

Newsletter of the

Church of the Advent

Anglican Parish of Colwood and Langford

OUR ADVENTURE

Advent and Christmas 2007

Issue 40

AFFIX LABEL HERE

Up Front

“Waiting and chastity, these are not the virtues of our time. Advent is the season that celebrates these virtues, both by pointing desire towards its adequate object, and by teaching us to wait.” (Ron Rolheiser, Daybreaks Booklet, available from the Welcome Desk)

In every parish I have served there is always a lively discussion, “when do we put up the Christmas Tree.” Typically, I reframe this query to ask “what do we do with Advent?” Generally speaking, people don’t know what to do with Advent! We are a church named for the Advent Season but have not done much to proclaim its special nature. What are its characteristics and its themes?

In a nutshell (and in Ron Rolheiser’s phrase) Advent is a season of “Holy Longing.” Our longing is not simply for a lover’s physical intimacy, or the satisfaction of professional achievement. Neither is it for wealth which promises to delight our heart and support our ambitions.

Holy longing is that spiritual activity which brings us closer to God. It’s a feeling of openness to more, where we become aroused by God’s presence incompletely



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Our Adventure magazine is shared with all those found on our parish list, with our “affiliate” members who may have moved away or who retain a special interest in our activity and ministry, with newcomers, with guests, and with anyone you suggest would like a copy. Thanks for taking the time to read and enjoy this snapshot of our parish life.

revealed. Advent reminds that we are a journey people. We are a community not yet fully formed or finally established.

There are choices to be made, in order that we stay fixed on the goal, which is union with God, not only in the afterlife but here and now.

Secular Christmas celebrations crowd out this truthful pursuit. Parish Churches often organize themselves according to the calendar of Wal-Mart rather than connect with the stories of John, Mary, and of angels. True, these

themes seem abstract and are hard to grasp in the hand. But they are real and form the voice of God in Advent.

There is such a competition in Advent, where the voice of God, spoken of by John the Baptizer and responded to, bravely and resolutely by Mary, is sidelined by the social demands of a winter carnival.

Christians can however push back in order that God’s advent voice be heard and considered.

So be bold. In your own life, in the life of your family, in your workplace, make Advent shimmer and shine this year. It will enrich your experience of Christmas and epiphany. In specific ways:

- ◆ Resist the darkness and welcome the light.
- ◆ Practice specific acts of humility. Admit wrong, reconcile if welcome, challenge your prejudices
- ◆ Reconsider time, your past present and future. How does God figure in each?



- ◆ Be welcoming, not just to those within your kinship and friendship circles.
- ◆ Consider how you use money for in money management we express power, control, and love
- ◆ Remove those things which hinder love; deal with an addiction, or at least get started by reaching out for help
- ◆ Consider your role as a mother or father, and if you are not physically a mother or father, consider who you mentor, a child, a vulnerable person, a senior in need. We are people with influence, if we use it.

Advent is such a special season. Lets claim our namesake and heritage, as parishioners of the Church of the Advent. Think of the possibilities!

Ken Gray

For whom the Bell Tolls— New Music—New Church

As one part of the first Cathedral Conference, new **Word** new **Song**, new **Church**, John Bell from Scotland's Iona Community led a BIG SING on Sunday afternoon, November the 18th. Two rows of pews were occupied by faithful singers from the Church of the Advent.

John Bell studied arts



and theology in Glasgow, and is now a resource worker for the Iona community. Ordained in the Church of Scotland (Presbyterian) he is a gifted hymn writer and a primary inspiration for the Wild Goose Music Group which has created and published the music and liturgy of the Iona Community worldwide.

This musician-author lectures, preaches and conducts seminars in Europe, North and South America and Australia.

He is a dominant force in protestant worship circles for the last twenty years and shows no signs of slowing down.

In forcing people to draw from their own resources, he establishes a commitment often lacking in Sunday morning congregations.

John has a soft though confident voice, capable of teaching and leading music for an intimate gathering or a packed cathedral. His body is always moving, especially his hands,

which follow the melody of the music he is teaching providing visual cues to indicate the way we should follow, and with what sort of intensity and commitment.

He taught us simple, beautiful songs, all with a meaningful and relevant message. His enlightened interpretations of familiar hymns provided insight often lost in performance. He arranges his musical sessions where men and women sing together and alone, where there is balance between singing and listening, between asserting and responding.

He celebrates the human voice, our



own universal “instrument.” He discourages dependence upon professional choirs, organs and overly ambitious pianists. In forcing people to draw from their own resources, he establishes a commitment often lacking in Sunday morning congregations.

Sadly, frustrations with the new



sound system combined with his soft voice hindered the warm rapport between leader and congregation that we enjoyed during the conference. More than a musician, Bell is a passionate social activist and progressive theologian. Irene Ferguson notes:

“John Bell talked at length and with much heart about the countries of the world who need care and attention from the wealthier countries. Why is not more being done? He was able to carry the audience with him as he moved with song from joy, to sorrow, to laughter and tears. It was a beautiful dance. I am so glad I went to the course. It will stay with me for a very long time.” A few quotes stand out from our time with John Bell

On singing Christmas carols before Christmas – *“it is essential that we wait to sing of Mary’s birthing until the sound of the first con-*

traction is audible.”

