



# CONNECTIONS

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

By the Outreach & Communications Committee

Volume 13 • Issue 3 • Fall 2019

*A spiritual gift is given to each of us so we  
can help each other.*

1 Corinthians 12:7 NLT

*Dear Friends in Christ,*

The tree behind the Lion and Lamb Statue came crashing down on the Saturday afternoon during Hurricane Dorian and blocked the front door of the church and part of the sidewalk. I saw the picture of the damage that night and worried about how we would clear the tree and whether there would be further damage.

Early on Sunday morning, after the hurricane was past and the town announced it was okay to be on the streets, I headed out to assess the situation. I parked on Church Street, relieved there was electricity at St. James, and then came around to the front to see what could be done about the fallen tree. To my surprise the tree was already gone and there was no problem getting into the church.

There are storms in life and those storms create obstacles and problems for us. At times we worry and fret about what we can possibly do in the face of such events. Yet as people of faith we are told that God does not abandon us during difficult times and is there to help us find the way forward. We believe that through Jesus, God gives us what we need to persevere and pass through the worst life has to offer on our way to a better future.

I'm not sure who from the Town moved the tree but I expect they had the ability, saw the obstacle,

and acted. As people of faith that is a great example of how we are to live. There are things we can do to remove obstacles for others and free them to live fuller lives. When we follow in Christ's way and let love and grace guide us we improve this world by helping others through the storms they experience.

As this fall unfolds I'd invite you to think of ways in which you can help others and consider the gifts that God has placed in your hands to make this world a better place for everyone.

May God continue to bless us in our life and work together.

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



## UCW Closing Dinner

June 2019





# UCW Closing Dinner

June 2019



Above: Sole Carbone, Yvonne Macor and Dr. Adréla Sandness



# Adams Family Reunion

Cape George and surrounding districts came alive this summer for a wonderful event: the Adams family reunion. Approximately 100 family members were able to attend.

This was the second family reunion and it took place from Aug. 2 - 5. Family members came from Ottawa, Newfoundland, and Cape Breton for a weekend of reminiscence and making new memories.

Five years can make a big difference, with maybe more grey heads and comments such as, "My, how the children have grown."

Throughout the weekend campers and tents were set up, fields were mowed, and hay was made. Teddy's outer buildings were all cleaned and ready for the enormous amount of food that was offered for the pot luck we had on Saturday night and the continental breakfast following the church service on Sunday morning.

Friday night the Meet and Greet was held, with numerous games played and past championships broken. Family members chatting in little groups until the big bon fire, and children enjoyed making s'mores late into the night.

There were 8 of the 9 siblings from the original family of Alex and Ella Adams present, with 5 deceased. Conversations were endless and on Saturday afternoon some of the neighbours dropped in for a greeting.

A live band played Saturday evening and dancing was popular, with dancers extending out into the driveway and pathways.

People packed up Sunday afternoon and left with plenty of wonderful memories and the cousins planning when the next one would be.

The planning committee did awesome job, never left out any details, and they are to be commended for a job well done.

See you all in 2024.





# Church bulletin board

## The following appeared in church bulletins or were announced at church services.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm – prayer and medication to follow.

The church will host an evening of fine dining, super entertainment and gracious hostility.

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

Compiled by Max Bowen

## Warrior Walk

On Sunday Oct 6th, the fourth annual Warrior Walk will be held at Keppoch between 1 and 3pm. Tom Curry will keep us entertained, we will have a silent auction of amazing items donated by the community, and enjoy a fairly easy hike through the woods. Registration is free. Donations are gratefully accepted.

The Warrior Walk began in honour of my son who died by suicide in 2016 and is a result of my overwhelming need to decrease the stigma around this kind of death.

I felt a need to do the opposite of what many people expected of me; I would not hide this, or feel isolated or shameful. I would not let my son's death define my son's beautiful life. We invited others to remember their lost loved ones as well, and that first year 8 other families chose to do so. Last year, we had over 20 people remembered.

Things are changing and that helps to heal my broken heart, and hopefully the hearts of others as well. The walk supports among other things, the creation of the You Matter bags that each inpatient in Mental Health at St. Martha's receives. A bag of comfort and provides the patients necessities to make a hospital stay more comfortable and a mental health crisis less isolating.

