



VAUDREUIL PARISH PULSE NEWSLETTER
September 2011 Edition



September is upon us and we face a change of season and pattern of life with back to school, back to church, back to the regularly scheduled programs of our busy lives. But before we put this season behind us, we give thanks for the events and memories of the Summer of 2011!



"Strawberry festivities gone to her head!" Photo Credit: James Armstrong

A beautiful smile ... A sparkle in her eyes ... Parishioner Barbara Golding "Catches the Spirit" of the annual Strawberry Social at St. James'!

On Sunday, July 10 nearly 300 people gathered on the lawns of the Rectory to enjoy burgers and hot dogs from the BBQ, salads of every description and of course the ever popular strawberries and ice cream! This year we welcomed newcomers to the community and shared with them the hospitality and fellowship of St. Mary's and St. James' - The Anglican Parish of Vaudreuil.

The spirituality of exercise or the exercise of Spirituality?

By Wilf Hall

On the way to Church on Sunday mornings we often see joggers or cyclists out exercising and maybe we think "Why aren't they on their way to or in church?" and of course this is absolutely ludicrous as they may well be, have been, or are planning to be in church sometime during the weekend. At the very least they can teach us a lot about how strength is gained.

These enthusiastic followers of good health are probably out every day and not just on Sunday morning when we see them, or should I say, notice them.

They know that if you want to get in shape or even stay in shape you need to exercise and you need to do it regularly, indeed religiously. They also hold to the value that "If you don't use it, you lose it." The same can be said of Faith. They also know that the exercise that they are doing will help their immune system, their cardio vascular system, and help to ward off things like osteoporosis.

I haven't even mentioned that they enjoy exercising once they get started and encourage their friends to join them.

Let's look at ourselves. Are we exercising our spirituality every day so that we can merely maintain where we are on our Christian journey? Is our plan to move forward on our Christian path or are we satisfied where we are?

If we feel comfortable with where we are, (like a couch potato), then we are probably in need of some spiritual exercise.

I was once told by someone, who felt that she was a strong indeed, devout, Christian, that she was quite content with where she was on her Christian journey. I had to admit that she appeared to be committed to her Church, was there every Sunday, and also she was one the nicest ladies that I know, but in terms of what Christ calls us to do as Christians, her journey seems to have stopped.

If we expect to be Christians we can't sit still on our journey and enjoy the "Comfortable Pew" once a week. That makes us "Couch potato Christians". If we can't be enthusiastic enough to share our faith with others then why even bother wasting the hour on Sunday morning when we could just as easily meditate at home.

As someone who calls himself a sailor, I got enthusiastic about sailing and wanted to know more about it and then wanted to become better and better at it and I never hesitated to share my experience and passion with others who didn't know what sailing was all about. Being Christian means enjoying it. It means

being enthusiastic about it and sharing it with others. If you think that it means just showing up for Church every Sunday then you are not getting it. This would be like eating healthy food for only one meal in the week and then stuffing in junk food for all the other meals of the week.

Giving money is not the solution either. If you have enough to give back some to God then all you are doing is returning some of the gifts that he has given you and you are not getting your spiritual exercise. Not getting your Spiritual exercise means that you become gradually weaker as every health professional knows that your body will.

How do we exercise our Spirituality?

Well we could start slowly like listening to the words that we hear on Sunday mornings and trying to understand what it is that God is saying to each of us through the readings and Sermons that we hear. He certainly, is reaching out to everyone of us through these words that we are offered each week.

Studying the Bible regularly and trying to understand how the passages that we read apply to us in the midst of our full lives. Your Churches provide free Bible study guides which take only five to ten minutes daily. You don't have to read it cover to cover unless you really have lots of spare time.

The word "GO" appears in the New Testament 1514 times. Most of them in the context of 'going out to tell others.

Exercising our Spirituality means giving our life to Christ. Turning it over to him and asking him, in prayer, what do you want me to do for you?

Being a Christian means working at it. Exercising will make you stronger, no one can argue with that. Even a little makes a difference and it can be a big difference.



PARISH EVENTS HIGHLIGHT THE SUMMER OF 2011. . .



1 Photo Credit: James Armstrong

Pitching Our Tent at the Hudson Street Fair

Catch the Spirit of the Parish of Vaudreuil was the message of the day for all who dropped by our tent at the Hudson Street Fair on Saturday, July 30. Again this year, the town was abuzz with townspeople and visitors. Warm smiles, cold lemonade and tasty cookies were the order of the day.