On the nature of God and Celtic culture *“God’s favourite color is tartan.”*

And finally, *“Our aim (as song-writers) has never been to come up with a best-seller.”*

If you missed John this time, he will be at First Metropolitan United Church early in January.

Mona Olmstead, Irene Ferguson and Ken Gray

Home Again—the Long and Winding Road

This year has been a real rollercoaster for me. Not because of my home life or work, but because I was a member of this year’s Canadian Cancer Society Cops For Cancer Tour de Rock. We started training in early March getting together three times a week to prepare ourselves physically for the tour at the end of September. We rode hills on Tuesday evenings, did speed work on Thursday evenings, and rode longer distances on Sunday mornings (some rides ran into the afternoon).

Over the summer we logged over 3000 kilometres on our bicycles. We managed to not only get to know Greater

Victoria, but also parts of the Island including Port Alberni, Jordan River, Gabriola Island and Salt Spring Island.

Some of our team members were from Campbell River, Courtenay, Nanaimo, Port Alberni, the Southern Island and even Arizona USA. The 26 of us became very good friends and by the end of the tour, were a close knit family.

The tour began on September 22 and concluded on October 6. The tour took us from Victoria to Post Alice by vehicles, and then on our bicycles back to Victoria. It was up Island where we found out that the small northern Island communities spent most of the year raising funds for this tour. The welcome, support, generosity and love that came from the people of these communities, some of which were hard



hit by the recent forestry strikes, was amazing.

We were treated like rock stars where ever we stopped and that was especially so at all the schools we visited. The students at the schools, along with the teachers and other staff, showed an amazing commitment to helping other kids that are suffering from cancer. In many communities, we met kids that were dealing with cancer in different stages of treatment. Listening to their stories and hearing about the kids that we couldn't meet because they lost their battle with the disease, meant that there were many tears shed and sometimes there wasn't a dry eye amongst the team members.

Part of the tour was meeting and hanging out with our junior team members. Junior team members are kids that are dealing with cancer or have beaten the disease in recent years. I was lucky to be paired up with two amazing young people.

Sawyer is a cute energetic six year old boy going to Lochside Elementary School. He was diagnosed with Acute Lymphoblastic Leukemia early this year. He spent most of this summer receiving treatment at Children's

Hospital in Vancouver. So far he is responding well to the treatment and is now getting hair back on his head.

Carmin is a bubbly beautiful 12 year old girl going to Colquitz Middle School. She was diagnosed with the same cancer as Sawyer when she was 1 1/2 years old. She spent 3 1/2 years in treatment and is still cancer free. She doesn't remember much about her early childhood, and maybe that is a blessing.

Having met young children and spent time getting to know some of them, and not being able to meet other kids that lost their battle, but hearing their story, caused me to shed a lot of tears during the two weeks.



The tour was a 1000 kilometre bicycle ride. To most people riding 1000 kilometres would seem like an incredibly difficult task. With my cycling background dating back to the late 1970's, and the training we did prior to the tour, this was the easy part. The hard part of the tour was dealing with the emotional side, something that we could not prepare for.

Having met young children and spent time getting to know some of them, and not being able to meet other kids that lost their battle, but hearing their story, caused me to shed a lot of tears during the two weeks. This part of the tour will stay with me for a long time.

The tour raised over \$1.6 million this year, with a total of \$10 million in ten years. Our team of 26 riders raised over \$358 000.00, and my total was approximately \$15 000.00.

I would like to thank my family at the Church Of The Advent. The donations you gave to me, and to Ken our Rector for shaving his head and beard, were approximately \$5000.00. Thank you all.

It is because of secular and faith communities like the Church Of The Advent that make this tour as successful as it is. This money is used to fund research into childhood cancer, provide financial support services to families

that are dealing with children with cancer, and Camp Goodtimes, a camp that kids with cancer can go to and just be kids.

In closing, I would like to thank my wife Monica, and my four sons, Matthew, Dominic, Liam and Nicholas for allowing me to spend so much time away from them, so I could hopefully make a difference to the lives of kids that are battling cancer. This summer has been busy for me, but Monica has taken up the slack at home and done an amazing job, thank you. Thank you all for your donations, support and encouragement.

Alan Gurzinski

Four Worms and a Lesson

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars.

The first worm was put into a container of alcohol.

The second worm was put into a container of cigarette smoke.

The third worm was put into a container of chocolate syrup.

The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the Minister reported the following results

The first worm in alcohol - Dead

The second worm in cigarette smoke - Dead

Third worm in chocolate syrup - Dead

Fourth worm in good clean soil - Alive.

So the Minister asked the congregation - "What can you learn from this demonstration?"