As JMF board members, we create about 40 of these each month and have continued to do so since December 2016.

On a personal note, I want to thank St. James United Church for their support of these bags and I want to tell you as a survivor of suicide loss, to have this church acknowledge World Suicide Prevention day before our service recently, absolutely warmed my heart and made me feel a part of this community. Thank you for that too.

**Sunday, Oct 6, 2019**  
**1pm-3pm**  
**Keppoch Mountain**

**REGISTRATION FREE!**  
**DONATIONS WELCOMED!**  
**SILENT AUCTION ON SITE!**

# Warr;or Walk

A walk to remember those Warr;ors we have lost, and to decrease stigma in our community.

If you would like to have a loved one honoured along the walk, please Facebook message or email us at [thejordanmylesfoundation@gmail.com](mailto:thejordanmylesfoundation@gmail.com)

*The Jordan Myles Foundation*  
*Antigonish Mental Health Awareness*

**PLEASE BRING ALONG AN ITEM FOR OUR "YOU MATTER" CARE BAGS.**  
**(ie: socks, fleece blankets, deodorant, protein bars)**

Find us on facebook



# What Does Faith Have to Do with Politics?

Sarah Armstrong

It is election season and you can hardly turn on the radio, pick up the newspaper or watch tv without being exposed to political debate. It may be obvious that politics is important to us as residents and citizens of Canada. But what does it mean to us as people of faith? Do politics belong in church?

I firmly believe that it does. I think the United Church of Canada puts the argument forward so aptly that I will defer to their words:

“What does faith have to do with politics? We seek God’s vision for the world where human dignity is defended, creation is mended and gifts are shared for the good of all.

- If we are to build a just society and a caring world, we are, as people of faith, called to discern which leaders and their parties will help make that happen. If we are to be part of a society that honours diversity, opposes hate and xenophobia, and is open to people fleeing persecution, we must call on candidates during campaigns and political leaders to uphold these values in political discourse and in action.
- If we are to be part of the movement to heal and protect the places and people in our own communities and around the world already being negatively affected by climate change, we must act decisively now.
- If Canada is to lead with integrity in the international community, we must live out in action the belief that all human beings are created in the image of God, equal, and infinitely precious, and we must expect an unwavering commitment to human rights, dignity and international law in all of Canada’s global relationships.

Just as elected officials have responsibilities, so do their communities. As members of their communities, we must build relationships with our elected officials. Relationship building enables us to work together regardless of how closely their

personal values or those of their party might align with ours.”

What does that mean in practice? It means talking to candidates about International Mining, about Disability Rights, about Homelessness, about Health Care, and Poverty, and Climate Change, and Reconciliation, and Peace-Building in the Middle East. It means talking social justice and voting on ethical and moral lines. It’s means stepping off the sidelines and taking a stand for justice. It’s about wearing your faith and letting it guide you when you stand in the voting booth with a pencil in your hand.

SAMPLE QUESTIONS FOR YOUR CANDIDATES see the full list of questions and issue backgrounders at:

<https://www.united-church.ca/community-faith/get-involved/faith-and-politics>

- Will you and your party adopt the United Nations Declaration on the Rights of Indigenous Peoples, including respecting the right to free, prior, and informed consent (FPIC) in the development of all energy projects
- What will you do to end conversion therapy in Canada?
- How will your party address the lack of transportation for persons with disabilities in urban and rural settings?
- Many Canadian pipeline or other extractive projects are proposed for Indigenous lands without the free, prior, and informed consent of the Indigenous peoples who are affected. How do you respond to these projects?
- How will you and your party ensure the National Poverty Reduction Strategy and its legislation reflect Canada’s commitment to reduce poverty by 20 percent in 2020?
- How will your party work with provincial colleagues to improve employment standards?



# Finials for St. James United Church

St. James United Church has a long history of careful stewardship of its main building on the corner of Church and Main Streets in Antigonish. We are all aware of the large renovation project to the sanctuary, Christian Education Building and the hall. In addition to that project, the Building Committee has been doing other much needed work to upgrade other parts of the buildings, including the steep. There has been a great deal of work done in this specific area, and there are some things still needed. (I am not a member of that committee, so I am just repeating what we all know from reports and Council meetings.)

