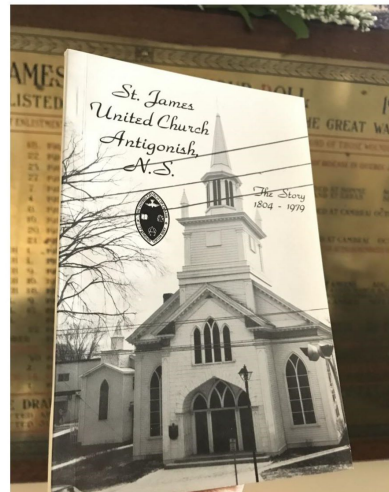
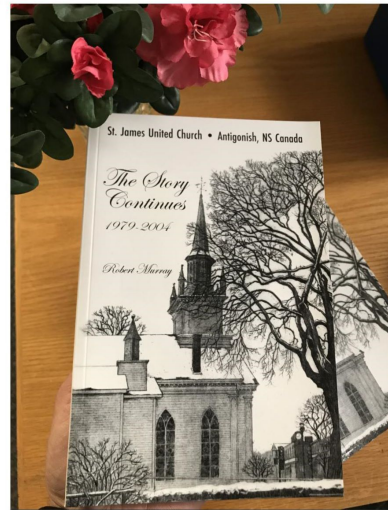




Thank You!

To the crew of faithful and hospitable volunteers, drawn from our congregation, for coming back to host coffee and conversation time! Once again, their generosity of spirit makes it possible for all of us to enjoy the wonderful post-service time of fellowship that we've so missed. Do drop into the hall after worship for a drop of tea and a hearty hello!

Church history books are now available for purchase! Learn about the early years and growth of St. James. Many fascinating stories are found within these pages. The originally-published version, by Jessie (Smith) Baxter, covers the years from the church's founding until 1979. Bob Murray's book picks up in 1979 and carries the story forward into the 2000s, providing a wonderful update and complement to the original. Ask at church about picking up a copy for your family, and develop your knowledge of our storied local history!



St. James United Church • 197 Main Street, Antigonish, NS
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CONNECTIONS

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

By the Outreach & Communications Committee

Summer 2022

My dear friends, we are already God's children, though what we will be hasn't yet been seen..

- I John 3:2a

Summer 2022

Dear Friends in Christ,

This year I decided to grow our flowers from seeds instead of buying them from a nursery. Hope and I started them early, watered them faithfully, and made sure they had plenty of sun. Yet even with all that care and attention, they didn't seem to grow very fast and were quite small when we transplanted them to baskets and put them outside.

We're just starting to resume a more normal life at St. James following the chaos and uncertainty of the last two years. The return has been slow but some of the things we have been missing are now happening - the hot meal program ran all spring, coffee hour is happening each Sunday, we were able to hold the Stump Frolic, and St. David's is back to in-person worship this summer.

The plants I put out at our house are beginning



to grow with the sun and rain we've had this June. While some are still smaller than I'd hoped the truth is that others are filled with buds which I know will open soon. We don't actually know what colour the flowers will be because the seeds were mixed but I know they'll be beautiful.

The start of normal life at St. James has been wonderful and exciting. I know as well that it is merely the beginning of the new things that God will do through our church in the months and years to come. For as we return to the activities and events that bring such hope and vitality let us never forget that God is at work bringing something beautiful to life within our congregation.

May God bless you and our life together.

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

St. James Enjoys Summer Life!

These photos from the Sunday BBQ following the last Children's Worship class of the season. Thanks to all involved in making this time of fellowship extra special. A happy and safe summer to everyone!



An Update about Ukraine

Many of you have asked me about Svitlana and her family. I'm happy to say that she, her mother and daughter are still safe in Berlin, where they receive a refugee stipend and help with housing and her daughter is in school. But Svitlana writes me and I have tried to summarize her words from her messages here (I showed her this for her approval):

"How can I be happy when our friends are dead or missing? How can I be happy if my house, all my paintings can be destroyed in one moment? I see the beauty in Berlin and everyone going about their lives, but cannot help worrying about my brother who has cancer, whom we had to leave behind, and all my friends who are either gone, or struggling. Medicine and anything, such as bandages, cost huge amounts of money, and little aid is getting in except that organized locally by Ukrainians, who have connections. I used some of the money you sent me to give to a paramedic friend who bought medicines and warm clothes for our soldier friends."

