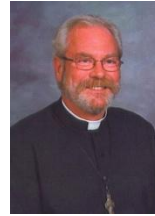


# The Source



*Spring Edition 2010*

St James Church  
225 Edmund St.  
Carleton Place, ON, K7C3E7



*Message from Father David*

Spring 2010

After a brief hiatus the Source is back! I extend great thanks to Ryan and Jennifer Amenta who have agreed to become our new editors. I also give thanks to Marjorie Jennings who faithfully fulfilled that role for many years. Well, we've been busy since our last edition of the Source. In October we had our final service of celebration marking 175 years of faithful Anglican service in Carleton Place. We had a wonderful day with many former Rectors, The Rev'd Harvey Southcott, The Ven. Allan McGregor, The Rev'd Gordon Worden, The Ven. John Fowler and The Rev'd David Mullin, and a newly ordained 'child' of the Parish The Rev'd Jessica Worden, in attendance. We gathered in the Church to offer thanks to God in Holy Eucharist and followed that with a marvellous brunch catered by the fine folks from Balygibins on Bridge Street.

The next thing we knew it was Advent and then Christmas. Our early service on Christmas Eve featured a great pageant by our young people which was greatly enjoyed by all. Our attendance was up at all three services which is always nice to see. Vestry was held in February which produced a desire to examine our plans for the future. To this end our Future Options Team met on March 9<sup>th</sup> to begin the process of discussion and discernment.

Our Wednesday evening service has been attended by a few faithful and energetic people. There is always a great discussion, many questions (and I hope a few answers!) followed by a simple Eucharist. We took a break during Lent to have a 5 week Bible Study called "Engaging in God's Mission" which was very well attended.

Our pastoral Care Team continues to visit and assist me at the Carleton Place Manor and at Stoneridge Manor. They are very good about home visits so if you or someone you know would like a visit please contact the Church office. As you can see, it's always busy at St. James. We are growing, we are having fun and most of all we are trying to do God's will and worship Him in a Spirit of Truth, Integrity and Love in this place.

There are many new initiatives in the Parish including Fresh Expressions, if you don't know what that's about – ask! The Chamber of Commerce is planning a Trade Show for May 15 and 16 at the arena. We'll have a booth and volunteers are needed to provide information about St. James and our ministries. More information to follow.

Until next time, God Bless,  
Father David



### *Letter from the Editors*

Hello,

Welcome to the latest edition of The Source. This will be our first attempt at editing the newsletter. We plan to issue the newsletter quarterly. Special thanks to everyone who contributed to this edition of the The Source.

We are really looking forward to everyone's feedback so please send any comments you may have. We also need content so please let us know if you have anything you want added to the next edition. You can contact us by email at [ryanamenta@gmail.com](mailto:ryanamenta@gmail.com).

Thanks,  
Ryan and Jennifer Amenta

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### *Note from Church Wardens*

Hi there,

I am your new People's Warden and have been a part of St. James' congregation since my husband, Paul and I moved to Carleton Place in 1982. You may not recognize me, but you might remember our three children- Jason, Jenny and Jory who were an active part of the Sunday School, were confirmed here at St. James, and were dedicated servers until they left for university.

Jenny and her husband Blain were married in a beautiful ceremony at St. James, with Father David Mullen as the celebrant, five years ago already!

I have never been a church warden before, but I am eager to learn my role, and help our St. James Family any way that I can. As the People's Warden, I will work hard to address your concerns to the best of my ability. Most of the time, Paul and I attend the 8 o'clock Sunday Service, and we will be returning to the Wednesday night conversation and casual service after Easter as well.

I have been in touch with Ross Beck, the Rector's Warden, who is in Kentucky as I type this. You will hear from him in the next issue of The Source.

I look forward to working with Father David, Ross and everyone else on Parish Council.

Happy Spring!  
Allyson Rossiter  
People's Warden

## *Parish Council*

It has come to the attention of Parish Council that parishioners may need information concerning property and maintenance issues. Should you feel that something needs fixing, such as, a burnt-out light bulb, heating problems etc., please call Jane Chamney at the church office (613-257-3178). Allan Code has agreed to be property chair.

Also, as a lasting memento of St. James' 175th Anniversary, there are still commemorative ornaments for sale. Please see Jane at the church office to make a purchase.



## *Simnel Cakes*

By Ralph Langtry

The photo (taken in my dining room) is of the Simnel Cakes I made, and the choir served, for the observation of Mothering Sunday, the Fourth Sunday of Lent. It reflects an English tradition of returning to one's "mother parish" in Lent and visiting family, marking the occasion with cakes of the finest flour, in Latin called "simila". Honouring "mother church" came and by extension honouring Mothers and "motherhood".



