



Fresh Bread for the Saints—March 2025

Welcome to the Lent/Easter edition of Fresh Bread for the Saints! This edition features articles on New Life in keeping with the season of Easter. You'll find articles on moving to a new country and a new parish, welcoming new life into the family, starting a garden, and giving new life to old clothing. We hope that these articles will stimulate thoughts of growth and change in our lives.

Thank heavens for the fans!



by Lamar Mason (Chair, Joint Property Committee)

Part way through our very hot summer, the members of the Joint Property Committee had wall fans installed in the worship space. It is one example of the work of this dedicated group of parishioners from both ASW and First United but a very visible one! Most of what we do goes unnoticed.

I suspect only the few people in the building the day the power was off for 10 hours are aware that one of our electrical panels has been upgraded. However, the Quilters are probably happy that, as a result of this upgrade, they can now run the microwave and a kettle at the same time in Room 5/6 without blowing the fuse! And while the new exhaust fan in the kitchen is noisy, the new electrical stove is safer and provides additional oven space for major events.

In addition to these projects, the Joint Property Committee had new parking lines painted in the Madison parking lot, repaired the electrical wiring in the courtyard so the Christmas lights could be turned on, had the office for First United's interim ministers repainted, handled some minor repairs in the apartment, and ensured we had a new water backflow device installed to meet City bylaws.

There were quite a few other initiatives but all this to say that, while you may not see major changes in your surroundings, a lot is happening behind the scenes. And as we all know, with older buildings, starting one project inevitably leads to another! There is no end to the possible projects.

As always, if you see something you think needs attention, do not hesitate to let a member of the Joint property Committee know. Your ASW members are Greg Snow, Chris Kirch, and Lamar Mason. You know where to find us. If you happen to have a handy skill you would like to share, we are always looking for expertise! No long-term commitment required.

An Interview with Augustine Mgala



By Barbara Robertson

Augustine Mgala loves Malawi, his home country. When we sat down for a coffee, his eyes lit up as he described its great beauty and its important role as “the warm heart of Africa.” It must have been a big move to leave all he knew and come to North America for university studies. (His mother certainly thinks so!) He did his undergrad in Oklahoma and then moved to Texas for his Master's degree.

When his calling to ministry was confirmed, he chose Ottawa's St. Paul University. Talk about a new life! Gone was the competition and pressure of the United States. Life was much more relaxed. He describes a feeling that he was discarding a weight when he walked Ottawa's streets. During a brief encounter involving a speeding ticket, he smiles now when he remembers the friendly and relaxed way the police officer approached him.

Requesting a practicum with one of the mainline churches, Augustine was happy to be offered a study term at All Saints', where he has enjoyed our liturgy, and feels that he now has a more rounded concept of the variety, strengths, and weaknesses of the worldwide church. In addition to being a full-time student, Augustine serves as pastor of Living Waters Malawian Pentecostal Church. His aim is to continue his studies as a candidate for the PhD program in theology, after which he will return to Malawi. We at All Saints' are fortunate to have had him in our midst.

Multifaith Housing Initiative Update

by Julie Newlands

I would like to begin by again thanking everyone involved in our tremendously successful concert and charcuterie fund raising event in November. All Saints' parishioners have again demonstrated their commitment to social justice and fun.

Unfortunately, the need is still very great, but happily, there are more opportunities to share our resources.

We have another fun fundraising opportunity in the spring. The annual **Tulipathon** is the main event to raise funds to help reduce rental costs for tenants in MHI buildings. All Saints' Westboro will be entering a team to walk on **May 25**. I will provide more information as we get closer to the date. Please consider joining the walk and see how many sponsors you can get or sponsor me. The walk is a 3-kilometre route through Commissioner's Park and along the Queen Elizabeth Driveway. It is also a wonderful way to meet members of the other faith groups who all lace up their sneakers for an essential cause. This year we hope to arrive with a strong contingent of walkers (a little interfaith rivalry perhaps?).

Housing with Heart fundraiser for Multifaith Housing Initiative Dream LeBreton Project



Photo: Presentation of cheque to Sheldon Leong (left), MHI, by Barb Gillie and Marcie Taylor (right), co-event coordinators.

