



St. Luke Cedar Hill

www.stlukesvictoria.ca

"a beacon in the community, illuminating
many ways to encounter God"

The Prescription



Christmas 2024

St. Luke's Rector: The Reverend Daniel Fournier
Editors: Neil Patterson, Sharon McMillan, and Barb Prescott
Cover photo by Sharon McMillan

(All unattributed pictures in this edition are from websites that offer free photos for non-commercial use)

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We embrace the knowledge that the Lək'wəŋən and W̱SÁNEĆ peoples are the original custodians of the lands on which we gather. Their traditions are a blessing that can open our hearts and minds, and they are bearers of ancient wisdom that can give us hope.

From the Editors

Neil Patterson, Sharon McMillan, and Barb Prescott

Welcome to this Christmas 2024 issue of *The Prescription*. Thank you to everyone who sent in pictures and articles for this issue. We are always happy to receive your contributions! We also appreciate feedback and suggestions as to what you would like to see included in *The Prescription*.

The submission deadline for the Easter edition of *The Prescription* is **Friday, March 28th**. Please keep sending us your articles, photos, poems, and other creative endeavours at

admin@stlukecedarhill.ca or communications@stlukecedarhill.ca.

Sharing Our Stories

I am fascinated by family stories and hearing about how people arrived in Victoria and at St. Luke's. I often ask people, "How did you find out about St. Luke's?" "What brought you to Victoria?" I am always interested in these stories and hope that people don't think I'm nosy, but rather that I love to hear what attracted them to Victoria and to St. Luke's. Their stories help us to learn what makes St. Luke's special to others, and strengthens our own connections to St. Luke's.

I have told my St. Luke's story in other issues of the Prescription and prior to this year's Celebration Sunday. But how my family ended up on Vancouver Island is another story. My four grandparents were born in England and came separately to Canada in the early 1900's. Evidently, in that timeframe ads in the English newspapers invited people to immigrate to Canada and so they came either with their parents and siblings, as one grandmother did, or on their own, looking for adventure. One set of grandparents settled outside of Edmonton; my other grandparents married at St. Paul's Esquimalt and settled in Port Renfrew. In February 1944 my grandfather, from the Edmonton area, came to Vancouver Island to visit a friend and sent a postcard home, contrasting the 26 below weather in Edmonton with the weather in Victoria: "Here's it's not freezing, need neither overcoat or gloves." After seeing flowers blooming in Victoria in February, my grandfather decided that he, my grandmother, my mother, and her brother would move to the coast. The next spring, they auctioned off what they couldn't bring with them and moved to the Island.

On my husband's side, one branch of his family has deep roots in Victoria. The Wilby family arrived in Victoria in 1859 and through that side of the family, our grandchildren are 6th generation Victorians (though it did actually skip one generation as my husband was born in Nanaimo).

Some of us have told our St. Luke's stories in the lead up to Celebration Sunday the last three years and in previous Prescriptions. But there are still lots more stories to be told and heard. I would be happy to receive your St. Luke's or your "coming to Victoria story" any time. I collect stories and articles at any time of year for the next Prescription.

At this time of year, we hear the Christmas story, one of the stories central to our Christian faith, a story that is part of each of our own stories, too. May your faith be renewed and strengthened through this time as you once again hear the Christmas story.

Blessings at Christmas and into 2025,
Barb



From the Rector's Desk – Advent 2024

by the Rev. Daniel Fournier



Dear Friends,

Today as I watched the CBC News, I was able to tune in to the celebration of the reopening of Notre Dame Cathedral in Paris. As I observed this service of great ceremony and reverence, I found myself emotionally stirred as those who were involved at every stage of this five-year reconstruction were honoured. These were the firefighters that attended as the cathedral collapsed and forward to the artists, and artisans, with skilled and gifted hands, even to those who put the finishing touches of paint on the 800 year-old building. Notre Dame is a great icon of Europe's Christian presence, faith and cultural identity as well as a most notable French landmark.

And what a time and season for this to take place – Advent, the season of joyful anticipation and expectation.

In my own family's life, there is a far more personal story to share. For in this year Advent takes on an ever more poignant tone. As some of you know our youngest son, my stepson, TJ and his wife Ashley moved to the island in 2020. This would be the first time since the kids left home that any of them would be living relatively close to us. So, in our minds there is a desire and the wish, as parents of grown-up children often have, for grandchildren. Yet not to be placing any undue pressure on them over the years we did make some subtle hints. TJ and Ashley have tried hard to have children and then this past spring, Ashley became pregnant and we have been so excited for them.

And there it is again, the theme of the season of Advent is all over this little one who is to be born: joyful, yet prayerful anticipation and expectation is so prevalent in our Advent journey this year.

This year, as we all wait in joyful anticipation, and expectation, in the days drawing towards Christmas, may we all come to be renewed, awakened, alert to the movement of God's good news. May we recollect the story of the birth of Jesus and the new hope that this brings to each and every one of us. May we all have a most blessed Christmas and carry that Christmas Hope and Inspiration into 2025.

Peace be with you all.

Sincerely,
Daniel +



Rudy with his very happy parents, Ashley and TJ, and grandparents, Daniel and Joan.



Good News!

Rudy Heron Grzybowski-Dunn was born on December 11, 2024 at 8:27 am, weighing in at 8 lb 2 oz.

Words from the Wardens

Let Me Count the Ways

by Brenda Morgan

As 2024 draws to a close, the wardens would like to take the opportunity to thank the good people of St. Luke's Parish for their generosity and hard work, not just to support each other, but also the local community. We have many buildings and spaces on our St. Luke's property, and each provides a special opportunity to offer something.