"Sometimes I wonder if the world has forgotten the people still left in Ukraine. While I know that many countries like Germany and Canada are welcoming Ukrainians, Putin targets, in particular, hospitals, museums, cultural artifacts and anywhere he knows there are civilians. We hear so many stories of the rape of children, women and grandmothers and then the killing of their fathers, brothers, and husbands, so they can't help. It's difficult not to feel despair. If you or your friends still want to help, you can send me money and I will make sure it gets to people who need medicine or medical help. Putin makes it harder and harder for aid organizations to actually reach the people."

"How can this be happening in 2022? Thank you so

much for the interest of you and all your friends in Canada. Please ask your friends from church to pray for Ukraine and the Ukrainian people left behind and for all those fighting."

I can't think of anything to add to Svitlana's words except to say that according to a recent New York Times article, the ruble is the strongest currency in the world right now - how can that be you ask, with all the sanctions? This is because Russia is the second biggest producer of oil and gas in the world and its sales fund the war, keeping the ruble strong, as well as strict internal economic sanctions Putin imposed to keep the ruble afloat.

If anyone wants to help Svitlana's friends and families directly they can e-transfer me at my business account (Corvid Enterprises Inc) annecamozziart@gmail.com with the subject Ukraine and I will make sure she receives the funds. I have auto deposit so no password is needed. I can assure you I will send everything straight to Svitlana and I know she is very honest and working hard to help friends get medicine and medical supplies there.

- Anne Camozzi



From the Archives..

Spring of 2022 marks the easing of many covid-19 restrictions imposed upon us in Nova Scotia. Many have lost family and friends due to covid-19, plus age and health related diseases in the last few years .While going through some old books and papers from the archives of St James and St.David's,I see the names of those who have passed before us, they have done great work for the evolution of our churches as we know them today There have been disagreements leading to sudden resignations, employment retirements and those who simply moved away for family reasons . While changes have taken place there have been those who have stood up and taken over tasks that needed to be done from building maintenance to teaching Sunday School(not in descending order) The common element is to praise God through the working together for the good of our church congregation. The next time you come into our buildings; walk about our cemeteries or even drive by the churches , think of these pioneers past and those present who brought us forward they need our full support. Maybe your name will not be published for the archives in 100 years to read about but what you have contributed will be much appreciated .thank you.(I don't think the wonderful baking and preserves for the bake sales will last that long though haha)

- Marlene Groenenberg

The above selection is from the book "St. James United Church—The Story 1804-1979". This book is edited by Jessie (Smith) Baxter. For more information about this book and about church history, write in to sjuantigonish@gmail.com

identified themselves as the names of the pioneers of the congregation were called. A traditional lunch was served in the Church parlour at the close of the service.

A special service, to celebrate the ordination of the Rev. Douglas Stewart, of Lochaber, to the Christian Ministry, was held in St. James on the evening of June 2, at 8 p.m.

The occasion was open to the public and many from the neighbouring churches attended, including members of the faculty of St. Francis Xavier University.

Doug Stewart had taken an active part in the life of St. James during his years at St. F.X. and had been recommended as a candidate for the ministry by this congregation. He was ordained by the Maritime Conference of the United Church of Canada on May 27 of this year and appointed to the Alberta Conference.

A social hour followed the service when Mr. Stewart received gifts and good wishes from the congregation for his future labours in the Lord's service.

June: At the morning service on July 10, the members of the congregation came dressed in traditional style, representative of the various periods in the Church's history. Rev. Neil MacDonald and family arrived in a double-seated horse-drawn vehicle. Others came in old-vintage cars or on foot, with hats, gloves and even walking-sticks, typical of "The Way It Was".

The choir sang the old hymns in traditional manner — without music. Mr. MacDonald chose the subject for his sermon from the Old Testament, Exodus 3: 13-18 — "Never Out Of Date".

An old-time lunch of scones, cheese, oatcakes and gingerbread was served during the social hour following the service.