The building has a long history of very interesting and even intriguing renovations over the years, including the sloping of the floor. As I understand the story, the congregation made arrangements with our friends at St. Paul’s to use their facilities’, and then the members of the congregation proceeded to strip out the pews and floor boards, and over the course of six months, modified the floor in such a way that the back area is now fifteen inches higher than front. This allows the people in the back pews to look over the heads of the people in front. It was a fantastic piece of community work for the benefit of all.

In a similar vane, when the church was getting crowded, the congregation decided to expand the sanctuary. Because the front was already close to the road, and because the back wall was such that they did not wish to disturb it, the congregation came up with a unique solution. (If you look out front of St. James there is a story board which tells this story.) To allow the front to be left in place, and to not disturb the finished version of the back wall, they struck upon the idea of cutting the church in half across the building, and then after proper preparation, attached twelve pairs of oxen to the back half and pulled it twelve feet back. Then they simply filled in the space to close the gap and the building was now able to accommodate more people. (Always seemed like a lot of work for twelve feet, but I guess that would

give two or three rows of pews right across the entire church.)

These and many other examples make us all very proud of the care we have all taken of this great trust passed on to us by our ancestors. To this end, I am undertaking a project to rebuild the finials for the steeple. While work was being done on the steeple of late, it was discovered that the finials were rotting and in need of replacement. The finials are the cones on the four little towers around the main steeple. I am including two pictures, one showing the steeple with the cones in place, and one showing them after the cones have been removed.



Some of you will remember that I did a talk about this in early August, showing a piece which will make up the very top, and asking anyone who was interested in helping to make themselves known to me, and anyone who could help with the costs to make donations through the church office.



(I had made a comment to the congregation that as Dale Archibald and I looked up at the cones, I said I could build those in my shop. I proceeded to get a good laugh by telling how Dale announced that I would build them before I really realized how big they were. I kind of threw Dale under the bus for a laugh, but in fact we discussed it properly and he only told people when I had decided. Fortunately Dale is a wonderful contributor to our congregation and took it in good spirits!)

I am about half way through the work and have enlisted Emery Van de Weil to work with me on the most difficult part of the project, which is putting the basic cones together. He is knowledgeable and capable in the shop so that will speed the process somewhat. Michelle Ashby and Tim Hines have agreed to help with painting when we are ready, and that too is a great help as three coats of paint on such a varied surface is a slow task!

I will do another article for the next connections to keep you all in the loop. Hopefully, we will be near of fully complete by then.

Regards  
Brian MacLeod



## One Day After Church

We met Sylvia from Armenia after church on the first day of September. She is from the Greek Orthodox religion but found a welcome here at St James for the month before returning home.

Sylvia was speaking English with us and Chinese with Bella Tan. She told us she'd studied two years in China. Now she's doing Gender Studies and Women's Leadership at the Coady. Aren't we lucky to have visitors who have so much to share!

## Welcoming Friends and Neighbours

In the early morning of August 11, St. James opened its doors to our friends and neighbours of the Muslim faith, as they came together to pray in celebration of Eid Al-Adha. More than 50 men, women, and children attended prayer. After their warm welcome to the church hall, Hatem Ghouma, president of the Antigonish Muslim Association, wrote:

Eid Al-Adha in Arabic literally means "festival of the sacrifice". It is the Islam's holiest festival celebrated annually by Muslims around the world. As per the Islamic calendar, Eid Al-Adha occurs on the 10th day of the month Dhu Al-Hijjah (which is the last month in the lunar calendar). It is also the third day of the Hajj (pilgrimage) in Mecca. It commemorates the day when prophet Abraham (Peace Be Upon Him) was going to sacrifice his son Ismael (Peace Be Upon Him) but was instructed by Allah to sacrifice an animal instead.

In Antigonish, Eid Al-Adha is one of the events that we, the Muslim community, try our best to celebrate as it offers a great opportunity to get together. Unfortunately, given the small size of the community and the lack of financial resources, we have been facing too many challenges. Obviously the first challenge starts with securing a place where we can perform the Eid prayer in the morning of the Eid day. In the previous years, we used to use the Wellspring Hall of the Sisters of St. Martha's at the university. This year, there were some renovations going on in that hall and we struggled to find an alternative place. We thank God that we thought to contact St. James United Church. Many thanks to Rev. Peter Smith and all the other Church staff and volunteers who were very open to the idea and welcomed us. We had our Eid prayer at the Church hall, and I believe this can only strengthen the ties between religions and fortify the social fabric in our town.