## *The Young people of St. James - Ages 3-17*

Well, it has been a very busy start to a great year. The youth have been involved in a number of exciting events since September. First was the kick off Picnic, on the first day of Sunday School and Youth Group. We had a great turnout with lots of food and fun.

The youth then helped serve at the Annual Turkey Supper which is sponsored by the Women's Council.

For the next event, five of the youth went to the "So you think you can" retreat weekend in Chesterville. Lots of great friendships, fun and learning happened on this weekend. The youth were recognised for a rap they wrote and performed at the Saturday night service.

Then came the Masquerade Parade which the town of Carleton Place has each year. The kids had a great time representing the parish. They walked with the banner, handing out flyers for the Halloween for Hunger fundraiser dance/party and candy along the way. The parade collected food and funds for the C.P. Food Bank.

On the Halloween weekend they sponsored the fundraising Dance/Party "Halloween for Hunger" and with this event they raised 90 Lbs. of food for the C.P. Food Bank and enough money to cover costs. Candy and prizes, which were all donated, and lots of fun was had by all. This was our October family fun night.

The youth had a Chore/Slave day. Tom and Marilyn asked if the kids would like to raise some money for the youth group. Well of course we do! So on Nov. 7, eight of our youth took to shovels and wheelbarrows and moved 6 cubic yards of mulch to the gardens in 2 hours. They were very tired but very pleased with themselves. They raised \$100.00 which in turn they decided to donate to CHEO.

The youth were given a gift of craft supplies from the Make a Wish Foundation. They took these supplies used their imagination and made a number of crafts. At the annual Snowflake Bazaar, the youth had a table to sell these crafts. They raffled off a beautiful painting donated by Pat Borsa with other works. In all of this they raised \$241.00 which they decided to donate back to the Make a Wish Foundation.

The youth then attended the Ordinary Radicals in Carp. This event was open to anyone in the parish. This time St. Paul's Almonte Youth Band played at the service with a pizza supper and multimedia session following. This was a very inspiring evening to learn how we, at any age, can help others.

To finish off the year, all the youth of St. James participated in the Christmas Pageant "The Birth of Jesus". This was a first attempt at all speaking parts and a real baby playing Jesus. The kids had fun preparing props for the play and finding costumes. All children went home with a Christmas bag to start the New Year.

Starting in January 2010, the Youth got right back to being busy. Our older youth were asked to help out serving at the Annual Roast Beef Dinner, sponsored by the Women's Council. The kids feel very special when asked to help out at these different events.

Then on they went to have a baking day to get goodies ready for the Valentines Dance/Party.

We had our Valentines' Dance on Feb. 13 with Molly Penny the Clown coming and supporting us. The kids donated \$100.00 to Therapeutic Clowning at CHEO. Thanks for coming out to our Valentine's Day dance with Molly Penny. February ended with our family swim which was well attended – 46 came out to swim and have fun at the pool with 12 coming back to the hall for the potluck supper. A great time was had by all.

Our younger youth are enjoying the new Sunday School room in the church. It is a bright yellow cozy room with the right size tables and chairs for our kids. The teachers are finding it easier to keep the group interested and involved in the stories, crafts and music with the smaller room, and with no worries about coats, boots or crossing the street. We have our faithful group coming every Sunday. It is such a pleasure to see them parading into church with crafts in hand and smiles on their faces to be greeted by Father David not knowing what to expect.

Our wake over in March was well attended with 17 kids coming out for fun on Friday night and 10 stayed for the wake a thon. Our group collected \$189 which will be donating to the World vision 30 hour famine. We had lots of fun with music, games, crafts, movies and a little sleep.

We are now preparing for our April events starting off with the showing of Jesus Christ Superstar on Good Friday at 2pm in the church hall. April 11<sup>th</sup> is our youth lead service with kids greeting, reading the lessons and gospel, speaking the sermon (from their point of view) and collection. This should be a fun and interesting Sunday for all. April 18<sup>th</sup> is our Youth Spring into Spring Brunch, after both services. Hope you will be able to come and join us. We end April with our youth event at St James in Carp with a youth service followed by pizza, fellowship and talent show. This will be a fun time with other youth from around the diocese and all are welcome to join us at this event.

In closing we would like to thank everyone for their continued support of our youth and their events. They enjoy doing them and hopefully bridging some gaps between ages in our church family.

