St. Luke Cedar Hill

www.stlukesvictoria.ca

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

The Prescription



Summer 2026

St. Luke's Rector: The Reverend Daniel Fournier

Editors: Sharon McMillan and Barb Prescott

Cover Artwork by Victoria Beata – Tales of The Glen - Used with permission

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We embrace the knowledge that the Lək̓ʷəŋən 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

Sharon McMillan and Barb Prescott

Welcome to this Summer 2026 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 Fall edition of ***The Prescription*** is **Friday, September 25th**. It will be a short turnaround time to this next issue. As you are reading this Prescription, please think about articles, photos, poems, or other creative endeavours you could send for the Fall issue. Please send your contributions to: **communications@stlukecedarhill.ca** or **admin@stlukecedarhill.ca**.

Building Community through St. Luke's Prescription

One of the things I love about being one of the editors of ***The Prescription*** is getting a first view and first read of all the pictures and articles sent in by parishioners. I enjoy reading stories of parishioners' adventures and interests, and seeing all the varied articles and pictures that are sent in.

I was very impressed by all the wonderful pictures so many people sent in for the Name the Location page in this Prescription (see pages 18-19). This was so popular that Sharon and I decided that we would do this again for the Fall issue of the Prescription. For the Name the Location in the Fall issue, we'll be looking for pictures from around BC, which have an autumn or harvest theme. As before, please send your pictures to the **communications@stlukecedarhill.ca** e-mail and let us know the location and we'll feature them in the next Prescription.

Each issue of the Prescription allows us to look back on some of the events and activities that have taken place since the last Prescription through the reports, and photos collected and sent in. Thanks to Sharon McMillan for creating all of the wonderful collages. We also like to look ahead to upcoming events. Please review the Dates to Note on page 3 and Mark Your Calendars on page 4 to keep up to date on future events and some changes to services over the next two months, while Daniel takes some well-deserved vacation time.

We also love featuring poems written by our parishioners and members of their families. Margaret Haley Jones provided us with a copy of her book of poems, entitled *Calvary's Way* and we are pleased to share another of her poems in this Prescription. Our poetry page in this issue also includes a poem by Joan Jolson, Joanne Jolson's mother, who wrote poetry throughout her life. We have shared her poems in previous issues of The Prescription, and we are happy to include another of her poems in this issue.

St. Luke's Prescription helps build connection and community among our parishioners and others in the community. The Prescription is delivered as a print copy and an online link to many people who aren't able to attend at St. Luke's each week due to health challenges or who live elsewhere and like to read about what's happening at St. Luke's. Please enjoy this issue and keep your stories, poems, photos, and other contributions coming so we can continue to share the good news of our Christian community of St. Luke Cedar Hill through each issue of the Prescription.

Blessings to all of you, Barb

From the Rector's Desk

by the Rev. Daniel Fournier



Dear Friends,

Peace be with you. One of the readings we heard recently is the well-known story in the gospel of Matthew describing Jesus walking on water. The disciples are gathered together in a boat and a storm suddenly sweeps over the waters. Jesus is not with them at the time. He is up on the mountain reflecting and praying after a very busy day of explaining parables and feeding 5000 plus people. The disciples are panicking in the boat, and after what seems like a long time, they see what they think is a ghostly figure walking towards them on the heavy seas. In their fear, they fail to recognize that it is Jesus. Then a word is spoken, "Do not be afraid." Don't be seized by fear. And we hear Peter boldly saying, "If it IS you, command me to get out of the boat and walk towards you." Jesus tells him to do so.

Now let's pause for a moment. The sense of fear is not rare in the scriptures. The Bible is filled with themes and stories that expose fear in both the New and Old Testaments. Fear is also a reality that you and I live with, that our world lives with. Fear is a prime motivator in our lives. Some fears are rational, and some are not so much. And I think that we can all relate to the disciples in the gospel story who also express rational fear – fear of drowning – and less rational fear – fear of a ghost. But then we have Peter, the one who surprises us countless times. He boldly responds to Jesus' command to go on the water to face his fears – and to keep moving towards Jesus.

It is interesting how we often interpret Jesus' next comment about Peter when he says, "You of little faith," after Peter begins to sink into the water and pleads to be rescued. We often think of Peter failing a test or stumbling, and we think he is being criticized for sinking in his faith. What if we understood this differently? What if Jesus is not necessarily criticizing but commending Peter for having little but enough faith to step out of the boat and walk towards him? Remember in a previous chapter in Matthew, Jesus taught about little faith – the faith of a mustard seed that grows into a great bush – something insignificant that becomes something great.