## What's New from SAFE (Syria-Antigonish Families Embrace)?

Over the summer SAFE sent in an application to sponsor the Abdul Kader family -- a BVOR family of 3. We have just heard that they will be arriving on October 8. We have an apartment awaiting them -- thanks to the kindness of one of our SAFE member families.

We received notice the application we submitted for the Sulaiman family has been accepted for processing. We hope with all our hearts it will be accepted. We are preparing two more applications to sponsor family members of families SAFE has sponsored previously.

Family reunification has been our priority for private sponsorship. While the application process is intensive, our biggest obstacle has been raising the funds we need to bring the families here. We have some good fundraising ideas but need help. If you have a passion for fundraising, know someone who does, or an organization that might sponsor a fundraising event for SAFE, please let us know.

Help with housing. We are looking for housing for two more families -- a family of 4 and a family of 5. If you know of anyone with a 3-4 bedroom house in or within walking distance of the centre of Antigonish that they would be willing to rent for a very reasonable monthly rate (maximum \$1,000 per month including utilities) please let us know. Finding suitable housing is another of our big challenges. We are not exactly sure of when the next 2 families will arrive, but we are expecting them before Christmas. Just this minute we heard one of the families is expected to arrive on October 29!!! (Working with SAFE keeps us working in a world of uncertainties.) If you can help please contact Peter Wade at [peter.christene@gmail.com](mailto:peter.christene@gmail.com).

Conversation partners. If you have time this fall and would like to get to know some of our adult family members a bit better, we are looking for conversation partners. It is a great way to learn about Syrian culture and to help others learn about Canadian culture. It can be fun and is so important

for those trying to learn and become comfortable speaking English. If you can help please contact Bronwen Cooke at [bronwen4@hotmail.com](mailto:bronwen4@hotmail.com) or Jack Beaton at [jackbeaton7@gmail.com](mailto:jackbeaton7@gmail.com).


## A Blessing & A Sadness

The beautiful tree in the front yard of the church was blown down during Hurricane Dorian. The tree was planted to honour the work of Rev. Kenneth MacLeod, who put St. James on the path that led us to the flourishing active place that we are now.


The blessing is that the falling tree didn't damage anything as it fell. Although a new tree will be planted to replace it, it will be some time before it achieves the same stateliness as the one that was lost to the storm.







INTERNATIONAL  
DAY for the  
ERADICATION  
of POVERTY  
17 OCTOBER



THE ANTIGONISH POVERTY REDUCTION COALITION  
PRESENTS


LUNCH AND  
LEARN ON  
POVERTY

MEET SOME OF THE 2019 FEDERAL  
CANDIDATES FOR CENTRAL NOVA AND GET  
INFORMED ABOUT THEIR PARTIES' PLANS TO  
REDUCE AND ELIMINATE POVERTY IN OUR  
COMMUNITIES.

THURSDAY, OCTOBER 17  
COMMUNITY ROOM, PEOPLE'S PLACE LIBRARY  
283 MAIN STREET, ANTIGONISH  
11:30-1:00

PAPER BAG LUNCH IS PROVIDED

FAMILY CARE SUBSIDIES ARE AVAILABLE  
FOR TRANSPORTATION SUPPORT, PLEASE CONTACT  
ANTIGONISHCOMMUNITYTRANSIT@GMAIL.COM



## People's School on Poverty (Part 2)

In the last Connections we looked at the main poverty related issues identified in the Antigonish Poverty Reduction Coalition's People's School on Poverty Abstract: Housing, Transportation, Food Security, Income Security & Policy, Communications and Culture & Socialization.

What are some solutions? Here are the Recommendations for Action that were developed for these specific issues. The next edition of Connections will contain general recommendations and the report's conclusion.

"There are many programs, services, organizations, and events that work to address the effects of poverty already happening in communities. These services work on an immediate needs level, and often address one or more aspects of living in poverty.

