

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## “KEEPING IN TOUCH – September 2024”

Website: <https://www.stthomascambridge.ca/>

Facebook: <https://www.facebook.com/St.Thomas.the.Apostle.Cambridge>

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### A FEW DATES TO MARK ON YOUR CALENDAR

#### Tuesdays (1pm)

**Bible Study:** The weekly joint bible study will be held at St. Thomas' for the month of September. We are restarting on September 10<sup>th</sup> after our Summer break and giving Tuesdays a try this time. Note: The study is based on the upcoming week's readings, so you do not need to have attended in the past to join in. It's a very lively group and everyone is welcome!



#### Thursdays (1pm)

**Midweek Holy Communion Service:** Pastor Craig invites you to join him every Thursday afternoon for a smaller, quieter gathering for worship followed by a time of discussion and learning.

#### Thursdays (1 pm)

**ACW Meetings:** Starting September 26<sup>th</sup> Meetings will return after the Summer break. Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month.

#### Tue Sept 3<sup>rd</sup> (10-2)

(and every other Tuesday from 10-2 at St Paul's, beside Trinity)  
Save milkbags (dry and clean) and/or learn how to do milkbag rugs.  
Contact Marlene Mercer for details.

#### Sun Sept 8<sup>th</sup> (9am)

**Back to Church Sunday.**

#### Sun Sept 8<sup>th</sup>

**Clean up Volunteers needed** Following the coffee hour we will be cleaning and reorganizing both the furnace room and the kitchen, including adding support for the plate cupboards.

#### Tues Sept 17<sup>th</sup> (7pm)

**Council Meeting:** Some upcoming Topics include: Replacing the Hot Water tank that is corroded, Installation of a Special Water Valve required by the City, and replacing the Fridge that has been leaking.

## PASTOR'S PONDERINGS

Each September, whether it be the school bells buzzing or simply the way people of several generations return to their various occupations, there is a chorus of busyness waiting for us to join in. Which songs shall we sing? Each & every one of us is called to join in the ministry of Christ, & God gives us talents to use to God's glory. Each of us will find our own peculiar ways of Christ, but we are called together in community. Some will take part in the community within the walls of the sanctuary, & others will worship staying home; but we will all play a part extending our worship into the world, just as Jesus calls us to do — thinking, speaking, & acting in the Holy Spirit of God. May God give you a strong draught of the Spirit, to give God glory. C+

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**PWRDF**

The Primate's World Relief  
and Development Fund

*The Anglican Church of Canada*

*This is the final article outlining how your PWRDF donations are used to help humanitarian relief and development work around the world.*

## SUPPORTING REFUGEES IN CANADA

Many of our parishioners continue to support refugees in Canada, through donations to PWRDF or to our Deanery of Waterloo Refugee Committee. Last year, our “Buy a Farm” project allowed the parish to make a healthy donation to a family who was sponsored by the 14 churches in our Deanery.

PWRDF supports Canadian Anglicans sponsoring refugees through the PWRDF Refugee Network.

There are currently 15 Anglican dioceses (including our Diocese of Huron)\* that are Sponsorship Agreement Holders (SAHs). Each of those SAHs has a Refugee Coordinator and once a year they gather as the PWRDF Refugee Network to exchange information, network and strategize immediately prior to an annual meeting between all Canadian SAHs and the government (Immigration, Refugees and Citizenship Canada – IRCC).

The coordinators are a mix of volunteers with a few full- or part-time paid staff. Most receive some financial support from their diocese, but some do not. All have been overwhelmed both by the numbers of sponsorships undertaken in the past two years, by the generosity of Anglicans specifically and Canadians generally, and all continue to struggle to say no to the ongoing reality that demand still exceeds capacity.

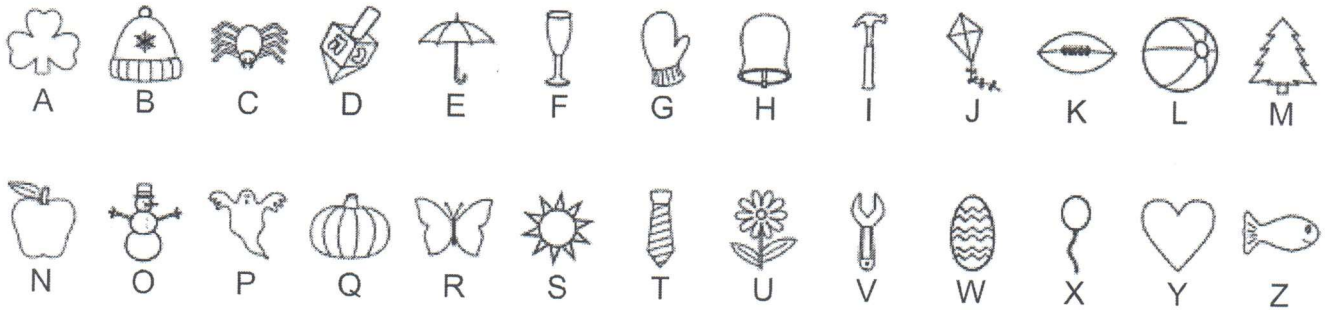
As of December 2016, and with data from 13 of the 15 SAHs gathered, statistics indicated 2,442 refugees had arrived in Canada via the SAH program and a further 2,088 were waiting to arrive. Many of those are Syrians, but they are from Afghanistan, Eritrea, Ethiopia, Pakistan, the Democratic Republic of the Congo, Myanmar, Iraq, Iran, Somalia, Rwanda and Burundi.

