



NEWSLETTER OF ST MATTHEW'S
ANGLICAN CHURCH
1600 NORFOLK ST.
WINDSOR, ONTARIO N9E 1H5

The Journey At St. Matthew's

VOLUME XI ISSUE 4

ADVENT/CHRISTMAS 2023

We are called to share God's love
as we welcome and care for our community

In this issue:



p. 10-11



p. 2



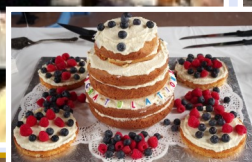
p. 5



p. 8



p. 6



p. 8



p. 7

In hopeful expectation, as we await the coming of our Saviour, Jesus Christ, St. Matthew's is once again on a new stretch of its *journey*: After a bittersweet farewell to The Rev'd Andreas Thiel, our rector of ten years, we are receiving the ministry of The Rev'd Gilles Haché as our curate, and welcoming him, his husband Denis Authier, and their dog Bosky, to the rectory this month. The sad de-establishment of St. James' Parish has, nevertheless, given us the opportunity to worship all together and celebrate as a new, larger church family. And at the end of a difficult process, even our building is being renewed, with the installation of a new flat roof ...

New Beginnings



December 3, 2023 was a very special Sunday for the St. Matthew's Parish Family. Our new priest and curate, The Rev'd Gilles Haché, presided our services for the first time.



Both our deacons, The Rev'd Glenda Fisher, and The Rev'd Cathy MacKendrick, assisted during the 10 am service. The Sanctuary was all prepared for the Advent season, and our choir proudly wore beautiful blue gowns, inherited from the St. James choir. Wardens Louise Davies and Jen McAlpine lit the first candle of the Advent wreath, marking the beginning of the Church Calendar, and the beginning of our journey together with Fr. Gilles.



Several parishioners were busy getting the rectory ready, and others lend a hand on moving day. Fr. Gilles, who is also an accomplished chef, presented them with samples of his baked specialties, such as Acadian meat pie, to thank them for their hard work.



We warmly welcome Father Gilles and his husband Denis Authier (pictured, right) to our church family. We are thankful to God because we have a new pastor, who will lead and guide us in our ministries together.

Photos by Gordon Drake and Irene Savva

A Letter from Our Curate



"I can do all this through him who gives me strength." (Philippians 4:13)

Dear friends, sisters and brothers in Christ of St. Matthew's,

My name is Father Gilles Haché, and I am blessed to be assigned to be the Curate of the Parish Church of St. Matthew's, Windsor. I considered it a great privilege to be here with you on this my first day of my ministry among you as your new Curate, I come to you with a heart filled with Joy and hope, and full of confidence in this new project that God has for us all. I have just set foot in this parish a few days ago, to begin my pastoral ministry in your midst, to commence a new adventure with you and to illuminate the presence of Christ who gives himself to us in the form of a little child, Emmanuel, as God with us.

I would like to thank our Bishop The Right Reverend R. Todd Townshend for his trust, in providing me the privilege to be your Curate, and for sharing his pastoral charge with you. I would also like to highlight my spiritual friendship with The Reverend Andreas Thiel, a priest with a Pastor's Heart whom I have gotten to know better. Over the past months, we have been getting together and communicating and it is quite an honour to continue the ministry here at St. Matthew's. I wish him well in his new ministry and extend my prayers and my gratitude to him! I also look forward to working with Rev'd Cathy and Rev'd Glenda, of whom I have heard many good things, regarding their ministries. I am passionate about liturgy that engages parishioners, and sacred music that elevates the soul to God, and I very much look forward to working with the St. Matthew's Choir and our Pastoral Musician, Michael Ricketts.

It is my sincere hope that by my coming here, we will together experience a fullness of faith in the Church, we will learn together different ways of celebrating our faith, through events of joy, new discovery, and new projects. I expect that there may be new challenges for us to face together. I look forward to seeing new faces, learning new names, a new way of doing church and to get to know you... and you to get to know me, Denis my husband, and our Dog, Bosky.

I was born on September 30, 1969, in the small town of Riviere Du Portage, New Brunswick, into an Acadian family of 17 children. My father, passed away in 1999, and my mother, Yvonne, passed in 2021. I was ordained deacon on November 30, 2020, and ordained priest on June 4, 2021. I am very easy going, humble, and eager to meet the congregation and the community. Working together we can help each other come closer to God and make a difference in his kingdom on earth. I enjoy Golf, exploring the countryside on my motorcycle, and especially I love food of any kind. I am a Chef, and I like to bring people together around the table to share. This for me is the continuation of the Eucharistic meal that we share every week.

