Pandemic Ponderings

If any want to become my followers, let them deny themselves and take up their cross and follow me.

In the gospel reading for this Sunday, Jesus challenged his followers to consider carefully and devoutly what it means to be a Christian. To consider what it means to be a follower of Jesus Christ. To consider the alterations involved in affirming your hope and trust in Christ. For it means more than claiming to be part of the fellowship, it involves being transformed and changed by Jesus’ life, death and resurrection. We are called to live as Easter people, confident in the forgiveness, grace and love of God. We are blessed by God’s presence in our lives and we live accordingly. Jesus expressed this as taking up our cross and following him.

The image of the cross that I chose to represent this is what is commonly called the Celtic Cross. The Celtic Cross is rich in symbolism, hence its appropriateness in guiding our living as Christians in 2020. Let me offer a few words about it.

The Celtic Cross is a coming together of a few traditions: Christian, Celtic, and living the faith in the world of today. The cross formation in itself is self evident but the circle that wraps around it centres on God’s eternal presence, on the unfolding mystery of life, on the journey of faith, on the need to continue to grow and change and mature. It represents wholeness and inclusion and unity in Christ. The weaving patterns in the between the lines represent the pilgrimage of life and the way God’s presence is woven into our living. The movement around the entire piece suggests Christ continuing to come to us, to be with us, to guide us and direct us to a deeper relationship with God now and for eternity. It suggests grace and hope. I think that this is what Jesus was talking about when he called us to deny ourselves and take up our cross and follow. It demands our whole self, our complete person, our full response.
Holy Spirit, the life that gives life: You are the cause of all movement. You are the breath of all creatures. You are the salve that purifies our souls. You are the ointment that heals our wounds. You are the fire that warms our hearts. You are the light that guides our feet. Let all the world praise you. – Hildegard of Bingen

In-Person Worship at the Church on August 30

Please join us for in-person Morning Prayer worship at 8:00 am this coming Sunday.

To ensure everyone’s safety, here are the protocols we were required to put in place:

• A maximum of 50 people (including staff and clergy) are allowed to be in the church at one time. To manage this we have set up a ticketing process through Eventbrite. There is no cost for the tickets, here is the link to get there:


• We ask that you try to arrive prior to 7:45am. Volunteers will explain which seats are available (those without a blue X on them), ensuring appropriate social distancing.

There will be organ music as part of the service but no singing and physical distancing will be expected the whole time. We look forward to seeing you!

Online Worship at 10:00am for Sundays

We will have Online Worship at 10:00am! Do not fear that you will miss out if you are not comfortable or are not able to attend at 8:00am this coming Sunday. Online Sung Morning Prayer will begin at 10:00am.

To access our worship online you can go to our website at www.sjs.net and click on the link there. Or you can access it through: a Facebook Live feed, a Youtube live feed and a Twitch live feed.

To access one of the live feeds, select one of the following links:

• St John's Shaughnessy on
Youtube or https://www.youtube.com/channel/UCJzbg4009j4WMkaRBvTE-zQ

- St John's Shaughnessy on Twitch or m.twitch.tv/sjsnanton
- facebook.com and search for “John Shaughnessy"

Once the service ends, it will be available on each of the streaming platforms to view later using the same links.

Virtual Coffee Hour after the 10:00am Service

After the 10:00am service this Sunday, join us for a virtual coffee hour using Zoom! It is a fun way to catch up with other people in the parish. Essentially, you can use this link to join. http://bit.ly/sjs0830

Sunday Services Going Forward

We will have services of Holy Communion starting on September 13 at 8:00 and 10:00am. There will be no congregational singing at either service but the organ will play and the choir will record music for us to listen to at the 10:00am service. Communion will be only the bread (and not the wine) and will be administered very carefully. There will be a maximum of 50 people allowed at each Mass. Everyone must wear a mask. Tickets should be booked in advance so we know how many people will be attending and their contact details.

We will continue to live-stream the 10:00am Mass for those not yet comfortable coming to the church.