Here we see Wanda Smith and Liz McCrudden ready to share their time and stories of Sunday School, the Sewing Circle, the spirit of St. Mary's, with passer-by. Brochures about our parish were given away along with the refreshments.

Ever popular again this year was the rest station of our four legged friends. Tracy Gallacher and Lynn Bookalam provided the treats, while Loy Cochran and Finnigan ensured we had a steady supply of water.

Ears perked up to hear the music led by James Armstrong. Seeking new members interested in joining a church choir, the Street Fair gave us opportunity to invite others to Catch the Spirit through singing.

We look forward to meeting and sharing the news of our Parish next year at the Street Fair and in the meantime give thanks to all who staffed the tent, helped in the set up and take down and made this another successful event for us this summer - Wilf Hall, Linda Lamb, Deborah Porter, Elisa Proctor, Mary Vipond, Terry O'Shaughnessy, Alan Macleod, Coral and Nigel Holehouse.

Hudson Fire Department Provides Relief to the "ON FIRE DAY CAMP"

This year 40 children between the ages of 4 and 12 gathered throughout the week of August 1-5 to hear stories of Jesus and His Disciples and to experience the Good News of Christ through crafts, games, dance and worship. And what a week it was ... relief on a hot summer day with water games and a visit from the Hudson Fire Department, games on the lawn, tasty snacks and a closing worship that welcomed the campers, parents, grandparents and members of the Parish.

As with any event in our Parish, the volunteers are key to our success. Thanks to Margaret Clayton who pulled together a team to prepare and serve the snacks each day - Gerry Selke, Monique Jordan, Margaret Neal, Audrey Driver, Doris Gray, Laverne John, Brittany Savage, Jean Sasso and Jill Legg; to Liz McCrudden who hosted the travelling team in her home; to Tracy Gallacher who pulled together a team who prepared dinners for the travelling team - Ann Cruickshank, Sue Campbell, Linda Lamb, Coral and Nigel Holehouse, Pam Maguire and Lynn Bookalam; to Joy Forster and Linda Lamb who prepared lunches daily for the travelling team; to Eleanor Locke, Margaret Neal, Jean Sasso, Coral Holehouse, Nigel Holehouse, James Armstrong and Barbara Dodds who provided comfort and attention to those children who needed help throughout the day; to Frank Royle for help in closing service; and to our youth volunteers Maddie Pfeiffer-Major, Yasmine Caron, Laurie-Ann Upton and Fred Courchesne-Mackie.

A binder of photos and messages of thanksgivings from this year's Day Camp is available in the Parish Office. Sadly the computer file with all of the photos is lost in cyber space. Once these files have been found, we look forward to uploading pictures to our Parish website. We will keep you posted on the search for the lost and look forward to sharing "the lost have been found!"

We are in the early planning for next year's Day Camp and look forward to building a planning and implementation group with representatives from St. Mary's, St. James', St. Thomas, Wyman and Evergreen. We will build on the model that has been used all these years and draw on the many gifts across the communities of Hudson, St. Lazare, Vaudreuil-Dorion and Rigaud. If you would be interested in getting involved in this exciting and life giving ministry, please contact the Rev'd Eleanor Caruana at 450-458-5897 or by e-mail at emcdd@hotmail.com.



Neither rain, nor heat, nor gloomy sky ...

A picture is worth a thousand words. So here in short is a 12,000 word essay that attests that “neither rain, nor heat, nor gloomy sky” will deter the people of the Parish from Catching the Spirit of faith, flexibility, fellowship and fun. Despite the rain, soggy ground and dull sky, the Rectory BBQ was a great success. Many thanks to Meg Sinclair who helped to compose this essay.



Many Hands Make Light Work At St. Mary's Card Party ...



Wanda Smith prepares the "Fruit Pizza" – a healthy Version of a popular treat!



Bernice Hall readies a traditional cherry cheesecake.



Mary Whittall makes sure there's plenty of hot water for the tea.



Barbara Golding and Bernice Hall keep the tea flowing!



And then there were three – three generations of women of St. Mary's sharing a moment at the coffee maker. Laverne John shares her wisdom with daughter Brittany Savage as Elizabeth Dempsey looks on.

At her usual post, Elsie Chapman greets party goers with a warm smile and words of welcome. Clearly her smile is infectious ...



Grand Slam Success at St. Mary's Card Party Fundraiser

By Mary Whittall

On Wednesday, August 24th, the Sewing Circle held a card party fundraiser at St. Mary's Parish Hall. The party started at 1:00pm with scrumptious desserts! The desserts ranged from Elsie's wonderful Coke a Cola Cake, strawberry cheese cake, pies, (the lemon pie disappeared first!), and much much more.