July: During the Highland Games week, July 9-15, St. James was involved in several events pertaining to the Anniversary Year, as well as honoring the Scottish heritage of many of its people.

At certain specified hours in the week, a guided tour of the Church property was conducted by St. James teens in traditional regalia and versed in the Church history. Historical pictures, papers and mementos were also on display. Many tourists took advantage of the tour.

A horse-drawn float, designed by Dr. Tik Liem, representative of a church service in progress, was entered in the Highland Games parade. Staffed by the minister, his family and several members of the congregation, the float drew much attention from the large crowd of spectators lining the route and won first prize in the novelty class.

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Into the Mix!

Choir is on pause. So is Sunday School and other activities like Meditation Group and Hot Meal. So why do I feel as if things are heating up? Probably because other things ARE starting up. The Highland Games, the Pipeband playing at St James. Coady having an 8 week session of women leaders starting July 4th. The Hobbitt starting on August 3rd at the Keppoch.

Personally, I'd love an opportunity to sit with others to dream up some things St. James can add to the mix. We see ourselves as a welcoming community, so perhaps we can find time to meet and get to know some of the Coady visitors. We've called this time a climate emergency. Can we talk about a potential role St James and the wider Antigonish Community can play in response? Can we find ways to include our youth, in fact to honour their own thoughts related to environmental challenges? Summer is busy, but at the same time, it's often a mix of many generations. Maybe it's a catalyst for new ideas. Now that we have coffee time after the service, maybe we can air some of them.

We're in a stage that has opening up as a promise. But that depends on energy and interest that go "into the mix!"

See you after church!

- Fran Wittgens

A special Church Service, with a Scottish theme, was held on Sunday morning, July 15, in celebration of the annual Highland Games. This year the games took on an added significance as part of the province-wide celebrations to honor the International Gathering of the Clans, held for the first time in a country outside of Scotland.

Taking an ecumenical form, the service had members from the local churches participating. With the addition of visiting bands and tourists, the church was filled to capacity.

Many were in Highland dress or wearing "a bit of Old Scotland" in one form or another.

At 10:30 a.m., piper Marilyn O'Brien welcomed the congregations and visitors from other parts of Canada, from the United States and Scotland. Rev. Neil MacDonald presided.

The president of the local Highland Society, John Ross, read the Scripture lesson. Mrs. John L. MacDonald of St. Ninian's Parish, read the 23rd Psalm in Gaelic, while Rev. MacDonald followed each scriptural verse with the English translation.

The subject of Mr. MacDonald's sermon, "Gems and Pearls of Value", was based on St. Matthew 7:6.

The Men's Choir, under the direction of Gerry Cunningham, and organist, Russell Alcorn, furnished the music, assisted by Mrs. Margie MacDonald of St. Ninian's, as vocalist.

At the closing of the service, the audience was thrilled when Mrs. M. MacDonald sang "Amazing Grace" in Gaelic, accompanied by the bagpipes and organ.

A reception was held in the Church Hall following the service, when commemorative plates were presented to the visiting participants by the Clerk of Session, Mrs. Madeline McGowan, in tribute to the International Gathering of the Clans.

Refreshments were served to the large gathering.

August: Another special event of interest took place on August 19, when St. David's United Church at Cape George celebrated its 150th Anniversary. An ecumenical service on Sunday, at 3 p.m., saw a large gathering of friends, from the community and elsewhere, meet in the little church to help celebrate this important event.

The Rev. Neil MacDonald of St. James presided, assisted by the Rev. F. Hugh MacDonald, a former parish priest at Lakevale and Cape George, who read the Scripture. The Men's Choir of St. James, under the direction of Gerry Cunningham, led in the singing with Robert Murray as Organist.

The Church of St. David's has a long and interesting history.

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Caring for Creation vs. Resource Extraction?

The Antigonish Field Naturalists Club is a new group that is just beginning. It will lead walks to teach us about the beauty all around us that we often take for granted. It is also hoping to have people give presentations through the winter on the environment and the importance of all creation. On Saturday, June 18, we had a field trip led by Edwin DeMont to Archibald Lake. We walked through the beautiful old growth forest along a path that was sometimes very flooded so we also got to walk into the bush.