"Maxine was sitting in the back, quickly raised her hand and said, "as long as you drink, smoke and eat chocolate, you won't have worms!" That pretty much ended the service --

Submitted by John MacDowell

It's never Too late — Serena Jane MacDonald

A lovely home with a breathtaking view; occupied by a fascinating lady who both interests and surprises with tales reaching far back into Canada's past. What a pleasure it was to spend

an afternoon with Serena at her home atop Triangle Mountain.

Serena has been an active member of our church since her arrival in Victoria 14 years ago this spring. During that period, she has contributed to our church family in so many ways.

Serena's life began in Chilliwack, BC and she grew up in that area. Those



who know her are aware that she is at home with farm machinery, and prefers driving a truck rather than a car.

At the age of twenty-one, possessing a Business Certificate, she moved to Vancouver and worked for the Federal Government in Medical Services for thirty-two years.

Travel was an interest, and it was on a visit to Acapulco, Mexico that she met a "tall slim man". Three years later, she and Norman MacDonald were

married in Christ Church Cathedral in Vancouver. They lived in a one bedroom apartment looking down on Burrard Inlet. They contented themselves with this tiny space with a spectacular view by having a waterfront cottage on Gabriola Island.

It was on a visit to the Canary Islands that they attended a Christmas Eve service and were captivated by the talent of the young organist. Returning for the service on Christmas Day to enjoy more of his music, they were surprised to find an older more highly trained, but far less exciting regular organist.

It was then that Norman decided that Serena should have her own organ, although her early formal training had been on the piano. He bought her one – a venture began, but more about this later!

Serena's father descended from Ontario pioneer stock and in 1878 homesteaded in southern Manitoba, where he farmed grain and sheep. In 1903 he married her mother and in 1906 they moved to Sardis (South of Chilliwack), operating a dairy farm. Upon his death in 1922 it passed to her brother who operated the farm until 1968. Her mother died in 1944.

By 1980 both Serena's husband

A Success Story

As Serena MacDonald of Victoria stepped on the stage of the Recital Hall at the Ford Centre for the Performing Arts in North York, Ontario to receive her diploma the crowd burst into spontaneous applause. There among the 20 year-olds receiving diplomas from the Royal Conservatory of Music was a lovely mature woman receiving her ARCT Organ-Performer diploma at the age of 78. Ms. MacDonald had taken piano lessons as a child but had always loved the organ. As she explains, "My husband and I decided that when we were able to afford it, we would buy a digital organ and I would take lessons. My husband died in 1978 and since I was on my own I thought maybe I should get busy with the organ."

Ms. MacDonald was not content to just learn to play the organ, however. She started taking RCM examinations and working towards the highest designation, the Associateship of the Royal Conservatory (ARCT). "I found it was very, very difficult. It took me two full years just to get the coordination of the hands and feet. Maybe it was stubbornness, but I just kept working." When you are an older student, says Ms. MacDonald, "you're so much more mature. You're going into it because it's something you decide it is now time to do."

Ms. MacDonald was the oldest person to receive an ARCT last year and she and her teacher made the trip from British Columbia to attend the ceremony. "Convocation was one of the big thrills of my life. After the ceremony, at around midnight, I was back in my hotel room and I opened the large envelope with the diploma and it really hit me –this is what I have achieved."

It's never too late.

Margaret Eaton is the Marketing Manager for the Royal Conservatory of Music, a national, non-profit organization, and a leader in music education for over 100 years

and her brother had passed away and she inherited her brother's home, just a few miles from the original farm. She packed up and moved to Sardis, where she lived for the next twelve

years. Serena felt at home with farm machinery, and her brother's farm truck came to Victoria with her as her primary vehicle when she moved.

Wonderful family pictures and memorabilia, and family furniture from earlier eras, now tastefully adorn her present home, along with all the wonderful memories!!

But back to the musical quest: The now retired Civil Servant with the wonderful organ embarked on the challenge of mastering the instrument while still furthering her vocal choral career with The Adelines (with whom she received many accolades, including the Award of Merit for their outstanding performance at Expo '86 in Vancouver).

Serena had spent four years, driving 140 miles round trip, to lessons with a



Suzanne Gibson in Vancouver. Next, she travelled to Victoria to study with Suzanne who had moved to Victoria and has played at our church. It was Suzanne who convinced Serena that she should move to Victoria in 1993.

All of Serena's effort came to fruition in 1994 when she appeared on stage at the Ford Centre for the Performing Arts in North York, Ontario to receive her Diploma from the Royal Conservatory of Music. An article by the Conservatory which appeared in *Maturity*, published by the Bank of Montreal, aptly describes this event.

It was Serena's intention to will her organ to our church. Fortunately for us, she learned in a dream that she was going to live for over 100 years, and that if she really wanted the church to have the organ she had better do it now. The organ numbers among the many contributions made to our church by this remarkable lady.

Barbara MacDowell

If God Went on Strike

It's just a good thing God above has
never gone on strike
Because He wasn't treated fair for
things He didn't like.
If He had ever once sat down and
said, "That's it—I'm through
I've had enough of those on earth so
this is what I'll do

I'll give my orders to the sun—cut off
your heat supply,
And to the moon—give no more light,
and run those oceans dry.
Then, just to really make it tough and
put the pressure on,
Turn off the air and oxygen till every
breath is gone."

