



ST. JAMES' JOURNEY

NOVEMBER 2024

Volume 19, Issue 2
November 2024



*Welcome to the Church of St. James', Orillia
Whether you are a follower of Christ, or on a spiritual
journey, all are welcome to this Holy and Sacred place.*



FROM THE DESK OF ARCHDEACON JOHN

Dear Friends in Christ,

A Month of Remembrance

Liturgically, November is a busy month! Nov. 3 is All Saints' Sunday, November 10 is Remembrance Sunday, November 17 is ACW Sunday, and November 24 the Reign of Christ. When I think about these four holy days, it strikes me that there is a theme of remembrance which binds the month together.

The festival of All Saints' had its origins in the fourth century and developed to be a day to remember the martyrs and saints of the whole church. It is a day we remember the Christian saints who loved Christ and were inspired by the Holy Spirit to serve those in need, seek justice for all, and bring hope to the sorrowful. We also remember on this Sunday that the saints who have gone before us remain our partners and fellow servants "before the face of God's glory".

Remembrance Sunday, while not a Feast Day in the Church, still is an important memorial observed in our Anglican Church. We remember those in our parish who have died for their country in conflict and in peacekeeping. This is an important day observed at St. James' and we ensure that traditional practices are observed from the laying of wreaths, a liturgy that focuses on remembering the cause of peace, and a moment of silence for reflection. Interestingly, November 11 in the church calendar is observed as memorial for Martin, Bishop of Tours, from the fourth century. Martin was a soldier by profession but renounced military life when he became a Christian. Martin cut his soldier's cloak in half to clothe a beggar. The following night he had a dream in which he saw Christ himself wrapped in half of the soldier's cloak. Martin is remembered as a servant of the gospel and a proclaimer of peace.

ACW Sunday may not fit our traditional understanding of remembrance. However, it is a very important service as we remember the work of Anglican Church Women both present and past. The ACW has been a backbone to all our parishes, providing an example of service and fellowship. While we may remember the past work of the ACW, we are also reminded that the ACW has adapted to meet our changing times. As it is pointed out the ACW in our parish stands for the Anglican Church Workers, and we give thanks for that ministry.

Our Vision -
A strong faith community, reflecting God's Love to those around us
Our Mission -
To serve and share Jesus Christ
Our Values -
Faith, Compassion, Integrity, Respect



We end the month of November with the Reign of Christ. For many Anglicans it is referred to as "Stir Up Sunday", a name inspired by the Collect in the Book of Common. Historically this was also the Sunday when Christmas baking was begun, as in stirring ingredients in a mixing bowl: Christmas cake, Christmas pudding, etc. More importantly, on this day we are reminded that we are to meditate on certain truths which allow us to live a fulsome Christian life. It is the idea that Christ must reign in our minds, our hearts, and in our communities of faithful people. In this way we become instruments of Jesus' peace and love.

Perhaps, in the spirit of remembrance, commit this BCP prayer from Stir Up Sunday to memory:
Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen.

Yours in Christ, Archdeacon John

THE WARDENS' CORNER

Greetings from your Wardens!

As I am writing I am hearing that we might have snow! Thank goodness our Church building is now ready for winter. AND... so many people have told me that Jen keeps the place so clean for all the activities and often helps out when necessary. Thanks Jen.

All summer we have enjoyed the Summer Recitals highlighting talent from Orillia and elsewhere, thanks to the committee headed up by Rosemarie Freeman. We also had a Falls Prevention presentation thanks to Kate Allen, Sylvia Baker, and the Pastoral Care Team. And who can forget the High Tea served by ladies willing to donate the clothes they were wearing, and including the Silent Auction, and cakes and sandwiches and tea served in China cups which the participants were allowed to take home: All of this organized by Joyce Hird, Joanne Barr and Mary Van Sinclair plus other Pennywise volunteers, and Christine Blair, Anne Thompson and a host of ACW volunteers as well. St. James' Outreach projects were beneficiaries of this event.

On the subject of food: Community Breakfast and Loonie Lunch - what to say? The former happens every Sunday, coordinated by Rosemarie Freeman, with five dedicated teams including the Kalbfleischs, Sue Glowa, Bill Manley, Jen Hill, and many members of St. David's, and Giant Tiger. It is truly a Community Outreach activity, and very much appreciated. Joyce Hird, of Pennywise, always has clothing available for those in need. The latter Loonie Lunch, coordinated by Maryann Vincent, likewise has a large rota of volunteers from the community and a waiting list of those willing to help.