\*In addition to the financial and social sponsorship of so many families in our diocese, our Diocese of Huron Refugee Committee has another project. We hold an annual lottery through which New Canadians can apply to bring their relatives from other refugee situations. The process of application is bewildering, and our Committee members assist people through the application process.

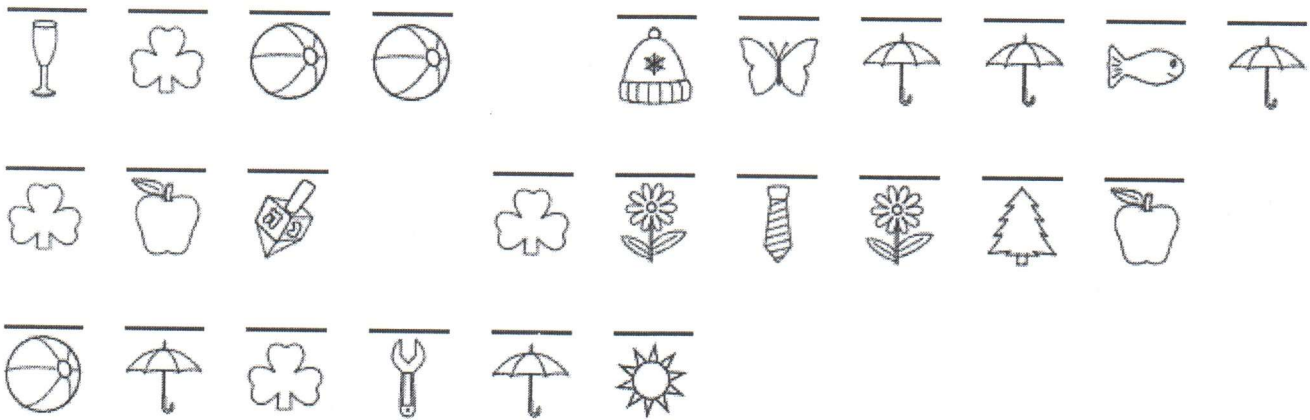
# Word Decoder Puzzle

**Instructions:** Match the picture in the Word Puzzle with the same picture in the Alphabet Key. On the Word Puzzle, write the letter that appears below the matching picture in the Alphabet Key to solve the word decoder puzzle.

## Alphabet Key



## Word Decoder Puzzle



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### EVENT UPDATES....

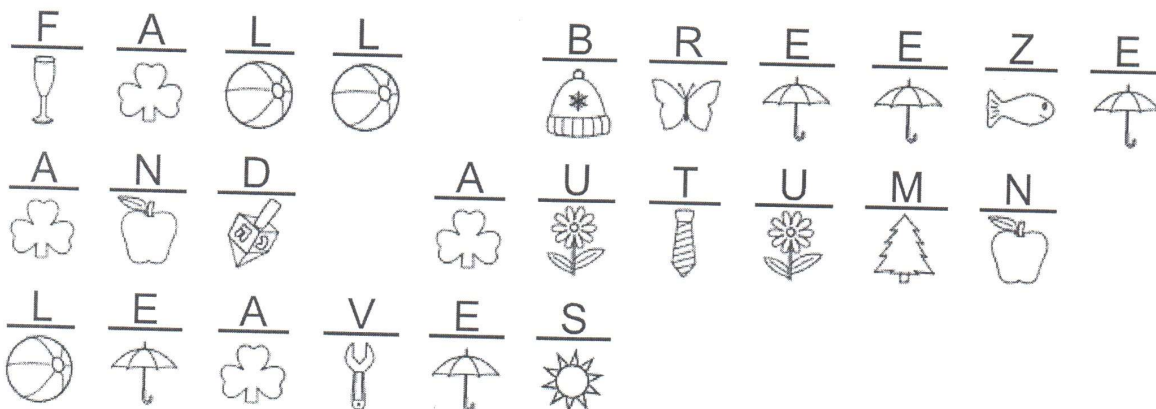
**Sunday August 25<sup>th</sup>**

We would like to thank St. Luke's for hosting a joint service with a luncheon to follow allowing us to join together with the two Parishes fellow-shiping with each other and Rev. Craig

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### Word Decoder Puzzle Key



### Pickled Beets:

From Marlene's Kitchen

1. 2 quarts small beets (approx 3 lbs)
2. 1 cup sugar
3. 2 cups water
4. 2 TSP salt
5. Whole Cloves.

Wash beets, leaving root and about 2 inches of stem intact.