Now, what if Jesus is also calling to each one of us as well? We know the living word does continually speak to us as we always deepen our understanding of the Scriptures. As Peter and the disciples were called to trust in faith, even in a little faith, we are being addressed in the same way as a parish. Is Jesus saying to us, "You of little faith, walk into a future that grows out of something small into something wondrous?" We are journeying through some structural changes in the way we organize ourselves and the way we operate as a parish. This is so we may all take responsibility for the future of this parish, by each participating in the ministry of this parish and becoming a vital part of the local expression of our mission of being the body of Christ, which is you and I together. We of little faith can do big things here in this place, and beyond.

And so Jesus says, "Get out of the boat and walk to me."

May God bless you.
Daniel+

Dates to Note: September through October 2026

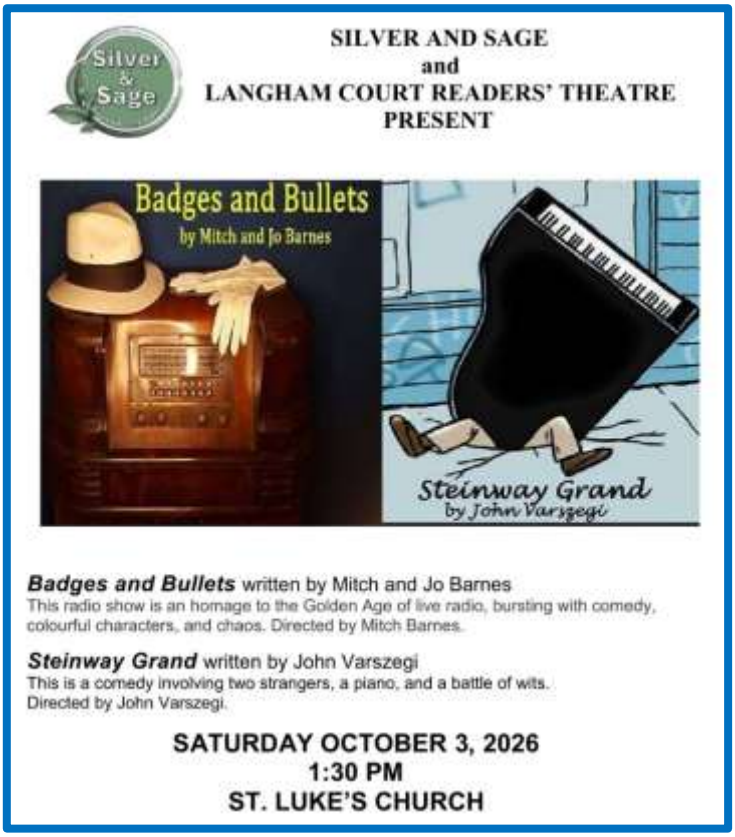
Date	Event
Thursday, September 10th	**Silver and Sage** – 1:30 - 3:30 pm Topic – Fall Prevention starts with YOU!
Sunday, September 13th	**Tour of the Cedar Hill Garden** Behind South Island Centre During Coffee Time after the 10 am service
Saturday, September 19th	**Attic Treasures Vintage Market** – 9:00 am – 4:00 pm
Thursday, September 24th	**No Thursday Morning Service**
Thursday, September 24th	**Silver and Sage** – 1:30 - 3:30 pm Topic – Nurses: Guardians Against Chaos and Darkness
Sunday, September 27th	**Morning Prayer Service** – 8 am **Service of the Word** – 10 am
Wednesday, September 30th	**National Day for Truth and Reconciliation** Church Office Closed
Thursday, October 1st	**Morning Prayer Service** – 10:30 am
Friday, October 2nd	**Fantastic Friday (aka Messy Church)** – 4:30 - 6:30 pm
Saturday, October 3rd	**Silver and Sage** – 1:30 - 3:30 pm Topic – Two Radio Plays
Sunday, October 4th	**No 8 am Service** **Communion Service** – 10 am **Blessing of the Animals Service** – 2:30 pm
Thursday, October 8th	**Communion Service** – 10:30 am
Sunday, October 11th	**Harvest Thanksgiving** **No 8 am Service** **Communion Service** – 10 am
Thursday, October 15th	**Morning Prayer Service** – 10:30 am
Sunday, October 18th	**Morning Prayer Service** – 8 am **Service of the Word** – 10 am
Thursday, October 22nd	**Morning Prayer Service** – 10:30 am
Thursday, October 22nd	**Silver and Sage** – 1:30 - 3:30 pm Topic – Living in the Altitude: A Peruvian Sojourn

Unless otherwise noted, communion services are at 10:30 am on Thursdays, and at 8 am and 10 am on Sundays.
Coffee Time in the Hall follows most of the 10 am services.

