginger Group - speakers planned until spring 2027 (55+)
- Men's Cooking Group - monthly on Monday (9.30am)
- Bridge - bimonthly on Monday (2pm)
- Prayer Shawl Group - last Thursday of the month at 1 pm
- GIFT (Growing in Faith Together) weekly - Sunday mornings 9.30am
- Bible Study returns Thursday Oct 1 at 10.30

There are also volunteer opportunities that you can discuss with the church office if you are interested.

As you can see, there is something for everyone. We encourage you to try something new. It's a great chance to meet people and have fun.

We also wanted to highlight what will be a busy season for fundraising. It's a very important part of our activities as we raise funds to support the many programs that are essential to our ministry and to reduce our deficit.

On September 20, we launched the "Close the Gap and Grow Together" campaign using the tap machine. For every tap between now and December, a leaf will be placed on the tree as a visual reminder that we shrink our deficit by increasing our income. We hope you can help us to realize our goal of $15,000. If you would like a tax receipt, you can scan the QR code to enter your information (you only need to do this once if you are using the same credit card). It's very easy.



Our October 2nd golf tournament is coming quickly with the teams set and dinner for golfers and non-golfers ready to go. It will be a very fun day!! Good luck to all of the golfers.

Artists for Outreach is coming soon. This fundraiser offers an opportunity to purchase some amazing art. There is a wine and cheese preview on Oct. 23, with the art sale on Oct 24.

On October 30, the exciting new Drag Show event will take place! Tickets are just $25. This will be a really fun event with lots of laughs. I have already purchased my ticket to make sure I have my seat before we sell out.

The Open Doors Harvest Fest event at Paradiso restaurant is coming on November 5. It's a delicious meal and an entertaining evening for a very good cause. Tickets are on sale now on Eventbrite!

It's almost time for market season. Our Christmas Market is planned for November 14 and it's a great opportunity to buy gifts and baked goods and enjoy our on-site cafe. The Maker's Market is planned for November 28 and is an opportunity for you to buy some creative crafts from local artisans.

We are also getting ready for our annual Christmas Tree sale which is planned to start in late November. Last year's campaign was a huge success for our first year. We are sourcing our trees from Potter's Farms again this year and have already placed our order. In addition to raising funds, it's a great way to enjoy the festive season. I did a lot of shifts last year and have many heart warming and fun stories about the impact on families.

Many more activities are planned for 2027!

We look forward to your help and support to make these events a success. Fundraising is an integral part of our parish and is needed to increase our income to support our programs.

It is great to reconnect with all of you now that we are back. We look forward to seeing you in what will be a busy remainder of 2026!!!

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



Mike Ravenscroft
Warden



Parish Council

Wednesday | October 21 | 6.30pm

on Zoom

Climate Justice

Pray • Learn • Act • Advocate

Next Meeting

Tuesday | October 20 | 7.00pm

Family Room



Fall Clean Up

Sat. November 7 | *There will be treats!* | 9am - 12noon

Please contact Chris Jones at staff@stcb.ca
if you can be here!



Christmas Market Canning

As our planning for the annual Christmas Market has begun, we are wondering who has been working on perserves for donation this year. If you are canning to planning to do so, please contact Paul Shelton at staff@stcb.ca. Paul needs to know what to expect this year, what kind of perserves and how much. It would help greatly in our logistics planning. We also need to make sure all preserves have been tested in plenty of time before the event. Thank you.



Thursday Bible Study / Thursday Eucharist

Join ua on Thursday mornings (beginning October 1) for study with Canon Penny at 10.30am and the Morning Eucharist service at 11.30am. Plan to stay and enjoy a tasty lunch at 12noon!



Mental Health Care Support

Providing care to loved ones experiencing mental health challenges can be overwhelming. Come join a safe and confidential space with others on a caregiving 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 dates: Monday, Oct. 5 and Nov. 2 at 7pm.