God Bless us all,  
Sharon and Pearle

## Youth Group Pictures

Opening BBQ



Youth Retreat



Christmas Decorations



Halloween for Hunger



Roast Beef Dinner



Chore/Slave Day



Bazaar



Christmas Pageant



Baking Day



Pot Luck Dinner



Valentines Dance



Wake a Thon



## *The Alice Jane and Frank G. Langtry Scholarships*

The initial endowment was made by J.F. (Sam) Langtry in memory of his parents and nominations are made by Ralph Langtry subject to the approval of the Parish Council. Applications for 2010 may be obtained at the church-office after April 1st with final submissions due May 15. Once accepted, applicants can receive financial aid for post-secondary education for three or four years up to \$1500 in total. Since the establishment of the scholarships in 1998, 53 students have been assisted by Langtry Scholarships



### **HUG the CHILDREN OF HAITI**

St. James Anglican Church is sponsoring a Haitian orphanage in light of the recent natural disaster – these precious children need our love and support now more than ever! St. James' HUG campaign is hosting a monthly family movie night to bring in these much needed funds to provide medical supplies, schooling, and nutritious food, clean clothes, a safe home and clean water – all in a Christian family environment. Please help us HUG the Children of Haiti. Come and enjoy popcorn and a movie with all your loved ones for a small donation. Popcorn and drinks will also be available for a small cost.

March 19<sup>th</sup>, 2010 – 7PM

**Quigley**

April 23<sup>rd</sup>, 2010 – 7PM

**UP**

May 14<sup>th</sup>, 2010 – 7PM

**Facing the Giants**

# HUG the Children of Haiti

**St. James Anglican Church HUG Campaign**  
**For more details visit Facebook or Website:**

<http://www.facebook.com/pages/Carleton-Place-ON/St-James-Anglican-Carleton-Place>

Or

<http://www.stjamescarletonplace.org/>



**FAMILY MOVIE  
NIGHT  
7:00 P.M.**

**DATES  
March 19, 2010  
Quigley**

**April 23, 2010  
Up**

**May 14, 2010  
Facing the Giants**

**Your donation, no  
matter how big or  
how small makes a  
HUGE difference in  
a child's life.  
Please give a little  
or all you've got!**

**How would you like to provide just one big hug to those less fortunate than you?**  
The abandoned children of Haiti need your love - now more than ever! You can help, by supporting St. James' "HUG the Children of Haiti" campaign. This is a unique giving opportunity, one that you will want to explore and pursue with your family! For the next 3 months, you will have the opportunity to "HUG the Children" by coming out with your loved ones to watch a favorite family movie for a small donation.

**What will you be giving with your "HUG"?**  
You will be providing much needed medical supplies, nutritious food, clean clothes, a safe home, clean water and schooling to our St James' sponsored orphanage - all in a Christian family environment! And think, all these necessities come to these children through the Haitian Staff and our Ministry who shower them with Jesus' love all along the way.

This investment opportunity is yours by "HUGGING" these precious angels!



## *Trip to the Duncan Hospital in Raxaul, Northern India*

By Tom Edwards and Marilyn Sellers

Parishioners at St. James pray weekly for my daughter, Mary Ellen, a mission worker and physiotherapist at this hospital and for the work she is doing. She has worked there for nearly 9 years, and this past February, we journeyed there experiencing the most memorable adventure.

Raxaul is a small city north-west of Calcutta at the end of an 18-hour train trip, on the border with Nepal. The surrounding countryside is very flat and rural; two crops are grown each year, winter wheat and rice. The culture is very traditional and in fact I had to wear a "kurta" (tunic) and "dupatta" (scarf) which all Indian women wear.

"Duncan" exists in the centre of Raxaul. It is a huge Christian compound containing a 200-bed hospital serving all aspects of medical and dental care along with countless offices, a school for 600 children, chapel which seats about 150, apartments for medical personnel along with accommodations for visitors like us plus a bank and courtyard for visiting families. The buildings are old; the hospital wards contain iron beds and are very plain. Of note are three abandoned children living in one room but loved and cared for.



Pictures: Left - Hospital entrance; Right - Two field workers leaving for community visits

Mary Ellen heads the Community Based Rehabilitation program for disabled children in the area. She is assisted by five very capable local young male field workers who also provide assistance for families to access government programs and financial aid. They also have a Tuesday morning play group for these children with simple activities and musical games.