The Maple Leaf Club Dance, co-ordinated by Maryann and Randy Hoover and had Christina Bosco as a singer. A truly marvelous evening for many people.

Donna Mandley is working with a Youth Ministry, mostly young people and parents in their 20s and 30s including Taylor Morrison and Freddie, and they collaborated to organize a Family Movie Night (Casper) designed for young children on October 19th. Carol Singing, arranged by Rosemarie Freeman, is upcoming for Wednesday at Noon Hours, beginning on the 1st Wednesday in December. I am sure we will have participants eager to listen and sing.

So many people have been so busy with all these events that express our love for each other, and our reaching out to others in our community. I had planned to fill this short article with names, but there is not enough space allotted for all the names. So, if yours is missing, that is the reason!

I am humbled by the dedication that I see reflected here, and grateful for all you do. You all truly embody Jesus' words: Love God and love your neighbour as yourself.

Thank you ALL!

Polly, on behalf of your Church Wardens, Dean, Polly, Leslie, and Julia





**You Are Invited
To Our Worship Services**

Sunday October 20
10 a.m.
Faithworks Sunday
Featuring Faith King, Flautist

Sunday October 27
10 a.m.
Featuring Alex Andrews,
Violinist

Sunday November 3
10 a.m.
All Saints and Memorial

Sunday November 10
10 a.m.
Remembrance Day Sunday
Featuring Robin Watson &
Brian Lewis, Trumpets;
Alan Cooper, Bagpipes



Sunday November 3



**Sunday
November 10**

**A.C.W. SUNDAY
WITH A
SPEAKERS PANEL**

PLEASE JOIN US
SUNDAY
NOVEMBER 17
AT THE 10 A.M.
WORSHIP SERVICE




Sunday November 17

LOOKING FORWARD
TO THE REIGN OF

**JESUS
CHRIST**



Sunday November 24

*"If we live, we live for the Lord;
And if we die, we die for the Lord.
So, whether we live or die, we
Belong to the Lord."
Romans 14:8*



VOLUNTEERS NEEDED!!!

Please contact Christine Blair or Anne Thompson

All Sundays
Help set-up for the coffee hour
before the church service
(15 min.)
Serve coffee after the service
(45 min.)
Clean-up after the coffee hour
(15 min.)

St. Nick's Children Shopping - Dec 7
Help set up for the sale on Dec. 6
from 1:00 -3:30 p.m.
Working behind tables while children
shop from 9:30 a.m. to 12:30 p.m.
Teenagers needed to help the youngest
children shop 9:30 a.m. to 12:30 p.m.

Christmas Dinner - Dec. 1
Bring a plate of Christmas Cookies to share.
Cookie Contest judged by JOHN!
Help set-up lunch tables immediately after Communion.
Help clean-up after the dinner.

**ADVENT FOR EVERYONE:
SEASON OF SPIRITUAL RENEWAL**

AN ONLINE TEACHING SERIES WITH OUR BISHOPS TO
WHICH EVERYONE IN THE DIOCESE IS INVITED.
(7:30 - 8:30) BUT WILL BE HOSTED BY OUR ORILLIA
PARISHES AT ST. JAMES' ANGLICAN IN THE UPPER
ROOM. THERE ARE FOUR SESSIONS:

- NOVEMBER 26 - BISHOP ANDREW
- DECEMBER 3 - BISHOP KEVIN
- DECEMBER 10 - BISHOP RISCYLLA
- DECEMBER 17 - BISHOP ANDREW



YOU ARE ALSO WELCOME TO REGISTER VIA THE DIOCESAN WEBSITE.
IF YOU ARE INTERESTED IN ATTENDING
PLEASE EMAIL
OFFICE@STJAMESORILLIA.COM

Will you help our St. James' Annual Christmas Project?