Children's & Youth Ministries



I wasn't quite ready to say it at the beginning of September, but I'm ready now. Welcome, Fall! With our groups and classes back in full swing, and Penny's return, dare I say it almost feels like we're back to our regularly scheduled programming? Consistent and familiar, yet always striving to explore new avenues.

One of the ways we've been doing that in our Children and Youth Ministry is through Kids Club and Youth Group. By popular request from our eager young members, both programs have doubled in frequency from last year.

It's not about expanding our curriculum, writing more lessons, or making sure our kids are learning about the Bible at an accelerated pace. It's about giving them an opportunity to spend time together in a "third space."

They have home, they have school, some are fortunate enough to take part in paid extracurricular activities. But we want St. Christopher's to be a safe, barrier-free, welcoming place where kids can simply be kids. A place where there are no math tests, tryouts, or auditions. Just a place to be together.

Does anybody else feel like those spaces are disappearing from our society? I know I do sometimes. I'm sure the pandemic, along with the expanding role of technology in our lives, has played a part. But when I see the faces of our kids light up as they enter the church simply to be together and have fun–away from expectations, schedules, and schoolyard politics–I know we are on the right track.

Now, make no mistake: we still weave the stories of the Bible and the love of God into everything we do. Sunday morning programming offers a little more structure, with stories, reflection, and discussion. Sunday evenings are a little more about doing.

The kids are welcoming. The kids are inclusive. The kids are full of fun and free of judgement. The kids are listening and looking out for one another.

For the academics in the room, I think of Sunday evenings as "putting theory into practice." We get to watch our children and youth discover their gifts, share them with one another, and–perhaps most importantly–learn what it means to be God's community. And we are excited for the year ahead.

In much the same way that children need a "third space" to fulfill their need for community and connection, so do we. That's one of the reasons I was so excited to take part in the Children and Youth Ministry Diocesan Retreat, Walking the Way, on September 26th.

Connecting with others who work in children's ministry, sharing ideas about the future is one of the best ways to breathe new life into any program. I'm looking forward to coming away with fresh ideas and new relationships with other youth programs across our Diocese–relationships that will, I hope, strengthen the community we're building for our young people here at St. Christopher's.

And as we enter a season that always seems to move at high speed, plans for our Advent programming and Christmas Pageant are already just around the corner. More on that later, but I think it's going to be a hit as we prepare to share with our children and families what Christmas is all about.

Finally, a quick shout-out to our wonderful volunteers for your continued dedication to Children and Youth Ministry. I am so grateful for the generosity you show with your time, your energy, and your enthusiasm. I hope you know just how much you are valued. The future of the church cannot grow without young people, and there is no program to welcome children without the people who make it possible. So, thank you.

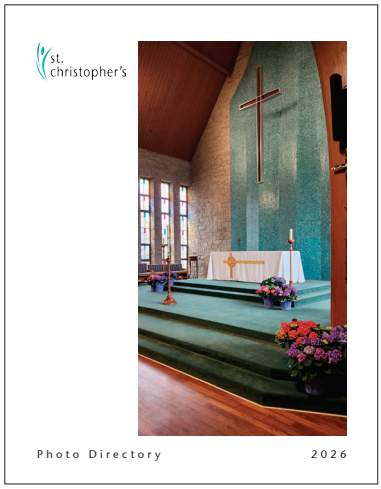


Carrie Ford-Jones
Children's & Youth Ministry Coordinator









The new Photo Director is now available online.
The Password to open the file is included in your weekly E-blast.

