



CONNECTIONS

A Newsletter for St. James United Church • 197 Main Street, Antigonish, NS

By the Outreach & Communications Committee

Volume 12 • Issue 4 • Winter 2018

*The people who walked in darkness
have seen a great light;
those who lived in a land of deep
darkness — on them light has
shined.*

Isaiah 9:2 (NRSV)



Christmas Eve Services

Monday, December 24

4:00 pm Christmas Eve Candlelight Service at
St. David's United Church in Cape George.

7:00 pm Christmas Eve Family Service at
St. James United Church.

9:00 pm Christmas Eve Communion Service at
St. James United Church.

Come on Christmas Eve as we celebrate the birth
of Jesus with special music, familiar carols,
and the stories of the Bible.

Dear Friends in Christ,

During the storm in late November our house, like much of the province, had no electricity. We made do during the day and adapted as best we could but as evening came and the sun went down the darkness really became oppressive.

Yes, we had some candles and flashlights so we weren't in complete darkness but it became apparent just how hard it is to see and function without lights. Toes were stubbed and elbows banged more than once as we worked our way through the dim, colourless rooms. When the lights came back on it was as if we were living in the different house entirely because every room was filled with colour and it was so simple to go from place to place when we could see the way in front of us!

One of the familiar passages from Isaiah read this time of year talks about how the birth of the Messiah brings light to the people who are in darkness. A promise that because of what God does through Jesus the light of heaven shines on us and we become people who do more than simply stumble through life. For through Jesus we are offered a way to see the world, to find our place within the kingdom of heaven, and to be signs of love and grace for those around us.

I hope and pray that you find ways throughout Christmas and into the New Year to shine with the light of Christ and discover the joy, the love, the peace, and the hope which Jesus brings to the earth.

May God continue to bless us in our life together.

*Yours in Christ's Service,
The Rev. Peter A Smith*

Sunday School Report

Since September, a new format to deliver Bible lessons to the young people of St. James has commenced. After much consideration by the CF&D committee, it was decided to adopt a “Children’s Worship” style of Sunday School. Under this format, volunteers lead a worship service for the children, which includes songs and prayer. As part of the worship, the adult volunteers tell a Bible story, using simple language, figurines, sandbox, and other props to ignite the children’s imagination and curiosity. After the children hear the Bible story, the volunteers encourage them to wonder and question the story and the meaning within it. Next, the children “work” with the story to create meaning from the story in a personal way. For example, they might create a piece of art, a clay model, or play out their own version of the Bible story. The children will then have the opportunity to share their work with group, and receive an individual blessing from the lead volunteer. And like all good worship services, this one ends with food! After a snack of goldfish crackers, they join the rest of the congregation in the hall. My favourite part of the service is the children’s spontaneous insights, such as:

Is it time for goldfish yet?
On what day did God create oxygen? Because

you need oxygen to make water, and you need oxygen to make air. So on what day did He make air?
I made a play-dough Jesus driving a big truck!
I know this story better than yooooouuuu!!!
I drew hearts for everyone I love, especially my cat

So how do we run the program? Since last spring, we have offered two sessions to train volunteers in the Children’s Worship format of Sunday School. Currently, we have ten active, patient and enthusiastic volunteers who assume one of two roles during the service. The “doorkeeper” helps the children settle to pray and listen to the story, and helps manage some of the behaviours or dynamics during the service. The “storyteller” leads the children through prayer, songs, and the Bible story of the day. If you would like a fun yet thoughtful role in the Church, or would like to learn more about what goes on during Children’s Worship, we would love to hear from you. Please contact a member of the CF&D Committee or myself, Claire MacDonell, for more information.

*In peace and kindness,
Claire MacDonell
CF&D Coordinator*

It has been an amazing fall term for Children’s Worship! We were blessed to have two wonderful young men from the Service Learning Program at St. F.X. to join us throughout October and November. Cameron Brady and Matt Lee brought a wonderful sense of fun, openness and curiosity to Children’s Worship. We hope that a continued relationship with Service Learning will help to grow and support our Children’s Worship program into the new year and beyond.

As Brenda reminded me, we do offer a unique children’s faith education program here at St. James. The sense of inclusion is strong,

and we try our best to make all participants and their families feel welcomed. It has been wonderful to see so many new faces joining Children’s Worship! As one young man queried his mother recently, “Can I skip regular school and go to Sunday School every day please?” I am happy that we are giving children a place to feel



joy, create, and belong within our faith community. The efforts of the Children’s Worship volunteers, the support of the CF&D Committee, St. James United Board, and the entire congregation is what makes it possible.

