

## **From Mother Liz**

What do you need to pick up?

Frequently at different points in the year I need to pick stuff up again. I started something, it worked, it was lifegiving for me, and then it fell through the cracks of busyness, and got crowded out by life and family and work and obligations (and laziness!), and now I feel its loss, and its time to pick it up again.

I find it happens couple times a year, and end of summer is one of those times. My yoga practice has been thwarted by children sleeping on the couch to escape the yuckiness of heat in their room at night. My schedule changed and things that were easy to fit into my day- feel harder.... I'm rushed and hot and tired when I get home and cooking is a chore....

And I feel the loss. I feel the loss of those things that ground me and hold me, and remind me who I am, and whose I am. So now is the time to pick them up.

I used to say to myself, "time to start again"- but that always came with a heaping helping of guilt-as though I morally failed in perseverance.

So, instead now, instead of saying I dropped it I think of it as laying fallow, waiting for me to pick it up when I'm ready. I don't start again; I pick it up. No guilt, no fear, just a desire to carry on and reconnect with things that are life giving to my soul. It's easier to carve out time when you it's a joy.

What better time to pick things up again than the Fall?

What do you need to pick up right now? What in your life that is joy filled, and grounds you have gotten crowded out, or are laying fallow that you are ready to pick up and carry on with?

God Bless,  
Mother Liz

## **No Live Streaming This Week (Aug 21)**

There will be no live streaming this Sunday (Aug 21) as our live streaming crew will be on holiday. The live stream will commence as usual next week (Aug 28).

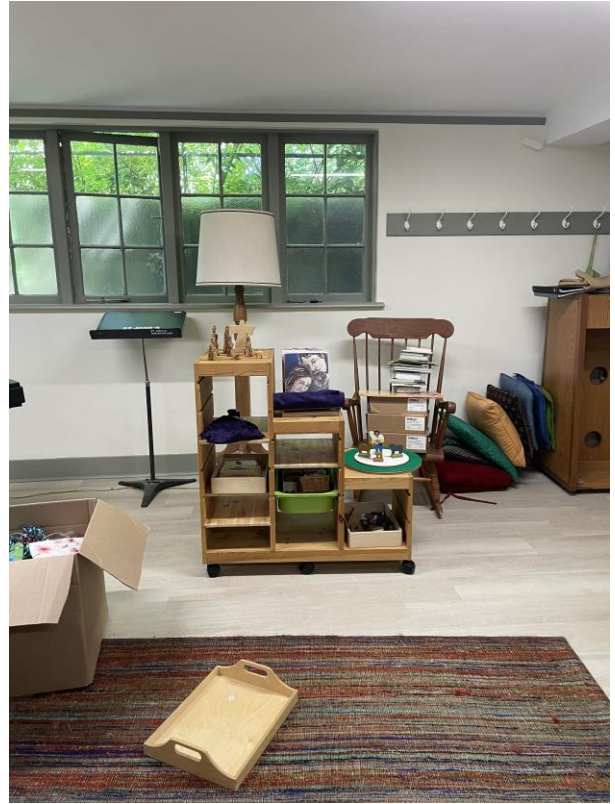
## **Godly Play**

This week a couple of brave volunteers came and began the process of setting up our Sunday School room again. This may come as a surprise to many of you... “Didn’t we already do that when it was renovated?” Yes, and...

Our Sunday School room is being set up to Pick up Godly Play. Godly Play is a Montessori based Sunday School program, where children’s spirituality is nurtured through story and wonder. It’s an amazing program and one that I love, because I’ve watched my own children deepen their faith and spirituality through it.

We’ve offered before, and now is the right time to pick it up, as our Sunday School grows. A big thank you to; Marilyn and Andrew Hames, Penni Stock, Michael Dezell (our tea maker), Amelia and Bruce Gregg for all the hard work on the room...

It’s not finished yet, but it’s starting to look amazing!!!



## **SJS choir tenor alum Spencer Britten to perform with Vancouver City Opera Sept 13-17:**

<https://twitter.com/spencerbritten>

### **SJS Prayer List**

If you request that someone's name be added to the prayer list, please keep in touch with us. At the end of each month, all names will be removed, so you will need to add the names again at the end of each month. Please also let us know if you want someone removed from the list. Email the office ([church@sjc.net](mailto:church@sjc.net)) anytime! Thank you.

### **Greeting volunteers needed at the 10am service**

We could use several more greeters. Please contact the office([church@sjc.net](mailto:church@sjc.net)) for more details if you are interested in greeting on Sunday mornings.

### **SJS Garden Club Needs New Volunteers**

It is time for the Garden Club to renew their efforts at St Johns. We hope we have some new volunteers who could join us from time to time. Or every week! Weather permitting, we meet on **Monday mornings**, but the day/time can be adjusted to accommodate other schedules. We do watering, light pruning (no saws or ladders), weeding, dividing, planting, etc. We enjoy wonderful chit chats in the safety of the outdoors. You can bring your own gloves and tools if you want to, or you can borrow ours. If you have old tools in your garage that you don't use any more, please let us know. **We are accepting donations of old garden tools.**

### **WNM items for Homeless Needed**

Winter clothing, raingear, boots, sleeping bags, socks, pudding cups, granola bars (soft with no fruit/nuts), & juice boxes.

## **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 this QR code (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 and financial giving is certainly one.



If you would like to give via monthly Pre-Authorized Donations (easy to change and easy to cancel), please contact Cynthia in the office ([church@sjs.net](mailto:church@sjs.net) or 604-731-4966). If you would like to give to the church using a credit card, please use the DONATE button on our website (Canada Helps on top of page one, and Paypal on the bottom of page one). Cheques may be mailed or dropped through the church mail slot.



## **Sunday in-person services 8am and 10am**

### **Sunday online service**

10am Holy Eucharist live-stream

### **Wednesday online service**

8pm Midweek Meditation

Rector                      The Reverend Terry Shields Dirbas    [terry.dirbas@sjs.net](mailto:terry.dirbas@sjs.net)  
Assistant Priest    The Reverend Elizabeth Ruder-Celiz    [erceliz@vst.edu](mailto:erceliz@vst.edu)  
Vestry Clerk                      The Reverend Karin Fulcher

Music Director                      Michael Dirk    [organist@sjs.net](mailto:organist@sjs.net)  
Rector's Warden                      Judith Downes  
People's Warden                      Maggie Sanders  
Treasurer                      Donald Wood  
Property Trustee                      Michael Dezell  
Pastoral Care Team Coordinator    Helen Kline  
Altar Guild                      Susan Firus  
Parish Administrator    Janet Hamilton (Cynthia Jutras, acting)

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

### **St John's Shaughnessy Anglican Church**

Diocese of New Westminster

Anglican Church of Canada

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Email and voicemail are checked regularly and often,  
so please reach out.