We form one body, we who partake of the same bread, and Jesus the Christ is the head of this body. This body which is the Church, there are several members, and each is essential! So may the Spirit of God guide and enlighten us as we grow together and deepen our personal relationships with each other and with Jesus Christ. May we build on a foundation and gather our spiritual heritage as together we spread the Word of God as a source of new life. My spiritual motto comes from the book of Philippians. **"I can do all this through him who gives me strength." (Philippians 4:13).** I invite you to pray for me so that I may be with you a servant following Christ for the announcement of the Good News. I am aware of all the work you have done with love and conviction for the building of the Kingdom here in this community. Let us together continue to move forward with hearts full of hope. Let us together inspire a beautiful and resplendent Church, with joy, smiles and happiness to those who seek God.

Count on my prayers, my support, and my friendship, your brother in Jesus,

Fr. Gilles+

Photo by Gordon Drake

From Our Parish Council

Dear St. Matthew's Family,

I would like to thank Jen for allowing me to write this letter on behalf of us both. As my one-year term as warden draws to a close, I appreciate this opportunity to connect with you all. Although I have been a regular parishioner for over 30 years, it has been an eye opening experience to serve as warden. What stands out is how many of you contribute in so many ways. St. Matthew's is full of unsung heroes, and Christmas is a fitting time to recognize all of our angels.

Advent marks the beginning of the church calendar, and this year at St. Matthew's, we are celebrating the beginning of so much more. We have welcomed the Reverend Gilles Haché into our family. We have embraced a wonderful new group of parishioners from St. James. A new chapter has begun.

Despite some frustrating setbacks (primarily involving the roof repair), and increased expenses (primarily insurance and heating costs), we are seeing encouraging signs. Our attendance and our donations are on the rise. That, coupled with the success of the Mega Book Sale and the Christmas Craft & Food Market, gives us a boost as we head towards the end of the calendar year.

Our world is a troubled place, but we hope that the upcoming Christmas season brings you all some moments of peace. We look forward to spending this holy time in worship and fellowship with all of you. We appreciate you all, and thank you so sincerely for your support during all the recent transitions and changes.

Your wardens, Louise & Jen

Our Parish Council holds regular meetings once a month, from September through June. Parishioners are always welcome to join as observers.

Auto-deduction giving – Please consider this option, which helps us meet our monthly financial obligations. To learn more, change amount (a small increase can make a big difference!) or switch from credit card to bank account, please contact Beth Felet at (519) 969-3035.



Advent Soup Lunches

With the season of Advent, comes the St. Matthew's tradition of soup lunches, in support of the Ministry of the Council of the North. During the Advent season, beginning on December 3, we are offering a selection of donated soups, to be enjoyed every Sunday, after the 10 am service.

Free-will donations, as you are able, will be greatly appreciated.

There is a sign-up sheet in the hall, for cooks to make a batch of their favourite soup, as well as volunteers to bring rolls/bread and butter, and help with setting, and clean-up.

THANK YOU!



Photo by Gordon Drake

Logo from: <https://www.anglican.ca/cn/>



Special Services this Season



Third Sunday of Advent - Dec 17

Services at:

8:30 am (said Eucharist) and 10:00 am (Hanging of the greens)

Fourth Sunday of Advent - Dec 24

Services at:

8:30 am (said Eucharist) and 10:00 am (with choir)

Christmas Eve - Dec 24

Services at: 4:00 pm and 7:00 pm

Christmas Day - Dec 25

Holy Eucharist Service at: 10:00 am

First Sunday After Christmas - Dec 31 Services at:

8:30 am (said Eucharist) and 10:00 am (with choir)

The Feast of the Epiphany - Friday, Jan 5, 2024

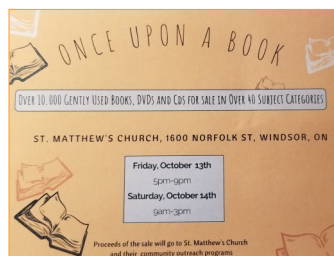
Service at: 6:00pm

*Followed by a Community Dinner in the church hall,
hosted by Rev'd Gilles and Denis Authier*

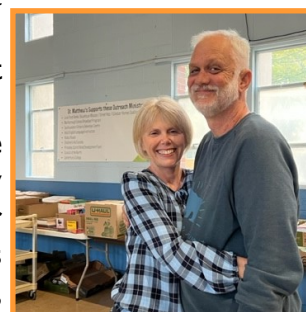
Photographs from St. Matthew's Archives

At St. Matthew's

Mega Book Sale, Oct 13-14



Our second **Once Upon A Book** mega sale was even bigger, and better (if possible) than last year, with an amazing selection not only of books of all kinds, but videos, music, and more. A busy two-day sale, with the participation of many volunteers, skillfully organized by Louise Davies and Roger



