



# ST. JAMES' JOURNEY

## FEBRUARY 2025

Volume 21, Issue 4  
February 2025



*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,  
Happy New Year!

About a year ago I began to take more seriously my diet, my physical activity, and to make better lifestyle choices. In part, I knew I had to lose weight if I was going to improve my walking and perhaps one day not have to use a cane. Also, Lisa and I read and learned more about not just how to live longer but also enjoying a good quality of life as we got older. To date, I have lost 40 pounds with still more to go. However, I feel better, and I am walking better!

When you become an Incumbent, you are charged with the spiritual and pastoral care of the parish. I believe that pastoral care also includes your physical health! I have noticed that there are a few more canes and walkers (Please keep using them). My first message of the year is to encourage all of us to take on a healthy diet, regular physical activity, and to making good lifestyle choices. It does not matter how old you are because doing any of these things will make a difference in the quality of your life!

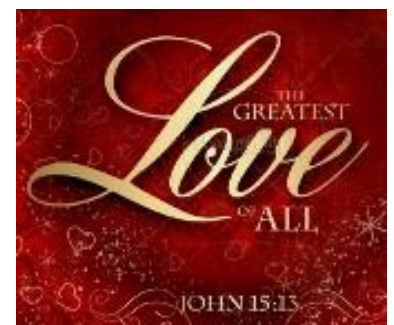
A healthy diet provides your body with vital sources of energy and keeps it stable and working as it should. Healthy foods support your immune cells, which defend against infections and other health threats, protect other cells from damage, and help the body repair or replace damaged cells. Too much sugar, unhealthy fats, and processed foods can lead to an increase in infections, cancer, inflammation, diabetes, heart problems, and obesity.

There is a common maxim followed by people which is to eat less but more vegetables. We do not all have to become vegans! Dieticians encourage us to eat more fish, fruits, nuts, whole grains, and legumes, and to minimize the eating of red meats and processed food!

Do you remember those Participaction advertisements telling us to get active? A multitude of studies show that physical activity contributes to greater longevity, due to the many positive effects it has on the body. These effects include stronger heart and lung function, improved health of blood vessels, stronger muscles, better balance, and a healthier weight.

One heart surgeon I read stated that even moderate physical activity makes an enormous difference to living a better life. It is to be noted that some form of strengthening, or weights is very important to your overall health and fitness.

I know I have done a shout-out for the Orillia Recreation Centre. They have very good rates for seniors, allowing you the use of a pool, fitness center, and walking track. You could think about churches that have affordable yoga or tai chi classes. If walking outside is a problem because of ice, take a turn around the perimeter of our worship space or Stubley!



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

To be continued on next page

In addition to healthy eating and being more active, the following lifestyle choices can have an enormous impact on longevity and quality of life. I think most of us have gotten the message about not smoking. However, we are now being advised to limit the amount of alcohol we consume. Drinking less or not at all is better for your health, because even moderate drinking can have health risks. Getting quality sleep is vital to good health and well-being throughout your life - and may even extend it.

Finally, many studies have linked better and healthier living with people who are social. Take advantage of fellowship opportunities here at the church. There is nothing better than sharing and laughing with friends.

In many ways, this is a pastoral note to say we all care for one another, and we want all of us to live long, healthy lives!

Peace,  
John

## THE WARDENS' CORNER

Greetings from your Wardens!

Regardless of what the ground hog (s) predicted, spring will get here when it's ready. I'm sure you have noticed that the sun rises earlier and sets later than it did just a few weeks ago. So spring is (slowly) on its way. We have other things to look forward to as we wait. As we shift from Christmas to Easter, the activities of the church go on.

- ◆ The Ministry Council meetings have been changed from monthly to a minimum of 6 times per year.
- ◆ Our office computer system is being upgraded.
- ◆ Our boiler is also undergoing a repair.
- ◆ Our building was inspected for fire safety, alarms, etc., with no major issues.
- ◆ We will be giving the church occupants instructions on emergency evacuation (fire drill).
- ◆ Church records are being updated concerning addresses, phone numbers, who has keys, etc. If you have a church key, please call or email the office and give Shannon the number that is imprinted on the key.
- ◆ Vestry will be held on Sunday, February 23rd
- ◆ Lent starts March 5th, Ash Wednesday.