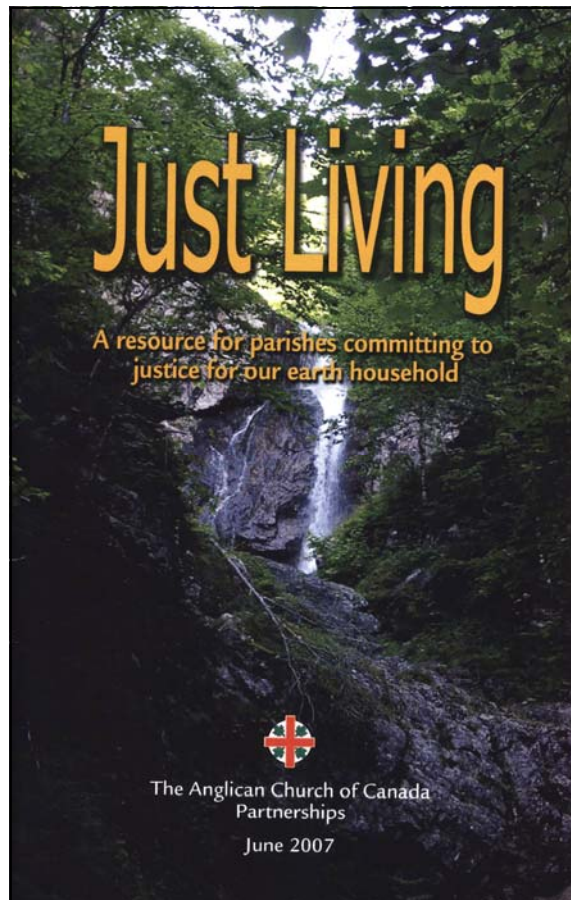
Men say they want a better deal, and
so on strike they go.
But what a deal we've given God
whom everything we owe.
We don't care whom we hurt or harm
to gain the things we like,
But what a mess we'd all be in if God
should go on strike.

Submitted by Mary Percival

EarthSpeak—A Participant Reflection

I've meant to take part in other
church study groups but something
has always got in the way. As I said to
Ken maybe it was the idea of this be-
ing only 3 sessions which I felt was
doable. Actually I thought there were

4 sessions and so when I realized on
the 3rd one we were on our last I was
very surprised.



It has been so great taking the time to
respectfully hear other perspectives
on the Environmental issues and ac-
tions people think we should or
should not take. I was able to share
what students at the elementary and
middle school level are learning about
environmental issues.

Every session began with a prayer and then viewing of a session from the 100 Huntley Street Series CARING FOR CREATION series broadcast during the summer, which we then discussed. We used the Just Living booklet published in June 2007 by the Anglican Church of Canada Partnerships which has a serene picture taken by Ken at the Bethlehem Retreat Center in Nanaimo on p. 4. See Ken for how to get a copy or how to download one.

We also used a pamphlet that Ken adapted from one created by Dr. Christopher Lind, from Massey College in Toronto and a former teacher of Ken. In that pamphlet for each night there was an EcoJustice principle, questions and bible readings to explore. It was so helpful to listen to all the different perspectives on environmental topics. We definitely could have filled more sessions.

Each session had an ‘action’ phase. The group is looking into Fair Trade coffee for the church. We even discussed briefly the BC government Budget 2008 Consultation Paper and BUY NOTHING DAY coming up on Fri. Nov. 23 which some felt was a good thing to promote and others said maybe yes but there is so much more we could do that would be more effective. See what Ken found on the internet about this day.

I’ve put up at my school EcoNews, two Sierra Club publications, and a sheet about BUY NOTHING DAY and BUY NOTHING CHRISTMAS. These are worth checking out – see our church Welcome Table (especially about air fresheners in the EcoNews).

I also suggest if you have a computer checking out our church website at the bottom of the main page for Climate Change...it's not going away. It's a fresh and punchy perspective on a discussion which often gets convoluted. Enjoy! *Joanne Gregory*

The Difference Between Heaven and Hell

A holy man was having a conversation with the Lord one day and said, "Lord, I would like to know what Heaven and Hell are like."

The Lord led the holy man to two doors. He opened one of the doors and the holy man looked in. In the middle of the room was a large round table. In the middle of the table was a large pot of stew, which smelled delicious and made the holy man's mouth water.

The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with long handles that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful.

But because the handle was longer than their arms, they could not get the spoons back into their mouths. The holy man shuddered at the sight of their misery and suffering.

The Lord said, "You have seen Hell."

They went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing and talking.

The holy man said, "I don't understand."

It is simple," said the Lord." It requires but one skill. You see they have learned to feed each other, while the greedy think only of themselves."

When Jesus died on the cross, he was thinking of you.