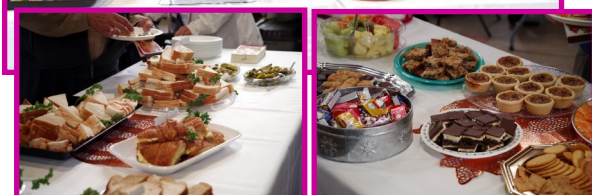
Wurdemann (pictured, right), resulted in happy crowds of readers of all ages, and financial success, with a grand total of **\$11,277**, which will go to help our church, and our many outreach programs.



Photos from Carol Caverzan

Continue on next page ...

... At St. Matthew's cont.



An Appreciation Lunch Sunday, October 22, 2023

*Sad and emotional were we
But you, dear friends, were the key
To make us smile and laugh once more.
You welcomed us warmly when we came
Through that door.
And so, an appreciation lunch we will have.
It's no bother!
God bless you all.
Thank you
from all our
St. James' hearts!*

Scrumptious
spread of
sandwiches
and tarts

Written by
Mary Bromley
Photos by
Carol Caverzan
and Gordon Drake



Christmas Craft & Food Market 2023

Saturday November 11



Photos by Gordon Drake and Irene Savva

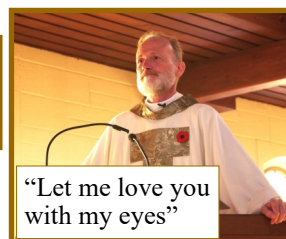
The Lunch counter and Sweet Tooth Table had a welcomed return this year; along with the traditional baked goods, crafts, frozen pies and soups, and plenty of friendly volunteers of all ages, our Christmas Craft & Food Market has raised over \$10,000. Thank you all for your work, donations and participation!

Continue on next page ...

... At St. Matthew's cont.

The Rev'd Andreas Thiel - Rector September 2013 - November 2023

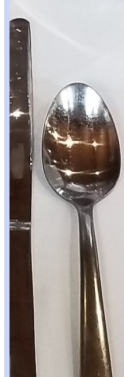
Last Service and Farewell Cake November 12



"Let me love you
with my eyes"



Farewell and Good Luck Lunch November 18

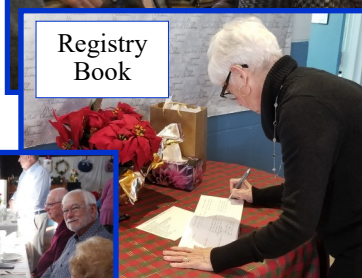


Farewell Luncheon for Rev. Andreas Thiel

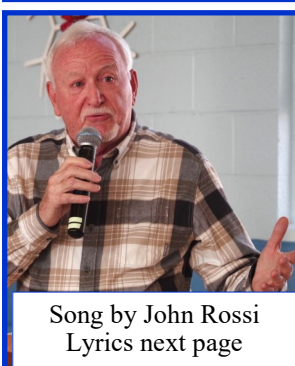
Grace – Cathy MacKendrick
Serving of Lunch 12:45
Toast – Mary Grace Weir
Program will begin during the serving of dessert
Present and past wardens for the last 10 years
Presentation from the Craft Guild
Glenda Fisher – Deacon
Mike Ricketts – Choir Director
Jane Patterson – Treasurer
John Rossi – Song
Rev. Andreas
Carol Caverzan
Glenda Fisher – Prayer



Registry Book



Parish Council



Song by John Rossi
Lyrics next page



And the Blessing ...

Photos by Gordon Drake, Carol Caverzan and Irene Savva

Continue on next page ...

... At St. Matthew's cont.

Farewell Song for Rev'd Andreas
(Sung to the tune of
"My Way" by Frank Sinatra)
Written by John Rossi

And now, the end is near,
and you have heard his final sermon.
My friends, I'll say it clear,
I'm glad it wasn't done in German.
He's given us his all, since he has come down
here from Lucan.
And soon, he'll be in flight,
To his new home, Newfoundland.
While here, he ran great lengths,
'Round Massey's track,
Raised funds for charity.
Part time, at Huron Lodge,
He'd sit and spoke, with elderly in need.
On our front lawn he blessed,
Our dogs and cats, brought here by families;
He came, and flipped pancakes,
On every Shrove Tuesdays.

Oh yes, there were times, I'm sure he knew,
Did we bite off more than we could chew,
New floors and lights, and organ too,
A furnace which often caught the flu,
We fixed them all, and we stood tall,
With him as our leader.