Mark Your Calendars











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.
For information, visit the Donate page at **(https://www.stlukesvictoria.ca/donate)**

Make a financial donation to St. Luke's by:

- **PAR** (Pre-Authorized Remittance Program, also called automatic debit, a monthly donation from your bank account)
- **E-Transfer** (from your bank account to admin@stlukecedarhill.ca)
- **Cheque or Cash** (in the collection plate, mail it, or drop off at the hall)
- **Credit Card** (Canada Helps or via PAR)

Mary Byrne's Reception into the Anglican Church

photos by J. Abram Photography

Our own Mary Byrne was received into the Anglican Church of Canada at the Diocesan-wide service on Sunday, May 3, 2026 at Christ Church Cathedral in Victoria.

Congratulations Mary!







The Downton Fashion Show and Strawberry Tea Fundraiser

by Carol Turnham

A very enjoyable afternoon was spent in our back garden at 3180 Norfolk Rd. on Saturday, June 20th, beginning at 1 pm.

The weather was warm and sunny for our Downton Abbey themed Fashion Show and Strawberry Tea. Sharon McMillan designed our attractive poster and Barb Prescott helped to promote the event. Claire and Aanika White designed and sold the tickets, which were available for pick-up from the church office or at the door. We decided to print eighty tickets, but when they sold out, we printed more. Eighty-seven tickets were requested. However, a few requested tickets were not picked up.

Harold and I set up nineteen tables with lace tablecloths, umbrellas and one hundred and four chairs in a large oval in the back garden, leaving room for our "stage". Elizabeth Knight, Gillian Bloom, Vicki Sharp, and Linda Poilievre set the tables with teacups and saucers, napkins, and roses in brandy snifters to make it all look lovely. Chintz bunting, table centres, and cushions added to the charm.

The members of Vintage Fashion Showcase presented a wonderful display of Downton fashions, or what would have been worn from the time of the Titanic tragedy to the 1930's. They were augmented by the beautiful music of Lynn Dennis, our talented keyboardist. Donna Dunning wrote the script, with a loose story of the Grantham family. Sixteen models with two dressers, participated, most making three changes of costume. Mike Turnham enjoyed being the telegram boy.

Eight members of St. Luke's plus a friend, dressed as housemaids. They did a terrific job greeting guests, selling hats, fascinators, and "Estate Sale" items (left over from our Spring Fair), appearing in the show, serving the lemonade, tea, coffee and strawberry shortcake, and helping with clean-up. After the show, which lasted one hour and fifteen minutes, the draw prize tickets were sold as our guests enjoyed their delicious shortcake.



Our thanks to all the kitchen crew, including Sandra Lindberg, Linda Poilievre, Jane Grant, Vicki Sharp, and Gillian Bloom. Draw prize tickets were drawn and everyone lingered to enjoy the garden and chat with friends. It was a lot of work, but a very successful event. $2,040 was raised from tickets, $486 from the sale of hats, fascinators and Estate Sale items, and $136 from the door prizes, totalling $2,662 (minus expenses).

We even received two very glowing thank you cards from a total stranger saying how much they enjoyed the event.

Well done, everyone! I enjoyed working with you!

Downton Fashion Show
and
Strawberry Tea



































Photos by Christine Morris, Barb Morris, and Barb Prescott

A Thank You for the Downton Fashion Show and Tea

from Valerie Sullivan

Dear Barb Prescott,

Saturday's tea on Norfolk PD was a total pleasure! The setting and the fashion show were both delightful, but the provision of the refreshments was exceptional.

The costumed servers, tee tables, chairs, napkins, cutlery, tablecloths, tea cozies, lemonade, tea, coffee, cups, saucers, spoons and strawberry shortcake all added up to a major investment of time, talent, energy and hard work from so many kind volunteers.

In short, in was a logistical wonder!

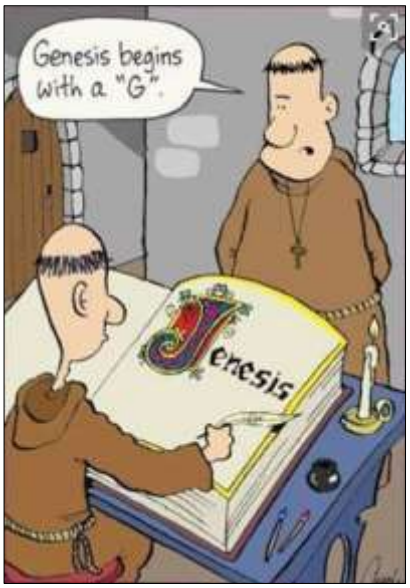
Please extend our thanks and praise to everyone who made this treat possible for my husband and me.

Sincerely,

Valerie Sullivan

Humour







St. Luke's Spring Fair 2026

by Carol Turnham, Convenor

The Parish of St. Luke Cedar Hill held another very successful Spring Fair on Saturday, April 25th, from 10 am to 2 pm.

A profit of over $6,500 was realized. This total includes payments that came in after the Fair and is slightly more than last year.