### HOUSING

#### *Hold Landlords/Housing Authorities to a Higher Standard*

People feel unsupported in their housing situations, and in some cases feel completely neglected. By holding landlords and housing authorities to a higher standard, we can ensure that they are taking care of their properties and their tenants. This helps reduce stigma and feelings of shame and isolation. Furthermore, there is opportunity to educate these individuals on why it's important to provide support and maintain these properties as thoroughly as any other home.

#### *Create More Affordable Housing*

Our communities do not have enough housing that people can afford. There are already efforts in place for affordable housing, but more are needed. Whether it's the continued building of new housing areas specifically for low-income individuals and families or freezing the rent on some designated properties at affordable rates, there need to be more affordable options. These should also keep in mind people living in 'deep poverty' to whom even units

such as the Antigonish Affordable Housing Society are not affordable. There need to be more options at every 'tier', so everyone has access to a home.

#### *Create Wraparound Supports in Housing*

Housing is more than a shelter. Adequate housing services should also include wraparound supports that provide dignity, respect, and empathy with tenants. The navigator model being used by Antigonish Affordable Housing Society is a positive example of how in-house supports can be utilized. Other supports include capacity building for household tasks, transportation support and access, and clear lines of communication with landlords, property managers, or housing authorities.

#### *Create Shelter for Emergency Housing and Other Services*

With no current emergency housing, communities would benefit from an emergency housing strategy that includes an actual shelter for short-term housing. This could be paired with other services using a hub model. The hub model will be further discussed later in this report.

### TRANSPORTATION

#### *Maintain Transparency and Relationship with ACT*

Antigonish Community Transit is a community based organization that has partnered with the APRC, and came out of the action plan in 2012. Renewing this relationship and providing transparency between community concerns and the transit will allow ACT to take action on their own policies and accessibility to better the experiences of community members. Maintaining this relationship is key.

#### *Transportation Plan by and for Community Members*

Particularly in communities outside of the town of Antigonish, there are not enough transportation options. Creating a community transportation plan is an in-community strategy to allow people access to a desperately needed service. This plan could be implemented in a volunteer capacity, funded by government to create internal community transportation, or be built into other services. Though the plan is built by community members, funding and

support may be required from outside organizations and government.

***Adequate Transportation Reimbursement or Provision from Services, Programs and Government***

Because transportation is such a key aspect of accessibility to any service or program, it is essential that these services and programs provide adequate compensation for transportation costs, either by mileage, or taxi/transit fares. While some compensation is currently given, it is not an adequate amount. Reimbursements should be at least 0.55\$ per km, which is the rate the Government of Canada gives as reasonable reimbursement rates for employers. These same rates should be given to people accessing services.

***Coupons or Vouchers for Transportation***

In areas where transportation services are offered, there should be programs in place for people to be eligible for coupons or vouchers. Similar to the program offered in the HRM, participants would be eligible for vouchers that would eliminate or reduce transportation costs based on need and allow access to transport despite rising prices or high cost of long distance travel.

***Reduced Cost Monthly Passes***

People who rely on transit for employment and other regular activities should have access to discounted monthly passes, particularly if they are ineligible for vouchers based on their income, but still find cost of transportation a barrier. The model of student passes should be available for people who face this barrier.

**Food Security**

***Expand Existing Programs and Share Strategies***

Some programs are more successful than others. Programs that make people accessing them feel respected, included, and satisfied should be expanded to reach other groups of people. Increasing communication among programs and programs allows these successful strategies to be shared. Examples of positive models of food security programming in our communities include St James United Church

Hot Lunches, school backpack programs, and free community meals.

***Increase Hours and Access to Food Banks***

The food bank is an extremely important service, but it needs to be accessible. By offering evening hours, and in-community services, the food banks can reach people who may really need the service but are currently unable to access it.

***Increase Food Choice***

Programs which offer gift cards to grocery stores allow people to choose for themselves what food is best for them. This gives them agency, which add to their emotional well-being in addition to their physical nutrition. Offering gift cards as prizes at community events, providing programming that gives regular food allocation funds, and giving gift cards to children to bring home over school breaks or weekends can be incredibly helpful for increasing food security.

Food security programs and services should also create a feedback loop where people can request what food they would like, report allergies and other dietary restrictions, and report back when food services don't meet their dietary needs.