First Fridays, of the month,
Was TNT, Tap no Theology,
And once a month he chaired,
Parish council, with alacrity.
Though all these things were grand,
Our pastor's plan would be to show us,
To lead a Christ-like life
His sermons would guide us.

And so we thank you, for 10 years
Of leadership, love, and yes, tears.
We will forever hold you dear,
May your future paths be safe and clear.
You will be always in our hearts !
God bless you, Andreas !

Safe travels, Andreas !

Rev'd Glenda's 10th Anniversary of Ordination



The Rev'd Glenda M. Fisher was ordained as a deacon on November 28, 2013, following a successful career in social work in private practice, and as a teacher at the University of Windsor. On March 3, 2019, our dear Glenda joined the St. Matthew's family, celebrating a Covenant in Ministry as our deacon. Since then, Rev'd Glenda has been the driving force in many outreach and pastoral initiatives, including, amongst many, securing and delivering donations for the homeless (photo, right), and the Angel Tree Christmas program (see next page). On Sunday, November 26, on occasion of her 10th anniversary of ordination, Rev'd Glenda received a special blessing from our interim priest The Rev'd Gayle Rawlings during the 10 am service; our wardens presented Rev'd Glenda with a small token of our appreciation, and the celebration continued in the church hall with no less than a ten-layer cake, created by Mary Louise Drake.



Photos by Carol Caverzan
and Gordon Drake

Flat Roof Installation

This project has been long awaited, and was much needed. After a long and hard process, removal of the faulty flat roof and installation of a new one finally begun the last week of November. We thank the hard work of our Parish Council, and the invaluable help from The Diocese, and particularly from our Archdeacon of Essex and Kent, The Ven. Jane Humphreys. Also, thank you all for your patience during the construction period.

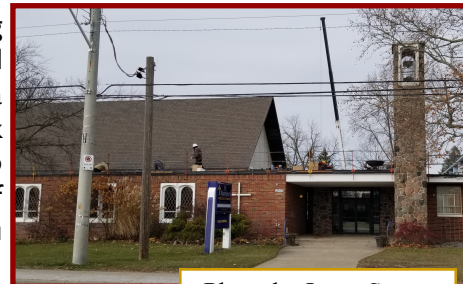


Photo by Irene Savva

From the Desk of Rev'd Glenda



It Starts With A Gift



Our yearly **Angel Tree Program** focuses on children who have the hardship of a parent who is in prison. These children are a unique group that can easily be overlooked. They too, in a unique and unfortunate way, are victims of crime. These children may be dealing with the strain of relationships that surround them, economic hardship, confusion, and they may feel singled out in ways that affect their confidence, behaviour and sense of worth.

The **Angel Tree Christmas** program comes together in this way: prisoners apply for a sponsor, submit a gift wish list for their child or children (max. \$35.00-40.00) and write on gift tags that will be attached to the gifts that are purchased and donated by our St. Matthew's sponsors (our *Christmas Angels*, as I like to call them). *Prison Fellowship*, the national organizing group for Angel Tree Christmas, sends us a list of children in our local area (or children at a distance, if we also want those included). Our *Christmas Angels* purchase and wrap their assigned child's gifts. They also, as they are able, personally deliver their gifts, or mail them.

When I launched our 2022 program after our Sunday Service on November 6th, I was overwhelmed by the immediate and huge response of folks who wanted to become a Christmas Angel and who wanted to commit to gifting one child, two children or three children. **But that is not all!** It was again a heart-warming experience for me when several of our already committed *Christmas Angels* later approached me and offered to shop and deliver gifts for those parishioners who wanted to sponsor a child, but for one reason or another, were unable to do the shopping or delivery themselves. I was blown away by their offer of their *gift of time* to some of their fellow parishioners. **But that is not all!** Again, it was a heart-warming experience when I received an email from one of our own who felt sad about not being able to participate in the program due to their current circumstances, but who assured me of *prayer...* for the children, for the prisoners, for our Christmas Angels, and for me. There are no words!

Now.....here we are again in 2023! I cannot express enough how very blessed, grateful, proud and honored I am to be our St. Matthew's *Angel Tree Christmas* Coordinator. Thank you to everyone who has already come forward to support our program by sponsoring a child or two and even more. Thank you to our dedicated 'shop and deliver volunteer Elves'. Your gift of **time** to our donation-sponsors is beyond measure. Thank you to all who are praying for the children and their incarcerated parents. Thank you for **all** from the bottom of my heart. **You are, each and every one of you, truly a blessing.**

Merry Christmas! ~ Glenda

Have you joined our e-mail communication list? It is the fastest and most environmentally friendly way to receive communications from our clergy. Enroll at:

stmatthewswindsor@diohuron.org

Do you receive "The Journey" by e-mail? You could get your newsletter in PDF in full colour by joining the e-mail distribution list. Request your subscription at:

irene.savva3691@gmail.com

Everything You Wanted to Know About St. James, and Then Some!