From the Registry

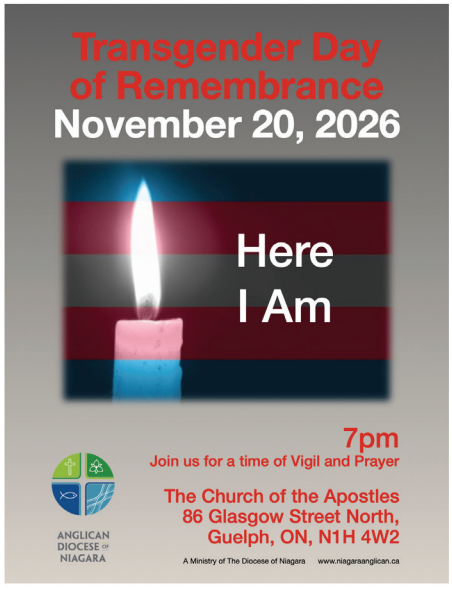
Funerals

Sep. 12 Arnold Victor Joyner
Bernadette Joyner



Harvest Time in the Community Garden

The Community Garden is brimming with produce and there is a very short window of opportunity for harvest before the first frosts arrive. If you are able to volunteer some time and energy here, please contact the church office at 905.634.1809 or sign up in Better Impact for the shifts you are available. Sign up often or even just once. All hands are needed. You will be amazed at all that you find in this year's garden, under the planning and supervision of Sam LeGrand, our gardener. She will be happy to share her knowledge and passion for everything green with you!



Music & the Performing Arts



There's always new experiences to be had! I don't know how many Messenger articles I've written (at ten editions per year, a short break for COVID and over 14 years it's about 130) but I've never written one on a VIA train! I must say it's quite civilized: comfortable, excellent views of Lake Ontario and decent coffee.

I'm travelling to Montreal to watch the road cycling world championship race with my beloved. We've wanted to go see the Tour de France for years and this is a chance to watch the same elite athletes but on a course that's friendlier for spectators and wallets alike. If you ever feel like having your ear talked off, ask me about it sometime.

While racing is happening all week, the headline event is on Sunday. I'm grateful that my student Joy Li will be directing the choir and playing the keyboards on September 27th. This young person wants to have a career in church music and it reflects well on St. Christopher's for providing her an opportunity to hone skills and gain crucial experience.

Another talented young person gaining real world musical experience at St. Christopher's is Kieran Curtis who began playing with the 11.30 band just last week. Like Joy, he wants a career in performance and has the talent to pull it off. His electric guitar and bass guitar playing will open up new repertoire possibilities and I'm already enjoying having the extra sound in the mix.

We've also had a new singer join the choir in just the last week and a tenor, no less! Mark Brouwer joined us for the first time on Sunday, September 20th and it just so happened that I heard a lot of positive feedback on the choir's contributions to worship that morning particularly in reference to the anthem, Panis Angelicus. I appreciate all feedback about our music programs, both positive and constructive.

And so, in October, I'm grateful for Joy and Kieran, for new choristers and feedback that shows how much people care about music at St. Christopher's. I'm grateful for cycling, train rides and new experiences. I'm grateful for all the loving, kind, talented, wise and witty people who I get to make music with on a weekly basis. I'm grateful for congregational song which is one of the most powerful and authentic expressions of faith and community that I can think of.

Gratitude is a powerful conceptual framework for life but there is, I think, some danger in just feeling warm and fuzzy without actually doing anything to improve the suffering around us which we are grateful for not experiencing directly. Before I got on this lovely train where I can write Messenger articles and drink decent coffee, there was a nearly three hour delay in getting to Toronto because someone was killed on the tracks just west of Union Station and all tracks, eastbound and westbound, were closed for an investigation. Probability holds that it was a suicide. While I'm grateful for my own current health, I know that mental health care in Ontario is failing people. This Sunday is the Sixth Annual Walk to the Lighthouse and, even though this Messenger is published after the event, it will still be possible for the reader to donate to this local mental health initiative to which many people at St. Christopher's have a close connection. I'm going to grab a 50/50 ticket from the site now and include a link to the organization's site here:

https://www.walktothelighthouse.com/



Andy Elmhirst
Director of Music

JAZZ VESPERS



BLUES THAT GO BUMP IN THE NIGHT



Jim Sandilands
Bass



Adrean Farrugia
Piano



Tim Shia
Drums



Elena Kapeleris
Sax



Alson Young
Sax

Sunday 18 Oct. 2026

St. Christopher's 662 Guelph Line Burlington

4.00pm Free Will Offering



Tai Chi

Wednesdays | 7.00pm



Fit for Service 9.30am

Monday | Wednesday | Friday

REPAIR CAFÉ

Bring It | Fix It | for Free

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

Please send an email to explain what you'd like to get fixed,
and to reserve a time slot: burlingtonrepaircafe@cogeco.ca.

Saturday | 17 October | 10am - 2pm
St. Christopher's | 662 Guelph Line | Burlington ON



Fit for Service Chair Yoga

Fridays | 11am



Mondays - Dance with Candace

Line Dance
5.30pm beginner | 6.30pm advanced

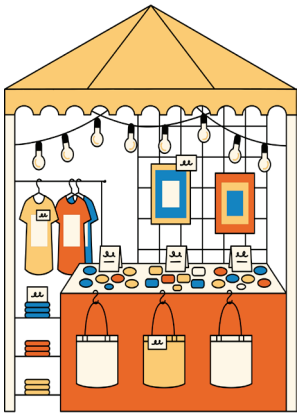
Partner Dance
7.30pm beginner | 8.30pm advanced







st. christopher's



Fall Maker's Market

Saturday | 28 November | 9.30am - 2.00pm

ARTISTS FOR OUTREACH

BURLINGTON FINE ARTS SALE

Friday | 23 Oct | 6.30 to 9.00pm
Wine & Cheese preview - tickets $30
Limited seating
contact cgoldring@cogeco.ca for tickets

Saturday | 24 Oct | 9.30 to 5.00pm



Burlington Mindfulness

October 14 & 28 @ 7.00pm



28 November | Sales Begin

Open Doors

As a reminder, our Open Doors Community Garden is run in partnership with the Burlington Food Bank, and thanks to that partnership, we've been able to harvest over 320 kgs of garden produce (so far) for our community (with much of that being herbs and salad greens). I wish I could talk about it with the same kind of knowledge and passion that Sam our gardener does! With it starting to feel like fall we think of the harvest of our garden and putting the gardens to bed but we are not there yet. Here is a note from Sam ...









At Open Doors, our garden is still going strong! What are we harvesting in our garden right now? We've got: dragon-tongue beans, green beans with striking streaks of purple; "Alice's dream" tomatoes, exceptionally sweet fruit with amber flesh and little acidity, striped on the outside with orange, yellow, red and purple; red okra, which tastes just like green but stands out like the shellacked shell of a ladybug; purple beans, which are also a kind of green bean, despite the name, and turn green when cooked; purple and pink mizuna, a salad green with deeply lobed margins, sometimes called "spider mustard" after their spindly shape, which offers a nutty, spicy and bitter flavour (and has been the main feature of our Tuesday night salad portion of dinner for weeks now!); the last of the blueberries (some of which are pink, coming off a variety of blueberry plant aptly named "Pink Lemonade"); the leathery and meaty lobed leaves of the dinosaur kale plant, deep blue-green and tall like a small palm tree, and always pest-free thanks to the bubble-like caves inside its leaves which shelter spiders (who eat all the dusty aphids and cabbage-moth caterpillars)... and more is soon to come.

Our garden is not just bursting with food, but also with creatures and critters; squirrels are planting black walnuts; black swallowtail caterpillars are defoliating dill plants in preparation for making cocoons to survive winter; bees, wasps, and hoverflies are tumbling through their green jungle gym when it's warm and sleeping inside sunflower blooms or on cucumber leaves when it's cool; bunnies are nibbling away on any plant that has dried out and turned to hay; cabbage moths are twirling about in the wind, knowing that their primary food source (brassica plants) cannot be killed by the coming months.