Did you know? It's been well over 40 years that St. James' ACW has been heading up our Christmas Project. Long ago at its start, we managed gifts for six families through their social workers with an agency in Orillia called "Tamarac" - which later become "Catulpa-Tamarac". The number of families grew and what we provided did, too: from random presents to a "Special Wish Gift" plus extras, plus mittens and hats; from any food we were given to food to prepare a Christmas Dinner plus extras, and the choice of a turkey or ham. Our number of families not only grew to come from more agencies - Couchiching Jubilee House, New Path and Community Living Huronia, as well as Catulpa - but we also added single teens from the Orillia Youth Centre - from perhaps 20 people to over 100! (We used agencies because they know their clients' needs already.) We also have added some people who came directly to St. James' to ask for help...

Then came COVID. Like everyone else, ACW had to "pivot" but we didn't miss a Christmas! Now we provide GIFT CARDS: in November, cards to buy children's presents (\$50 per child); in December, cards to buy Christmas Dinner plus (\$25 per person in the family). It's not as much fun as our "Wrapping Day" used to be, but it's safer for health reasons and it's cost effective because we purchase the gift cards through our St. James' FUNDSCRIP program, which brings in at least a bit of money for St. James' on the side.

WILL YOU HELP US? All through November and especially on ACW Sunday (Nov. 17), we will be collecting money for our FUNDSCRIP gift card orders for November and December. Simply note that your money is for the "St. James' ACW Christmas Project" and it will get to us - on a Sunday or through the Church Office, Monday through Thursday. Any amount will help. THANKS!

Mae Cox



SUNDAY COMMUNITY BREAKFAST UPDATE

The Sunday Community breakfast at St James' is up and galloping along after a much-needed summer hiatus. Attendance is increasing weekly, and customers are really enjoying some delicious, nutritious breakfasts.

Much credit must be given to the five teams who each cook and manage breakfast one week a month. All are a dedicated, caring group who are devoted to doing their bit to reduce food insecurity in this city.

Two teams are headed by members from St. David's Church, and 2 teams are from St. James' Church

One team is from Giant Tiger Stores here in town. This team is always on tap when there is a 5th Sunday in a month. This happens about 5 times a year. In addition, Giant Tiger donates to breakfast every single week 6 litres of whole milk, 4 loaves of bread, and 1 lb of butter. Kudos to them for their community spirit. Scott Wilson, manager of Giant Tiger, his wife, and his mother all participate.

Of course, we can always use more volunteers so let us know if you could participate once a month.

The menu differs each week and ranges from pancakes, syrup, and bacon to French toast and sausages, scrambled eggs and bacon, toast, and egg and bacon muffins. There is always cold cereal, coffee, tea, and fruit. It is all delicious.

Drop in for a visit some Sunday morning!

Rosemarie Freeman

What to do if you fall

Try not to panic. Rest for a moment.

If You Can Get Up

- Roll onto your side and push up into a sitting position.
- Turn onto your hands and knees. Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet.
- Place your hands on the seat.
- Place one foot flat on the floor.
- Lean forward and push up with your other foot.
- Sit. Rest. Tell someone you have fallen. Follow up with your healthcare provider.

Figures used with permission: Midwim Health Centre, Worcester, UK.

If You Are Injured

DO NOT try to get up.

Ways to Get Help

- Activate your personal alarm call system
- Gently drag yourself to a phone and call 911. Stay on the line.

Keep Warm

- Use anything nearby such as bedding, a coat, even a tablecloth.

If You Are Wet

- If your bladder "lets go" try to move away from the damp area to keep warm.

Move Your Limbs

- Gently move your arms and legs to help your circulation, and reduce pressure areas.

Be Prepared

- Practise getting up **before** a fall occurs
- Ensure you have a personal alarm system
- Place your phone at table level for easier access
- Find a buddy to check in with each day



Risk Assessment

Please indicate "Yes" or "No" for each statement.

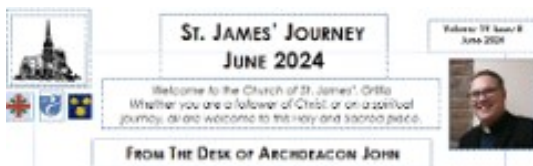
Check Your Risk for Falling		Actions to Staying Independent	
Yes (2)	No (0)	I have fallen in the last 6 months.	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes (1)	No (0)	Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes (1)	No (0)	I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes (1)	No (0)	I often have to rush to the toilet.	Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer alternatives for a good night's sleep.
Yes (1)	No (0)	I often feel sad or depressed.	Talk with your doctor about symptoms of depression and help with finding positive solutions.
		Add up the number of points for each "yes" response.	
Total		If you scored 4 points or more, you may be at risk for falling. Discuss this screener with your doctor to find ways to reduce your risk.	