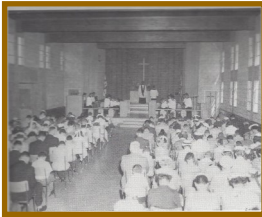
By Mary Bromley

The Beginning

Once upon a time, (because every good story starts this way), there was a terrible war called the Second World War. After the war ended in 1945, Veterans Affairs Canada set up new communities for the returning Veterans. One of these was on farm land which surrounded Roseland Golf Course in what was known then as Sandwich West township. The half-acre lots were quickly filled up with families. Because the golf course is oval, there remained a triangular piece of land left over at the intersections of Roseland Drive east, Roseland Drive south and Neal Blvd. It became known as "Lot D." Planners thought that this piece of land could be the future home of a church. The closest church at that time was St. Stephen's, Oldcastle, which was out in the county! Rev'd Dickin of this parish recognised a need for spiritual worship for these families. He was able to obtain permission from the local school board to have Sunday school classes at the nearby Ivor Chandler school. The Sunday school started in December of 1948 with seven children. By 1949, there were 72 children. Once more with the help of Rev'd Dickin, a campaign to build a new church started in 1950. Fundraising started. The goal was to raise \$21,000. The sod was turned over in September of 1950 and in January of 1951, the new church was dedicated! Crowding in the new church quickly

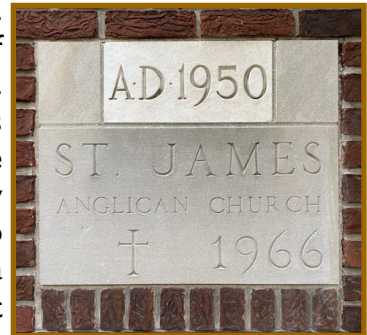


became a concern. Chairs were often put into the aisle to accommodate everyone! And a new branch of the Sunday school opened at Glenwood school on Norfolk Street. The Sunday school enrollment with both branches totalled over 400 children!



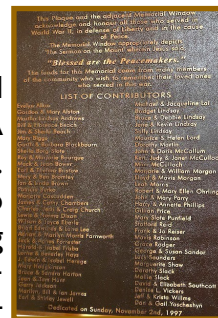
In less than seven years, St. Matthew's was born to ease the overcrowding (St. Matthew's Parish Hall, photo from our archives, left.)

St. James' continued to grow, though, and a new addition was finally put on the church in 1966. Unbelievable!



The Middle

The next few decades saw St. James being a vibrant and meaningful place of worship. A busy Sunday school. A large and talented choir. An active A.C.W and B.A.S. Charity work. Parties. Bible Studies. Book studies. Who can remember the Cantatas the choir performed during Advent? The chicken dinner barbecues when we fed 500+ people? The honouring of our 90+ folks? Our pageants at Christmas time, and our potluck suppers complete with Santa Claus? Our musical plays performed by all of our children? Our game nights? Our silent auctions? And our wonderful bazaars? Life in the church was good and wonderful.



Continue on next page ...

The End

Somewhere in the new century, there was a decline in attendance. That meant less people to do all the activities that make an active church vibrant. And unfortunately, it meant less income, too. Income that was needed to fix the roof, and the furnace, and all the other infrastructure. Slowly things began to erode. And so the decision was made in 2023 to finally close the doors on our beloved St. James. The de-consecration service was held on Sunday, October 29, and was led by Bishop Todd Townshend and Archdeacon Jane Humphreys. It was a sad and emotional service, but it also was closure for us.

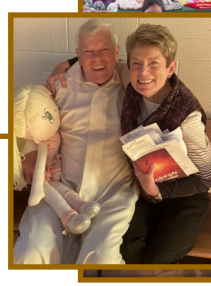


A New Beginning

The majority of us have found a new home at St. Matthew's. We are excited to be part of a vibrant church once more and we have been so welcomed by the people. Slowly we are blending into parish life. And we are telling ourselves that the church isn't just a building. The church is all of us doing what Jesus would have us do as we walk in His footsteps. It is carrying on His mission. **Amen!**



Reunited!



Photos at St. James by Deb French; photos at St. Matthew's, by Gordon Drake, Carol Caverzan and Irene Savva

What's buzzing in the religious blogosphere?