Sometimes in our effort to search for ways in which to help our neighbours, we forget to acknowledge what we already do. I'd like to do that now, as a special thank you to all who contribute.

How do we use our space and time to support the community? Let me count the ways.

Our Beautiful Church

- The space has its own special serenity and beauty, which in of itself provides inspiration, consolation, and peace to those who venture in during their time of need.
- Through our services, to which all are welcome, we provide religious and spiritual connection. The space is also used for marriages and funerals.
- On occasions, we offer the space for much-loved community events like a concert, usually on a donation basis.
- In our support of the arts, we have opened the space to musicians to practice and perform. While professionals pay our going rental rate, we have very reduced rates for students, who are part of our outreach.
- We are hoping to use the space for other groups who have special needs, like seniors. This plan is still in the works.



A special group of people work to keep the space beautiful and the services inspirational: the Rector, the Altar Guild, the Worship team, the Music Director, and Choir. I would like to make special mention of the parishioners whose generous donations in the collection plate make this possible. Without you, none of this would happen.



Our Heritage Cemetery

- This lovely space provides solace and peace for those who come to visit.
- It lends the neighbourhood a sense of history.
- It's used as a venue by local schools for Remembrance Ceremonies, to teach history, patriotism, and respect.

The Cemetery Committee oversees the work to keep the space well cared for and encourages its use by the community through tours and connections to those who have family members resting in the cemetery.

Our Rectory

- The rectory is used by **South Island Counselling**, who offer services on a non-profit basis. They help many people in the community, and we sponsor them by giving them a huge discount on their rent.

Our Rectory Back Garden

- We offer this space to the **Shelbourne Community Kitchen** to grow fresh vegetables to augment their pantry program. We contribute to a healthy community. Some on their list volunteer in the garden, which gives them an opportunity to be in touch with nature and learn about gardening.



Our Community Hall

- **St. Luke Players** run as a non-profit, generously giving us 80% of their profits. We give them free use of the spaces they need throughout the year. They use the stage and auditorium not just for their performances but also for their set-building and rehearsals. Further, in the lower level, they have use of a room with sink (the dressing room) for their costumes, etc. and another large room, affectionately called “The Glory Hole”, to store their props and equipment. They are allowed limited use of the Kitchen and the Sequoia Room as well. Notwithstanding the profits the Players generously give us, our support of them through the use of our property still has a considerable financial value, which we consider part of our outreach to the arts.
- **Lakehill Preschool** runs a co-operative preschool program, which runs as a non-profit. We offer preferential rental rates to the school. Our support and sponsorship includes the use of the wonderful outdoor playground.
- **Island Métis Family and Community Services Society** rents our Kitchen to produce meals for their local daycare centre. We also give them use of storage space in the lower level. They get a discounted rental rate as part of our reconciliation initiative.
- We offer our space in the auditorium and Sequoia Room on an hourly rental basis to many other groups for a variety of activities that run the gamut from martial arts to mycology, to Zumba, to weaving. We accommodate many hobbies and interests, all of which make for a vibrant neighbourhood.
- The Studio, in the lower level, houses our resident artist, Linda Beltrano, who in return for low rent gives art instruction to members of the parish. We are happy to support the arts, recognizing that the arts are a wonderful healing agent.

Our Parking Lot

- At present, we allow all our user groups free access to parking. We also allow the workers at The Dawson to park for free, as we do those going to the Shelbourne Community Kitchen. This is a huge value for the community.

Programs and Events

- We run two major fundraisers every year (the Spring Fair and the Christmas Bazaar) that are loved and attended by hundreds in the community. Many benefit from what they can buy cheaply, and the landfills are happy because we encourage re-use.
- Our Youth Ministry offers activities through the year. Every summer we run a summer camp program that registers young people in the community: elementary-aged campers as well as teens who assist as youth leaders. The venue alternates between Lutheran Church of the Cross and St. Luke's. The benefit to the community is large.
- Fantastic Fridays are a monthly outreach program. This multi-generational and multicultural program is enjoyed by parishioners and community members, who share a meal, a social time, craft activities, and stories and songs.
- Besides organizing Coffee Time on Sundays for the parishioners, the Hospitality team also devotes hours to making Funeral receptions worry free.



St. Luke's is indeed a vibrant and busy place that offers so much to so many. We who contribute to the Parish of St. Luke contribute also to the community at large.

Christmas time is about being welcoming and giving. We have taken the spirit of Christmas into so much we already do—thank you all. We hope in the new year to see more musicians using our church, and if we get the grant we have applied for, a seniors' program. Giving has its own rewards, and in reaching out and being welcoming, miraculous things can happen.

Heather and I, as wardens, are so proud of all of you and are so honoured to be part of this welcoming and generous faith community. We wish you all a very happy and blessed Christmas.

Photo credits for pictures in this article: Sharon McMillan and Barb Prescott



Illustration: Chris Dunn

Christmas Weather

by a St. Luke's Parishioner

A 'White Christmas' may mean falling snow,
With soft tracks everywhere you go;
While at the Coast there could be rain,
You bring umbrellas out again.
And if your region's fairly high,
The forecast might be 'cold and dry'.

But inside will be bright and warm;
You'd hardly notice any storm.
A Yuletide glow is always certain,
When you have drawn the evening curtain.