Submitted by Jeanette Thompson

CANADA COMFORTS—the ministry Continues—Sylvia Hatfield

I want to say thanks to the Young People's Group for helping to pack T-shirts and newly sewn shorts for the boys in a refugee camp in Sri Lanka. I also want to say thanks to the Evening Ladies group for helping us sew sheets in preparation for bandage ripping, and for threading the elastic in the waistband of boys shorts, ready to be sent to a refugee camp in the Sudan (near the Darfur area). Your workshops have helped us in so many ways, but the most important way is that the workshop help to bring hope to these people, and let them know that people in Canada care.

Five shipments have been planned for September and October:

- ◆ **Honduras** - medical supplies, blankets and bears to the jungle area which has been ravaged by hurricanes
- ◆ **Ghana** - medical, school supplies, tools, etc. to isolated villages trying to cope with AIDS
- ◆ **Tanzania** - Dr. Ney's project to school clinics and orphanages
- ◆ **Nigeria** - through *Link International* to a medical clinic and a teachers' training facility
- ◆ **Sudan** - to a refugee camp south of the Darfur area (there is no guarantee that a container could safely arrive in Darfur) medical supplies, school supplies, tools, survival articles, bedding, bears and balls for the children

Marjorie Nixon (474-1169) has graciously volunteered to look after the Warehouse/Canada Comforts bags which can be placed on the table just outside the office. Remember to put your name and phone number on your parcel.

I wish to thank you all for what you do to help this project. All your "drops" help to make a mighty full bucket.

Sylvia Hatfield

A True Story

His name was Fleming and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He

dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the Nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied waving off the offer.

At that moment the farmer's own son came to the door of the family hovel.

"Is that your son?" the Nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to

What folks may not realize . . . Is that in the fall of 2003 the following citation was read at Government House in Ottawa. And think what has happened since!!

Sylvia Hatfield, M.S.M., Victoria, British Columbia—Meritorious Service Medal

In February 1998, Sylvia Hatfield coordinated the Bears and Bags project, and oversaw the initial production of 250 teddy bears to be shipped to a remote poverty-stricken area in Tanzania. Since then, her initiative has grown into a remarkable operation, which produces and ships more than 18,000 teddies, each in its own bag bearing the Canadian flag, for distribution to needy children throughout the world. With seniors contributing to the cause in several communities, Ms. Hatfield has touched the lives of less fortunate youth in mental institutions, refugee camps, homeless shelters and destitute families in 36 countries around the globe.

be a man we both will be proud of.”

And that he did. Farmer Fleming’s son attended the very best schools and in time graduated from St. Mary’s Medical School in London and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same Nobleman’s son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son’s name? Sir Winston Churchill.

Submitted by Evelyn Robinson



**VARIETY IS THE SPICE
OF LIFE...especially if you
are under 20 years old**

For those of you who have not been able to catch me yet, my name is Carolyn Armstrong and I am the new program assistant for youth ministry here at the Church of the Advent. I am

pleased to share with you some of our recent activity of both our Wednesday evening group and our Sunday morning Breakfast Club.

Early in September we started to create self goals and group goals, both short and long term over the year. I am pleased to say we have been able to achieve or at least create the opportunity for most of the planning requests for both groups.

In the Breakfast Club, we have enjoyed three guest speakers over the past two months:

- ◆ **Alan Gurzinski** spoke about being a Saanich Police-man as well as his take on being a Tour de Rock rider.
- ◆ Marriage commissioner **Joan Hoffman** described her role in bringing people together in a ceremony that befits two new lives started together. She also described her own life journey which has now got her to a job she

is obviously passionate about.

- ◆ Parishioner and accountant **Kerry Blain** shared about money. How much do you need for school, for a home, for life?

In addition to speakers, there is a wonderful group of short videos out called **Nooma** (a spoof on the Greek word *pneuma*, which means “Spirit” or “Breath”) that the church has been fortunate enough to purchase.



These DVDs with provocative one word titles like “**Rain**” “**Luggage**” “**Trees**” or “**Store**” are available for adult viewing if desired.

These timely and relevant communications really speak to us as well as touch on issues that are cared about and fit into the world we our living in today.

We have also done a chapter from the book VIRTUES on self-discipline. The group partnered with the Sunday school in November to assist Kathie Gray in making props for the Church School Christmas Production GOD WHISPERED THE NEWS.

The Wednesday evening group have had, amongst other activity:

- ◆ two sport nights and a board games night
- ◆ a visit to Galey Farm and its corn maze (thank-you volunteer drivers)
- ◆ viewed CARING FOR CREATION, on Christians and the Environment
- ◆ Hosted 3 YOUTH REFRESH WORSHIP SERVICES at the church
- ◆ attended ***Chaos and Control***, a community-wide exploration and team-building game in Metchosin (again thank-you to volunteer drivers)
- ◆ Laser tag downtown (Rohan got beat **bad**)

We also helped with Shoebox Sunday and visited with Rick Sandberg, StreetHope chaplain. The pictures which accompany this article are from our visit to the climbing wall at Langford fire hall hosted by firefighter parishioner, Russ Lucas (who also took us for a ride in the “squirt”).