The final grand total raised for the event was \$17, 445!! Barb and Marcie would like to extend their gratitude and a massive Thank You to all team leads, volunteers, sponsors, and supporters whose time and generosity made the event such a success.

New Life in a New Parish



by John Price

The last thirty-four years in the life of St. Luke's Anglican parish on Somerset Street near the Chinatown Royal Gateway were as exhilarating and almost as scary as a wild roller coaster ride. Unassuming and unpretentious from the exterior, St. Luke's interior was very beautiful and spirit-filled in every way. The parish's strong tradition of choral music equaled that of both Christ Church Cathedral and St. Matthew's parish.

Both The Well, an outreach to disadvantaged women, and St. Luke's Table, a lunch club for street people, were part of St. Luke's ministry and are now part of Belong Ottawa, a stellar part of the Anglican Church's provision of social services in the city. In 1990, St. Luke's demolished its decaying parish hall to provide a site for 44 units of social housing next door to the church long before the current homelessness crisis assailed Ottawa.

However, St. Luke's had for some time existed on the precipice of closure as parishioners moved out of the area and newcomers from other faith traditions moved in. During the pandemic, social and religious condition in Centretown deteriorated with increasing number of homeless people sleeping on the church steps, many of them drug dependent. This may have deterred folks from joining us.

Sir Robert Borden laid the cornerstone of the church building in 1922, so we were preparing to celebrate our 100th anniversary. We had just said farewell to a 98-year-old parishioner who had been baptized, married, and dispatched to his final resting place from that building. He at least did not witness the final indignity of smoke pouring from the hole in the church roof and water hoses snaking through the building in a catastrophic fire that rendered the building unusable.

Thanks to the tender ministrations of Bishop John Chapman, our interim rector, and the kind welcome offered by All Saints' parish, we were able to spend the last three months or so of our existence as a parish in the Chapel of the Holy Spirit in very congenial surroundings and beside a generous, warm congregation. Our parish community was, however, broken apart as people adjusted to the new situation and joined other communities. Some felt the disappearance from their lives at St. Luke's as a deep loss that could not be filled by any church, at least in the short term, and they took a break from church going.

At All Saints', some have found, to our great relief and comfort, a place to enjoy the liturgy in all its forms without the attendant expectation that we take on parish tasks for awhile. Having struggled with declining numbers at our previous parish, we enjoyed being able to sit back a bit and then gradually offer our help with various ministries and other parish endeavours when we felt ready. We were encouraged to see that our new church offered a Food Bank, the New-to-You Shop and other help to the community and were assured that All Saints' has a strong sense of social justice.

The numbers of young children with their families provide much comfort for the future. The sheer number of different activities offered in the parish should be a positive inducement for even more people to join us. This is proof positive perhaps that out of the ashes of destruction and despair something phoenix-like can arise and move resolutely toward something new and splendid.

Thank you, All Saints', for providing a shelter to a community in adversity and to people eager to maintain their faith and renew their covenant with God.

New-to-You Shop Brings New Life to Old Items



by Barbara Robertson

Everything old is new again! Thrift shops are prime examples of this old adage. People bring in once-loved items hoping that someone else can enjoy them. They feel good about keeping clothing, plastics, and china items out of the city's landfill. Our volunteers assess the items, display them to advantage, and help customers to find what they're looking for.

All Saints' parish has provided this service to the community since the mid-fifties. After WW11, they found that parishioners were in the habit of saving fabrics and recycling coats, so it made sense to find a room and set up shop. The prices are modest, and money raised goes to the parish. Unsaleable items are taken to other agencies. Best of all, the volunteers who now number 26 people, have great fun in the shop.

Get Started with Native Perennial Plants

By Julie Cross

Perennial plants are the plants that come back every year from roots that can survive our winters. Although all perennial plants have been developed from plants native to somewhere on earth, our native perennials are already adapted to our droughts and our winters because of their stronger root systems. This means that they can be maintained with trimming and a little extra water for many years. Pollinators, like bees, butterflies and hummingbirds are attracted to native plants because these plants are familiar to them and the flowers usually make more pollen than specialty hybrid garden plants. When we take a role in giving back, by providing good food and shelter for other creatures, we step forward in caring for the world we live in.