Visit our Diocese of Huron, and the Anglican Church of Canada websites:

<https://diohuron.org>

<https://www.anglican.ca>

And for other very good resources, also check this website:

The Evangelical Lutheran Church in Canada <https://elcic.ca/>

Advent Resources: <https://pwrdf.org/advent2023/>

<https://diohuron.org/news/a-journey-to-bethlehem-advent-2023>

Rev'd Cathy's Corner

Outreach Programmes

Marlborough Breakfast Programme: We are now going to the school in 5 teams of 3 people to prepare and set up a Grab and Go style of breakfast for the children. We are making and bagging in a keep warm style of envelope bag grilled cheese sandwiches. Along with this choice there are juice boxes and cheese strings. The muffins are still being offered to the students on an as need basis for hungry children as they are deemed to need something to eat.

Hiatus House and Food for the Hungry: Both of these outreach programmes are being wonderfully taken care of by Louise Davis and Sue Bernard. Please note the list in the narthex, of items needed by the folks at Hiatus House.

Southwest Detention Centre: We have delivered two sets of backpacks to the Centre for those inmates who are NFA or not fixed address, or homeless. Men disproportionately are in this category with fewer women needing the bare essentials. The inmates can still use some of these items: playing cards, jigsaw puzzles, booklets of Sudoku, Find a Word, coloured pencils which can be cut in half – books – soft cover only, and no sexual content. The other interesting news is that the Sewing programme has been moved to Thursday afternoons. We have a team of 5 women helping to teach women inmates, with good behaviour, to use a sewing machine to make items for themselves and to give to others.

Blessings to everyone who contributes to “caring for our community”.

Outreach News

From Bethlehem to Jerusalem A Deanery of Essex Walk-a-Thon

On Saturday, September 30, enthusiastic walkers embarked on a journey starting at St. Matthew's (South Windsor), and reaching the finish line at St. Mary's (Walkerville), approximately the distance between Bethlehem and Jerusalem. Everyone was a winner, as participants were rewarded with a hotdog lunch at St. Mary's, and all sponsorships going towards the **Primate's World Relief and Development Fund (PWRDF) Wild Ride**, this year dedicated to support PWRDF partners who serve refugees and displaced people around the world.

<https://pwrdf.org/wild-ride/>

Photos from Carol Caverzan



The tree in the narthex, once adorned with multiple ornament tags of requested items, stands now completely bare, while the boxes next to it are being filled with gifts, that will sure make this, a very special Christmas for our family of five from the **Children's Aid Society's Adopt-a-Family program**.

Thank you all for your participation!

Photos by Irene Savva



This Advent and Christmas seasons, remember Hiatus House, the South West Detention Centre, and our Food Cupboard Thank you for your support!

What is that Tree in the Sanctuary?

In the mid 1950s, the congregation at the Lutheran Church of the Ascension in Danville, Virginia, USA, decided to give their traditional Christmas tree a deeper connection with the Christian faith. They saw the eternal life symbolism of the evergreen tree as the one specifically won for us by our Saviour, and used it as a background for their own handmade collection of ornaments, composed exclusively of **Chrismons**. The name Chrismon comes from the Latin words *Christi monogrammus* (Christ's name or emblem); Chrismons, some ancient, are symbols that represent aspects of our faith, especially the name, life and lessons of Jesus Christ. The use of only white and gold was intentional, too; white represents purity and joy, and gold, the glory and majesty of God. **In 1979, the chancel guild at St. Matthew's Church decided to create a Chrismon tree for our parish.** As pointed out by the people at Ascension, the Chrismons should not be bought, but must be made according to the volunteers' "own abilities and needs", and the only skill required is "the willingness to use one's hands to praise the Christ." The result at St. Matthew's was amazing: a true testimony of the love, devotion and talent of those wonderful parishioners, who collected fabric, beads, threads, feathers, and other materials in the richest glass, white and gold, and then laboured for hours to design and create our own collection of Chrismons, which adorn, up to this date, the evergreen tree set up in the Sanctuary during the Advent and Christmas seasons. Bright white lights representing "Jesus, the light of the world" are added as Christmas Day comes nearer.



Photo by Gordon Drake
Text by Irene Savva

The best way to enjoy and fully appreciate the St. Matthew's Chrismon tree is to stop by the Sanctuary and take a moment to observe these wonderful symbols of our faith.