Dates to Note: January through April 2025

Date	Event
Friday, January 3 rd	Fantastic Friday (aka Messy Church) – 4:30 - 6:30 pm
Sunday, January 5 th – Sunday, February 16 th	Communion Services at 8 am and 10 am Coffee Time in the Hall after the 10 am services.
Sunday, January 12 th	Reflections Service with Flutist, Mary Byrne – 4:30 pm
Friday, February 7 th	Fantastic Friday (aka Messy Church) – 4:30 - 6:30 pm
Sunday, February 9 th	Reflections Service with Sound Weaver, Sylvia McAvany– 4:30 pm
Saturday, February 15 th	Attic Treasures Vintage Market – 9:00 am – 4:00 pm
Sunday, February 23 rd	One Morning Service only this Sunday , at 10 am followed by lunch and the Annual Vestry Meeting
Sunday, March 2 nd – Sunday, April 6 th	Communion Services at 8 am and 10 am Coffee Time in the Hall after the 10 am services.
Tuesday, March 4 th	Shrove Tuesday Pancake Supper – Time TBA
Wednesday, March 5 th	Ash Wednesday Service – Time TBA
Friday, March 7 th	Fantastic Friday (aka Messy Church) – 4:30 - 6:30 pm
Sunday, March 9 th	Reflections Service – 4:30 pm
Friday, April 4 th	Fantastic Friday (aka Messy Church) – 4:30 - 6:30 pm
Sunday, April 13 th	Palm Sunday – Communion Services at 8 am and 10 am Coffee Time in the Hall after the 10 am service
Monday, April 14 th – Saturday, April 19 th	Holy Week – Services TBA
Sunday, April 20 th	Easter Sunday – Services at 8 am, 10 am, and 2 pm
Saturday, April 26 th	Spring Fair – 10 am – 2 pm

*Unless otherwise noted, Sunday services are at 8 am and 10 am.
Coffee Time in the Hall follows most of the 10 am services.*

Your Support is Always Gratefully Received...

Contact the Parish Office if you would like to help
as a Reader or Liturgical Assistant **with keeping the grounds tidy**
or by donating to the Altar Guild for flowers

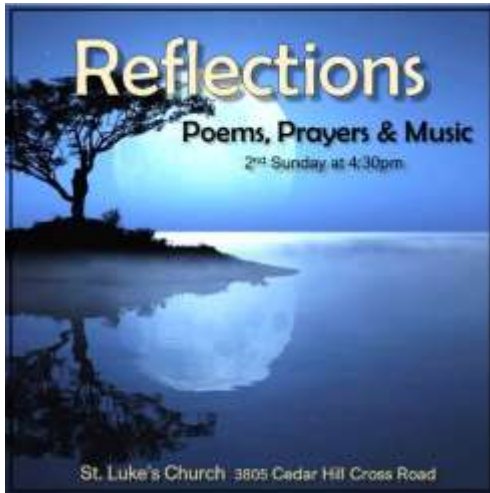
Financial support of St. Luke's is always welcome.

Make an extra financial donation to St. Luke's by:

- **Cheque or Cash** (collection plate, mail it, drop it off at the hall, or have it picked up)
- **E-Transfer** (from your bank account)
- **Credit Card** (Canada Helps)
- **PAR** (Pre-Authorized Remittance Program, also called automatic debit)

Visit the **Donate** page at the website (<https://www.stlukesvictoria.ca/donate>) for more information about making financial donations.

Reflections – Sundays, January 12th and February 9th at 4:30 pm



Mark your calendars for Reflections in the New Year.

The January Reflections will feature flutist, Mary Byrne, who has played so beautifully during some of the 10 am services.

Sound weaver, Sylvia McAvany, will play handpans and singing bowls at the February Reflections. As a Sound Weaver, Sylvia offers meditation through sound, which can help the listener relax and reach an elevated mood.

When paired with inspirational readings, we hope that these Reflections services will bring a sense of light and peace to all who attend.

Reflections will be on the second Sunday of the month from January to June (January 12th, February 9th, March 9th, May 11th, and June 8th). Note that there won't be a Reflections service in April.



Annual Vestry Meeting – Sunday, February 23rd

As we look to the New Year and our own roles in 2025, please mark on your calendars the date of our AGM (also called our Annual Vestry Meeting), which will be held after the 10 am service on February 23th. Please consider if you could be a Parish Council member in 2025. If you would like to learn more about being on Parish Council, please talk to Daniel or to the one of the Nominations Committee members: Rick Saville, Heather Simpson, or Carol Turnham.

The Annual Vestry meeting will include reports from 2024 and the election of new Parish Council members. Mark the date on your 2025 calendars and plan to attend this meeting.

The Parish of St. Luke Cedar Hill is all of us.

Please read the reports, come to the meeting,
and support the parish leadership in the work of our parish.

St. Luke's Christmas Bazaar 2024

by Carol Turnham, Convenor



Another very successful Christmas Bazaar was held on November 23, 2024, from 10:00 am to 2:00 pm, which raised a total of \$10,219.60 on the day. With the money that came in after the Christmas Bazaar from the Silent Auction and other sales as well as online sales, the total was \$10,711.60, a record amount for the Christmas Bazaar!

Our sincere thanks to all who contributed so generously in so many ways: in time, effort and with wonderful donations! Special thanks to those who sewed, knit, baked, made jam, and other creations. You are really appreciated for all your dedication!

After a week of cold, rainy, windy weather, the sun shone and we were blessed with steady crowds of customers all day, who started lining up at 8:30 am!

Our thanks to all who helped with set-up on the Thursday evening, which could not begin until after 8:00 pm due to a meeting in the auditorium. Our particular thanks to the Baron's Organization International (BOI, an order of Canadian Knights), and to Glen from the St. Luke's Players who helped the rest of us put all the chairs on the stage and arrange tables in the hall, up and down. The Vintage Clothing and Accessories stall could be set up in the Sequoia Lounge all day Thursday, which was very helpful.

My thanks to all the convenors who again took charge of our various stalls. Many workers helped all day Friday to sort and price items in all the departments. Our sincere thanks to Jane Grant for providing her delicious soup and lunch to the hungry workers.