Not all of these plants are small and subtle. Cardinal Flower is good for making a brilliant red blooming border and Cup Plant grows into a 6 to 9 ft. plant with yellow flowers from July to October. Ten years ago, I was given seedlings for these plants, and they continue to come back abundantly and lift the spirits of the people who walk by. In March, I will be starting some new varieties under a grow light, planting mid-sized plants in a nursery plot in June and then moving the plants into the big beds when they are big enough for me to weed around.

There are easier ways to get these plants, though. Local nurseries like Peter Knippel, will give advice and sell native plants in border ready sizes. Fletcher Wildlife Garden does have an online sale for seedlings, and you can visit their flower borders at their location to find out what plants will suit the space that you have all through the gardening season. You can get the newsletter and visit the website of the Fletcher Wildlife Garden for news of seed giveaways, workshops, local plant sales and trips to see the gardens in other parts of Canada. One good thing leads to another when you start taking an interest in native plants.

New Life at Sea



By Peter Robertson

It's 04:00 in mid-Atlantic, where I'm standing the Morning Watch aboard HMCS Lanark in May 1964. Close-in, the occasional ripple as Lanark cuts through the swell. Beyond that, nothing. And then, something begins to happen. A line of intense light, like an electric current, creates the horizon. The great globe of the sun rises, flooding the world with light (Psalm 139's "wings of the morning"). And another day begins. "They that go down to the sea in ships . . . These see the works of the Lord, and his wonders in the deep" (Psalm 107: 23-24)



Celebrations, Commendations, Compliments

You might want to mark your calendars for May 21-25! Our own Sarah and Annie Hume each have a major role in Nepean High School's upcoming presentation of *The Sound of Music*. We have watched Annie and Sarah along with their three singing sisters develop their choral skills at numerous services and special events here at All Saints' parish. It will be a pleasure to watch them hit the big time on stage in May!

A delicious fundraiser for the Westboro Food Bank was held in the upper hall on Saturday February 8. Called a Stew Showdown, it offered a chance to meet the neighbours and sample a wide variety of types of stew, courtesy of six restaurants from the two blocks on either side of our church. One hundred and seventy-five guests bought tickets and enjoyed wonderful food along with live music. The grand winner was Lexington, while the people's choice went to Brassica. Thanks to the sponsors Westboro BIA for organizing the event which garnered \$2,300 for the Food Bank.

Newcomers Are Welcome!



L to R: Ken McMillan (Parish Council Chair), Carol-Ann Lugtigheid (Host), Carolyn Otley, Wanda Pyszlip, Mary Gracie, Peter Robertson, Deb Bouchier

By Barbara Robertson

On February 9, we welcomed 14 folks to our parish community with a luncheon in our beautiful chapel. Sitting at four tables, guests had time to chat with each other, tell stories, and ask questions of the parish host. Volunteers provided delicious salads which were paired with sliced meats, rolls, and cookies. By the sounds of conversation and laughter, this was a highly satisfactory event!

Renew, Re-design, Repeat



Melanie surrounded by samples of repurposed clothing

by Barbara Robertson

The word denim originates from the success and fame of a twill fabric which was produced by the weavers of Nîmes, France in the late 17th century. The blue threads are woven over white ones to create a very durable fabric particularly favoured by miners, farmers, and people doing hard labour. “Serge de Nîmes” was contracted to “denim” and became widely popular.

Melanie began her sewing journey in her twenties when making clothing was more economical. As a mother of four children this was not only practical, but it was also a way to channel her creativity. As time went on Melanie found ways to re-use and re-invent an old pair of loved jeans. Although not all of her designs are denim based, her pieces are brought back to life with embellishments of embroidery, crochet and Sashiko stitching.

As the daughter-in-law of Helen Brown, Melanie was delighted when Helen invited her to sew in her basement. A sewing den that has four sewing machines, oodles of fabric and an energy containing hours of creative designs (mostly Helen’s). The New-to-You has been a wonderful source of fabrics and treasures, many items that Melanie uses to re-invent.