Cook in boiling water just until tender, about 20 min. for small up to an hour for large.

Meanwhile sterilize the jars & heat sugar, vinegar, water & salt to boiling.

Keep it hot until needed.

Dip beets into cold water to loosen skins & peel.

If large cut in half or quarters.

Pack into hot Sterilized jars.

Pour hot liquid over beets, add a few cloves to each jar and seal lids.

Then can.

For those that may be intimidated by canning I found this recipe on Allrecipies.com

## Honey Roasted Beets



These honey roasted beets combine the natural earthiness of beets with a hint of sweetness. If you like beets, you will love these. Serve them warm or at room temperature as a side, or add to your favorite vegetable salad.

Prep Time: 10 mins Cook Time: 45 mins Total Time: 55 mins Servings: 6

### Ingredients

- 3 large beets
- 1 tablespoon olive oil
- 1 pinch salt
- 2 tablespoons honey

### Directions

1. Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
2. Cut stems and leaves from beets and wash well. With skin on, cut beets into chunks. Toss beets in olive oil and sprinkle with salt. Spread beets in an even layer on the prepared baking sheet.
3. Roast in the preheated oven for 30 minutes.
4. Remove from the oven and drizzle with honey. Using a wooden spoon, stir beets to coat completely with honey, then spread them back out on the pan.
5. Continue roasting until tender, about 15 minutes. Allow to cool.





## CHOOSE NATURAL ... ... to resist colds, flus, and viruses!

### **Weakened immune system?**

- > **Echinacea** has immunostimulant properties and is antiviral to at least one strain of the common cold.
- > **Curcumin**, found in turmeric, has potent antiviral properties and may help reduce the length of colds.
- > **Quercetin** interrupts the replicability of some viral cells, which may help in diminishing symptoms and infectiousness.
- > **Other remedies** include electrolytes, vitamin drinks, zinc, and medicinal mushrooms.

### **Fever or chills?**

- > **Ginseng** may help reduce inflammation, clear airways, and activate the immune system.
- > **Melatonin** and glycine are sleep-aids that may help in getting rest when a fever or chill is otherwise disrupting sleep.
- > **Garlic** has been found to contain organosulphur compounds that enhance the body's immune response.
- > **Other remedies** include holy basil, elderberry, herbal teas, and bed rest.

### **Fatigue?**

- > **Green tea** provides L-theanine and low caffeine, which may help boost energy without causing jitters.
- > **Iron** allows red blood cells to distribute oxygen effectively; low iron can lead to chronic fatigue.
- > **Vitamin D** deficiencies have been linked to increased fatigue and susceptibility to infection.
- > **Other remedies** include vitamin B12, ashwagandha, exercise, and a balanced diet.

### **Gastrointestinal distress?**

- > **Digestive enzymes**, like protease, lipase, amylase, and lactase, may help reduce bloating and cramping.
- > **Pre- and probiotics** work together to feed and distribute the helpful micro-organisms that aid in digestion.
- > **Psyllium husk** is a source of soluble and insoluble fibre that gently relieves constipation and prevents stomach pain. **A**



# Back to Basics

As the leaves start to turn, it's important to turn our attention to preparing our bodies to resist colds, flu, and other viruses. While diet and exercise are always best for strengthening our immune health, here are our best supplement and natural health recommendations for remedying this season's illnesses!

## Hoping to avoid a...

### Sore throat or cough?

- > **Saline rinses** (whether store-bought or homemade) have been shown to mitigate infections and soothe symptoms.
- > **Thyme**, incorporated into foods, oils, or syrups, may help in the treatment of coughs and inflammation.
- > **Zinc** lozenges or syrups may reduce the duration of a cold when taken within 24 hours of initial symptoms.
- > **Other remedies** include elderberry, honey, echinacea, and herbal teas or lozenges.

### Congestion?

- > **Capsaicin**, the active ingredient in chili peppers, may be effective for flushing out irritants and decreasing nasal inflammation.
- > **Herbal teas**, like chamomile, ginger, or mint, possess antihistamine and anti-inflammatory properties.
- > **Menthol** is a major component of peppermint and can be taken separately to help soothe sinuses and calm the stomach.
- > **Other remedies** include vitamin C, ginger extract, and steam inhalation.

### Headache?

- > **B vitamins**, including B1, B6, B9, and B12, may help to relieve and prevent the recurrence of headaches.
- > **Electrolytes** help in fluid retention and hydration; dehydration is a common cause of headaches.
- > **Magnesium** regulates nerve functions; studies show that magnesium may help reduce headache frequency and intensity.
- > **Other remedies** include peppermint oil, omega-3s, CoQ10, and frequent fluid intake.

### Stiff or sore muscles?

- > **Tart cherry juice** is rich in antioxidants and may help to reduce muscle inflammation.
- > **Omega-3s** are healthy fats that may help to reduce muscle pain and soreness.
- > **Cannabidiol**, or CBD, research has shown some promise in helping to reduce muscle pain.
- > **Other remedies** include magnesium, turmeric, collagen, and warm baths.