Spring can't be too much longer after that, so until then, stay warm and stay safe.

Your Church Wardens,  
Dean, Julia, Polly and Leslie

## THANK YOU FOR SUPPORTING THE 2024 ADVENT CONSPIRACY

During the Advent period of December 2024, parishioners generously supported our Advent Conspiracy campaign to raise funds for the Fox Lake, Alberta Indigenous elementary school needs. The amount of \$700 was raised. We are grateful for your support of this venture and will keep you posted on the events and needs of this community.

Social Justice and Mission Committee.





The Diocese of Toronto 2025 Social Justice Vestry Motion is as follows:

We, the parish of \_\_\_\_\_ in the Diocese of Toronto, urge the province of Ontario to reverse the planned closure of safe consumption sites in Ontario, and to lift the ban on the creation of new sites, in order to expand life-saving harm reduction services in Ontario.

This motion will appear at St. James' parish vestry meeting in February, 2025. Read below some factors to consider on this issue.

In August 2024, Premier Doug Ford and Health Minister Sylvia Jones announced their decision to close 10 of the 17 safe consumption/overdose prevention sites around Ontario and to prevent new sites from opening. The Social Justice Vestry Motion for 2025, "**Protecting and Expanding Harm Reduction in Ontario**", calls on the province to reverse its decision on the planned closure of safe consumption sites and to lift the ban on the creation of new sites, to expand life-saving harm reduction services in Ontario.

Safe consumption sites, also called supervised consumption sites (SCSs) are on the front lines of the current overdose crisis and have reversed more than 21, 000 overdoses in the province between March 2020 and January 2024. At these sites, healthcare workers also address other health issues and connect people to other supports, including treatment. The communities of Orillia and Barrie remain without SCSs despite demonstrable need. Municipalities and any other organizations are prohibited from starting up new sites.

The province claims that crime rates are higher near SCSs but has not provided statistics yet to back up the statement. Data from the Toronto Police Services indicates most types of crime have **DROPPED** in neighbourhoods with SCSs.

The applications for funding by the municipalities of Sudbury and Timmins were denied. This resulted in a 184 percent increase in opioid-related deaths between 2018 and 2023 for Sudbury and 227 percent increase for Timmins during the same period.

When parishes support social justice vestry motions, it strengthens the bishops' voices in their direct advocacy with the government. It is important to note that no death has occurred within an overdose prevention site since it opened.

"There isn't a community that hasn't felt the horrible effects of the opioid crisis... and the devastating impact on individuals, families, and communities from across all demographics. "

Steve Clarke, past Orillia mayor

Submitted by Social Justice Committee

*The purpose of life is not to be happy.  
It is to be useful, to be honourable, to  
be compassionate, to have it make  
some difference that you have lived  
and lived well.*

*Ralph Waldo Emerson*





## ST. JAMES' BOOK DISCUSSION GROUP



The St. James' Book Discussion group extends an open invitation to anyone who would like to join in or simply listen and have a cup of coffee or tea as we discuss "The Splendid and the Vile", a New York Times bestseller by Erik Larson. This book provides an in-depth look at the first year of Winston Churchill as the new British Prime Minister as he leads an ill-prepared country in wartime preparations, strategies, and negotiations with allies. We see this Churchill both as a person and as head of the country through the eyes of family and colleagues as well as the public and even Goring and Hitler. The book gives a sense of what it was like to live through this time as well as how people responded differently. The book offers much to digest and lots of avenues for discussion. You may find this book in the church library.

So please, feel free to join us for a lively discussion with many perspectives. We meet at 10 a.m. on Monday, February 10 in the church parlour. We would be happy to see you (and a friend) there.

Linda Davidson

## BOOK REVIEW

ALEXEI NAVALNY: PATRIOT - A Review of the recent book: Sue Leslie

Have you ever wondered what it is like for the average citizen of Russia to live under the restrictive conditions of Vladimir Putin's Communist Russia? Or, knowing that Navalny was thrown into solitary confinement in a brutal Soviet prison, how did he write this memoir instead of becoming discouraged and depressed?