***Work with Service Providers to Ensure Inclusion and Respect***

As was mentioned, poor experiences with services leads to shame, isolation, and rejection of those services even when desperately needed. Trainings with service providers and volunteers on inclusion, respect, and anti-racism can improve services that are already in place to make them more positive experiences. A feedback cycle should also be implemented to ensure that service providers are aware of incidents or changes that need to be made based on user experiences.

***Capacity Building Workshops***

Providing people with the tools they need around preparing and storing food can help relieve some pressure that people feel around feeding themselves and/or their families. While capacity building workshops such as slow-cooker programs do not solve food insecurity, they can give people more confidence with food preparation which may be useful to them. Capacity building may also centre

around community gardens and food production, traditional food preparation, or other skills identified by community members as important.

***Collaborate and Build Food Services into Other Programming and Vice Versa***

Food should be provided at events, programs, and activities. Other service providers may also include access to food while providing other services to both increase comfort and to contribute to food security. Food services may be in proximity to other services, or in the same space as dictated by the suggested 'hub model', described in fuller detail later in this report.

**INCOME SECURITY**

***Advocate for Better Income Security Regulations***

Ultimately, poverty will not be eradicated until there are structures in place from the government that ensure people have access to income. Guaranteed livable income, a living wage, and livable social assistance are examples of legislative policy shifts that could dramatically change lives. Community members can advocate for these legislative changes through lobbying, organizing, and rallying.

***Invite Local, Provincial, and Federal Representatives to Events***

To ensure that community voices are being heard by government representatives, they should be included in events that discuss poverty issues. Community voices are valuable and need avenues for representatives to hear them and create structural change.

***Invite and Involve Those Who Work Closely with Government***

When government representatives are not able to attend, as it can be difficult to work with their schedules, invite their assistants and others who work closely with them to attend. Having someone who can report back is an important piece of creating open avenues to lawmakers.

***Dismantle Racist Systems***

Advocacy should always retain a focus of anti-racism. Canada's history of racist laws and society are directly related to poverty in racialized communities. Advocacy against racist laws such as The Indian

Act, protecting land use rights, and an ongoing racial justice lens applied to all legislative changes are necessary for the eradication of poverty. The voices of Black Canadians and Indigenous peoples should be at the forefront of community and government decisions.

**COMMUNICATION**

***Create Communication Plan by and for Community***

Particularly in communities that are already tightly-knit, communication can be facilitated through word-of-mouth networks, community newsletters, and other local communication forums. The communities can organize themselves to create a plan which works best for them in their contexts. This plan must be supported by organizations and service providers who communicate clearly with community leaders who can then forward information into the community as they see fit.

***Increase Communication Among Service Providers and Organizations***

Creating forums, spaces for collaboration, and up to date databases allow service providers to communicate effectively with each other, help their clients navigate services from other providers, and collaborate where appropriate to reduce competition and scarcity of resources.

***Provide Clear Expectations and Create Accessible Communication Channels Between Clients and Services***

Service providers and organizations need to create clear and easily accessible information about their services, who they serve, and how to access that service. Communication channels should remain open for reasonable hours, and contact information should be easy to find and access.

***Educate Community on Realities of Poverty and Reduce Stigma***

People who live in poverty face an incredible amount of stigma. This is particularly true of African Nova Scotian and Mi'kmaq communities, where racism and classism intersect into heightened social stigma. Education initiatives that work with people who are not living in poverty on the realities of



## Chautauqua

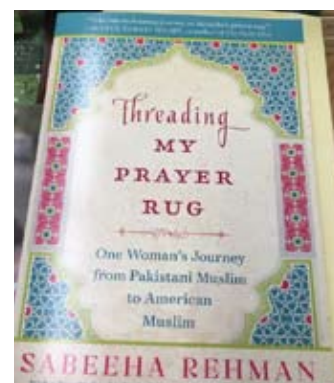
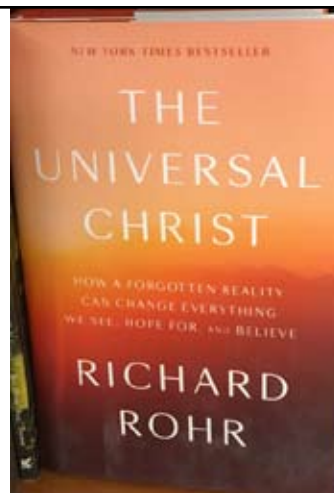
Some people know Chautauqua as an adult education movement that spread across the United States from the late 19th and into the 20th century. Rural communities benefitted from the chance to hear eminent scholars and see entertainment as well as worship. But it's also a place, Chautauqua Institute in Chautauqua, New York. Their aims are similar but now it houses a state-of-the-art amphitheater that holds 2000 people with its Massey organ, the largest outdoor organ in the world, a dance troupe, theatre troupe, symphony, and opera.