Speaking of the coming months, in the garden we will soon have; sun chokes (aka "sun root" or "earth apple"), a native plant, which is the tallest plant in the garden right now, soon to have a canopy of small sunflower-looking blooms, eventually producing magenta-skinned roots that taste like artichokes and can be cooked like potatoes or eaten raw; the Big Beets, who have Swiss-chard leaves and football-sized roots emerging from the earth (place your bets on how heavy the biggest beet will be!); green and red Thai chilies, boasting a formidable 50k-100k Scoville heat unit measurement; and exponentially more strawberry plants, born from "runners," which are essentially clones of the mother plant that remain attached until they find a spot they like.

There's lots to be excited about in our autumn garden, but it is still important to hold love for the moments that have come and gone in our not-so-little landscape. Although a few fruits are still hanging on the blueberry bushes, the three new beds of brand new blueberries are starting to show the warm red colours of a berry bush going to sleep. Gardeners will be waiting on these plants with baited breath all winter, hoping they survive. Normally, land for blueberries needs to be prepared a year in advance, due to the soil acidity needs of this particular fruit. Blueberries need a soil pH of between 4.2 and 5, but our native soil as well as most bagged soil sits at a neutral pH of 7. By regularly working in a soil acidifier (derived from elemental sulphur and gypsum), and checking the pH around the base of each plant, we hope to help these plants thrive into beautiful and productive perennials.

It would be a shame not to mention the donation of green onion roots from Pho Mi T&T in downtown Burlington. Thanks to them, we have been able to harvest a milk-crate's worth of spring onion greens twice a week. Spring onions are wonderful, because even if you only have a bit of onion attached to the roots, and even if the roots are trimmed millimetres long, the onion will grow rapidly if given just a little bit of moisture. They are happy to be regrown in a shallow cup of water, but thrive when planted directly in a bit of soil.

Our garden is truly painted with the efforts of our community. Different groups have come to help, such as the Centre for Skills Development and TD Canada Trust. Next door neighbours have donated materials (thank you John for the bricks, and thank you Lynn for the strawberries!). Businesses have pledged to assist our community garden with acquiring seedlings (thank you Victor from Integrate 2 Cloud). Students and teachers and small businesses have grown seedlings specifically for our garden (thank you Heather and students, and thank you Myles from Garden Growers!). Volunteers have come from all over Burlington to grow and harvest food. So many beautiful donations of time and materials have made our garden the open community space it is today, but there's still work to do (more on that later)!



Sam Le Grand
Garden Coordinator
with the Burlington Food Bank

OPEN DOORS
every person. every table.

Harvest Fest Dinner

Paradiso Restaurant
2041 Pine Street
Burlington, ON

Tickets on Eventbrite $150+



Come celebrate, connect, and unwind with us at Harvest Fest 2026 – a special evening dedicated to celebrating the successes, milestones, and community of Open Doors throughout the year.

Gather your friends, family, or colleagues and enjoy a relaxed and welcoming evening featuring a curated menu, great company, and plenty of opportunities to celebrate together.

What to expect:

- A delicious curated menu to enjoy with your guests
- A warm and relaxed atmosphere
- A special presentation celebrating the successes of Open Doors in 2026
- Exciting door prizes and surprises
- Time to connect, laugh, and celebrate with our community

Come enjoy good food, great company, and an evening filled with gratitude, celebration, and community.
November 5, 2026 7pm to 10pm

Climate Justice Committee



Over the course of this past spring and summer, all those who were interested had an opportunity between the Sunday services to visit our Community Garden. It was eye-opening to see the wide variety of plants that were grown, the ways that they are used in our Community Meals and Community Market, and the sustainable and pest control techniques that are used. Kudos to Sam, our Garden Coordinator, and her team of summer students and volunteers who brought in (and are continuing to reap) such an abundant harvest. Be sure to read Sam's report on the season on the Open Doors page in this issue! And, if it inspires you to see more (and you missed a tour this summer), just ask one of the Climate Justice Committee members, and we'll line up a visit for you.