The usual advertising was done and we were pleased to receive extra publicity, from Mike Devlin of the Times Colonist, for example, and various radio stations in response to our press releases.

The day was beautifully sunny after previous damp days. This could explain why the attendance seemed slow as people were enjoying the lovely weather outside. The crowds were steady, however, and everyone was in good spirits.

Our thanks for all the generous donations and to all who came out to organize and sell at our various stalls. A special thank you to family and friends who helped out.

St. Luke's
Spring Fair
25 April 2026

Antiques and Collectibles	192.15
Linens and Needlework	194.50
Jewellery	492.40
Plants	950.65
Garden Art and Floral Arrangements	287.00
Home Baking	525.00
Jams and Jellies	465.50
White Elephant OUT $159/ IN $789.50	948.50
Books and Toys	676.70
Greeting Cards	18.25
Bric-A-Brac	106.25
Silent Auction	1,112.00
Vintage Clothes and Accessories	429.25
Crafts and Creations	146.00
Total	**6,544.15**

We were unable to have a food truck this year, but coffee and goodies were provided by Sandra Lindberg to our workers on the Friday and Saturday.

We appreciated the help of the Poilievre family and others who assisted with the set-up on the Thursday evening. Members of the Baron's Organization International were again extremely helpful with the takedown after the sale.

Our thanks to Rick Saville and Ray Lett who took the White Elephant items leftover from the sale to the Salvation Army. It was a huge job! I also delivered some items to the Salvation Army and the Compassionate Resource Warehouse. Leftover plants all found good homes. Some jams and jellies left after the sale were sold during Coffee Time. Some leftover items from the Antiques, Collectibles, and Bric-a-Brac stalls were sold at our Downton Garden Party and Fashion Show, where we held a Downton Estate Sale!

Once again, thanks so much to all who helped in various ways to make our annual Spring Fair such a success.

The 2026 Spring Fair

Photos by Carol Turnham and Barb Prescott





















2026 Amazing Journey Day Camp

2026 was the 15th year for the Amazing Journey Day Camp, a joint venture of St. Luke Cedar Hill and our neighbours, Lutheran Church of the Cross. This year's camp was held in the mornings at Lutheran Church of the Cross. The theme was Unlocking God's Promises. We had 34 campers registered. Volunteers who helped for all or part of the week included 11 Leaders in Training (middle school students), 14 Youth Leaders (high school and older), and 11 adults. Many youth leaders have helped each year for four or five years and look forward to coming back each year. Each day started with singing and a puppet show by the Leaders in Training to tell the parable, the mystery of the day. The morning continued with crafts in the Investigation Lab, games in the Training Academy, story time in the Detective Agency, and a snack, which tied in with the day's parable.

We received lots of positive feedback from parents and caregivers about the camp. Comments included: "My child loved it and he is already asking to come back next year." "The songs my son comes home singing warm my heart." "Very supportive environment for the kids. I know they are safe and having fun every day they are here!" Another parent commented that she enrolled her child in six camps last year but the Amazing Journey Day Camp was the only one she really enjoyed. So this year she only enrolled her child in the Amazing Journey Day Camp. The main suggestions for improvement were that parents wished there were more weeks of camp!

We are already looking ahead to next year's camp at St. Luke's, from July 5 - 9. We welcome volunteers, adults and youth, who would like to help with planning and assist during the camp. For more information and to join in the fun, please contact me, Barb Prescott (communications@stlukecedarhill.ca).