We are always interested in hearing from folks who would like to volunteer their time with Children’s Worship. There’s lots of roles to fill and many ways to share your talents! The next training session for volunteers will be held in last January - stay tuned!

*In peace and kindness,
Claire MacDonell*



A Wonderful Journey of Service

My journey of faith began at Lochaber through the teachings of our Sunday school teachers and the example of my grandmother. These strong women of faith taught me about the love and grace of a compassionate God. My relationship with God was built on trust and respect. The old hymn “Jesus Loves Me This I Know” became for me a great source of comfort and hope in my life.

When I was at StFX I went to St. James and was inspired by the ministry of the Reverend Neil Macdonald, and from here my vocation to ministry began to develop. After careful thought and prayer I decided to attend seminary at the Atlantic School of Theology. When I completed my degree (M.Div) I was ordained by the Maritime Conference of the United Church. After ordination I was transferred and settled to an Ecumenical parish in northern Alberta. This parish consisted of United Church, Lutheran, Anglican, and Ukrainian Orthodox Christians. What a wonderful experience this was. I was able to fly with the Lutheran Association of Missionaries and Pilots to small villages all over the north. It was also a learning experience to feel comfortable doing the different liturgical practice of each religious background.

From there I was called and appointed to a shared ministry with the Anglican and United Church in Shawinigan-Grand Mère Quebec. At one point I was the only English non-Roman Catholic cleric on the north shore of the St. Lawrence River between Montreal and Quebec City. This congregation (St. Maurice) consisted of Anglicans, United Church, and Syrian Orthodox Christians, as well as many former French Roman Catholics who felt more at home theologically with the English church. This too was a wonderful experience. The city of Shawinigan – Grand Mère, with a population of about twenty five thousand, had an English population of about one half of one percent. You learn quickly when you are plunged into the deep end of the pool.

After this wonderful experience I was called to Valois United in Pointe Claire, a suburb of Montreal. Valois United was a large and very active congregation made up of many different backgrounds: English,

French, Scottish, Italian, and Filipino, with a few Armenians to add to the mix. I served this congregation for eighteen years and never regretted a moment. They were a true gift to me and I loved them dearly.

After eighteen years I was asked by the Synod Montreal-Ottawa Conference to become the Conference Minister. This position is unique in that you are the minister for the ministers, as well as overseeing a whole range of other aspects, such as formation for ministry, all legal matters dealing with property, etc. Another great learning experience is trying to navigate your way around Quebec Common Law. There were many times that I would pull my hair out. I was deployed by the United Church General Council to three Presbyteries: Montreal Presbytery, Quebec-Sherbrooke Presbytery, and the Consistory Laurentian (the United Church French Presbytery). I held this position for ten years which brought me to retirement. Three years ago I retired and moved to Antigonish which I do not regret for one moment. However I must confess that I began to get a bit bored. I guess old ministers do not always take kindly to idleness.

By the very grace of God, I was asked to come and work in the Spiritual and Pastoral Care department of St. Martha’s Hospital. This too has become a gift in my life. It is indeed a great privilege to walk with those who are suffering and try to give them some moments of peace and hope in their difficult journeys through life. I am very proud to follow in the footsteps and legacy of the Sisters of St. Martha who served this community in so many ways. I also help out by preaching once a month at Merigomish United. So, retirement has gone out the window for now (thank God).

I am so blessed to be able to live my ordination vows and thank my God for the opportunity to love and serve His people in all aspects of my journey of service.

As we prepare to celebrate the coming of the Christ child (the Word made flesh) may each one of you experience all the joy and wonder of the good news of our faith.

I owe Reverend Peter and all of you a heartfelt thank you for welcoming me to St. James which has become my spiritual home. God bless you all.

Reverend Doug Stewart

Community Clean-Up

A total of 12 participants took part in the clean up of St. James’ designated community clean-up exit off the 104 and collected 35 bags of trash and 4 bags of refundables. Managers from both Tim Horton’s

and KFC joined us. The Groenenbergs took it all to the dump for us. The photo credit goes to Barb Shea. This is clean up number twelve since 2012. The weather was threatening as we started out, but held off - making for a very pleasant outdoor tasking. It took most of us a total of 2.5 hours and was quite enjoyable!