After dessert and beverages the groups started to play some serious bridge! Half way through there were draws for lovely prizes that were donated by many local shops, and restaurants! Plus there were table prizes of a dainty flowering plant and a St. Mary's cookbook for each group!

The fundraiser was in aid of the St. Mary's Restoration Fund. A huge thank-you to all the members of the Sewing Circle who worked and/or donated, to all the local businesses for their generous donations for the prize table and of course to all the people who attended. All of you made the event a success!



Photos Courtesy The Rev'd Eleanor Caruana



ON THE GROUNDS ...

ROOF, ROOFS AND MORE TO COME

Alan Macleod

Progress has been slower than hoped on the church roof due to delays caused by contractor equipment failure, plus the discovery of some roof structure needing restoration. That is now completed and the stainless steel work on the first phase is finished. The second phase will commence in the fall and be finished probably by late October, early November (I'm not committing to a firm date at this time due to past experiences!) The second phase includes the roof on the north side of the Memorial Hall as well as the bridge portion up to the beginning of the large hall.



The roofs of the rectory and garage were re-shingled during July/August. Local contractor, Danny Lafortune, completed the work in record time. He reports the structure of the roof proper is in very good shape and the quality of shingle chosen ensures a long lasting roof for the years to come. We have scheduled Danny to re-shingle the large hall, hopefully by late September.

THIS OTHER PROJECT---THE BASEMENT FLOOD RECTIFICATION.

Work started on the rebuild of the basement the week before the Quebec summer construction holidays commenced. Most of the electrical re-wiring was finished, plus removal of two walls. Then the world stopped moving! Although we were given to

understand that work would be continuing through the holiday schedule, this didn't happen. The result was a three week period where nothing was accomplished. However, the good news is, as I type this, work is underway to restore the lower level of St. James'. Once completed, we will have a brighter, more user friendly and all round better work space. "Completion date?" you ask. Soon !

Other work completed as a result of the flood includes the reparation of the septic tank damage. Installation of a surface water drain facility that will prevent large quantities of water from accumulating on the lawn area during spring melting. Rerouting of upstairs restrooms and sinks to a larger and under used weeping tile field. All back filling and landscaping on the lawn on the north side of the large hall has been completed. The grass and weeds are growing again.

Stay tuned for further updates.

PLAQUES RESTORED

This summer replacement plaques for those stolen a while back were installed. We give thanks to the Masons who provided the replacement of the marker commemorating the re-enactment of the laying of the cornerstone of St. James'. The new cornerstone plaque is seen in the picture below:



Sunday School – St-Mary's

Wanda Smith

Welcome AND welcome back to Sunday School at St Mary's. We will meet for the September FAMILY Service at St. Mary's church at 9 o'clock on Sunday, September 18th. Hopefully, by this time, you have all had the chance to settle in on the new back to grade school routine. Please feel free to invite your friends and neighbours to come and experience what we are all about.

The Service itself is geared for children of ALL AGES. Regular Sunday school classes will resume at the hall the week after (**September 25th**), also at 9 a.m.

If you have questions or require further information, please call me at **450-458-0481**. I look forward to meeting you and having your wonderful children share in the knowledge and inspiration from the Book of Books !



Rest eternal grant to them, O Lord. In Your mercy, may they rest in peace.



Jean Burns Roberts – On June 30th family and friends filled St. James' Church for the Celebration of the Life of Jean Roberts. As wife, mother, nurse, friend and neighbour, Jean touched the lives of many. In celebration of her life, her sons Chris and Craig shared their stories through the Eulogy

and the music for the service. Evident in the words spoken, the memories shared and the thanksgiving expressed for Jean's love, grace, strength and courage is a legacy she has left for all of us – discover your passion and live it allowing God's grace to abound.



William Lambert "Scot" Gardiner On July 17th people from around the globe came together at St. James' Church to celebrate the life of Lambert Gardiner. The service reflected the diversity of Lambert's family, friends and colleagues. The Greenwood Singers and Karen Young shared their gifts of music.

Following the service, those in attendance gathered in the hall for a reception – actually for further celebration of Lambert's life in story, music, toasts and the launch of his latest book.

The first time I met Lambert he was claiming his name. For years he had been called Scot – with one t – or Scottie. He decided it was time for him to be called Lambert. Much to his sister's delight, the Vicar knew him and called him by this name. Lambert, you will be remembered for many things including your humour, intelligence, generosity of spirit and forward thinking.