FOLLOW ST. JAMES' ON INSTAGRAM!

You can now follow St. James' on Instagram – Here's how:

- Go to Play Store and download Instagram app.
- Once downloaded "open" the app
- Create your account and choose your username.
- Set up your profile with a picture, bio and links.
- Choose the more suitable type of Instagram account.
- Customize the notifications that you want to receive.

Then in the search tool look for stjamesanglicanorillia and follow us.



Newsletter Sponsorship

Did you know you could sponsor our monthly parish newsletter in memory of a loved one, for a special birthday or anniversary? A donation of \$100.00 each month pays to produce our internet copies, the paper copies, and their mailing. Please contact the office 705-325-2742 if you would like to sponsor a month. (There are no newsletters for the months of January and July)

KENYA PROJECTS FALL UPDATE

To those who donated funds in 2023/24, we thank you so much. Our Kenya Projects continue their most important work in Nairobi. We were able to send regular funds throughout the year for medication and laboratory supplies.

The exciting news is that along with the care provided at the Medical and Dental Clinics and the Women and Child Care Clinic at The Holy Trinity site, Dr. Stanley has opened a regular Eye Clinic, providing free eye checkups, glasses from those donated by the St. James' team in 2023, related medications and even cataract surgery. We couldn't be more thrilled.



Cataract Surgery at Holy Trinity Clinic

We thank you all for your contribution to the funds raised for clinic supplies for our mission trip May 2023. This mission trip was extremely successful. The funds raised also helped to defer the costs for locum MD's and NPs, an optometrist, local pharmacists and dentists. We saw over 1700 clients for medical needs, and many of them received lab services, optometry, and dental care as well. Your contribution to this project greatly helped those living in Kibera, at St Nicholas Children's Home, the Maasai village and others, supplying them with free medical and dental care, access to free laboratory tests, free medication, eye exams and eyeglasses.

Our next mission trip, depending on interest, will take place in May or June 2026. It is a wonderful experience, and you will return with so many enduring memories. If you are interested, please contact Rosemarie Freeman or Dr. Fran McCordic.

Please consider contributing to The Kenya Projects before the end of the year, through the church directly, through our website or through Canada Helps.

Dr. Fran McCordic

BLESSING OF THE ANIMALS - OCTOBER 6TH



The Far Side Comic



ST. JAMES' BOOK DISCUSSION GROUP

Please join us on Monday, November 11, at 10 a.m. to share your thoughts on the Book Discussion Group's November choice.

'Letters From Across the Sea' by Genevieve Graham, weaves a tale inspired by a little-known chapter of World War II history. A young Protestant girl and her Jewish neighbour are caught up in the terrible wave of hate sweeping the globe on the eve of war in this powerful love story that's perfect for fans of The Guernsey Literary and Potato Peel Pie Society.

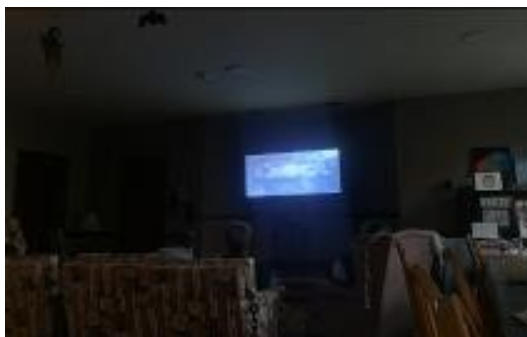


Sue Glowa

FAMILY MOVIE NIGHT

Thank you to everyone who showed up for our Family Movie Night! Treats were enjoyed, and pumpkins were fabulously painted! We are very excited to sit down and plan our next event! Be sure to follow us on Facebook AND Instagram to stay updated on all our upcoming events!