I have been visiting the Burlington Farmer's Market this summer and thoroughly enjoying the wide variety of fresh, local, fruits and vegetables that we've had on our table. Like many of you, I've been making a real effort to buy local produce, and the summer bounty lulled me into forgetting the things that I wasn't able to find last fall and winter. Celery is a good example. When the crispy, green, Ontario stalks became available, it reminded me of how much I had missed it! Finding the produce that I want at any time of the year is something that I've come to take for granted. And purchasing food that has to come a long way to get to our stores has a carbon cost. So, my resolution for the remainder of this growing season is to continue to buy locally, and to freeze or otherwise preserve enough of the things that were hard to find last winter to see us through until next spring. First up is some celery for our Thanksgiving turkey stuffing, and while I'm at it, I'll freeze some so that I'll have it ready for a Christmas turkey (and whatever soups and stews might benefit from some delicious celery over the winter).

Enjoy the remainder of this growing season!

The Climate Justice committee is a group of folks who are passionate about the environment and the ways that we can care for creation and advocate for change that will protect it for generations to come. You can contact us at staff@stcb.ca if you would like to know more.



Carol Henley

Doll Haus Events Presents

HALLOWEEN DRAG SHOW

st. christopher's

FRI. 30 OCT

Costume Contest





Featuring: Kara Melle Axelle Wolfe

Venue
St. Christopher's Church
662 Guelph Line Burlington

Doors Open
8.00 PM

Showtime
8.30 PM

Tickets: Eventbrite $25 19 + Event Cash Bar



Watercolour Wednesdays

with Cheryl Goldring

Wednesday, 7 October at 12 noon

$40 per session. All materials are provided, including professional instruction. Gather with others in a warm and encouraging space. Light beverages are included. Registration required at staff@stcb.ca. If you are interested in attending an evening watercolour class, please contact Cheryl at staff@stcb.ca. Next date: Nov. 4



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. Upcoming meetings are: 19 October at 2pm.



Ginger Group

Calling everyone 55+ or retired! Our next gathering will be Monday, 19 October at 11.30am. Contact Winston or John at staff@stcb.ca for more information. Cost $15.



Prayer Shawl Group

Plan to join this passionate and caring group at their next meeting: 29 October at 1pm. If you have never knitted before, come and learn. Meet friends over shared creative skills.



Men's Cooking Group

Men's Cooking Combined will meet on Monday, 5 October 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.



Seniors' Social

Tricia Clarke and this warm and wonderful group of seniors meets Tuesday afternoons in the Family Room at 2pm. Enjoy a time of refreshment, games and conversation. Bring your special energy to build some new relationships. (On the last Tuesday of the month, this group meets offsite at 1pm.) Everyone welcome.



The St. Christopher's Accessibility Committee
presents a workshop on Mental Health with Jodie Grigsby, MSW

"Voices, Visions and Unusual Beliefs"

Saturday | 17 October | 1.30 - 3.00pm

st. christopher's

The Messenger is published monthly for the parishioners of St. Christopher's Anglican Church. All questions or concerns should be directed to the Messenger Editor, c/o St. Christopher's Parish Office, 662 Guelph Line, Burlington, ON, L7R 3M8. Call: 905.634.1809. Email: staff@stcb.ca. Website: https://stcb.ca/.

Thanks to this month's contributors: *Ken Beeby, Andy Elmhirst, Carrie Ford-Jones, Carol Henley, Mike Ravenscroft, Shannon Shuell, Joy Thomson.*



Join us for worship with friends and family at
8.00am | 9.30am | 11.30am
Sunday, October 11 2026

All Souls

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

1 November | 2026 | 4.00pm