Pamela Yvonne Newton – On July 18th family of Pamela gathered in the cemetery at St. James' for the interment of Pamela Newton's ashes. A service celebrating the life of Pamela had been held earlier in the UK. As family members bid farewell, it was with thanksgiving for an aunt who had had lived boldly and lovingly, reaching out to others

to lend a hand and offer comfort.

John Victor Foulkes – On July 30th family members gathered in St. James' Cemetery for a graveside funeral service for John Foulkes. A gentle breeze was rustled the leaves as we gathered on a warm, sunny summer day to celebrate this child of God. John was remembered for his gifts as an educator born from his love of learning. He never stopped being a student, 'tho he had become a teacher. With fond memories the family bid farewell to John and entrusted him to God for all eternity.



Amy Jean Cameron Vipond On August 3rd family and friends gathered together at St. James' for the Funeral Service Celebrating the Life of Jean Vipond. Through the words of her nieces, Mary and Elizabeth, Jean was remembered for being loving and generous. As a devoted daughter, Jean cared

for her mother and ensured that she stayed in touch with the family. For Jean, family was a vital life line.

Jean loved to be with people and enjoyed hosting social events. This she learned as a child and carried on the tradition in her adulthood. Fond memories of the parties and family meals brought both tears and laughter.

Jean also discovered early in life a love for travel. After her retirement from the Royal Bank she was able to devote more time to this passion, regaling family and friends with the stories of her travel adventures.

Jean and her brother John were always close. John ever the older brother watched out for his sister. They shared many things in their lives – love for family, for friends, for animals and for travel.

Jean's generosity and love of community was remembered and reflected in the stories of her volunteerism at the hospitals in Montreal, as well as her taking part in the life and ministries at St. James' Church. Jean, a dear and cherished sister, aunt and friend, will be missed.



Deane Scott Craig – On August 9th family members gathered for a graveside funeral for Deane Craig. Remembered as a loving son and brother, thanks were given for this child of God. In peace, his ashes were committed to the ground and in hope he entered into his eternal rest in Christ.



St. James' Choir presents
 The Choromondo Touring Ensemble

Concert Ticket Price of \$40 includes
 \$25 Tax Receipt
 Fully Catered Reception by Grannies Aid for Africa, Hudson

All profits to the St. James' Roof Campaign

For more information, contact the Parish Office
 at 450-458-6897 or email us at parishvaudreuil@ca.inter.net

Colourful, enthusiastic
 Choromondo
 is a 30-voice women's choir based in
 North Hatley, Quebec
 dedicated to helping world communities in need.

The 12-member Touring Ensemble
 sing a cappella benefit concerts with songs
 from over 25 countries including
 Bulgaria, South Africa,
 the Balkans, Japan, Cuba, Latvia,
 Spain and the Republic of Georgia
 finding common ground between cultures.

<http://www.harris-mendieta.com/choromondo.html>

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Hudson's Grannies Aid for Africa
 raises funds to assist
 grandmothers in sub-Saharan Africa
 who are caring for their grandchildren
 after the death of their own children due to AIDS

Catering fundraisers such as the
 St. James' Choromondo event
 is one of the major ways they raise funds.

They also cater events such as weddings, funerals,
 christenings, luncheons, large and small.

<http://www.grannieshudson.org/index.htm>

- Mark Your Calendars ...**
- Sept 5** – Labour Day – Office Closed
 - Sept 6** – Regular Office Hours Resume – Monday to Friday – 9:00 am to Noon
 - Sept 6** – 9:30 – Clericus at St. George's in Ste-Anne-de-Bellevue
 - Sept 7** – 9:30 am – St. James' Corporation
 - Sept 7** – 2:00 pm – St. Mary's Sewing Circle
 - Sept 8** – 7:30 pm – St. James' Advisory Board
 - Sept 10** – 10-2 – Consignment Sale
 - Sept 11** – 11:00 am – Joint Service at St. James' followed by Potluck Lunch – Liz McCrudden & Rev'd Eleanor will provide information on Back to Church Sunday
 - Sept 12** – 9:30 am – St. James' Church Women Executive
 - Sept 12** – 7:30 pm – St. Mary's Corporation
 - Sept 14** – Clergy Day with the Bishop Barry
 - Sept 17** – 10-3 – Greenwood's Treasures in the Attic in St. James' Hall
 - Sept 23** – 1:00 pm – Bridge Fundraiser for Peru at St. James'
 - Sept 24** – Grannies In Aid of Africa Hudson host Breakfast Meeting at St. Mary's Parish Hall with guest speaker, Barbara Wybar, a Canadian living in the United States, who has moved to Bududa in order to put the Bududa Vocational Institute and the Children of Peace orphans' programs on a firm footing
 - Sept 25-27** – Clergy Conference in Chateauguy with Bishop Mark MacDonald, National Indigenous Bishop
 - Oct 1** – Seniors' Fair at St. James'
 - Sept 29-Oct 25** – Rev'd Eleanor will be on vacation; the Rev'd Canon Bryan Pearce will take Sunday Services and provide pastoral care in her absence

Love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world. - Jack Layton

On Sunday, September 11 we will gather for a joint service at St. James' Church at 11:00 am.