On Nov. 11 the bell at St. David’s Church in Cape George

The bell was run 100 times by the following people: Betty Webber, Jean Langley, Teddy and Jean Adams, Lydia English, David Stroud, Helen Marie Haskett, Joyce Hilling, Mary Stroud, Ellen Cross





Holly Tea & Sale

Our annual Holly Tea and Sale was held on Saturday, Nov. 17, 2018. To say it was a success is an understatement. The hall was packed with smiling faces enjoying our delicious tea, picking up bargains on the new-to-you table, goodies on the bake table and bidding at the silent auction. The children were having fun in a corner of the sanctuary decorating cookies, making a craft and enjoying their lunch. The jewellery table has quickly become one of our most popular tables. Quite a few high quality pieces added to the attraction. Our church storeroom was quickly transformed to the Christmas Room, much to the delight of the many shoppers. All in all, it was one of our best, if not the best sale we've ever held. We are so appreciative of everyone's help and donations. As we've said many times before, "We couldn't do it without you." Bless you all and may you enjoy a wonderful Christmas with your family and friends.

Barb Gardiner

FROM THE ARCHIVES

We have recently acknowledged the 100th anniversary of the end of the First World War and refurbished the brass plaque honouring those who had served in this war. Below are excerpts from the minutes where the decisions were made to have a plaque prepared.

An excerpt from the Minutes of the Annual Congregational Meeting of St. James Presbyterian Church, January 12, 1921.

The question of obtaining an honour roll bearing the names of those who enlisted From St. James' Church was brought up by Mr. F. H. McPhie and a draught of such a roll very nicely prepared, was produced by Mr. J.H. Steward, and exhibited on the black board. After some discussion a motion was made by Mr. F. R. Trotter and seconded by Mr. F. H. McPhie that a memorial tablet be substituted bearing the names of those who paid the supreme sacrifice. On this being discussed, an amendment was moved

by Mr. F. H. MacPhie that an honour roll similar to that exhibited, be adopted, and the original motion was withdrawn. After some discussion as to the names which were to be placed on the honour roll, another amendment was moved and seconded, and on being put by the chairman, was duly passed, that this matter be left over, it to be taken up at an adjourned meeting called for that purpose four weeks from that date.

An excerpt from Minutes of Special Meeting of St. James congregation February 9, 1921

The object of the meeting being for the discussion of the question of erecting an honour roll, the matter was at once brought up, and the draft of the roll as proposed was exhibited by Mr. J. H. Steward. The first question brought up as to whether an honour roll or a memorial tablet should be erected. A report was received from Mr. J. H. Steward, which showed that this question had already been settled by the original committee appointed by the congregation two years before, to deal with the matter. The form of the honour roll to be erected was then discussed, and it was duly moved by Mr. F. H. McPhie seconded by Mr. A.C. Thomson and passed unanimously, that the form submitted by Mr. J. H. Steward be adopted. The names which should properly be placed on the honour roll was then discussed, and it was moved by Mr. F. H. McPhie seconded by Mr. D. R. Graham, and passed that in addition to the names submitted, the names of E. A. White and Edw. Hines be added as having served in the American Army.

It was moved by Mr. F.H. McPhie seconded by Mr. D.R. Graham and duly passed, that Messers J.H. Steward, J.C. McNaughton and A.C. Thomson be appointed as a committee to carry to completion the erecting of an honour roll in accordance to the minutes of this meeting.

The method of raising the funds to pay for the honour roll was brought up and after some discussion, it was moved by Mr. A.C. Thomson, seconded by Mr. F.H. McPhie, and duly passed that the members of the Congregation be asked to sign pledges for an amount sufficient to defray the cost. The pledges to be redeemed in three payments extending over a period of two years. A motion was then passed requesting the ladies of the Women's Missionary Society to take charge of the matter of securing the pledges

It was noted at a later meeting that \$100.00 was still outstanding and the WMS was going to see what could be done about it. We could not find in any minutes or records the actual cost of the plaque.

The Lighting of the First Advent Candle – The Candle of Hope



Where are they now...

Margaret Wittgens (Fran Wittgens’ daughter) is living in Vancouver and is once again training for a marathon. She hopes to visit Antigonish in July.

Lydia English (Betty Webber’s grand-daughter) is currently living in Cape George and is a chiropractic doctor with East Coast Chiropractic Clinic in Antigonish.