Each week has a different theme and visiting guests. The week I was there the theme was Race and Culture. Winton Marselis and his Lincoln Center Jazz Group were guests. So were indigenous film producers, poets, and musicians. A black Harvard professor told us about her grandfather and how he had asked "difficult questions" in school and was expelled. Those same questions Sarah Lewis entertains with her students in her Vision and Justice course at Harvard.

There was a lot to absorb along with the beauty and the stimulation of the place. I have the calendar for 2020 if anyone wants to view it. There is preschool through high school programming for youth, too.

Pictured are some titles from their bookstore.

Fran Wittgens



poverty, the difficulties of being part of the 'working poor' and the lack of supports can help reduce this stigma and shame. Workshops, pamphlets, and conversations around poverty and accessing services without shame or blame work to reduce stigma and retain dignity for those living in poverty.

### ***Fund and Hire Community Navigators to Assist People in Accessing Services and Complete Feedback Loop***

One of the most common recommendations from community around effective communication was the hiring of a community navigator who can assist people in finding information about services, give them direction to which services may be most appropriate for their situation, and facilitate transition from one service to another. Furthermore, a community navigator may hear a more honest description of an experience with a service provider and complete a feedback loop so organizations can be aware of their gaps, challenges, and limitations, and act accordingly. This position should be funded and should be filled with someone who is trusted by the community, and is already an informal leader in the community.

### **CULTURE & SOCIALIZATION**

#### ***Reconnect with Traditional Practices***

Even as Canadian society attempts to assimilate Indigenous people into mainstream society and wipe out their culture, First Nation communities are fighting this system and reclaiming their traditions. In Mi'kmaw communities, individuals and groups who have been reclaiming traditional practices are fighting poverty while doing so. Traditional hunting reduces food insecurity, creates socialization opportunities, and grounds identity. As communities are reconnecting with traditional practices, non-indigenous people must support these practices and initiatives financially, socially, and politically.

#### ***Include Meals at Events, Reduce Costs, or Use Volunteerism in Lieu of Entrance Fees***

Events should be accessible to everyone. Offering reduced cost prices for people who need it, "pay what you can", or by donation allows people to attend important cultural and social occasions

without shame or stress about the cost. In some cases, inviting people to help set up or clean up with an event in exchange for a free meal or free entrance may help to make people feel part of the event and feel less like they are being pitied. However, not every person has the time or energy to volunteer at an event and reduced or no cost options should also be available.

## FROM THE ARCHIVES

In the Vestry, Presbyterian Church, Antigonish  
On the 23rd of September, 1876, the Session met and was constituted.