Thanks again to all who volunteered their time and hard work to sell on the day of the Bazaar. Family, friends and members of groups such as the St. Luke's Players, and the Weavers and Spinners Guild were much appreciated! We couldn't have done it without all of you!

Unfortunately, David Gittens, the owner of the food truck, *Come and Get It*, was sick and unable to come to the Bazaar. But we're looking forward to seeing him again at the Spring Fair.

St. Luke's Christmas Bazaar 23 November 2024 Final Summary

	Totals with Additions after the Bazaar
Antiques & Collectibles	\$ 769.75
Handicrafts & Linens	396.60
Jewellery	1,054.60
Jams & Jellies	659.50
Lunch Donations	21.90
White Elephant (In - 1,094.75 /Out - 151.00)	1,285.75
Home Baking	1,096.85
Christmas Decor	851.35
Greeting Cards	213.60
Books, Puzzles, & Audio Visual	773.85
Toys	233.00
Crafts and Creations	937.30
Silent Auction	1,159.00
Vintage Clothes and Accessories	1,108.55
Donations	150.00
Christmas Bazaar Total	\$ 10,711.60

Our thanks to Sharon McMillan and David Robertson for quickly shopping and buying food to offer all the hungry workers who had planned to buy their lunch from the food truck.

Our thanks to Heather Simpson and Emma Robertson for using the Square to take credit card transactions.

Thanks again to the Baron's Organization International and all who stayed to clean up after the sale. Leftover donations were taken to the Salvation Army and the Compassionate Resource Warehouse.

It was a joyful, very enjoyable, if not exhausting day for all. My heartfelt thanks to all of you!

God bless and have a lovely Christmas!



Photo credits: Barb Prescott

*The White Elephant Crew:
From left: Steve Ruttan, Barry
Westhaver, Rick Saville, Eric Morgan,
Ray Lett, and Dave Hitchcock
Photo submitted by Rick Saville*



Homily for the Feast of the Reign of Christ

by The Very Rev. Ansley Tucker

[Editors' Note: The Very Rev. Ansley Tucker filled in at St. Luke's on November 24th, the Feast of the Reign of Christ, when Daniel was taking some vacation time. We asked her permission to share her homily from that Sunday in this issue of *The Prescription*.]

Many, many years ago, I took a group of adolescents to visit a synagogue. Part of the program included asking the rabbi any question they wanted. They had been carefully told that the only “dumb question” was an unasked question. So I guess I should not have been surprised when the first question out of Kim’s mouth was a blunt, “Why don’t you believe in Jesus?” Rabbi Joel handled the question with great dignity and sensitivity. He told the children that as a Jew he believed that one day Messiah would come, and that when he did, the world would at last be put to rights. There would be no more poverty, hunger, violence, or injustice. Since these evils continue to exist, he told them, he had to conclude that Jesus could not have been the promised Messiah.

Rabbi Joel, of course, put his finger on one of the most perplexing mysteries at the core of our Christian faith and practice. And this day, the Feast of the Reign of Christ (or Christ the King) lands us right in the middle of this very question. Here we are celebrating the realization, in all its plenitude, of the Kingdom of God come on earth as in heaven. And yet, what has changed? Wars abound. Me-first politics predominate almost everywhere. In the halls of government, the art of civil discourse has been lost. There is nothing more important than getting and then keeping power, no matter what the cost. (Scrap the GST on alcohol over Christmas? Sure! Put \$250 in everyone’s pocket when people can’t find a family doctor? Why not?! Drill, baby, drill. Whatever makes you happy!) What evidence have we that the “King of kings and Lord of lords reigns for ever and ever and ever, Hallelujah?”

The Church is not oblivious to this paradox, but rather takes note of it with bold transparency. Have you ever noticed that this Sunday, which concludes our Church Year, is a direct response to the prayers by which we began the year last Advent? For Advent is not so much the “prequel” to Christmas, as it is the Church’s solemn plea for the Kingdom of God to come at last, for the work of Jesus to be completed – prayers which we frame in the language of a “coming again.” Today, it’s as if we gather up the beginning and the end and tie a great bow: we close the loop, and we celebrate the great vision for which we prayed, *even though it has not yet come to pass* in these dimensions of time and space. And that is why next Sunday, the first Sunday of a new Advent, we shall exchange our white for purple, drop the needle right back in the groove and begin again, praying, “Your kingdom come.”

Our celebration today, then, is one of anticipation. The big theological word for this is “proleptic.” Two small words for the same thing are “as if.”

For we have not given up on this vision of a reordered world. We *cannot* give up on this vision. If we are deeply honest we will acknowledge it was likely wrongheaded to imagine that the “reign of Christ” could have come about without a little more cooperation from our side. It was, I believe, G. K. Chesterton who quipped, “The problem with Christianity is not that it has been tried and found wanting but that it has not been tried.”

Which brings us back to those two little words, “as if.”

What if we were to live our lives *as if* the Kingdom of God were in full flower? What if we treated one another *as if* we had the time (and inclination) to listen, or the patience to explain, again. What if we looked at the faceless mass of humanity, in their cars, in the line-up at the grocery, pushing and shoving through the shopping malls *as if* they bore the visible imprint of God's own image? What if we behaved towards our enemy *as if* we found it possible to forgive her? What if we partook of the earth's atmosphere, oil, water, land, ore, trees *as if* these were a sacred trust for the benefit of all, and not personal property for our personal enrichment? What if we lived our lives *as if*?

I wonder if maybe, just maybe, we would begin to see signs of the Kingdom of God, and the Reign of Christ come among us. For in the acting out of our values and convictions, we are inevitably formed into the likeness of our god – who or whatever our gods may be. If Rabbi Joel looks at us and does not see a compelling case for Jesus as God, then we have work to do, haven't we?