Re-purposing clothing is a deeply satisfying activity for Melanie and is quickly becoming much more than a hobby. She describes this work as tapping into the energy of the fabric and of its first wearer; she wonders who first wore it, where it travelled, and how it was enjoyed.

Renewing previously used fabrics fits Melanie's desire to honour this venerable fabric and appreciate the gifts of creation. To learn more about Melanie you can visit her on Instagram [@melanie.burston](https://www.instagram.com/melanie.burston)

Q&A (Music)



Q. I like to sing and can read music. I enjoy singing with the congregation on Sunday mornings. As I can read music, I often pick up *Common Praise* or *Voices United*, which are provided in the pew rack. However, we often sing lovely songs from the Lutheran and other traditions. Some of them can be learned on the spot; others are trickier. I notice that the singing behind me drops off when we have an unfamiliar song. Is it possible that we could be provided with a small pile of sheet music at the door for those unknown tunes?

A. Thank you for your thoughtful question!

We're fortunate to have a wide range of songbooks and resources available: *Common Praise*, *Sing a New Creation*, *Evangelical Lutheran Worship*, *All Creation Sings*, *Voices United*, and *MoreVoices*, along with songs from *OneLicense* and *CCLI*. This gives us access to a rich and diverse repertoire, but it also means we have a lot of different books to manage! For those who read music, we have a limited number of copies of each book available at the back of the church. If you notice we're running low on any of them, please let me know.

Answered by Lauren Saindon (Music Director)

From St. Martin's to All Saints'



By David and Helga Jeanes

David and Helga joined Saint Martin's Church, near Carlingwood, in 1977. The parish had been established in 1924 and the present church built in 1955. Our daughter was christened there by the late Archdeacon Don Chapman, father of Bishop John, and both our children were confirmed by Bishop John Baycroft; so, two links to All Saints'. We served in many roles over our 45 years at Saint Martin's.

David was particularly involved with the care of the building, improvements, and shared uses and Helga with the choir, coffee making, Messy Church and bazaars. David created the projection system at Saint Martins in 2012 and more than 400 sets of PowerPoint service slides. David has also given much time to help the new owners, the French Evangelical Baptist Church, to move in and make some changes.

Over our 45 years there were many activities, including bazaars, parish suppers, (pancakes, seders, etc.), concerts, strawberry socials, hot cross buns, Christmas pageants, men's breakfasts, picnics, bible studies, sponsoring a Vietnamese and a Syrian refugee family, and fundraising (including for a new organ and for Cornerstone). We were the pioneer parish for the GIFT campaign in 2011. There were weddings, christenings, and in later years too many funerals. Our choir was very special, with large additions on special occasions such as Advent Sunday and Good Friday.

Unfortunately, a decline in numbers, particularly families and volunteers, hit us particularly hard during COVID. The parish was forced to close in June 2023, after 99 years, despite still having large bequests in the Consolidated Trust Fund. Many parishioners and our wonderful organ went to St. Stephen's, but for Helga and David All Saints' was the closest church to our home in McKellar Park, and we knew Westboro well. In fact, David was a member of a committee that met with All Saints' before the partnership with First United, to see if we could be the partner.

We have found All Saints' Westboro to be a very welcoming parish. We are particularly impressed with the children's program and the number of young families who participate every week. Helga and David go to the monthly breakfasts and are bible readers.

David's photographs are of the last Christmas Eve service at Saint Martin's in 2022 and the front of the church on Lockhart Street at Easter 2024, just before the Baptist congregation moved in.

Becoming “Nan”—new life as a grandparent



By Amy Castle

I'd heard it for years: “there's nothing that compares to being a grandparent.” It all sounded like a bit of hyperbole . . . until it happened to me. When little Daisy came into the world last summer, I immediately thought about the birth of my own daughter Hetty—Daisy's mother. And I reflected on the long line of daughters who came before her: me, my mother, my grandmothers, and on and on. Then, as now, each new life is a symbol of hope and optimism. And as a grandparent—as “Nan” —I am keenly aware of my responsibility to ensure Daisy's future is bright, not only for her, but for her own children and grandchildren. I can do that by caring for God's wondrous world, by giving back to community, and by sharing love and kindness with others. Grandchildren provide a window into what's possible and inspire us all to do better.