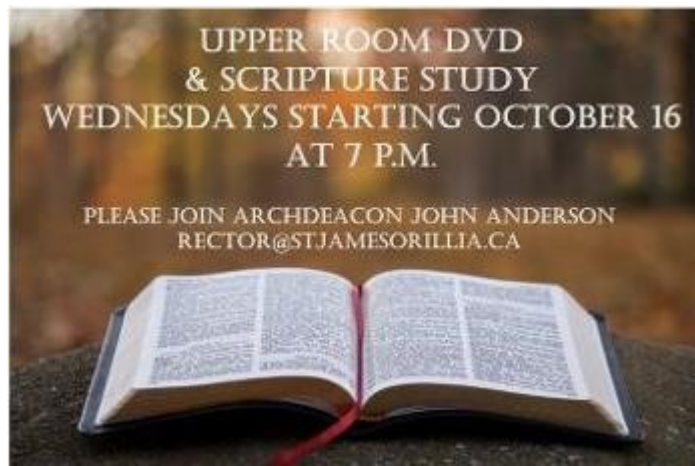
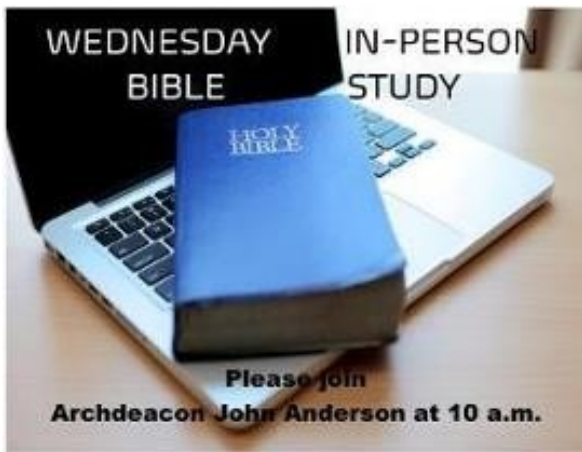
Taylor Morrison



Our amazing and hardworking choir during their warm up at rehearsal last night. You won't want to miss our Thanksgiving service Sunday at 10 a.m. when the choir will present 2 powerful anthems!

Jeff Campbell - Music Director






**A Journey to
Spiritual Renewal starting
Wednesday September 4th**

Please join me on the journey to spiritual renewal. One avenue for this enriching communion with God is our prayer life with scripture.

Sign up on email with me for a guided lectio reading, and prayer every Wednesday morning.

My email address is ammacar12@gmail.com



FOX LAKE UPDATE

The school community of Fox Lake sends both their greetings and their gratitude for the help that the St. James' church community has been willing to give Fox Lake. With two evacuations in as many years, the community has experienced much sadness and tragedy. There has been a steady rise, unfortunately, of deaths in the community due to the lack of support and trauma from the stresses of the evacuations and generational trauma. This is exacerbated for some who are still living in temporary housing due to the loss of homes in the 2023 fire. (Note that as of 2021, StatsCanada reported that 60% of Fox Lake housing already did not meet the National Occupancy Standards.)



Fall Culture Camp

As such, a current goal for the school is to provide as many activities to the community as possible recognizing that our students also need support navigating this bigger environment in addition to attending school. We are therefore supporting extracurricular activities that can give everyone - even those not currently enrolled in school - an outlet. The school hopes to use the church's donation to provide games for those families living in the Fox Lake camp housing as we did the previous year for families similarly housed in John D'Or Prairie.

Students recently participated in the Fall Culture Camp, an event organized by elders for all the students with a variety of activities hosted in each tent and teepee (see photo). This year students learned to make moose collars, heard hunting stories, saw how meat is dried, and ate bannock on a stick. A similar camp is held in the late spring.

In the coming years, the director of education hopes to build a large multi-plex with various sports areas, workout spaces, and food for the community. This is a large project. In the interim it is hoped that more sports equipment will be provided to families, adding another option for the local children to occupy themselves while the community goes through such a big transition.