EVERYONE IS INVITED to a parish-wide “CHURCH SKATE” on Sunday afternoon, December the 9th, details will be in the bulletin.

Next year we hope to have a ski trip to Mount Washington and a Spring camp out. We are planning a dramatic presentation of LONG STORY SHORT, the Gospel in a contemporary style and we will take this on the road as we participate in the second annual mission trip, this year to Parksville.

This gives you a general idea of how busy and active the group has been. Thanks again to all volunteers who help with driving and planning so these events can happen and be successful. Have a super Advent and Christmas Season.

Carolyn Armstrong



First Annual “Fresh from the Islands” Harvest Supper at the Church of the Advent

On September 29, 2007, over 180 people came together at the Church of the Advent to celebrate the blessing of locally grown food and the farmers who make the effort to grow food locally.

The people of the Luxton Station Market Society conceived the idea of this celebration and we at the Church of the Advent feel honored to provide a home for it.

You may wonder what all the raving about “local” and “Island fresh” food is about when you can walk into a supermarket any time of the day (or night for that matter) and select food (or what calls itself food these days) from any part of the world. What is so special about our neck of the woods?

First of all, there is wisdom to the way Creation works. The food that grows locally is designed by Creation to nutritionally support the people who live here. The combination of sunshine, water and soil is all different across the various places around the globe.

The healing powers embedded in traditional cuisines, which create medicine



Thus food “fresh from the Islands” does not just taste great, but at the same time offers that much more nutrition.

from local food one meal at a time, have their foundation in this specificity of a given location. When we eat the

food that becomes locally available as the seasons change, we can help support a healthy body

and mind because in fall, for example, all this cabbage and collard greens are abundant with phytochemicals to help us fight colds.

Furthermore, “fresh from the Islands” means that your food travels the shortest distance between where it was grown and your table.

According to the founders of the 100-Mile Diet, a typical ingredient in our modern meals travels about 1,500 miles. Fresh food from the Islands not only vibrates with intense colors and is beautiful to look at, but it also offers the highest nutrient density. The longer food, especially fruit and vegetables, travel around, the more vitamins they lose.

Thus food “fresh from the Islands” does not just taste great, but at the same time offers that much more nutrition.

David Stott, president of the Luxton Station Market, started this first annual Harvest Supper, with a big thank you to the many dedicated people, farmers, volunteers and neighbors for making it all happen - too many to name them here. Ken Gray, our rector, opened the Harvest Supper with the blessing and breaking of a local loaf of bread. This bread was local in the most literal sense imaginable.

At the moment, Vancouver Island is

not known as a grain-growing region though up until the 1940s it produced the most grains in all of British Columbia! Canada is famous for Red Fife wheat, which was brought from the Ukraine and is the parent of many modern wheat varieties grown in the prairies today.

However, this heritage wheat with its genetic diversity fell out of favor. Tom Henry from Seabluff Farm in Metchosin grew a patch of Red Fife this year. Living in East Sooke, I received the first pounds of his harvest.

With my household grain mill, I could make fresh Red Fife flour and bake a traditional sourdough bread with a long fermentation period for this Harvest Supper. It was an honor for me to cut the bread with Sharon Rempel, the director of the Heritage Wheat

Project, who revived the growing of Red Fife wheat in Canada.

There was an amazing sense of community to meet your neighbor and lots of

Luxton Station Market
www.luxtonstationmarket.ca
Local farmers' market in Colwood/
Langford area

West Shore Harvest
www.westshoreharvest.ca
Food resources for west shore consumers and growers

Farm Fresh Guide
www.islandfarmfresh.com
Directory of local farms, markets, etc.

For more links, visit the Resource Guide of the Diocesan Environmental Committee: www.bc.anglican.ca/~environment/resourceguide/foodwater.html

excitement about where the different foods came from. Each single food of this Harvest Supper had a story. We got to taste clams, mussels and salmon fresh from the ocean. As if this was not enough, we also could indulge in local lamb and turkey. Vegetarians could sample a tasty soy-bean dish. And the large variety of vegetables was a treat all by themselves.

The mix of salad greens offered a refreshingly different taste with each single bite. For dessert, the pies were featuring everything from apples, pumpkin, Saskatoon berries, and blueberries to fresh strawberries. The freshly pressed apple juice was a great hit. In short, it was a delicious feast! And as a very last course, there was the most inspiring music served by Holly Arntzen and her friends, concluding with an empowering sing-a-long.

We are blessed to live in a community where people care about their food and where there are so many people dedicated to grow food locally. Let us give thanks for the abundance of all this tasty and nourishing food grown in our neighborhood and may we not just include the farmers into our prayers, but also find our way to pick up local food or even start to grow our own.

Katharina Gustavs

Bless the Children

Whenever I'm disappointed with my spot in life, I stop and think about little Jamie Scott.

Jamie was trying out for a part in the school play. His mother told me that he'd set his heart on being in it, though she feared he would not be chosen.

On the day the parts were awarded, I went with her to collect him after school.

Jamie rushed up to her, eyes shining with pride and excitement.