Sound at the Church

For those of you who attend church in-person at the moment, how are you finding the sound? We have taken out some of the carpeting and this, of course, can affect the sound quality. Regan is working very hard to ensure the best quality of audio for all people but we need you feedback. Please let Father John, Regan or Michael Dirk know your thoughts. Much thanks.
Mid-Week Meditation

The Mid-Week Meditation was posted on YouTube on Wednesday August 26 at 8:00pm. This is a beautiful service of Compline (or Night Prayer) and a reflection. A great way to end a day. This week Father John is the officiant.

You can watch it at anytime, just follow the link from our website www.sjs.net May God be with you.

Financial Support - Stewardship

If you would like to make a financial contribution to help support the worship and ministry of St. John’s Shaughnessy, please do! You can use the QR code to the left (point your phone’s camera at it) and it will take you to the donation page of our website.

If you have recently made a contribution online or by cheque, thank you so very much! If you currently give by Pre-Authorized Donation, thank you! Our church has been affected by COVID-19 in many ways but financial giving is certainly one. We cannot worship together, we cannot have in-person meetings, we cannot keep the office open for regular hours, the investment market has greatly reduced its returns and this has all had an impact on our financial receipts.

If you would like to give via Pre-Authorized Donations, please contact Janet in the office (church@sjs.net or 604-731-4966). If you would like to give to the church via one-time (or several time!) donations using a credit card (and we are aware that many people are being affected financially by this pandemic), please use the DONATE button on our website or give through an online charity donation website like Canada Helps (www.canadahelps.org). Thank you very much.
Podcasts
If you like to listen to podcasts, why not include a podcast of Mid-Week Meditation or the Sunday Sermon? They are now available as a podcast under the heading of **The Anglican Angle from Shaughnessy**.
You can get the podcast from: *Apple Podcasts, Spotify, Overcast, Pocket Cast, Castro and Castbox*

Ride for Refuge
The Ride for Refuge is a family-friendly fundraiser held on Saturday, October 3, 2020, that helps support charities who provide refuge and hope for some of the most vulnerable people on earth. Doug Symons is wanting to organize a St John’s Shaughnessy group that rides on October 3 to raise money for this worthwhile cause. We would do this socially distanced and in a way that is safe given our current circumstances. Please let Janet in the office know if you are interested in participating.
The Labyrinth at St. John’s

Thanks to an enormous amount of work by our Verger, Regan (who had help from Mike Dezell and a few others) the labyrinth is now stained onto the concrete in the back portion of the nave. It looks wonderful! At this point it is still mostly covered by the pews, which we have put back into place (while we wait to make decisions about them and to give us more seating options during COVID). We hope to have a grand unveiling towards the end of September so stay tuned for that!
Our Refugee Family

Please pray for our Refugee Family!! They will not be able to come to Canada any time soon due to the shut-down of our borders and most flights coming into Canada. The coronavirus is in the Refugee Camp and they are extremely worried. We hope that this pandemic will soon be over but it is, of course, extremely difficult for those with insecure shelter. Please pray for their safety and an easing of their anxiety.

Some thoughts on the Bible Readings for this Sunday by the Rev’d Canon Herbert O’Driscoll

THE FIRST READING  Exodus 3.1-15: Moses hears the call “Come I will send you”. All of us have been addressed in this way by God. We may not have heard the call, but all of us have been given our lives for a purpose. In George Bernard Shaw’s play St Joan, Joan of Arc is trying to get Charles, the miserable Dauphin of France, to show some courage and to act. She says to him “Charlie, you have never learned that we are put into this world, not to do our own business, but to do God’s business.

THE PSALM  Psalm 105.1-6, 23-26, 45c: God sent Moses his servant, the Psalmist tells us. C S Lewis once said that God is a delegator. God will act only if a man or woman cannot be found to do the job. Only because Moses was open to the possibility of God’s presence did this encounter take place. To day we need to be open to the presence of God in any situation. Our culture does not make it easy to live this way but we are called to do so.

THE HOLY GOSPEL Matthew 16.21-28: “For those who want to save their life will lose it...” WE can certainly save our lives - in the sense of keeping focused on what we want, living life on our terms, staying in control. Its possible we may end up with a great deal of regret that we did not in some sense lose our lives in something greater than ourselves, something that called to us, forcing us to do some risking and growing. We all make our choices. Our Lord offers us himself and the vision of his kingdom as the greatest of these possibilities.
Neighbourhood Ministry News
The Westside Anglicans Neighbourhood Ministry (WANM) has received approval from the Diocese of New Westminster’s COVID-19 group to restart its weekly Street Outreach—scheduled to begin on Saturday August 29. WANM Street Outreach teams will be once again be out at designated Westside locations, distributing care packages made up by team members from each of the four WANM parishes.