"King of kings, and Lord of lords; and he shall reign for ever and ever and ever. Hallelujah!" This is the vision to which we cling. Let us live our lives as if.

The Travelling Teapot

story and pictures by Gillian Bloom



It's hard to know exactly how old my teapot is. I know it first belonged to my grandmother and she passed it on to my mother when she got married – so by the time it was passed on to me when I got married it was at least 40 years old and had lived in London, Caterham, Beckenham, Coventry, and Pagham (not necessarily in that order). Originally, it lived with me in Limpsfield, Surrey. But then I had the chance to go to Canada and settled in Toronto, Ontario. The teapot travelled over with me in a big trunk on the Queen Mary.

After living in several places in Toronto, the teapot then found itself in Vancouver. There I met my second husband and he was on the way to Peru – South America. So, of course, the teapot came too and lived in Lima for a short while, before leaving for Cerro de Pasco (where I worked as a teacher for a mining company) at an altitude of 14,000 feet. The teapot had a hard time here. It could never really make a good cup of tea because at that altitude the water does not boil at the same temperature (you can actually put your finger in the boiling water and it will not hurt) and so the tea does not steep properly. I think the teapot and I were happy to get back to sea level when we moved back to Victoria and it has been in the last place for 34 years!

It's a bit dented and absolutely black inside (never washed, of course) but still does a fantastic job of making tea. Nowadays in deference to the teapot's age – an elegant cosy (made by Brenda Morgan) helps the teapot keep the tea warm for my second cup!!



St. Luke's Christmas Pageant

St. Luke's Christmas Pageant, held this year on December 8th, was a lot of fun for all participants. Everyone had the chance to be Mary or Joseph, an animal, an angel, a shepherd, or one of the wise persons. What a joyful celebration it was! A special thank you to the pageant "organizers and directors": Claire White, Sharon Hallsor, Merry Hallsor, Sharon McMillan, and Susanne Reul-Zastre.





Photo credits: Tara Poilievre and Barb Prescott

A Note from the Stewardship Team

Barb Prescott, Tara Poilievre, Sharon Hallsor, and Daniel Fournier



We held St. Luke's Celebration Sunday Service and Lunch on October 27th. Celebration Sunday is a time to give thanks for the many blessings we have at St. Luke's and to thank all of you for all you do at St. Luke's, whether it is supporting the St. Luke's community through your prayers, your actions in volunteering to help in various areas, or through your

financial contributions. It takes all of us working together to be the community of St. Luke's. We are all part of the body of Christ at St. Luke's.

2025 Financial Commitments - We are very grateful for the commitments people made regarding their offerings for 2025. Here is an update. During this year's Stewardship Campaign, we have received 43 pledges with \$82,480 pledged to date. Last year we received 42 pledges and \$80,084 was pledged. In addition, 13 people, who donate via the PAR (Pre-Authorized Remittance from your bank account), didn't make pledges. If their PAR donations stay at the same level next year, their donations for 2025 would total \$19,416 for a total of \$101,896 committed. While these aren't huge increases, each year's Stewardship Campaign invites us to examine our offerings as part of our spiritual practice and encourages us to increase our givings where possible.

Monthly Donations - To ask for envelopes, make a change to your PAR, or start using PAR, please send an e-mail to St. Luke's Givings e-mail (givings@stlukecedarhill.ca). To make a change to PAR, include your envelope #, the date you would like the change to happen (e.g. January 1, 2025 or February 1, 2025, etc.), and the amount of the change. The PAR comes out of one's account on the 20th of the month but changes have to be sent in prior to the 10th of the month. To start using PAR, send an e-mail to St. Luke's Givings e-mail (givings@stlukecedarhill.ca) and a form to enrol will be sent to you. If you would like envelopes, please send a note to the givings@stlukecedarhill.ca e-mail and a box of envelopes will be set aside for you.

Thank You - We are very thankful for those who are able to give faithfully each week or on a monthly basis, and for those who plan to increase their givings in 2025 and to all who volunteer throughout the year. Thank you for your time, talents, and treasure as we all work together at St. Luke's.

Happy 99th Birthday, Laura Stoyles!

On December 18th, Laura Stoyles celebrated her 99th birthday. Here she is, cutting her cake to share with us at the Sunday Coffee Time.

Photo credit: Tara Poilievre



A Time of Remembrance at St. Luke's

by Barb Prescott

Veterans resting in St. Luke's cemetery were remembered and honoured at several events prior to Remembrance Day. On Thursday, November 7th, Grade 6/7 students from Cedar Hill Middle School visited St. Luke's Cemetery to place poppy rocks on veterans' markers for their observance of **No Stone Left Alone**. The aim of this event is to educate students about Canada's rich history of service to country and to remember our fallen by placing the Legion symbol of remembrance, the poppy, at veterans' headstones. For learn more about the **No Stone Left Alone** program, visit the No Stone Left Alone website (<http://www.nostoneleftalone.ca>).



At Fantastic Friday on November 8th, we talked about our saints and Remembrance Day. We created remembrance pots with rosemary, a poppy cross and a Canadian flag to place on the veterans' graves at the Service of Remembrance. We also created a poppy banner, which we hung in the church for Remembrance Sunday.

Due to inclement weather, this year's Service of Remembrance on November 10th was held inside the church instead of gathering in the cemetery for part of the service. After the service, the remembrance pots were placed on the veterans' graves.

Thank you to all who helped prepare the remembrance pots for the Service of Remembrance on November 10th. Thank you to Tuf Turf for providing at no cost the sand for the pots. *(Please see their ad on page 26.)* Thanks to Noreen Saville, and Pepper and Guy Gaudio for providing the rosemary, to Rick and Noreen Saville for filling the remembrance pots with sand, and to Rick Saville and Ray Lett for setting them up in the cemetery ready to distribute.