Linda Davidson

WEEKLY ACTIVITIES and WORSHIP SERVICES

Sunday November 3, 10, 17, 24

8 a.m. Holy Eucharist

10 a.m. Holy Eucharist

8:30 – 9:30 a.m. Community Breakfast

Sunday November 3

8 and 10 a.m. All Saints

Sunday November 10

8 and 10 a.m. Remembrance Sunday

Sunday November 17

10 a.m. ACW Sunday

Sunday November 24

8 and 10 a.m. Reign of Christ

Tuesday November 5, 12, 19, 26,

12 noon Centering Prayer

12 - 3 p.m. Pennywise Shop

Wednesday November 6, 13, 20, 27

10 a.m. Bible Study

11:30 a.m. Holy Eucharist

10: 30 a.m. to 12 noon Loonie Lunch

12 - 3 p.m. Pennywise Shop

7 p.m. Christianity 101

Thursday November 7, 14, 21, 28

12 - 3 p.m. Pennywise Shop

MONTHLY ACTIVITIES and SPECIAL EVENTS

Sunday November 3

Food Bank Sunday

FundScrip Sunday

Tuesday November 5

7 p.m. ACW Executive Meeting

Thursday November 7

6 p.m. Worship Committee Mtg.

Monday November 11

10 a.m. Book Discussion

Tuesday November 12

7 p.m. Ministry Council via zoom

Tuesday November 19

2 p.m. Pastoral Care Meeting

Saturday November 23

10 a.m. - 1 p.m. Pennywise Open

COMING SOON ADVENT MUSIC AND SINGING

Mark your calendar in December for the three Wednesdays before Christmas and plan to attend our noon time Christmas music and Carol singing in the church from 12 noon to 1 p.m.

There is a wonderful lineup of musicians and storytellers to help you get in the Christmas spirit.

December 4 – Alan and Sophie Cooper bring their multiple talents with instruments and songs to begin this year's series and **Susan Charters** will spin one of her spell-binding seasonal stories. Of course, you can exercise your rusty vocal chords with some carol singing as well.

December 11- Rebecca Campbell is bringing a delightful group of singers from Midland, **Vox Femina**, to enthrall you with beautiful music. **Rebecca and Faith Roebuck-Shergold** are soloists and **Kate Ward** will accompany everything, including your lusty singing.

December 18 – Susan Smith, her Celtic harp in hand, and hopefully her husband, John, a clarinetist, come with their beautiful Christmas music. In addition, **Mae Cox** has a delightful Christmas story to warm your heart. You should be in good voice by now for a beautiful Christmas season.

This mid-day series will raise your spirits and send you on your way humming music for hours. Hot apple cider will warm your bones! Hope to see you there.



Your Ministry Council

Anyone interested in reading the current Ministry Council minutes may contact the Church office for a copy. A copy is also posted on the Bulletin Board in the Hall.

Are you ill? In the Hospital? Now in a nursing home?

If you or someone you know from our congregation is ill, in the hospital or has moved to a nursing home, please let us know by calling the church office. **We have no other way of knowing**, as the hospital and nursing homes are no longer permitted to give this information out due to the Privacy Act.

Hospital Pastoral Care

Beth Morum is a Pastoral Care Visitor for OSMH now as well as Mae Cox. If you know anyone from our Parish Family who is in Soldiers, please notify the Church Office so a visit can be arranged.

Newsletter Sponsorship

Each month we ask for a sponsor to support the publication of our parish newsletter. Many of our family receive it via the internet but many still enjoy receiving the paper copy and/or they might not have access to a computer. The donation of \$100.00 each month pays to produce our internet copies, the paper copies and their mailing. Please contact Shannon in the office at 705-325-2742 if you would like to sponsor a month.

The Next Newsletter

If you wish to place a submission, announcement, prayer, pictures etc. into any future newsletter, please contact Nancy at nancynoakesmorrison@gmail.com. Please provide any submissions for the December Newsletter by **Wednesday November 20, 2024**

FundScrip

The FundScrip deadline is **Sunday November 3**. Orders and cheques (payable to St James' church) can be dropped off at the Church office. Pick up will be **Sunday November 10**. Thank you for your continued support of this beneficial project.



November Birthdays

Glen Bagley, Murray Cleland, Mae Cox, Elizabeth Gillett, Dianne Howell, Fran McCordic, Beth Morum, Maureen Naylor

November Anniversaries

Kai & Jacquelyn Schmidt

ST. NICK'S CHILDREN'S SHOPPING DAY



For Children 12 & under ONLY. Little ones will have an "elf" to assist them. All items are \$3.00 & under. With a Mini-Bazaar & Bake Sale for Adults to shop while waiting for the children.

ST. JAMES' ANGLICAN CHURCH
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