Pictures (top to bottom): 1. Tuesday morning playgroup 2. Mary Ellen and assistant helping young boy 3. The Children's Ward

We were surrounded by very warm, smiling, friendly folks, many with exceptional medical and other professional skills. We visited a classroom with smiling children and had meals in family apartments. Perhaps the highlight was sitting in with the play group of about 7 children (with different mental and physical disabilities) on Tuesday morning sharing their play time; there was much enthusiasm with clapping and cheering as one child or another achieved some simple goal in a game. Train travel and living quarters were not quite what we are used to as Canadians but we were comfortable, clean and warm and always had helpful people to chat with, making us feel so very welcome.

Mary Ellen has a great career there and is respected by all her colleagues and workers. We left behind little pieces of our hearts and hope to return in a couple of years.

Thank you to all our friends at St. James who gave us the emotional support to make this trip. It would be a pleasure to share more details with anyone.



### *St James' Parishioner Receives Recognition Certificate*

Lynn Powell received a Certificate in "Recognition for Exceptional Contribution to The Transport Program", for the Almonte Carleton Place & Pakenham Branch of the Canadian Cancer Society of Lanark Leeds & Grenville at the annual "Kick Off" luncheon held at the Almonte Legion, March 29/10 (for the commencement of the Daffodil Days and Residential Canvassing Campaign for the Canadian Cancer Society).

Lynn has been the Transport Coordinator for over twenty years, organizing drives plus being a driver for clients requiring drives for treatments and appointments. Lynn has been a strong supporter of the Canadian Cancer Society and has worked tirelessly for this cause. We

## *The Carleton Place Community Labyrinth*

Dear Friends,

This spring early summer, plans are being made to establish a permanent Labyrinth in the community, which will be located at the Victoria School Museum property adjacent to the present garden located there.

The Labyrinth Committee is a community based group of volunteers who for the past year and a half worked towards the goal of establishing a permanent labyrinth they have held summer, fall, and winter Labyrinth Walks (The Grass Labyrinth at the Victoria School Museum Garden).

What is a Labyrinth?

The Labyrinth is an ancient spiritual tool that has been used for over 4,000 years. In its long history the labyrinth has crossed cultural and religious traditions and can be found all over the globe.

The labyrinth pattern is similar to a circle, one of nature's most basic forms, a symbol of harmony, wholeness, grace and transformation. One entrance point guides the walker through a series of switchbacks that leads eventually to the center of the pattern.



Photo from [www.victoriaschoolmuseum.com](http://www.victoriaschoolmuseum.com)

Walking a labyrinth provides the participant the opportunity for reflection, serenity, healing, meditation, restores calmness and balance to human consciousness and personal growth. As well it can address a need for those members of our community that are bereaved, suffering loss or in a personal crisis.

Today, labyrinths are undergoing a modern revival in response to the contemporary needs of our time. Labyrinths can be found in churches, hospitals, schools, community centers, parks and public gardens.

#### Community Benefits

- Beautiful design element for the public space.
- Space for quiet meditation and reflection.
- Opportunity for recreation dance and games.
- Unusual and interesting centerpiece for community events.
- Destination point, a tourist attraction
- Another element of interest on the property which currently houses the Museum, the Hall of Valour and the Victoria School Museum Garden.
- A passive recreation activity that stimulates right brain activity.
- Can be used by all ages.

Labyrinths in a community offer a special place for people to come together for significant celebrations, to resolve a problem, to enjoy a meditative walk, or to simply take time out of a busy day.

If you are interested in learning more about the establishment of this Labyrinth, log into The Labyrinth Committee's Blog at <http://www.carletonplacecommunitylabyrinth.blogspot.com/>

You may also contact Debby Lytle Chair at 613-257-7143 or Ronette Vines, (member of TLC) at 613-257-7143.

## *Garbage Law*

From Roy Clements with permission from Sharon Lommen

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. I mean, he was really friendly. So I asked, 'Hey, why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call: The Law of the Garbage Truck.

He said: "You know, many people are like garbage trucks. They run around full of garbage – frustration, anger, disappointment and sadness. As their garbage piles up, they need a place to dump it, so sometimes they'll dump it on you."

His advice? "Don't take it personally. Just smile, wave, wish them well, and move on. Don't pick up the garbage others are trying to get rid of. If you do, you'll take it with you and will end up dumping it on people around you, at work, at home, or on the streets."

If you want to be happy, do not let garbage trucks - your own or other people's - overtake your day. Let go of anything that's not positive. Life is ten percent what you make it and ninety percent how you take it!

Love the people who treat you right. Ignore the ones who don't.