CHRISTMAS BELL RINGING TRADITIONS

In what is now becoming a tradition, the St. James Handbell Ensemble participated in the Theatre Antigonish production of “It’s a Wonderful Life” this December. For the past 6 weeks, we have been busily preparing the two selections, We Three Kings and Still, Still, Still for the performance. This year Chad Brazier, Bonnie Quinn, Elizabeth Munroe, Christine Templeman-Cleary, and Tara Nicholson rang in this event.

Ensemble ringing is quite different from the full choir. Normally each person is assigned two notes on the scale from low C up to the high C. In ensemble ringing, our group of 4-5 ringers are responsible for all these bells. As a result, we must share all the bells and you see us passing them back and forth and sometimes even hip checking a fellow ringer who doesn’t get out of the way soon enough. Just kidding - that only happens in practice. It takes a lot of time to prepare these pieces and most importantly you have to be willing to make lots of mistakes and have a laugh at yourself. When it all goes well, the feeling of success (and yes, relief too) is amazing.



Picture: Behind the scenes...while waiting to perform Christine reviews the music and Elizabeth gets a little knitting done.



October 28, 2018
Holy Baptism
Haven Grace Cameron daughter of Justin Cameron and Cayla Bayne



Prayer Shawl Ministry Ladies & Blessing of the Shawls



On Dec 11, 2018, the **Ruth Unit of the United Church Women** met at the Maritime Inn for a Christmas get-together. Invited guests were Rev. Meredith Marple and Rev. Bonnie Fraser .

Instead of gift exchange they submitted gift cards to the Benevolent Fund

Through the Eyes of a Camera Lens



*Musola Cathrine
Kaseketi – First
Zambian Female Film
Director*

The beauty of what I do is that I was ushered into human rights advocacy at a very tender age unknowingly due to my personal experiences as a young girl. As a Human Rights Advocate and first Zambian female director, I use film for human rights advocacy, a tool to provoke debate and discussions when dealing with unsafe issues in order to bring hope to the helpless and create change. I also use film to promote independent living through economic empowerment and job creation.

A medical error by a student nurse through an injection paralyzed my left leg when I was a year and half. I am the 8th child of 9 children and everyone treated me like another child, thus I did not know I had a disability. I grew up in the United Church of Zambia and as a Sunday school child I loved singing and acting in Sunday school plays.

I was only 8 years old when my parents separated. Dad remarried and my 10y-year experience with my stepmother worsened my disability due to pressure as a result of ill-treatment. I would walk more than 7 km to and from school. She was too engrossed in her own reasons for mistreating me and did not care about my disability. Whenever I took my complaints to my mum, all she told me was to love and respect my stepmother as I did to her. This made me learn to express my emotions through poetry, singing and writing when I was depressed. It also strengthened my relationship with God. I also realized the dependency on God and use of art helped me in the healing process. The best thing that came out of this experience is that I learnt to be independent, appreciated the challenges by focusing on the positive and lessons learnt. I learnt to do things on my own because there was no one to show or direct how to go about in life. I became a fighter as a woman, a woman with

a disability, and black woman with a disability, and became the first Zambian female film Director.

I came to realize disability was received negatively during my high school years at a girl's boarding school. Mum sent me to a boarding school, but she insisted that I be treated like any other girl, not the way the other girls with disabilities were treated. She assured the matron that I needed no assistance, but would be of help to other students. I felt the stigma because all the girls with disabilities were accommodated at the sick-bay, and regarded as patients. I had used art in primary school and at church for education, thus I started writing plays and poems that spoke against stigma and discrimination. When I completed school I intensified the use of art in addressing issues of women's rights, street kids, orphanages and disability.

I decided to study film, disability, and human rights because I realized I would reach a wider audience through the power of film as a change agent. Mainly my own personal experience is what inspired me to become a filmmaker with film as a tool for advocacy and job creation. I have trained and mentored more than 5000 people in film and disability sectors from all angles of life. My greatest achievement is to see some of the most vulnerable women and youths I have trained and mentored doing very well in their lives today.

I have received international awards for some of my work as a filmmaker. On December 3rd 2018, I received my first global award in the Art and Sports Category, "Her Abilities", presented by the Light for the World.