We saw many different plants, mosses and ferns as well as trees and thanks to the people who were with us, we learned about the many different things. Soldier moss, the only moss I can remember by name. The birds were very vocal and we heard lots including thrushes and ovenbirds. We also saw a few birds who came out of the trees - a black throated green warbler, flickers and a Lincoln sparrow to name a few.



We didn't actually make it to Archibald Lake as the walk took longer than anticipated because of the detours to get around the flooded paths. But we did get to see the most beautiful waterfall and we sat there and enjoyed our lunch before we started back.

Edwin DeMont is a member of the St. Mary's River Association and he gave us a lot of information about the importance of protecting this whole area. There are the common reasons that are relevant for all natural areas including to protect the trees that give stability to the land and give us oxygen to breathe. They are also the breeding home for many bird species, birds that are fun to see and hear but more importantly, birds that keep the insects in control while also helping with seed dispersal of natural plants and trees and pollination.

The St. Mary's River Association has been addressing concerns to maintain a healthy ecosystem for all native animals and plants but especially for the Atlantic salmon. Their vision is "Health for the river, the Atlantic salmon and our community". But the big concern now is that a gold mining company from

Australia wants to use this area for an open pit gold mine. Edwin explained what this would mean as the St. Mary's River is the main distributor of fresh water for this whole area. Fresh water that would be destroyed by the open pit mine. Not only would the water be polluted and destroyed but also the trees that clean our air and all the wildlife.

We often think, "this is only a small area", and "it will bring jobs". However, this area impacts a much larger area and these jobs will only last a few years. Also, many of the workers

are not local so it's not adding to the economy in the long run. But the destruction that it causes will impact not only the local area for many generations but also be widespread in air quality and wild life and it may never be able to recover.

All creation has a purpose and we must do whatever we can to protect it by living sustainably and looking to the long term rather than just what we can get today. We must look ahead and protect our environment for future generations. Our Indigenous neighbours always think of the 7 generations that will follow them and we must do this also.

May all God's Creation live in peace.

-Joan MacGillivray



St. James Garden Group

The outdoor space of St James United Church appears as a peaceful green space away from the hustle of vehicle traffic along Church and Main Streets. However upon further look, you will find a Pioneer cemetery behind our church and hall. Taking a stroll through the cemetery or have a seat on the bench you will find perennials, trees and shrubs of all ages and variety, some are wonderful as shade too. Our group believes that we are honoring the 182 pioneers of this church by keeping the plantings thriving and putting a smile on visitors faces. The pollinators, squirrels and birds don't mind either. Greetings from Marlene and Gerrit Groenberg, Liz Millet and Mike Cook, Diane Theuerkauf and Andrew Murray. We are also grateful for Chad Brazier for mowing and trimming & support.

- Marlene Groenberg



Another Successful Year of Children's Worship

Another year of Children's Worship has come to a close. Throughout the year we had a small and dedicated group of children who came together to hear stories and learn about being disciples of God. Each week they would share their ideas about what was important in each story, where they could see themselves, and that no matter what we are God's people and he loves us. In the Spring, we welcomed another family and their four children to Children's Worship leading to new questions and ideas.

Godly Play allows us to share stories with the children in interactive ways so they become part of the storytelling, instead of just an observer. Throughout this past year, the children were able to participate in many stories they had not heard before. These stories led to many questions and discussions about what we each felt was important in the story and wondering if any part of the story was removed if it would still have the same meaning for each of us. Starting in Lent and going through Pentecost we used stories that built on the previous week's story; encouraging the children to remember and reflect on the stories in new ways as they became the storytellers of the previous stories.

On Easter Sunday the children questioned who the three Marys were that went to the tomb to anoint Jesus. Through my reflection on this experience in the fall, we are going to focus on getting to know the people in the Bible. My hope is that this will create a deeper connection and understanding of the scriptures in church and how the people were connected.

I also hope to move towards some sustainability practices and land-based ideas for Children's Worship starting in September. The first step for this is going to be

to replace drawing paper with whiteboards and chalkboards so children can still express their ideas. After completing their drawings photographs can be taken to be shared with their family and in future editions of Connections.