See more pictures at the News page of St. Luke's website:
<https://www.stlukesvictoria.ca/news/preparing-for-the-service-of-remembrance>
and
<https://www.stlukesvictoria.ca/news/remembrance-pots-on-the-veterans-graves>

Photo credits: Barb Prescott and Martin White

The Sequoia and I - Watching Over St. Luke's

by *Sandra Lindberg*



*Sandra Celebrating 50 years at St. Luke's
Photo credit: Evelyn Jewsbury*

I wasn't born in Victoria. I was born in London during the Blitz of World War II. Of course, I have no memory of my first couple of years, but I was told that my first visit to a church was when I was taken to shelter in one during a bad night of bombing. My family attended church regularly (Church of England, of course) and when I married and moved with my family to Canada we lived in various places, all the while attending Anglican churches. Eventually we "landed" in Victoria and found St. Luke's. In 1974, we attended our first service, which I will always remember very clearly because we came in the wrong door! Aside from a brief sojourn in Vernon, I have been in Victoria ever since.

For the past 13 years, I have lived immediately opposite the church site, seeing part of the cemetery, church and hall.

This has always given me a great sense of belonging, plus the opportunity of watching "our deer" and the sequoia swaying back and forth through the November storms.

That sequoia is magnificent and has been around much longer than me! Did you know that it is a Sequoia Gigantea, not the more common California Redwood or Sequoia Sempervirens? Sequoia Gigantea generally grow to between 300-400 feet and can have a diameter of up to 40 feet – huge! They are native to the Sierra Nevada Mountains and are currently found there in only a few isolated groups.

"Our" Sequoia tree is well over 100 years old, having been planted by the Rev. Robert Connell, the rector of St. Luke's from 1901 to 1908. It was given to him by his close friend, Richard Layritz, who started a nursery in 1889 at 4262 and 4268 Wilkinson Road. He planted a dozen Sequoia tree seeds that he had carried around in his pocket for quite some time and most of them matured into young seedlings. He propagated more over the years, and they were planted in gardens throughout Greater Victoria.

Robert Connell lies at rest in the cemetery, close by his favourite tree, while Richard Layritz's final resting place is beneath another Sequoia Gigantea, grown by his own hand, beside Wilkinson Road. These trees provide a sense of steadiness and comfort for those who love and respect them and are faithful guardians of those who have passed.



From my vantage point, I am able to keep a close "eye" on the sequoia and the comings and goings on the St. Luke's property. The sequoia and I have seen many events at the church over the years. Sometimes I have yelled across to the church door to redirect people who are there for auditions with

St. Luke's Players, advising them to go up past the sequoia tree to the hall. That noble tree has suffered the occasional indignity, such as being climbed by UVic biology students, but for the most part I have witnessed it living a quiet, dignified life as a very noticeable community ambassador for St. Luke's.

Yes, living across the road from St. Luke's and "the Sequoia" makes life varied and interesting, and I wouldn't want to live anywhere else.

Blessings to all from Sandra Lindberg

[Editors' Note: The source of information about the Sequoia Tree and the picture of the tree are from an article entitled "St. Luke's Sequoia Gigantea" by J.E. (Liesel) Jakeman, nee Layritz.]



Congratulations to Elisabeth Hallsor

Elisabeth graduated this fall from UBC with a BA in Psychology.

She has taken a full time management position with The Landing, a large dance studio in Vancouver.

Well done, Elisabeth! Congratulations from all of us at St. Luke's.

Congratulations to Aidan and Rebekah

We were so pleased that Aidan Andrews and Rebekah Smith decided to get married at St. Luke's. Their wedding was on October 12th and they invited St. Luke's parishioners to the wedding ceremony.

May God bless your life together, Aidan and Rebekah. We hope that you will visit us at St. Luke's when you come to the Island from your home in Vancouver.



Who's Your Buddy?

by Tara Poilievre

As a Scouter, one of my jobs is to teach the youth about the buddy system, what it is and why it's important. When at camp or during an outing, everyone needs to have a buddy. Your buddy is someone who helps you keep on track and who keeps track of you, and you do the same for them. Your buddy knows where you are at all times and can report your location when asked, get help if you're injured and be an emotional support if you're feeling homesick.

At home, living in a house with six people, I seldom think of needing to let someone know of my daily existence, because there is always someone to see and talk to on the fly. However, when my neighbour, a single woman in her mid-50's, blacked out and fell down her stairs, it brought to light the need to have someone to call on.

In life, we should all have a buddy. Not everyone does, and that can be a problem. Having someone you check in with daily is essential, especially for those who live alone, regardless of your age.

In my neighbour's case, after she rallied from her blackout, she tried calling us after struggling to get to the phone. I believe I was out, and the kids didn't answer the phone, as is typical of many teenagers these days. I took note that something unusual was going on when I saw her friend arrive and the two of them leaving around 10 pm. Afterwards, when she told me what happened, she said she realized that anything could happen to anyone at any age, and she needed to take steps to ensure her own safety. She got herself a smart watch, which can detect unusual activity and ask if she is ok. If she doesn't respond, it will call our cell phones, then 911. She also let us know we are the contacts so that we could make sure her number is in our exceptions list, meaning that it will ring through during do not disturb hours as well.



We had another neighbour, a lady in her 80's, who not only lived alone but kept to herself and only spoke to one neighbour when absolutely necessary. Shortly before Christmas last year, a policeman arrived on our doorstep asking if we had seen her. Unfortunately, she had passed away in her home somewhere in the 2-4 days prior and no one knew until her brother called the police from his home in the USA to investigate. A daily check-in buddy could have prevented the delay in finding her, even if it couldn't have saved her.