Genius or Jesus? —That is the Question

By Kathryn Otley

At the store where Apple products are sold, there is long high table positioned almost against the wall with chairs along the outer edge. It is known as the “Genius Bar.” Those who are well-versed in the phones and tablets—how they operate and tricks and tips to get the most out of the devices - staff the ‘bar’ and help all those who come in with questions.

We thought we would introduce a similar service at All Saints’ and call it—you guessed it—the “Jesus Bar”! Mike Norman (for Apple products and laptops, both PC and Mac) and Larry Chop (for various Android products) have offered, one Sunday a month, to sit behind a table during hospitality hour after the 9:30 service and try to answer any questions or demonstrate a variety of functions on your phones or tablets. If there is a great demand from those after the 8:00 am service, we will arrange something as well.

Thank you to Mike and Larry for offering their time and expertise. Please stay tuned for which Sunday in March we will begin this service.

Building Faith Series

By Janet Currie-Kelk (Children and Youth Coordinator)

The Building Faith Series is offered the last Sunday of the month after service in the chapel. Each month we alternate between “Sharing Faith with Children” and “Come and Sing.”

“Sharing Faith with Children” is an opportunity to connect with others who are engaged with children or youth in their spiritual development to share ideas, explore ways of engaging their faith and yours. Exploring how to share your faith with children is something that you are perfectly positioned to do to support God-Connected children. This time is for parents, grandparents and carers of children. The first session explored “creating windows” into your faith life and the next session will explore ways to help provide your child or teen a “spiritual framework”. And we will have a prayer book that you can leverage with your family. Children’s activities and supervision will be provided in the chapel, while adults enjoy a coffee and chat.

Next Sessions: March 30, May 25

“Come and Sing” is for all ages (young and older!). Come and sing your faith, from children’s action songs to contemporary worship music. Ukulele, piano, shakers, rhythm sticks, and more will allow all to make music together. Whether you sing or not, come and join in this time together. Do you have a favourite hymn or song that you would like to sing or hear or one you would like to know better? Please let Rev. Chung Yan or Janet know.

Next Sessions: April 27, June 22

Editorial Board

Katy Burnett, Amy Castle, Larry Chop, Chris Kirch, Helen Norman, Catrina Tapley,
Barbara Robertson, Graham Robertson, and The Venerable Kathryn Otley

Please send all questions and contributions to the
church office office@allsaintswestboro.com with the subject: Newsletter

2025 Upcoming Youth Events



SAT 22 FEB **4:00 PM - 7:00 PM**

Coldest Night of the Year
Come and walk with your family or join other youth from ASW and other churches. 2km or 5km. Chili & warm drinks in Steacy Hall afterwards. Or donate.

TUES 4 MAR **4:00 PM - 7:00 PM**

Shrove Tuesday - Pancake Dinner
Calling all youth to help with clean up and enjoy a meal together. Volunteer hours provided.




SUN 16&23 &30 MAR **10:45 AM - 11:30 AM**

Fundraising for Youth Camp
Help fundraise after worship. Selling soup. Volunteer hours provided. 4 Sundays including April 6th.

WED 9 APR **5:30 PM - 7:30 PM**

Youth Group Evening (ages 10+)
As requested, a movie night in the chapel. Pizza and popcorn. Bring Friends.




FRI 18 APR **10:00 AM - 12:00 PM**

Good Friday Morning program & Lunch
Are you available to help with children's programming or want to learn more about Holy Week. Lunch provided along with volunteer hours.

SAT&SUN 3&4 MAY **10:00 AM - 12:30 PM**

Server Appreciation, Training & Commissioning
Saturday - Training for current and new youth servers ages 10+ - Lunch provided
Sunday 9:30am: Server Commissioning during worship



WED 14 MAY **5:30 PM - 7:30 PM**

Youth Group Evening (ages 10+)
Join for a meal cooked together and then we will help in the front garden to prepare the soil. Games & Dessert after.

FRI-SUN 30-2 MAY-JUNE **OVERNIGHT**

Youth Camp Weekend
Join other youth for a fun filled weekend. Visit: youthcamp.ca
Early Bird Registration \$75; As of April \$100



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