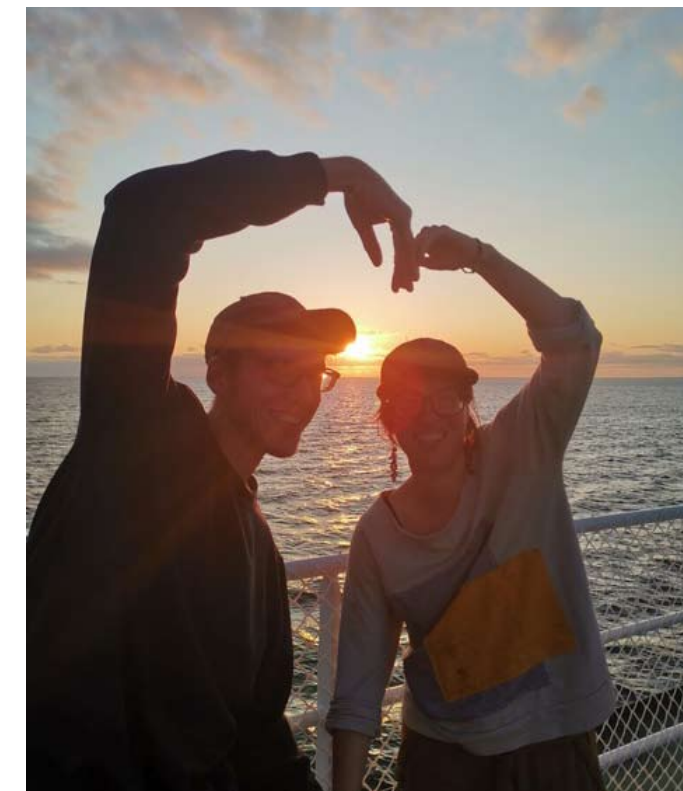
It was stated by a member of the court that reports affecting the characters of Charles Cunningham Alex Cunningham, Alex Cameron and Mrs. Alex Cameron, members of the Congregation were in circulation, the Session appointed Mr. John MacDonald to see these parties and cite them to appear before the Session to meet at the Manse on Friday the 29th Sept. in reference to these reports. Closed with prayer. Sustained.

In the Manse in Antigonish Sept. 29, 1876, the Session met and was constituted. Sederant the Moderator of Session, Messrs John MacDonald, Nathan Pushie, Duncan Chisholm and John MacMillan. Elders. After devotional exercises the minutes of two preceding meetings were read and sustained.

Charles Cunningham appeared to answer to a charge of intoxication made against him, he acknowledged the correctness of the charge. Confessed his sinning and resolved an amendment through good grace helping him. After suitable admonishes from the Moderator and others, he was dismissed. Mr. MacDonald reported that he had called on Alec Cunningham Esq. about report of his being intoxicated, he denied he was drunk but admitted he had drunk some. The Session not having full proof of who related the rumours, dismissed the case. Mr. MacDonald also reported he had called on Mr. and Mrs. Alex Cameron and was unable to see them. Closed with prayer.

## Friendship & Fellowship

Sarah and Chad and the Tan-Eee family (Kent, Bella, Paul, Rachel, James, and John) who became friends through St James enjoyed a mini-vacation to PEI this summer. These pictures were taken on the ferry ride home.





# Cultural Connections

Although the first pot luck dinner of the season has already taken place, there are several more planned for the 2019-2020 year. Please mark these dates on your calendar and try to attend at least one of them. You'll be grateful that you did.

## September - March Cultural Connections Antigonish

offers community potlucks  
at St James United Church Hall  
197 Main St.  
at 5:30 pm



Whether recent or long term  
....We invite you  
.....to link,  
.....to welcome,  
.....to enjoy our diverse community  
Bring a dish to share  
Family friendly  
Surprise entertainment

### SAVE THESE DATES

September 22  
October 27  
November 17  
January 19  
March 1  
March 29th

culturalconnections.antigonish@gmail.com  
www.facebook.com/groups/ccantigonish/

## Why do you want to join the choir?

*Do you like to sing?*

*Do you like to get together with other people who do?*

*Do you want to add wonderful music to your Sunday service?*

*If the answer is "Yes!" I think you'll be a perfect addition to our choir.*

Although you don't have to be expert at reading music, it helps if you're quick to learn a tune. We spend an hour a week practicing our anthems on Thursdays at 6:30 in the sanctuary.

There is a Women's Chorus that sings occasionally. We meet just before choir, at 6:00. We also have a men's choir led by Peter Rawding. They meet once every few weeks. These two choirs are an excellent choice if you'd like to ease into a choir experience.

This season has a great selection of music. Some will be anthems that you have heard before and some will be new pieces that will be great to learn. One of our more ambitious challenges will be the Hallelujah Chorus, which we'll sing on Christmas Eve.

We're looking forward to seeing you this coming Thursday night at 6:30. The Women's Chorus is learning a new anthem right now, so, ladies, we'll see you at 6:00. See our organist, Hee-Jung for information about the Men's Choir.

I know you'll enjoy yourself. Come out to try it. We're waiting to meet you.

Christine Morrison, director of the choir



## CONNECTIONS

A Newsletter for St. James United Church  
BY THE OUTREACH & COMMUNICATIONS COMMITTEE

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