"Guess what, Mom," he shouted, and then said those words that will remain a lesson to me.....

"I've been chosen to clap and cheer."

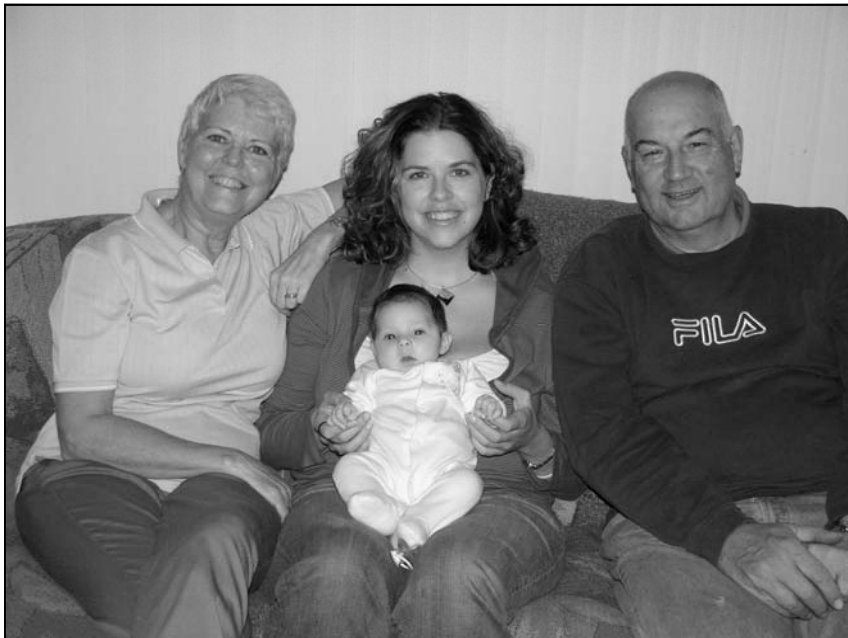
Three Generations—One Church—Connecting with the Gossmans

Al was born in London England, and at the age of 6 he joined his parents in moving to Edmonton because of a toss of a coin. It was either Canada or New Zealand, and Canada won (or lost). He spent his childhood in Edmonton and after graduating from high school he went to the Northern Alberta Institute of Technology (NAIT).

Barb was born just across the Strait of Georgia in Vancouver, but spent

much of her life until grade 11 living all over BC and Alberta. Her family finally settled in Edmonton where she attended the same high school as Al but didn't know him. Like Al, after graduation, she went to the NAIT, and the two of them met there. In 1970, they married at Edmonton's St. Johns the Evangelist.

Al worked for various companies as a salesman, and Barb as a legal assistant, but when their son Brett was born in 1973 Barb left work to become a full-time mum. Their daughter Michelle was born in 1976, so Barb stayed out of the workforce until Michelle was in kindergarten. The family moved to Victoria in 1981 and they have been members of the parish ever since.



10 years ago Al and Barb decided that the island was missing something, so they started the Island Golfer Magazine, which is still going strong! As expected, they enjoy golfing in their spare time, and spending time with their dog Angus.

Their son Brett has received a de-

gree from Simon Fraser University, which is where he met his wife Shannon. Brett is a web designer and Shannon has an on-line marketing company. The two recently celebrated their first wedding anniversary and are expecting their first child in May.

Their daughter Michelle gave birth to her daughter Taylor Lynn in September, much to the joy of Al and Barb. Michelle will be going back to school in January to continue towards her degree in Human Resources, but for now is enjoying the new role of mum.

Joan Hoffman

Mr. Tambourine Man—a Visit with (our own) Stephen Lewis

A slightly disheveled, dark haired man entered my office from stage left and dropped into my green easy chair. While I had invited Stephen to visit with me, I wasn't sure it was him, as he was still dressed in the style of a pop icon of the sixties, Bob Dylan. As part of a Pop Star Show, produced by a group of provincial government employees, he impersonated the folk singer, originally named Robert Allen Zimmerman who preferred to be associated with his own inspirational figure, Dylan Thomas.

Singers, and more so, actors inspire Stephen Lewis who retains a lifelong love of the theatre and of performing. This son of a Methodist minister “grew up all over England” as a parson's family moved every four or so years in those days. Comfortable in church settings now, Stephen pushed away from the church, and from the table-talk which often accompanies clergy social life even in our own day.

“Church is like being on stage, behind the scenes, and with all that beautiful scenery, you hear the stuff of power struggles.”

His spiritual quest found its way through the corridors of life rather than in the naves of cathedrals or parish churches. He remembers a time around the age of twenty-seven, when he felt really good about himself, when he made a discovery, about ambiguity:



There is a difference between a “problem that could be solved or a fact of life that had to be lived with.”

There is wisdom, even contentment in this maxim. How much does this figure in his daily life, as a single parent father of four children ages sixteen, fourteen, eight and six. Well, quite a lot it seems.