Another change that will help our children connect to the people, stories, and find new connections is that some Children's Worship will be held outdoors. Encouraging children to spend time outdoors while learning about God's love for us will hopefully lead to deeper connections and understanding that all God's creations are connected and dependent upon each other.

I look forward to Children's Worship starting again in September and being able to explore more of the role as we continue to adjust to living in our post-pandemic society.

- May Mackenzie



The United Church of Canada Calls for Urgent Action to Protect Palestinian Human Rights

Following the recent Israeli Supreme Court decision upholding the forcible expulsion of Palestinian villagers from their homes and land in Masafer Yatta and the killing of Palestinian American journalist Shireen Abu Akleh, The United Church of Canada has written two letters to the Honourable Melanie Joly, Minister of Foreign Affairs of Canada. [cc'd to the Prime Minister and others]

The letters urge Canada to work with like-minded countries to hold the government of Israel accountable for violations of international law and specifically to

- denounce the government of Israel's plan to forcibly expel the villagers of Masafer Yatta and press the government of Israel to rescind this decision
- denounce the killing of Shireen Abu Akleh and call for an immediate independent investigation into her killing that holds those responsible accountable



The second of the two letters reads:

Dear Minister Joly:

It is with deepening sorrow that The United Church writes again within the same week urging you to take urgent and immediate action to protect Palestinian human rights. Today, thousands of Palestinians gathered in occupied East Jerusalem to pay their respects to murdered Palestinian-American journalist Shireen Abu Akleh as she was laid to rest. Eyewitnesses present on the ground have told The United Church that mourners were beaten by Israeli police as they carried Abu Akleh's coffin to Mount Zion Cemetery to be buried beside her parents. Canada must condemn the killing of Shireen Abu Akleh, and demand an independent investigation into her killing.

Reports on autopsy results carried out on the body of Shireen Abu Akleh say that she was killed by a bullet to the head which struck underneath the protective metal helmet she wore. She was also clearly identified as press and could not have been misidentified as an immediate threat. B'Tselem, a highly respected Israeli human rights organization and a United Church partner, has stated that its initial investigation proves that the Israeli army narrative about the shooting of Abu Akleh is untrue. A thorough and independent investigation is crucial.

In your tweet following the news of Abu Akleh's killing, you rightly stated that "Journalists must be safe to do their work – a right protected under international law." Without pressure from Canada and others in the international community for an immediate and independent investigation into who is responsible and accountable for the violation of international law in the killing of Shireen Abu Akleh, these violations will continue to happen with impunity, as they have just this week alone (see our letter to you dated May 10th regarding forcible expulsions of Palestinians in Masafer Yatta).

The United Church of Canada calls on Canada to:

- publicly denounce the killing of Shireen Abu Akleh, and call for an immediate independent investigation into her killing which holds those responsible accountable.

We would look forward to hearing from you regarding a meeting on this issue.

Sincerely,

Rev. Dr. Japhet Ndhlovu
Executive Minister, Church in Mission Unit
The United Church of Canada/L'Église Unie du Canada

*From the United Church of Canada,
published On: May 20, 2022*

The Climate Emergency—Impacts and What You Can Do

Flooding in Bangladesh, British Columbia, Manitoba, Quebec, Truro and even Antigonish. Wildfires in Australia, Europe, the United States and Canada. Water and electrical shortages in Italy because glaciers aren't producing the same amount of water. Mandatory lawn removal orders in Nevada because of drought. The shrinkage of lakes like Lake Tahoe. Thirty degrees one day in Antarctica and an ice sheet that was never thought to be in jeopardy broke off. Polar bears starving because there is no sea ice. The evidence of the climate emergency is world-wide and yet since the pandemic wanes, many people are talking about - "the need to get back to normal."

I, for one, feel we should never go back to "normal" and each of us must listen to the words of the famous ecologist, Barry Commoner, who said, "Think globally, act locally."