Day Camp photos and words by Barb Prescott

Amazing Journey 2026























Amazing Journey 2026



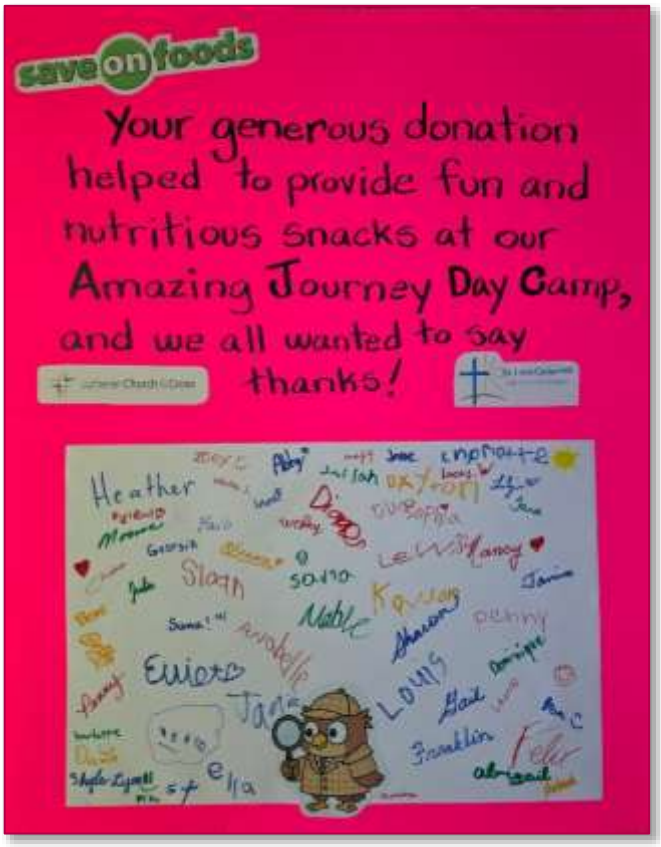
Happy Camper Snacks

The Amazing Journey Day Camp participants were very grateful for snacks provided by Save-On-Foods on Vernon Avenue. The snacks were enjoyed and, needless to say, disappeared quickly!

The campers signed a large Thank You card that was delivered to Save-On-Foods on Vernon Ave.

A big thank you as well to Judith Williamson for obtaining all of these snacks from Save-On-Foods.





There and Back to Terminus Mountain

words and photos by Ray Lett



Terminus Mountain

Some years ago, I joined a survey party to collect water samples and map the geology around Terminus Mountain in northern British Columbia. Terminus Mountain marks a change in topography from the Rocky Mountains in the south to the Liard Plateau in the north. Near the mountain on the Kechika River, there was an outfitters' camp with a lodge and cabins where we stayed for the survey.

In July, we drove from Vancouver north along the Alaska Highway to Toad River where there was a store and an airstrip. From there we would be able to fly in a small aircraft about 100 kilometres west to the camp. When we arrived at Toad River, two problems became apparent. Typical of a small airfield, there was no air traffic control and the airstrip was roughly parallel to the Alaska Highway. Hence, a pilot needed to be alert during takeoff to avoid an aircraft colliding with the top of the large transport vehicles travelling on the highway.



Toad River



Kechika River Camp

The other problem was the weather. Soon after we arrived at Toad River, several of our party successfully flew to the Kechika River camp in a four-seater Cessna aircraft. However, others, including myself and all of our equipment, remained in Toad River because rain and low clouds made flying impossible. After two days at Toad River, the weather improved and flights to the camp resumed. Sitting in the co-pilot's seat, I accompanied the pilot on one flight with our equipment loaded in the aircraft behind us. After about an hour in the air, the pilot turned to me and remarked, "I'm feeling rather sleepy. Would you mind flying the plane for a bit?" With some misgivings, I agreed since the aircraft had dual controls. With trepidation, I took hold of the yoke and let my feet rest on the foot pedals. For about the next ten minutes it was an unforgettable experience actually flying the aircraft before the pilot resumed control and landed the aircraft at the camp.

For the next ten days, members of the party mapped the geology and collected water samples for trace metal analysis from several intriguing rusty seepages that dotted the landscape. One of my tasks was to test the water samples soon after collection for factors such as acidity and to preserve them for later analysis.



Seepage



Trying to look busy

The only incident of note during our time in the camp was the rescue of Pierre, a French tourist, who had decided to experience a solo Northern BC adventure by canoeing down the Kechika River. He was left by a guide on the river about fifty kilometers upstream from our camp with a canoe, camping equipment, food and shotgun, but met with disaster when his canoe overturned in some rapids. Given the rough water it was amazing that Pierre managed to regain the riverbank, but with only his shotgun and his travel documents. By chance, our project leader decided on a reconnaissance in a powerboat for several kilometers upstream from our camp. Seeing Pierre on the bank, he rescued him from his predicament. Pierre spent several days with us before a flight could be arranged for him to begin his journey back to France.

Having finished sampling and mapping, we returned to Vancouver. My most vivid memories of the ten days spent in Northern BC are the spectacular mountain terrain we traversed, my brief experience piloting a plane, and the rescue of Pierre.



Northern BC Scenery

Reception for Laura Stoyles

A note from Sandra



Thank you all once again to my teammates for the beautiful effort of putting on Laura Stoyles' reception. Some of you have never been involved in this kind of event and I really appreciate your efforts. Thank you to those working in the kitchen, my muscle guys setting up tables and chairs, the decoration of each table along with flowers on each, and the servers providing coffee and tea, etc. This event was to honour our dear friend, Laura, and you all did a fabulous job. I like to think Laura would have appreciated our efforts!

Thank you all.

Sincerely, Sandra Lindberg



The Memorial Tea Helping Team
Photo by Behnaz Barani

Welcome to Gabriel Lagos

*by Barb Prescott**



At the beginning of July, we welcomed Gabriel Lagos as our pianist at St. Luke's for the summer and through the fall to the end of the year. At that time we said goodbye to Alan Whitmore, our Interim Music Director, as he moved on to a new role at St. Luke's, leading the Music Ministry Discernment Task Force.