Ministries at St. Matthew's: Chancel Guild



In every Christian Parish, regardless of size, wealth, or particular liturgical practices, there is a group of dedicated volunteers working to ensure that the various liturgies proceed with all that is required, so the clergy and the congregation may focus on worship and prayer. Here at St. Matthew's, every week, our Chancel Guild takes care of housekeeping in the Sanctuary, and setting up the Altar and Credence table. In addition, flowers, seasonal decorations, and settings for special services, are lovingly prepared "behind the scenes" year round. Our Eucharistic bread for the 10 am service has been baked by Margaret Jemison for close to three decades.

Currently, our Chancel Guild is comprised of ten members, divided into four groups, on duty on a weekly rotation, to set up on Saturday mornings, for the early service the next day, and on Sundays, in between services and after the 10 am service.

There is always an open invitation for more volunteers to join! Everybody is invited to drop by the Sacristy after any 10 am service; meet some of our Chancel Guild elves, and find out more about this important ministry.

Photo from our archives

Simple, Sensible Self-Care

by Lori Maisonville, RP

About eight years back, when I began learning about energy work, and volunteering at the Hospice of Windsor-Essex, I noticed a strong correlation between providing compassionate care, and a marked improvement in my own awareness of self-care. This was--and continues to be--such a positive spin-off of learning a holistic healing energy modality, and giving back to my community in a creative and compassionate manner.

In my estimation, self-care includes investing time in my wellbeing and making conscious efforts to improve my physical and mental health. Thus, allowing me to improve my coping strategies for managing stress, lowering my risk of illness, and increasing my energy (to name a few). Establishing such behaviors helps to support holistic wellness. Some of my specific routines include: proper sleep, simple exercise like a 30 min. walk with 10 min. of stretching, reading, daily dental care, remembering that I have choices, mindful food selections most days, and honoring silence often throughout the day, e.g., I have not a TV, I drive my car in silence/no radio, and I walk in silence. In terms of my interpersonal skills, some important communication tools include: setting personal boundaries, asking for help, being able to saying "no", negotiating a compromise or win/win outcome, honoring silence, and sometimes, even agreeing to disagree.

As I enjoy my maturation process, and lower my ego, I've grown fond of taking ownership of realizing it's okay for me to: ask for help, refocussing, and try again, make mistakes & hitting the pause button, having a tough day, not know the answer; sometimes, I don't even know what I don't know yet!

Last weekend, I hosted an 84th birthday celebration for my papa, along with my two siblings. A close friend asked about my self-care plan the day prior, and the day following this celebration that involved 20 guests in the party room at my father's retirement living home. To my surprise, and joy, the day went off very well, I managed the bulk of the planning and completion of tasks. Here is part of the list I emailed my friend, post-party, and she congratulated me on my self-care, creativity and organizational skills: I was organized; yet flexible; I arrived early and did the hardest task first... (which was driving my car to the site with 12 large, helium filled balloons); I asked for help serving, and opening the bottles of wine; I didn't take pictures; however I was in a few group shots; I accepted that my son was ill and unable to attend--unattached to the outcome; I had plenty of fun & my sibs and I were Teamwork-101; I was open to whoever could or couldn't attend; I wore flat shoes; I was open to receiving compliments on my tiramisu birthday cake I prepared; I asked my daughter to assemble a music playlist of my late mother's favorite songs from the late 1960's and 1970's; I took a nap after the party; I asked the grandchildren to assist the seniors with fixing their dinner plates / for mobility issues.

I believe Therapeutic Touch has a variety of far-reaching positive effects on my daily spiritual living. What does your self-care routine/habits involve?

Editorial Note: During a recent 10 am Sunday service, in the context of the Gospel of Matthew (22:39): "You shall love your neighbor as yourself", our deacon, The Rev'd Glenda Fisher, pondered over a powerful question, which she had heard from a homeless man: **"But what if I don't love myself?"**

And hence, the importance of self-love, and self-care, to be able, only then, to truly love others, and fulfill one of Jesus' greatest commandments. In the piece above, Lori offers a refreshing, relatable take on simple self-care practices.

Fellowship Hour—It's Easy Being Green Lately we've been running out of mugs at Fellowship Hour. This is a good problem to have! We will be able to get more mugs, but I can offer an alternative that may appeal to a few of you: I am going to try to bring my travel mug with me to church. It is often in my car. This way I can get some coffee and not worry about it getting cold or getting misplaced. I will always know which coffee is mine and where I left it. No need for refills and less work for the dishwasher. **Louise Davies**

Celebrating this Season:

Birthdays

December

11 – Iris Marie Donlon
13 – Maddie Hancock
14 – Carol Bulley
14 – Patty Paraschak
16 – Andy Hahn
22 – Sarah Henderson
22 – Irene Paraschak
25 – Mike Herrington
27 – Helen Cahill
28 – Cory Yednoroz