Founder/Executive Director



Vilole Images Productions/Shungu Namutitima International Film Festival of Zambia/Women & Girls with Disability Rights of Zambia

Our Treasured Diversity

As we approach winter and the Christmas season, it's good to count our blessings as to our rich diversity at St James. Thanks a large part to Linda Darwish's close ties with the Coady, we've had students from Africa and the Middle East. Because of our Info Fair, we've made new friends. The recent November potluck brought out a capacity crowd and will be remembered for its music, dancing, food and fellowship. We're also thankful for the generous and gifted Dr. Amy Hendricks who accompanied the drum and voice.

We can expand this sense of connectedness by inviting others to come to such events and/or sharing the Connections newsletter that highlights our activities.

Fran Wittgens

Did You Know?

Were you aware that our very own minister, Rev. Peter Smith, in addition to his busy schedule here at St. James, is also the official Royal Canadian Legion Arras Branch 59 Padre? Not only has he been providing support to veterans and many of their events, but he's been doing such a great job that on Sunday, 28 October, he was presented with a Certificate of Appreciation during their annual Veterans' Dinner!

Talk around the Legion is that he's the most involved, "visible" padre they've ever had the good fortune to have. Although the majority of the Legionnaires actually attend church elsewhere, they have nothing but praise for Rev. Peter, his thoughtful words at assorted Remembrance Day services and funerals, and his kindness when visiting with veterans and their families. As military folks say, a huge "Bravo Zulu" (job well done) to Rev. Peter for this important outreach in our community!



Cultural Connections Antigonish is finding that it is indeed the connections and partnerships that are key to our successful events. This has included Coady in August, History Dept/History Society in September, International Students in October and Islamic Studies at X in November. In February it will be with the Coalition of groups celebrating NS Black Heritage.

Photos here reflect the great turnout of international students from around the world. We are so grateful that individuals from St James and the community made up about half of those gathered. Everyone gains when we get together. Fernando, the President of International Students, announced that their group would like to help with community needs or activities.

We encourage you from St James to try one of our upcoming event Feb 24th.



GUESS WHO'S COMING TO DINNER – 2018

Forty-three people gathered on Sunday, Oct. 28, for Guess Who's Coming to Dinner. Seven eager and hospitable hosts welcomed 36 hungry and happy guests. The consensus is that the evening was well organized, thanks to the capable work of the organizing committee (the present writer excluded). The event raised \$125 for the Hot Meal program, in addition to any monies generously returned by hosts.

Reports indicate that everyone had a fabulous time. I can say with confidence that I and the Coady guests who accompanied me to the McCauls had a very memorable evening sharing a meal over a stimulating conversation, made that much more enjoyable by the presence of Paul Davies and his and Amy Hendrick's two sons. A report from longtime guest, Fran Wittgens, speaks for the whole group, I think, when she says that she really enjoys, "Sitting down with people I don't usually have the chance to chat with". One annual host, Brenda Rose, felt she had to bow out this year due to the presence of five greyhounds in her house and the fact that it had rained almost daily for the two weeks leading up to the event. This left, in her words, "Four hundred pounds of damp dog and enough mud on the floors to seed!" In retrospect, however, she is fairly certain that the committee could have found four sturdy-footed dog lovers willing to wear hip waders to Sunday dinner. (I did say the organizing committee was capable.) So, she's in next year, dogs or not. Guests be warned! Or, like I plan to do, you might want to sign up as a host, just to be on the safe side!

Linda Darwish

Blessings

These photos were taken by Mara Van Berkel. Clergy in addition to Rev. Peter Smith for the Blessing of Pets were Rev. Sue Channen and Fr. Donald MacGillivray.



Information Fair

St. James United Church is both a place of worship and a community hub, and there is a great deal happening outside of Sunday worship. To get the word out and to let people know about the many clubs and activities that operate within the church, the Outreach and Communications Committee organized an Info Fair in October. The following are just a few of the pictures taken at this well-attended event. If you happened to miss this one, have no fear; there will be another Info Fair in the future. Watch the church bulletin for details.



Men's Chorus and Guitar Group



AEDs – Everything You’ve Always Wanted To Know – But Were Afraid To Ask!

St. James United Church, in a very proactive move, recently installed an Automated External Defibrillator (AED) in the back entrance to the hall, near the washrooms. It’s easily accessible from both the sanctuary and the hall, as well as out on the street when called for! If you don’t understand that reference, ask someone who was in church on Remembrance Day ...

So what are the basic dos and don’ts about AEDs?