Born in Chile and raised here in Victoria, Gabriel is a talented musician, known mostly as a collaborative pianist in the Greater Victoria area. You're likely to see him working with choirs, instrumentalists, musical theatre groups, and more! His heart belongs to classical music the most, yet he brings a versatile skill set as a pianist, composer, collaborator, and teacher of many styles and genres: jazz, musical theatre, and more!

Gabe studied piano from a young age and eventually attended the UVic School of Music for piano studies, where he accompanied the UVic Vocal Jazz Ensemble, and played for a few local bands. In his mid-late 20's, he was the music director for a local musical theatre company, where he also composed the music for two original full-length musicals.

Gabe is an incredible musician who says, "When it comes to music, I just want to love and play it all." Though he spends a lot of time at the piano, he is also inspired by the beautiful outdoors and often enjoys walking around the beautiful viewpoints and coastlines of this city.

Gabe's passion for music and genuine love for his craft shine through every project and interaction. We are very pleased to have Gabe playing for us at St. Luke's.

*[*Sources: Online biographies with updates from Gabriel Lagos.]*

St. Luke's Birthdays, Baptisms, and a Farewell

Photos by Barb Prescott
with edits by Sahar Saeidbakhsh





Birthdays





Baptisms

Congratulations to Jesse, Matt, and baby Ryan.

We warmly welcome you to the Baptismal Family of St. Luke Cedar Hill!



Farewell



A Fond Farewell to Alan Whitmore, who has been St. Luke's Interim Music Director for the last year. We are so very grateful for his inspirational leadership and for just being such a wonderful and caring human being.

We hope Alan and Denise enjoy the quiet wonders of life on Panorama Ridge in the Chemainus area.

The “Name the Location” Challenge

We have a fun summer challenge for you! Below and on the next page are photos of different locations on and around Vancouver Island where people have been and provided photos. See how many you can name! (Answers are on the last page.)













The “Name the Location” Challenge













Answered Prayer

picture and words by Michelle Vondette Salomons

Last September, my two-year-old cousin Cal fell suddenly very ill and was rushed to hospital. He was diagnosed with Stage 3 nephroblastoma (Wilms tumour), the most common kidney cancer in children. Our whole family froze. A wedding was indefinitely postponed. Parents went on hiatus from their jobs. Cal's big sister, then aged 4, suddenly spent a lot of time with grandparents or cousins, and everyone got very familiar with the inside of the BC Children's Hospital.

One relative said, "Don't worry. He's on the prayer lists of at least four congregations." This seemed naive to some of us. We're talking about cancer here. Stage three cancer. In a toddler. If anything, the assertion that prayer could have any effect felt almost insulting. What kind of God would do this to a child and his family in the first place?

This happy little guy had a kidney removed and then endured several rounds of chemo. His blond hair and brows disappeared, along with the baby fat in his cheeks. His parents sat in waiting rooms for hours-long surgeries, wondering, terrified.

Two weeks ago, my mum was visiting when she got the call from my uncle, Cal's grandpa. When she burst into tears, I feared the worst. But they didn't find any cancer on his last scan after his final round of chemo. Cal is officially in remission.

People of St. Luke's, you have been praying for Cal since September, his name tucked in a list of anonymous folk every Sunday. Thank you for your prayers. Regardless of their effect on my cousin's immune system, rows of people praying for him certainly made me feel better. I'm sure the loved ones of the other names on the list feel upheld by your prayers as well.

Hundreds of people surrounded and supported my family, especially the inner circle of Cal's household. Generosity flowed. North Point Brewing created a special beer with partial proceeds dedicated, in Cal's honour, to Balding for Dollars. The Calvin and Hopes fundraising campaign had to keep increasing their fundraising goals because of how quickly they'd meet them.



Cal's journey was hard and awful, and had a happy ending (for now and, God willing, for a long while). And now, because so many people love Cal and his people, many more families who need support through a cancer journey will get more help.

Calvinandhopes.ca has raised over $80K as of today. This too will answer prayers.

Silver and Sage at St. Luke's
A Year of Connection

by Brenda Morgan

A Social Group for Ages 55+

We started Silver and Sage Seniors' Social Program at St. Luke Cedar Hill in September 2025, and here we are in August 2026, having survived our first year. Our premise was to offer a program as an outreach to the community. While some of our members are from our parish, we have also reached others from the community who need connection. We have over 100 people on our contact list, and on average 25-30 people come to our meetings. Not all can come every time, but we notice that people are making friends.

As we devised our program, we gathered a list of objectives that would address the needs of seniors. Our list included emotional, intellectual, and physical needs. Connection with others, we felt, was key to healthy ageing, as was gaining a sense of purpose. We decided to rely on volunteers to make it happen.