Photo from Jody Ness

January

1 – Dora Donlon
7 – Lori Maisonville
10 – Linda McDonald
13 – Sabrina Weir
13 – Carol Caverzan
15 – Jessica Hitchcock
18 – Mary Davis
18 – Jennifer Hitchcock
22 – Danny Yascheshyn
27 – Max Hahn
28 – Sophia Savva
29 – Nicole McCabe
30 – Ella Hahn
31 – Erica Rossi

February

1 – Ann Hucal
6 – Isabella Chantler
6 – Jennifer Goldspink
7 – Gail Yascheshyn
8 – Darren Bernard
11 – Jane Gall
12 – Mark Bernard
18 – Nadia Taqtaq
20 – Mike Ricketts
22 – Elissa Weir
25 – Edwin Levergood
26 – Neil Cowley
27 – Stephanie Allsop

December

19 – Jody Ness
& John Riddle (25th)

21 – Scott & Laurie Ritchie

Anniversaries

February

5 – Bill & Ginny McAdam

New Parishioners: Join the announcements!

Please submit your articles, feedback and other contributions to Irene Savva or Sue Bernard, or to irene.savva3691@gmail.com Are you celebrating a milestone anniversary soon? Submit your wedding picture for publication! **Also let us know of any updates needed in the birthday and anniversary announcements; we apologize for any mistakes or omissions.**

Important Dates to Remember

The Oasis Women's Choir of Windsor & Essex County Winter Wonderland Holiday Free Concert: Sunday, December 10, 2023, at 2:00 pm — Donations gratefully accepted; raffles and door prizes; refreshments to follow. **Everybody is welcome!**

TNT ("Theology 'n' Tap" or "Tap, No Theology") meetings at Cramdon's Restaurant (2950 Dougall Ave.) Our January meeting date TBA; it will be an exception, so we can all attend the **Epiphany Service and Community Dinner at St. Matthew's** on Friday January 5, 2024 (see details on p.5).

Talent Show & Family Pot luck coming this January 2024 — Potluck dinner, followed by talent show; fun for the whole family! Date and time information coming soon.

Vestry Meeting 2024 — More information coming soon.

Pancake Supper: Shrove Tuesday, February 13, 2024 — Mark your calendars, invite friends and family, and look for volunteering opportunities.

Ash Wednesday Eucharistic Service with imposition of ashes: February 14, 2024 at 7:00pm.

We hope to hear from you soon!

News from the Pews:

St. Matthew's own, **Mary Grace Weir** starred in The Shadowbox Theatre "The Case of the Odd Shaped Gas Tanks," written and directed by Joey Ouellette. The play is set in the world of New Drummondville, in which Mary Grace's character, Mrs. Matilda McGregor, displays "sharp intellect and observational prowess" (Dan Savoie, 519 Magazine.) Photo far right, Mary Grace with Nadine Donlon, Carol Caverzan, and The Rev'd Glenda Fisher, after a performance. **Great work, Mary Grace!**

Photos from Carol Caverzan



From Rev'd Andreas, in Eastport, NL:

I believe our two parishes made a good beginning on December 3! Here are: A photo of the Church of Holy Cross, an another of the potluck lunch held at the church hall. There's nothing like good church food!! **Blessings,**

Andreas+



Photos by The Rev'd Andreas Thiel

From UofWindsor Newsletter:

"Devoting his career to advancing physics research has earned professor emeritus **Gordon Drake**, a 2023 Fellowship with the Canadian Association of Physicists. Drake was awarded the 1979 CAP Herzberg Medal, the 1994 CAP Medal for Lifetime Achievement in Physics, and the 2015 CAP Peter Kirby Medal. He served as president of the association 2000-01. In addition, Dr. Drake was president of the UofWindsor Faculty Association for two terms, Physics Dept. head for 15 years, and principal of Canterbury College from 2008 until 2023." **Congratulations, Gordon!**



Photo from our archives



A Blessed Christmas to All!

Everybody is Welcome!

Sunday Services

8:30 am & 10:00 am

To prevent the spread of infectious diseases, when feeling unwell, it is strongly recommended to abstain from attending public gatherings, including services of worship.

Visit our website

<http://www.saintmatthewswindsor.ca>

Check out "The Journey" in full colour and our Facebook page 

St. Matthew's Church

1600 Norfolk St.
Windsor, ON N9E 1H5

Phone: (519)969-1510

E-mail:

stmatthewswindsor@diohuron.org

Curate:

The Reverend Gilles Haché
Cellphone (519)259-2420

Deacons:

The Reverend Cathy MacKendrick
The Reverend Glenda M. Fisher