I am aware of some individuals in our own congregation over the past many years who have fallen and suffered for a day or two before being found on the floor of their homes. Fortunately, some got their health back in time, but not all.

Whether it's a quick text, a phone call or even an email, checking in with someone at a designated time each day could literally save your life. Someone who lives locally, or who has local connections, is the most ideal. It could be a family member, a friend or even a neighbour. The message could be a simple, "I'm up" or a daily chat. Whatever you choose, make it work for you and your buddy. Have a back-up buddy if your buddy is out of town and can't be reached.

The other option is to get a call button through a monitoring company. There are several available in Canada including Lifeline System, SecurMEDIC and Galaxy Medical Alert System. There is typically a monthly subscription for the service plus the cost of a device, but the costs vary depending on your needs. A little research will help you find what's right for you. Your doctor may also have recommendations.

The stage of life you are in will affect the choices you make for your own safety. Whether it's finding a buddy, getting a call alert button, or moving into a community living facility, your safety is the most important thing to consider. Paramedics and police can only come if they are called but buddies will always check in on you, twice a day or more if you arrange it that way, and they will follow up if you can't make it to a phone.

Be smart like a Scout – get a buddy!

The Phantoms of Whipsaw Creek

by Ray Lett

Perhaps I'm the not only one to wake up at 4 am with an irrational fear such as I've forgotten to pay a bill or turn the light off in the garage. I think it reflects on how much that light can influence rational thought.

Many years ago, I spent several solitary days in a remote cabin on Whipsaw Creek near Princeton. The cabin was by a Forest Service road that I believe was originally part of the Dewdney Trail linking Hope to Princeton before the Hope - Princeton Highway Three was built. In the silence of the night, I sometimes imagined I could hear the clink of harness as the pack horse trains passed by the cabin.



The cabin on Whipsaw Creek

One night it rained and I awoke in the small hours to hear a rhythmic groaning outside the cabin. A vision of being besieged by bears or other nameless beasts came to mind. So taking a flashlight, I emerged from the cabin with some trepidation to confront the "beast". Nothing, just the falling rain. I went back to bed, fell asleep and in the morning woke to hear the noise again, but now much quieter. I walked round the cabin and discovered that part of the eavestrough had broken and was just supported at one end. It would fill with rainwater, descend to the ground, release the water and then return to its original position. In the process, it would scrape the cabin wall making a groaning sound, a rational explanation to the supposed phantom.

Later in the summer, my wife Elaine stayed several days in the cabin helping me to pack up the equipment I'd used during the summer. All was well until the middle of the final night of her stay, when we were woken by the thunder of many small feet over our heads. Packrats, who up to now had been silent, chose that night to celebrate their annual packrat festival. Elaine was not amused and we left the cabin early next morning for the drive to Vancouver.



by Kim Cummins, Executive Director, Shelbourne Community Kitchen Society

At this time of year, we reflect on the tremendous gratitude we have for all of our volunteers, partners, and funders, and the extraordinary year that we have had at Shelbourne Community Kitchen. Amidst the ongoing facility renovations, our programs have continued to thrive, serving **over 1,600 adults** and **nearly 700 children** with dignity and care.



Donate & Double Your Impact (Donate Now!)

This December, we invite you to join our Donate & Double Your Impact campaign! **From December 1st to 31st, every dollar donated will be matched up to \$15,000.** With inflation and rising food costs, the need for food security has never been greater and so far, we have registered more than 300 new participants, including seniors, families, and newcomers for support this year.

At The Kitchen, we're committed to providing fresh, dignified food support through our Pantry Program, Food Skills Programs, and Garden Programs. We're also a hub for connection, where people can find resources and build meaningful relationships.

DONATE NOW AND DOUBLE YOUR IMPACT 

ALL DONATIONS MADE BETWEEN DEC. 1 -31 WILL BE MATCHED!
(up to \$15,000 in total donations)

\$50 - $\times 2$ **\$100** = 

donation is matched

Your support will help families facing rising food costs access our pantry programs, along with special holiday offerings to brighten their season. 

Let's make this holiday season unforgettable by doubling our impact together! This is our community's chance to make twice the difference. Every donation—big or small—will be doubled, amplifying the impact and helping us meet the growing demand for support.

Help us reach our goal by donating and spread the word to make an even bigger impact!

DONATE TODAY

[\(https://www.canadahelps.org/en/charities/shelbourne_community_kitchen/campaign/donate-and-double-your-impact-2024/\)](https://www.canadahelps.org/en/charities/shelbourne_community_kitchen/campaign/donate-and-double-your-impact-2024/)

The Shelbourne Community Kitchen Renovation Update: 90% Complete!

Thanks to your generosity, our commercial kitchen and accessibility upgrades are nearing completion!

Key milestones include:

- A new walk-in fridge and freezer in the food supply area
- Upgraded dish room with a high-capacity dishwasher
- Beautiful new cabinets, commercial appliances, and an accessible island in the kitchen

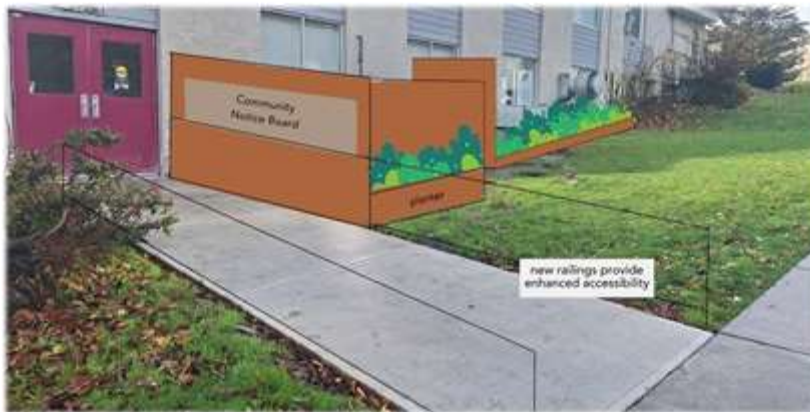


New walk-in fridge and freezer



New cabinets to go into the kitchen

- Comprehensive fire suppression, electrical, plumbing, and HVAC systems throughout
- Enhanced accessible entranceway and exterior landscaping