Here in Antigonish, we have a potential climate emergency no one seems to be monitoring or paying attention to. and that is the shrinkage and breaching of the barrier beaches that protect our harbour and our town. My husband and I monitored informally the width of the Dunn's and Mahoney's barrier beaches for the last thirty years and we have see them shrinking and breaching. Already Mahoney's cut a new entrance and now the Dunn's barrier is narrowing and breaching at several points. Yet the Town of Antigonish most recent flood report only looked at the potential of flooding from the local rivers and did not take into account a major nor'easter occurring at the same time as a high rain event. The province's own flood data shows the potential disappearance of the Mahoney's and Dunn's Beaches by the end of the century, if not sooner, (since all climate data has proven to be conservative). When that happens many harbour homes would be flooded, most of St Andrews street is projected to be underwater and parts of downtown. Last November, Antigonish made the CBC National News when cars were floating on Main Street and the Indian Gardens trailer court was flooded. If right now, we had a nor'easter at the same time as another major rain event, the flooding would be even more catastrophic. Other communities are dyking their barrier beaches and addressing such issues. I see no evidence of monitoring of these important beaches and have heard no discussion about it.

We need to wake up to the Climate Emergency and plan for adaptation now! In the meantime, we cannot go back to the old normal. This means each of us examining our ecological footprint (Google-Calculate ecological footprint - there are many tools) and decide how to reduce your own, such as:

- Eat less meat and dairy, or none at all. Eat less fish, especially farmed salmon.
- Buy local food and goods, especially locally made goods, such as soap.
- Consume less - eg. avoid Amazon (which apart from treating its workers horribly, offers Prime, which rushes goods here by plane and vehicle, not to mention that you are filling a billionaire's pockets, who used billions to fly into space to play with skittles in the gravity-free air). Talk about extravagance and a widening of the rich/poor divide.
- Travel less - stay closer to home, carpool, use Antigonish Transit.
- Reduce electrical consumption - Do you really need the extra fridge in the basement? (most of these are old & inefficient) - dry clothes outside if able.
- Reduce plastic use which uses fossil fuels to be produced. Some say by 2050, there will be more plastic than fish in our oceans. I use beeswax covers bought at the market instead of Saran Wrap.
- Lobby our local governments, MLA and MP for climate solutions and elimination of plastic.

Many of these choices are difficult changes but we have a duty to act for future generations and for the countries of the South, like Bangladesh, and the Arctic communitiss, which are paying for our over-consumption.

If every person on the planet lived like Canadians, it would take almost three earths to sustain the planet. We have a moral obligation to act and to act now.



- Anne Camozzi

Green Burials

On Monday, May 30, 2022, the UCW hosted an open Q&A session about considerations for the environment during end-of-life discussions. Twenty-five people were in attendance from St. James', St. Paul's, St. Ninian's and members of the Antigonish community. During the go-minute session, all questions were addressed by W. Patrick Curry of C.L. Curry Funeral Services Ltd. The information below is from that session, as well as other sources.

As they are often called, the discussion of green burials must start with defining terms. What is green? a scale of good vs bad choices.

In our faith and location, we are perhaps most familiar with embalming and burying in a coffin in a cemetery. To start to view green, or "natural" choices, we can look at each step of what we know.

Embalming and Alternatives

Embalming is a temporary process that delays natural decomposition. It is done for practical reasons to assist our grieving practices - viewings at wakes, allowing the family time to arrive home for services, etc. Funeral homes may do it for logistical reasons - transportation in the event of a death away from burial sites, etc.

Traditionally done with formaldehyde-based solutions, many view this process as the least green choice. There are news stories about "modern embalming," which look at North American graveyards. Those stories tie the embalming chemicals to ground soil or water pollution. However, it is worth noting that many of those grave sites are those of American Civil War dead, and they used different chemical compounds than today - including the poison arsenic. Formaldehyde is not suitable for ground

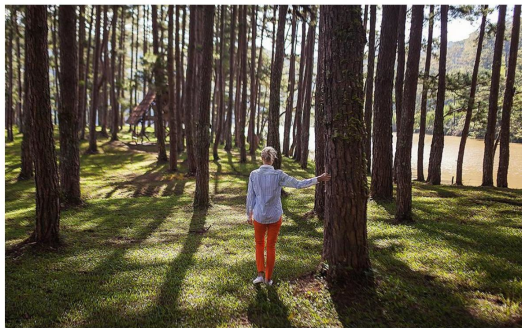
or soil or crops or human consumption, and is cancer-causing. Yet, it exists in small doses in our everyday life - in cigarette smoke, vehicle exhaust and gas or wood-burning stoves.