We welcome any of the following items for inclusion in weekly packets:
Canned fish (tuna, salmon, sardines etc.)—easy-open tins
Canned meat
Juice packs
Pudding cups
Fruit cups
Power bars/granola bars (soft varieties)
Cheese & cracker packs
Ensure/ Boost
Socks (new)
Men's medium-sized under wear (new)
Hand Sanitizers (personal size)
Sunscreen
Toiletries: Toothbrush & paste, etc.

Your donation can help change a life and help us to connect with those in need in our community. Thanks in advance for your support, and please pray for our friends on the streets.

Do you have a used bicycle that you would like to donate?
We continue to accept used bicycles for those in need. Please contact the office for information.
Quilt Donated to SJS

Our church has received a beautiful quilt (which was commissioned for us and made in Cape Town South Africa) as a thank you for our ministry and compassion for all people.

The text to go with the quilt is this:

We are here to tell the world there are no outsiders. From all four corners of the earth, a vast and diverse gathering of people come to worship the risen Christ. All are worthy to call themselves children of God. All are deserving of love and respect. No one has the right to take away your dignity.

John 11: 22. The glory that you have given me I have given to them, that they may be one as we are one.

Anthony Hawke (Cape Town, South Africa)
Social Distancing Gardening

Please join us on Monday mornings if you would like to be part of working in the gardens. Bring your own tools if you can (to minimize contact with others) and Regan will meet you at 10:00am in the courtyard. Thanks!

Kerrisdale Oakridge Marpole Community Policing Centre is looking for volunteers for their new Marpole Food Bank

**Wednesdays** 10am – 12pm: Separating the food  
**Wednesdays** 7pm – 9pm: Bagging the food  
**Thursdays** 10am – 12pm: Distributing the bags from behind your own work station table where you leave the bag for collection. This will be done with limited numbers of people entering the building at a time so as to stick to COVID-19 protocols.

Volunteers will be provided with PPE (hand sanitizer, gloves & mask).

All participants who are collecting bags will be asked to use hand sanitizer before entering the building. Most participants also wear masks.

**Volunteer Sign-up information:**
1. **Click this link** to go to invitation page on SignUp.com: https://signup.com/login entry/467011763491322095  
2. **Enter your email address:** (You will NOT need to register an account on SignUp.com)  
3. **Sign up!** Choose your spots - SignUp.com will send you an automated confirmation and reminders. Easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact Kate Molloy and she can sign you up manually. She can also answer any questions you have.

Please contact Kate Molloy at 604 717 3434 or komcpc@shaw.ca to receive waiver forms for youths & adults, along with the KOMCPC COVID-19 Safety Plan. All volunteers must sign & return them before taking part.

6070 East Boulevard (at West 45th Ave) http://www.komcpc.ca
Sunday in-person service  8am said service (please pre-register)

Sunday online service   Wednesday online service
10:00am  Morning Prayer live-stream   8:00pm  Mid-Week Meditation

Rector       The Reverend John Stephens   john.stephens@sjs.net
Assistant Priest  The Reverend Elizabeth Ruder-Celiz  erceliz@vst.edu

Pastoral Care Team Coordinator   Helen Kline
Rector’s Warden  Judith Downes
People’s Warden   Maggie Sanders
Treasurer     Donald Wood
Property Trustee  Michael Dezell
Vestry Clerk  The Reverend Karin Fulcher
Music Director  Michael Dirk  organist@sjs.net
Choir Director  Ann Chen
Children’s Ministry  Annabelle Ip
Parish Administrator  Janet Hamilton
PWRDF Rep    Doug Symons
Verger/caretaker  Regan Gorman

Please email the office if you would like to have newsletters sent to you.
Newsletters, leaflets and online videos are posted on the website.

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Offices are closed, but staff are working from home.
Email and voice mail are checked regularly and often, so please reach out.
Cover: The Deesis Mosaic in the Hagia Sophia, Istanbul, approx 1250 AD.