Exterior Fence and Landscaping Plan

What's left? In December, we'll install the final kitchen counters and finishing touches, and conduct final inspections with Saanich Planning, the Fire Department, and Island Health. We're on track to open the renovated space in the first weeks of January 2025!

Thank you for your continued partnership and support!



A Chinese Proverb

We all live under the same sky,
but we don't see the same light.

Photo credit: Barb Prescott

A Thank You from After Celebration Sunday

Monday, October 28, 2024

Hi Reverend Daniel,

I want to extend my heartfelt thanks for the wonderful opportunity to attend Celebration Sunday this past weekend. The service was uplifting, and the community lunch was so lovely! Sharing a meal and connecting with our friends and partners at St. Luke's, as well as with so many community members, was both inspiring and meaningful. Our past chair, Clarice Dillman, and I had a fabulous time! Congratulations to you and the Stewardship Committee for organizing such a wonderful event.

We really appreciated the opportunity to share an update on our programs, particularly the progress at the Cedar Hill Garden and our ongoing renovations. The congregation's enthusiasm and support mean so much to us and continues to strengthen our mission at the Shelbourne Community Kitchen.

Please extend our gratitude to everyone at St. Luke's for their kindness, generosity, and ongoing partnership. We're excited to continue nurturing this relationship and working together to serve our community.

With warm regards and deepest appreciation,
Kim Cummins (she/her)
Executive Director
Shelbourne Community Kitchen Society

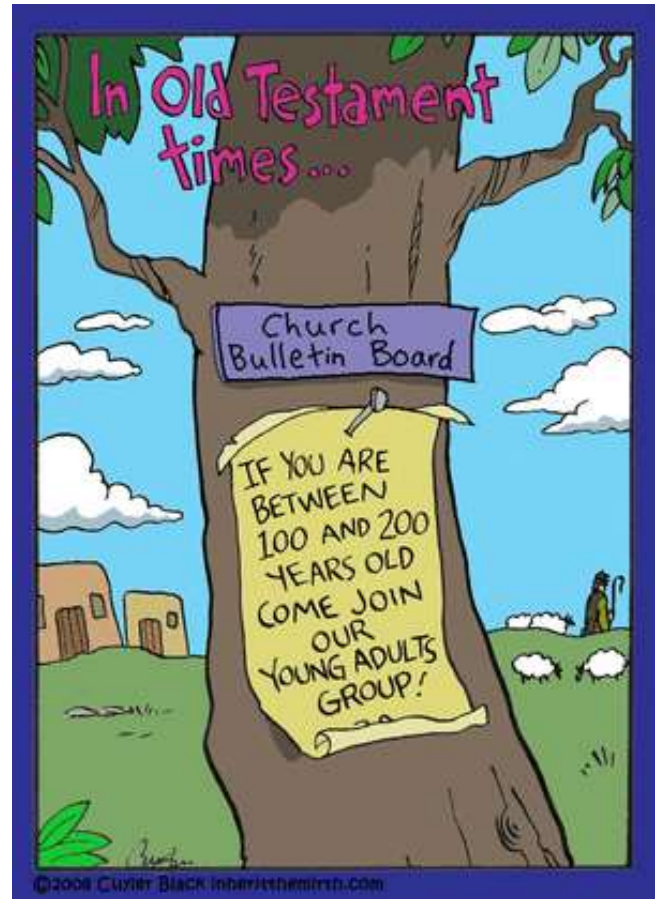
Donations of Food for Shelbourne Community Kitchen



At Thanksgiving, the Altar Guild decorated the church with food items, which were then donated to the Shelbourne Community Kitchen. Thanks to everyone who brought food items and to Ray Lett and Rick Saville for delivering the food to the Kitchen.

Photo Credits: Barb Prescott and Tyler Akis

Humour



How to Avoid Mixing Your Metaphors

It's not rocket surgery.

First, get all your ducks on the same page.

After all, you can't make an omelette without breaking stride.

Be sure to watch what you write with a fine-tuned comb.

Check and re-check until the cows turn blue.

It's as easy as falling off a piece of cake.

Don't worry about opening up a whole hill of beans:

You can always burn that bridge when you come to it.

If you follow where I'm coming from.

Concentrate! Keep your door closed and your enemies closer.

Finally, don't take the moral high horse:

if the metaphor fits, walk a mile in it.

Brian Bilston



Winter Word Search Puzzle

(<https://wordsup.co.uk/word-search-maker.php>)

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ADVENT	FRUITCAKE	PRESENTS
ANGELS	GIFTS	REINDEER
BELLS	GREETINGS	RIBBON
BETHLEHEM	HOLLY	SACRED
CELEBRATE	HOLY	SPIRIT
CHIMNEY	ICICLES	STAR
COLD	JOLLY	TIDINGS
CRANBERRY	LIGHTS	TRADITION
DECEMBER	MERRY	TREE
DECORATIONS	MISTLETOE	VACATION
EGGNOG	NOEL	WORSHIP
ELVES	PAGEANT	WREATH
FAMILY	POINSETTIA	YULE

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Word Search Solution

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