We offer a two-hour session twice a month, on the 2nd and 4th Thursdays, at 1:30 pm. We usually have a presentation followed by social time with refreshments. Our presentations are on diverse topics of interest. We draw from the people we know, so many of us having expertise in areas others would love to know about. People have generously offered us their time and knowledge. Nearly all our presenters have been seniors.

Our presenters have included scientists, artists, storytellers, and musicians. We have learned about topics as varied as prospecting for gold, herbs and lore, and expeditions to the Polar regions; we've met authors and learned how to use our computers and cell phones. At our most recent session, we had two members of a youth ensemble, the Island Ukuleles, who performed and told us about their European tour.



Zavannah and Genessa, with Tara's help, demonstrate some ukulele playing tricks
Photo credit: Barb Prescott

Coming up on September 10th, we have a health/fitness related topic, "Fall Prevention Starts with YOU", presented by Susanne Reul-Zastre, an older adult fitness specialist who holds a Canadian Fall Prevention Curriculum Certificate from UVic. That is followed by another health-related topic on September 24th. Dr. Elissa McMurtrie will give an informative lecture called, "Nurses: Guardians Against Darkness and Chaos." Dr. McMurtrie, who had a long career in medicine, started out as a nurse and eventually transitioned into being a surgeon. Many retired nurses in our membership are looking forward to that talk. At the beginning of October, we will have a special Silver and Sage session on Saturday, October 3rd from 1:30 – 3:30 pm. This session will feature two Radio Plays by the Langham Court Readers' Theatre – Badges and Bullets, and Steinway Grand. (See further information on page 4.)

Silver and Sage at St. Luke's (continued) *by Brenda Morgan*



I recently read an article in the Anglican Journal about churches being used as "third spaces"; that's a good description of what Silver and Sage does. We use the heritage church for our meetings. Its gothic features and beautiful stained-glass windows offer a serene atmosphere for seniors who are suffering grief or are in pain. While we do not engage in anything "religious" so as not to exclude those who are not Anglican, the space itself is godly and offers solace. It gives us Anglicans an opportunity to put our faith into action without any expectations or proselytizing, in a space that encourages spirituality when one is ready. It's one step in our effort to make St. Luke's a "beacon in the community", which is part of our Vision Statement.

Summer Student Report

by Shannon Stewart

[Editors' Note: St. Luke's was fortunate to receive a Canada Summer Jobs Grant this year. Through this grant, we were able to hire Shannon Stewart to work for us. Shannon worked for us last summer and since then she has completed the first year of a Dual Masters in Library and Archival Studies at UBC. St. Luke's was blessed to have Shannon complete this work for us this summer.]

This summer, I worked at St. Luke's as an archives student on a Canada Summer Jobs grant. I worked here last summer on the same grant.

This year, my tasks were focused on the digital records of the Parish. The major parts of this project were writing policies and reorganizing the SharePoint to fit with the new committee structure.
I created three policies that will guide how records are handled at St. Luke's:

- Retention/Disposition Policy: Describes types of records that the Parish produces and how long they should be kept, aligning with legislation and Diocese policies.
- Digital Records Organization Policy: Outlines how the SharePoint should be organized and how digital records should be stored/accessed.
- Archival Acquisition Policy: Describes the types of records that should be added into the Parish archive.

I also made a Records Management Manual, which gives instructions for different aspects of records management. It is mainly geared towards future summer students, but it includes sections with instructions for wardens and committee members.

Another project I undertook this summer was putting the flags that used to hang at the front of the church into St. Luke's Archives. The Canadian flag is not supposed to be kept and has been given to our local Legion branch to be disposed of properly. The other flags have been added into St. Luke's Archives in a special textiles box.

I hope that my work this summer has been useful to the church. Thank you very much for hiring me! I appreciate the opportunity to apply what I've learned so far in my Archive/Library Masters to a real organization.



Updates from the Shelbourne Community Kitchen

Help Raise $12K for Kids in K-12!

As the new school year approaches, the Shelbourne Community Kitchen is launching its Back-to-School Stock Up campaign, with a goal to raise $12K for Kids in K-12. The campaign runs from August 17th to September 7th. For families already carefully balancing rent, groceries, transportation and other rising costs, the return to school can bring a wave of added expenses. Let's work together to help ensure local children have the food and resources they need to start the school year ready to learn, grow and thrive.

The campaign will provide nutritious food, school supplies and family supports throughout the school year, including school lunch supply stock-ups, in September and January; family dinners; nutritious after-school snacks; early literacy book bags; backpacks and school supplies; crafts and special giveaways.

More than 1,000 children are supported through Shelbourne Community Kitchen's services. Together, we can ease some of the pressure on families facing rising food and living costs and help make sure kids have what they need to thrive.