A second option to the formaldehyde solution is a greener version of embalming fluids with a mix of non-toxic chemicals and essential oils. These still allow for the embalming you or your family might want for services, but with fewer toxic chemicals.

Some individuals opt for cremation. As a family sees fit, cremation can be performed before or after viewings/wakes. If it is done beforehand, there is no chemical involvement. However, as Nova Scotia gets its power from coal, the fuel required for cremation is excessive. The byproducts - the cremated remains and the smoke, are both toxic. The burial of cremated remains does take up less ground in a cemetery. If the remains stay with a family member, what is the plan for them when that person dies?

A second option for cremation is aquamation (alkaline hydrolysis) - the use of alkali in heated, circulating water to break down the remains for an urn. However, it takes several hours and can use up to 400L of water and is not yet available in Nova Scotia.

Natural burial, what many people think of as green burial, is burial without any process to the body; no embalming, no cremation. However, bear in mind the realities of our location, burials do not take place between November and May.



Coffins/Caskets and Alternatives

Traditional coffins/caskets can be made of various materials, from metal to wood, then oil-stained to give colour and shine. They usually have metal hinge work and handles, and foams and fabric lining the inside.

There are often options that may be more environmentally friendly. Wood-only coffins/caskets, with hinges and handles made from wood, water-based stain, and cotton lining.

Other more biodegradable options include woven caskets made of wicker or willow or shrouds made of silk, wool, bamboo, cotton and linen, etc.

Cemetery and Alternatives

Many faith communities have a parcel of land where they bury their members. There are also non-denominational or community burial sites around Nova Scotia. All burial sites are managed with their own set of bylaws or regulations determined by the faith community (if associated) or management group and by the regional government. Some cemeteries may require concrete liners or full coffins. Alternatively, a graveyard section may be available for greener choices, or there could be fully “certified green” cemeteries which include no mowing, no pesticide use, etc.

Coffins are typically buried but can be interred in an above-ground space like a mausoleum. Cremated remains may be buried, dispersed, entombed or kept by a loved one. Entombment is the placement of the urn in an above-ground space like a columbarium.

With all of that in mind, we must each consider what we are concerned about and what is needed by those left behind. Much like the earlier discussion of shopping for a snack, we have to weigh what we

Continued on page 14

News From the Coady Institute

Since 1959, Coady Institute at STFX has supported leaders from all over the world as they seek to support positive changes in their communities that contribute to a “full and abundant life” for all. We’re excited to share with you that we have now supported more than 10,000 Coady graduates, each of whom have gone on to have an impact on so many more. A significant aspect of Coady’s work has been to host cohorts of participants locally and globally on the university campus each year for educational programs that not only allow for critical thinking and sharing on issues of importance, and connection with other likeminded leaders, but also to showcase the incredible community engagement that exists right here in Antigonish and the surrounding area.



The support that our community has provided the Institute and its participants is what sets the educational experience apart for so many - so much so that Antigonish is one of the most well-known rural Canadian communities outside of Canada.

The last two years have been difficult: the joy we have in welcoming so many wonderful people from so many diverse places had to be put on hold as we

collectively grappled with a pandemic. Yet, while invisible to many locally, Coady continued to engage in a collaborative way to offer a range of online programs that allowed us to reach many individuals who otherwise would not have had an opportunity to engage with us. And, we’re finding that many individuals who took part in an online course now want to have the experience of an in-person program here in our community. As we move into a post-pandemic new world, Coady Institute is committed to finding a balance of programs that include a return to a presence in-person here in Antigonish, as well as courses that we continue to offer online or in the communities of our participants.

Coady recently welcomed 15 First Nations, Métis and Inuit women leaders back on campus for the 10th Indigenous Women in Community Leadership program. Now, for the first time since 2019, we will welcome our first international cohort on July 5th. Our Global Change Leaders program will run from July 5 – August 24 featuring 18 women leaders from 15 countries. We’re excited to also be taking part in the Antigonish Highland Games Parade on July 9th and welcome anyone who would like to march with us in the parade.