Alexei Navalny was, as you may remember, a Russian lawyer who gained the support of thousands of Russians to the point where he aspired to overcome President Putin's regime and become President of Russia himself. He believed Putin and his oligarchs to be evil and totally corrupt. He had a vision of the country becoming free and democratic and a delightful place to live in and work; he did everything he could to try to make this happen, though he knew Putin ordered the deaths of those who did not support him. Navalny himself, after surviving a poisoning, was thrown into solitary confinement in a prison. There he received thousands of letters of support, and he answered each one. That support, and his firm belief in what was right, as well as his very strong faith in God, helped Navalny to maintain a positive attitude and to write this incredibly inspiring prison narrative.

## A BIG THANK YOU FROM ACW



The ACW thanks all those amazing Parish Family members who, once again, gave so generously to the Family Christmas Project, which the ACW has headed up for at least 45 years now! We ended up providing gift cards for 23 Families for a total of 104 people, a bit of an increase from last year, which is always good. Several of the recipients gratefully commented that there would have been "no Christmas" without your help!

Once again, we had donations come in after the time when we could provide help (Thankfully, we didn't have requests that late, either!), but we've "reserved" that money to buy our first lot of cards for next year's families. That also means that other money has been freed up to serve the needs of other children or families that arise during 2025.

Once again, thanks for sharing the Love of Christ through your generosity!

Mae Cox.



Freshly painted hall in the Free Area at Pennywise. There is a wheelchair at Pennywise that is available for use.



A view from the pulpit today. The late afternoon sunlight was streaming through the rear "Evans" window.



Christmas Eve Service

## THE COLDEST NIGHT OF THE YEAR - ST. JAMES' WALKERS

To donate please click on the link below:

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1026291&langPref=en-CA>

**OR you can speak to Bill Manley**

The screenshot shows the fundraising page for "st james' walkers" on the "coldest night" website. The page includes a navigation bar with "login", "help", and "français" options, and a search bar. The main content area features a "PLEASE SPONSOR" section with the team name "st james' walkers", a progress bar showing "amount raised \$0.00" and a "fundraising goal \$5,000.00". There are two buttons: "donate to team" and "join the team". Below this is a paragraph of text: "It's cold out there. And this February, our team is going to do something about it. Together with thousands of Canadians across the country, we're walking and fundraising to support and serve people and families experiencing hurt, hunger, and homelessness in our community. Please, give generously by clicking the 'Donate Now' button above. Thanks!". At the bottom, there is a section for "we're fundraising for..." which lists "Orillia - The Lighthouse Orillia". To the right, there is a "Our Fundraising Progress" section with a vertical bar and a goal of \$5,000.



## The Season of Spiritual Renewal

Listen to what the Spirit is saying to the church. Join Rev. Carol for a Lectio reading, prayer, and meditation every Wednesday morning.

Sign up on email.  
All are welcome

My email address is [ammacar12@gmail.com](mailto:ammacar12@gmail.com)

**2025 ANNUAL VESTRY MEETING**

SUNDAY  
FEBRUARY 23  
Immediately following  
the 10 a.m. Service

In-person meeting in Stubley Auditorium.  
Coffee/tea & light snacks to enjoy during the meeting.



**OPEN**  
Tuesday, Wednesday,  
Thursday  
12 noon to 3 p.m.  
4th Saturday of each month  
10 a.m. to 2 p.m.

Come early for best selection. Donations greatly accepted.  
CASH only please; small bills or coins preferred.  
Phone 705-325-2750

*Proceeds go to support Community Programs*

**WEDNESDAY BIBLE IN-PERSON STUDY**

Please join  
**Archdeacon John Anderson at 10 a.m.**

**FOOD BANK SUNDAY**  
First Sunday of every month

Our Green Bags are located in the narthex for your use. Fill them with any items listed here. They will be delivered to The Sharing Place Food Bank.  
Thank you!!

**TOP NEEDED ITEMS**

- Canned Soup
- Canned Vegetables
- Instant Noodles
- Instant Ramen
- Canned Meat and Fish
- Shelf Tite Canned Goods
- Rice
- Sugar
- Flour
- Tea Bags
- Instant and Ground Coffee
- Whole Grain, Low Sugar Cereal
- Cooking Oils
- Spices / Bouillon Cubes
- Toilet Paper

**FundScrip**

Where Shopping is Fundraising!