First and foremost – over the years they have become easier and easier to use and **no one** (“trained” or not) **should be afraid to use one in an emergency.**

Who can they be used on and when? They can be used on anyone who has collapsed and appears to have stopped breathing. If it’s a true emergency and either the casualty is no longer breathing or has no pulse – quick action with an AED and the use of Cardiopulmonary Resuscitation (CPR) may save a life. If it turns out that the person didn’t actually require use of an AED, no harm will be done, although there will be some cost to replace the pads and battery pack.

They can be safely used on pregnant women, casualties with pacemakers (internal or external, with or without built in defibrillators), and people with stents in their hearts.

Where do we find AEDs around Antigonish? St James United Church! Good Life Fitness, the Town Hall, The County Office, StFX, the Library, Sobey’s, Atlantic SuperStore, St Ninian’s Cathedral and the RCMP Detachment. Many Community Centres and Legions also have them. Paramedics carry them and so do fire departments.

How do you use them? To use an AED you simply take it off the wall and open the case. At this point, some newer models will start telling you what

steps to take next. Other models may require that you depress a large green button or turn on an On/Off switch. It will talk you through the next steps. These may include: calling for help (911), baring the patient’s chest (you may need scissors to cut open clothes, a razor to shave the chest, a cloth to dry away sweat), taking two pads from a foil pouch and applying them to the patient’s bare skin (one on the Right side of the patient’s chest and one on the lower Left side of their rib cage – don’t worry, they come with easy to follow diagrams). At this point analysis of the heart will start and shortly afterward the machine may give you messages such as: “Shock required – charging ... depress shock button now.” “Continue CPR.” or “No shock required.” A large button will flash on the AED to show you where to depress it if necessary.

What do they actually do? The electrodes send a small electric current through the heart to analyze its rhythm. Other than the regular rhythm our hearts are all beating at, it may detect four other rhythms. Two are “shockable” and two are not. But don’t worry about that. The AED will figure it out. If it detects a “shockable” rhythm it will charge. It must charge to deliver a shock. This is why an AED can’t accidentally shock someone whose heart doesn’t require a shock. As soon as the AED has charged, it will either deliver the shock itself or ask you to depress a button that will be flashing at you.

Every two minutes the AED will reanalyze the heart rhythm and update you on any action it thinks you should take. You may hear other messages such as: “Stay clear of patient.” “Check pads are firmly applied to patient’s bare chest.” Again, the machine will talk you through the entire process.

You continue following the AED’s commands until the paramedics arrive on scene and take over from you. Anyone who has had an AED used on them must get medical attention.

If you are unfamiliar with CPR, consider taking a First Aid course where you’ll be instructed on how to perform this life saving skill.

AEDs save lives!



What is FundScrip?

Fundscrip is an easy way to help St James with no additional cost to you! How? When you buy gift cards through the Fundscrip program the retailers donate a portion of your purchase to St James. It’s that easy!

1. Select Gift Cards

Choose from a wide variety of retailers, restaurants, hotels and online stores. Cards comes in various denominations for your convenience. You can buy for yourself or for others as a way to support St James at no extra cost to you. Gift cards have no expiry date.

2. Place Your Order

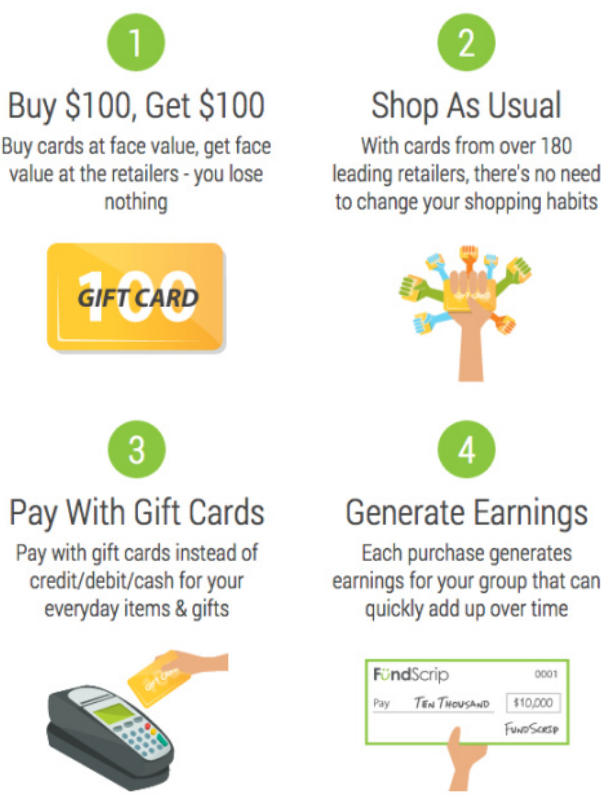
Orders are put in on the first Sunday of every month. Forms and payment are collected by Randy or Marilyn G. after service. You can pay in cash or by cheque (made out to St James UC). You can also drop your orders to Patsy during office hours.