There are many ways to support the campaign:

- **Bring non-perishable food donations** to help fill our Shelbourne Community Kitchen baskets at St. Luke's. **Most needed items are juice boxes, granola bars, fruit cups, canned tuna and fish, canned plain beans, canned tomatoes, and toilet paper.**
- **Back-to-School Benny Feature**
  From August 17th-September 7th, visit The Village Restaurant at 4087 Shelbourne Street. $2 from the featured Eggs Benny item will support the campaign.
- **Donate online**:
  https://www.canadahelps.org/.../back-to-school-stock-up.../



Every contribution helps put healthy food, school supplies and support within reach for local kids.

Growing Good Food at the Cedar Hill Garden

Because of you, this garden is growing more than food.

The Shelbourne Community Kitchen is so grateful to our friends at St. Luke's Anglican Church, who generously provide the land for our Cedar Hill Garden. This 250-pot garden gives us a wonderful space to grow fresh produce for our Pantry Program and local families experiencing food insecurity.



Right now, the garden is bursting! We've been harvesting parsley, dill, cilantro and lots of beautiful lettuce, with tomatoes, zucchini and the second round of peas on the way. Our volunteers and amazing Canada Summer Jobs staff member, Tessa, have been busy finding creative ways to keep everything growing and thriving.

We're especially excited to announce that Cedar Hill Garden will be one of seven featured gardens in the Victoria Urban Food Garden Tour on September 12th. All proceeds raised through the citywide tour will be dedicated to support our programs and services. We can't wait to share this special space and celebrate the impact our garden, and our partnership with St. Luke's, continues to have in our community!

For more information about the Victoria Urban Food Garden Tour visit:
https://vicurbanfoodgarden.wixsite.com/tour

St. Luke's is invited to a tour of the Cedar Hill Garden after the 10 am service on Sunday, September 13th, during coffee time. Stay tuned for more details, coming soon.

Thank you, St. Luke's, for sharing your land and helping us grow good food for our neighbours.

Show and Tell

submitted by Vicki Sharp

A kindergarten teacher gave her class a "show and tell" assignment. Each student was instructed to bring in an object that represented their religion to share with the class.

The first student got up in front of the class and said, "My name is Benjamin and I am Jewish and this is a Star of David."

The second student got up in front of the class and said, "My name is Mary. I'm a Catholic and this is a Rosary."

The third student got up in front of the class and said, "My name is Tommy. I am Methodist, and this is a casserole."

Praise God!

by Margaret Haley Jones

From Calvary's Way, a book of poems

Praise God!
From whom all blessings flow continually,
For even in the midst of strife
His Love upholds abundantly.

It lights our faith to make us strong
And with its burning presence
Rights all wrong,
Melts discontent,
Brings peace divine;
And draws our praying hearts as one
Within his Heavenly shrine.

Strife tests our faith,
Refines the gold;
And Love's own Shepherd
Draws His flock
Unto the fold.

"Come, do not tarry;
Rest in Me.
'Tis I alone
Can carry thee!"



Wisdom

by Joan Jolson

Where does it come from?

Does it come from our birth, or does it come as we walk through this life to the next?

Does it come through our life and trials that we happen upon in this journey called life?

Or does it come from the friends and people we encounter along the way?

Is it a skill that is taught to us by our parents, friends and families?



It is a Divine experience that may have been given to us, that we felt but brushed off, not realizing its significance in this stage of our life or that of those around us. Somewhere, someone needed a shoulder to cry on or a person to help them through a bad time in their lives - someone to walk with in their need without speaking or telling them what they should do. In their talking a diverse solution may come to them, thus allowing themselves to be masters of their own life - not one put upon them by others.

Wisdom is a tool for us to use sparingly that allows us to be the captains of our life with God and Jesus at our helm - not the world.

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"Name the Location" Challenge – Answers

1. Newcastle Island / Saysutshun, Nanaimo (Tara Poilievre)
2. Esplanade by Clover Point (Suz & Chris Slater)
3. Fort Rodd Hill, Colwood (Suz & Chris Slater)
4. Driftwood Whale Sculpture, Campbell River (Gillian Bloom)
5. Dominion Astronomical Observatory (Sharon McMillan)
6. Gyro Park, Cadboro Bay (Suz & Chris Slater)
7. Island View Beach, Central Saanich (Suz & Chris Slater)
8. Aviation Museum by Victoria Airport (Suz & Chris Slater)
9. Roberts Bay near Sidney (Ann Séguin)
10. Witty's Lagoon, Metchosin (Stephen Ruttan)
11. Lochside Trail by Roy Hawes Statue (Sharon McMillan)
12. Butchart Gardens at Christmas (Gillian Bloom)

Maybe these pictures have given you some ideas of new places to explore!