Following the Service Liz McCrudden and Rev'd Eleanor will tell us about the initiative of **BACK TO CHURCH SUNDAY**.

In the meantime, think about who God is preparing for you to ask to come to church with you on the 25th.

**RSVP to Office for Lunch
St. James' – Sandwiches
St. Mary's - Squares**



BackToChurchSunday
I'm inviting you

CONSIGNMENT SALE

Saturday, September 10th, 2011 - 10 a.m. to 2 p.m.
St. James' Parish Hall, 642 Main Road, Hudson Heights

Have you anything to sell? We will gladly sell it for you!
75% to donor and 25% to Parish of Vaudreuil

Antiques, Brass, Bric-a-Brac, China, Copperware, Electrical Appliances (in working order),
Garden Equipment, Glassware, Furniture, Hardware, Jewellery, Linens, Luggage in good condition,
Musical Instruments, Area Rugs, Silver, Silverware, Sports Equipment (no boots, skates or skis),
Watches, Clocks - in working order - etc...

- NO CLOTHING / NO OFFICE EQUIPMENT / NO BOOKS

RECEIVING DATES

Thursday, September 8th, 7 p.m. - 9 p.m.

Friday, September 9th, 10 a.m. - 2 p.m. & 7 p.m. - 9 p.m.

Deliveries and Pickups may be arranged

All Unsold Items **MUST** be picked up by Donor on
Saturday, September 10th, between 3 p.m. & 5 p.m.

We will not be responsible for any unsold items
after 5 p.m., Saturday Sept 10th, 2011

Please - no consigned items of less than \$5.00
unless given to the sale outright

FOR FURTHER INFORMATION call Brenda: 458-4051 or Linda: 458-5100

YOUR INPUT WANTED.

The team that puts together your Pulse is very keen to produce an interesting, quality publication. We need your help to achieve our goal by your providing to us, in an ongoing way, your stories, news and pictures.

If you have a piece that you would like to submit for an upcoming edition of the Pulse please forward it to us in one of two ways: either via email to pulse@parishofvaudreuil.com or to the office, in writing and marked to the attention of Mary Vipond.

The October Pulse deadline is Wednesday, September 21, 2011



WORSHIP SCHEDULE FOR SEPTEMBER 2011

September 4 Twelfth Sunday After Pentecost

7:45	Holy Communion	St. Mary's
9:00	Holy Communion	St. Mary's
11:00	Choral Eucharist	St. James'

Exodus 12:1-14; Psalm 149; Romans 13:8-14; Matthew 18:15-20

September 11 Thirteenth Sunday After Pentecost – Joint Service at St. James' at 11:00

7:45	Holy Communion	St. James'
11:00	Choral Eucharist	St. James'

Exodus 14:19-31; Psalm 114; Romans 14:1-12; Matthew 18:21-35

September 18 Fourteenth Sunday After Pentecost

7:45	Holy Communion	St. James'
9:00	Holy Communion	St. Mary's
11:00	Choral Eucharist	St. James'

Exodus 16:2-15; Psalm 105:1-6,37-45; Philippians 1:21-30; Matthew 20:1-16

September 25 Fifteenth Sunday After Pentecost – Back to Church Sunday

7:45	Holy Communion	St. James'
9:00	Holy Communion	St. Mary's
11:00	Choral Eucharist	St. James'

Exodus 17:1-7; Psalm 78:1-4,12-16; Philippians 2:1-13; Matthew 21:23-32

Dates to Remember – September 2011

September 5	Labour Day
September 8	Nativity of the Virgin Mary
September 11	Joint Service at St. James' – Learn about Back to Church Sunday
September 14	Holy Cross Day
September 21	St. Matthew, Apostle and Evangelist
September 23	Autumnal Equinox
September 25	Back to Church Sunday – Who are you inviting to Church?
September 29	St. Michael and All Angels; Rosh Hashana

"The Christian does not think God will love us because we are good, but that God will make us good because He loves us; just as the roof of a sunhouse does not attract the sun because it is bright, but becomes bright because the sun shines on it." – C.S. Lewis