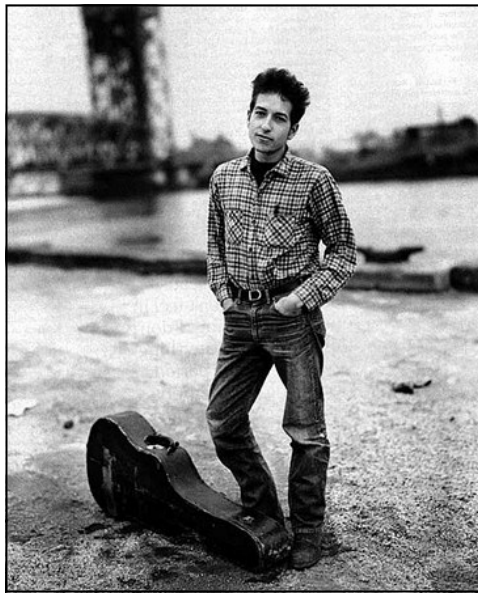
Helped by theatrical involvement, he debuted at twenty-four in the 1955 comedy "All for Mary." His opening line, "tis always cold when floods be out." Well . . . everyone has to start somewhere!

He followed his sister to Canada, directly to the West Coast where he settled up-island. He had a unique strategy for life-planning. He "left it up to God to decide." In fact, several times, he invited God to do more than advise.

After seven years in Duncan, God was again consulted and with divine blessing and encouragement entered the Theatre program at the University of Victoria emerging with a BA and MA in Theatrical history where his special interest was and remains, the history of farce.

Now farce is defined in Wikipedia as "a comedy written for the stage or film which aims to entertain the audience by means of unlikely, extravagant and improbable situations, disguise and mistaken identity, verbal humour of varying degrees of sophistication, which may include sexual

innuendo and word play, and a fast-paced plot whose speed usually increases, culminating in an ending which often involves an elaborate chase scene. Farce is also characterized by physical humour, the use of deliberate absurdity or nonsense, and broadly stylized performances."



At some time I must pursue the connection between farce and Anglican Worship but will leave this for another column. Suffice to say, that a huge part of Stephen's being is tied up in theatre, in wit and subtle social commentary, in the interaction between persons and situations, and with divine presence we call God.

His father wanted him to become a minister. He did not want to follow his father in this manner.

"I always worried that I could turn out like a charismatic Southern Baptist, where the minister becomes more important than the message."

He is quite right. Ministry does involve an element of performance. The minister is in one correct sense

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an actor and not the author. The theatre and not the sanctuary is the place for Stephen's performance.

“When I perform I perform for the audience, where you actually perform for yourself because you get audience feedback.”

He found his way back to church, and to our Church a year ago Christmas Eve. David Enns was trolling for Tenors one day in the grocery store and the two entered conversation. As I say over and over, it is the hospitable voice (and musicians desperation) which brings many back to church. Welcome back Stephen.

Ken Gray

Craft Fair memories— A Most Happy Day Together







Advent and Christmas at the Church of the Advent

Our Christmas Services this year build on past traditions with particular focus on the present. We practice a fine blend of traditional and contemporary forms here at the Church of the Advent. We invite you, your friends, family, visitors and neighbours to any and all of our Christmas Services, as follows:

DECEMBER 16 the Third Sunday of Advent

Please join us in the morning for GOD WHISPERED THE NEWS, a contemporary presentation of the Christmas Story told from the perspective of animals, traditional and untraditional to the story. We will share in this special story, we will share the Eucharist together so there is no church school this Sunday.

This will also be WHITE GIFT SUNDAY when we collect non-perishable food items for those identified to us as being in need, and also support our

local Food Bank. Please do not wrap your food donations.

Also, at 5 p.m. in the evening

please join us for an INDOOR PICNIC – bring potluck contributions PLUS YOUR OWN DISHES, GLASSWARE AND CUTLERY. Our parish Choir will share some of their favourite music with us at 5:00 p.m. This will be followed by the pot-luck supper and a carol sing in the hall.

Sunday December 23 the Fourth Sunday of Advent

We will hear Mary's story. We will also share in a congregational carol service at 10 a.m.

Monday December 24 Christmas Eve

- ◆ At 7 p.m. for an interactive **Whole Congregation Christmas Pageant**. If you wish COME DRESSED as a shepherd, or angel, or Bethlehem town inhabitant. We will generate the story, from scratch (with a little help) in a way you have never done so before. Faith and fun come together.
- ◆ At 9 p.m. for an intimate Service Of **Traditional Carols And Contemporary Song**. The story is told in digest format, with time for both prayer and praise. This service is specially designed for those who may not be familiar with the traditions of the church. There will be no Eucharist at this service.
- ◆ At 11 p.m. for a Traditional **Service Of Holy Eucharist With Carol Singing and Sermon**. Later at night, we glimpse the light of Christ together. Home shortly after midnight.



GOD HAS COME INTO OUR MIDST—HALLELUJAH

OUR ADVENTURE NEWSLETTER is published several times each year and is edited and compiled by Monica Gurzinski and Ken Gray with contributions from many, many people. It is printed on paper with a substantial amount of re-cycled material and is designed to be shared.