3. Get your cards

Pick up your cards after service on the second Sunday of the month, or later from the office. Your gift cards are full value - nothing is deducted from your purchase.

4. Support St James

A portion of your purchase will be matched as a donation to St James by the retailers...at no cost to you!



Nearly \$5000 raised since 2017



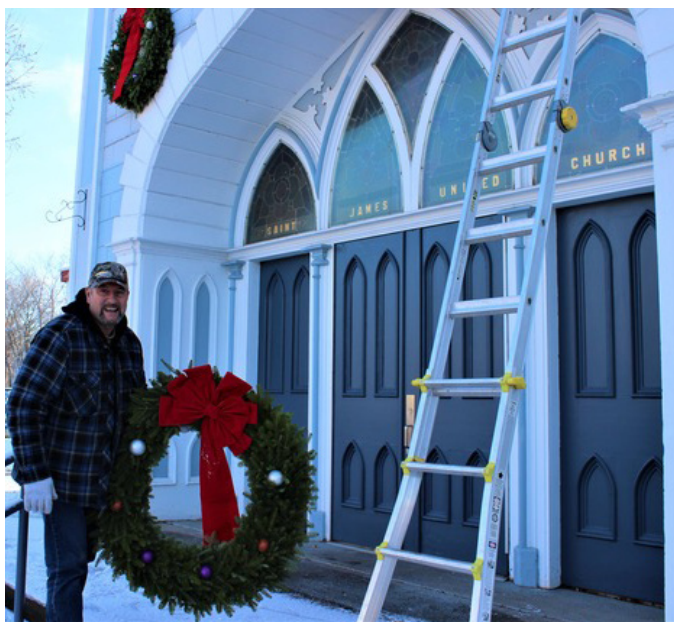
Did You Know...

The Pioneer cemetery beside our church and hall was used from 1804 to about 1868. We have an internment list of 182 names, with far fewer stones present. These stones have all been documented with the information saved when the burial grounds were full. Burials were then done on a hillside off the Cloverdale road. This gravesite is shared with our Anglican, Baptist, and Presbyterian friends. Many people try to discover their ancestry, and this is especially popular with the advent of ancestry.ca and other genetic testing businesses. However, our Pioneer cemetery does not have signage present for tourists and potential family members to see who is in our burial grounds.

I do not feel papers locked behind a door in a room upstairs in our hall does justice to our Pioneer gravesite. Upon visiting grave sites such as Larry's River, which has weatherproof signage, I feel the same treatment is justified for these pioneers. A clean out of the balcony has resulted in large boxes of paper to be sorted and recently a question was raised as to who all is buried in the Saint David's cemetery in Cape George. Hopefully there will be some answers when this paper sorting has been completed.

Marlene Groenenberg

Deck the Halls for Advent Dinner



Tuesday Meditation Group

Our Meditation group will have been meditating for 25 years come this new year! That's quite something for a practice so simple. We continue to have newcomers and we are subtly trying new things. Recently we have introduced Gregorian chant music at the beginning which helps envelop us as we settle.

In this time of change and challenge we are aware that the scope and power of meditation has reached far and wide. There are WCCM apps that can give structure and guidance, and even a timer. There are groups you can join online, too, if you check WCCM's website.

Just remember, it's here, too, at St. James every Tuesday at 3p.m. in the multi-purpose room.

Merry Christmas and Happy New Year.
Fran

Below is an excerpt from a WCCM instruction on meditation.

Recent initiatives have led to teaching Christian meditation to young children, as an Eleventh Step practice, and in the worlds of medicine, business and finance where personal integrity and corporate wisdom are needed, with those working in difficult conditions for peace and justice and with clergy of all denominations and the sick and dying.



CONNECTIONS

A Newsletter for St. James United Church

BY THE OUTREACH & COMMUNICATIONS COMMITTEE

St. James United Church • 197 Main Street, Antigonish, NS
Phone: (902) 863-2001 • Email: st.james@ns.sympatico.ca

www.stjamesuc.com/connect.htm