A Great Way to Support St. James' While Giving to Others!

**WHAT:** Gift card program that gives a percentage to our Church

**WHO:** Meet major retailers and more! (gas, groceries, entertainment, etc.)

**WHERE:** Across Canada

**WHEN:** Right now! Great way to budget for household shopping

**WHY:** To support St. James' Church

**HOW:** Pick up Order Forms by calling the church office; Place order the **FIRST SUNDAY OF EACH MONTH**; Pick up gift cards the following Sunday

## FREE SUNDAY COMMUNITY BREAKFAST



**ALL ARE WELCOME**

**Every Sunday  
8:30 to 9:30 a.m.  
in St. James' Auditorium**

*A joint venture with St. David Anglican-Lutheran, St. Athanasius Anglican, St. James' Anglican & Community Members. Our goal is to provide food and fellowship in the name of Jesus Christ our Lord.*

## CENTERING PRAYER AND MEDITATION TUESDAY AT 12 NOON in person in Choir Room



George Sanders leads the group. For more info contact [office@stjamesorillia.com](mailto:office@stjamesorillia.com) or 705-325-2742

**WEEKLY ACTIVITIES and WORSHIP SERVICES**

**Sunday February 2, 9, 16, 25**

8 a.m. Holy Eucharist  
 10 a.m. Holy Eucharist  
 8:30 – 9:30 a.m. Community Breakfast

**Tuesday February 4, 11, 18, 25**

12 noon Centering Prayer  
 12 - 3 p.m. Pennywise Shop

**Wednesday February 5, 12, 19, 26**

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

**Thursday February 6, 13, 20, 27**

12 - 3 p.m. Pennywise Shop

**Friday February 7, 14, 21, 28**

11:30 a.m. Prayer Shawl Group

**Saturday February 23**

10 a.m. - 2 p.m. Pennywise Shop

**Sunday February 2**

Food Bank Sunday  
 FundScrip Sunday

**Tuesday February 4**

7 p.m. ACW Executive Meeting

**Monday February 10**

10 a.m. Book Discussion

**Tuesday February 11**

7 p.m. Ministry Council via zoom

**Monday February 17**

Office Closed - Family Day

**Tuesday February 18**

2 p.m. Pastoral Care Mtg.

**Saturday February 22**

Coldest Night of the Year  
 (last one for Team St. James')

**Sunday February 23**

Annual Vestry Meeting  
 following 10 a.m. service

**FOLLOW ST. JAMES' ON INSTAGRAM!**

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

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



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

**CELLAR SINGERS UPCOMING CONCERT**



On **Saturday, March 1 at 3 p.m. in St. James' Church**, Cellar Singers will present two very beautiful and emotional Requiems. One, by Gabriel Faure, was written between 1887 and 1890 and focuses on eternal rest and consolation. The two most famous works in this requiem are the **Pie Jesu** and **In Paradisum**, which may sound very familiar.

The second requiem was written by a famous modern British composer, John Rutter, in 1985. The best-known piece from this Requiem is **The Lord is My Shepherd**, which was sung many times here at St. James' by our choir. His music is lyrical and very moving.

Don't miss this concert which immediately precedes Ash Wednesday by a few days. Tickets are \$30 from choristers or online at [www.cellarsingers.com](http://www.cellarsingers.com)

**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 **March Newsletter** by **Wednesday February 19, 2025.**

**FundScrip**

The FundScrip deadline is **Sunday February 2**. Orders and cheques (payable to St James' church) can be dropped off at the Church office. Pick up will be **Sunday February 9**. Thank you for your continued support of this beneficial project.



**February Birthdays**

Cheryl Behan, Heather Crate,  
Wayne Gardy, Sue Glowa,  
Norm Kee

**February Anniversaries**

Jen & Andrew Hill



**FUNNY CHURCH SIGNS**

- God loves you whether you like it or not.
- Looking for "Mr. Right"? This is His house!
- Walmart is not the only place for savings.
- Life is change. Growth is optional. Choose wisely!
- What could this sign say to get you here on Sunday?

*ST. JAMES' ANGLICAN CHURCH*  
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