While this year’s on-campus programs are limited due to what we anticipated to be ongoing pandemic challenges and visitor visa processes, we are beginning our full preparations for 2023. This will include the return of Coady’s Diploma program in Development Leadership, which had already been on hiatus prior to the pandemic.

So many community members have reached out to share how much they enjoyed welcoming international participants to Antigonish Town and County as a “Coady Neighbour”. Many lifelong friendships have been created from these experiences, and we hope to once again have that opportunity to connect those in-

News From Coady (continued)

terested in playing this role in a small way this year with a fuller return to the program in 2023. If you'd like to volunteer some of your time this summer to meet with one or more of the women leaders on campus, please reach out to us before July 6 by contacting Lynn O'Donnell at lodonnel@stfx.ca.

Focused on local support in Antigonish, the Coady Change Leader Campaign is helping Coady to secure its future and ensure that the Institute can continue to bring participants here to Antigonish. If you are interested in joining this community initiative to raise funds for scholarships or for more information, please also contact Lynn O'Donnell, Coady Development Officer at lodonnel@stfx.ca.

My door is always open for a discussion about the work we are doing locally and globally. I look forward to more connections with you this summer. Thank you for all that you do to make Antigonish such a warm, welcoming community.

- Eileen Alma
Coady Institute Interim Director

Green Burials (continued)

want, what is available in the area and what we can afford. Those considerations must be weighed against what we see as the best environmental choice.

The most critical thing to remember when deciding how to move forward with your own "green burial" is that end-of-life decisions should be a conversation. The family and friends who will be grieving and planning on your



behalf should understand your wishes. It is not simply enough to say to your loved ones that you would like a green burial. There are many factors that have to be considered.

Imagine this example: your wish was to be buried naturally with no embalming, in a shroud, in the family plot as soon after death as possible. Your plan sounds lovely and well thought out. What happens if you are travelling when you die? Which of those "green" wishes is to take priority? Should the family bring you home to be buried in the family plot? What if the transport requires embalming? Should they bury you where you died so that you could be buried quickly and naturally? What if the cemetery in the area does not allow shrouds, and you must be in a coffin?

Conversely, what if you die in winter? What options does your community have to suit your wishes?

Some families and individuals can be uncomfortable having end-of-life discussions. If that is the case for your loved ones, you should start your conversation with those closest to you who are open to the conversation. Funeral service directors and your cemetery committee are great starting points to find out what is available at your preferred burial site. They can also help determine how your priorities can be managed. Do not avoid conversations with loved ones. Instead, take your time. Decide on your wishes and preferences, and seek ways to have those conversations.

For further information, here are a few resources:

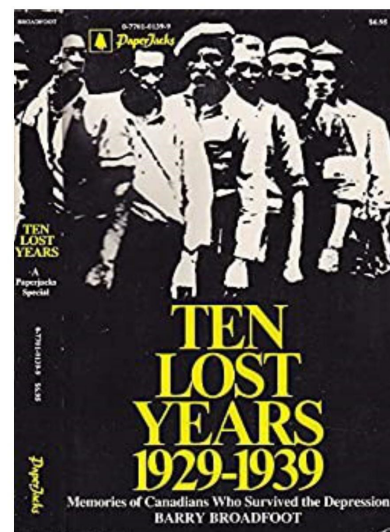
<https://ecologyaction.ca/greenburial>
<http://www.greenburialcanada.ca/>

- Christine Briand

Book Review

Ten Lost Years, 1929-1939: memories of Canadians who survived the Depression
by Barry Broadfoot. 390 pages.

This book was first published in 1973, so it's an oldie, but a goodie, that I've intended to read for a long, long time and finally got to recently. Broadfoot was a journalist and writer whose fascination with history shines through in all his works. This is a collection of hundreds of short interviews he



conducted and taped with everyday Canadians, and a stark reality check about what it was like to endure the depression decade in our country. This oral

history was eventually turned into a play by Jack Winter that continues to be performed. For any history buff, this is an absorbing read of first-hand accounts covering topics from the political climate of the day to how people made ends meet, survival on "relief" cheques of \$20.00 a month for a family of six, the maddening boredom of the government relief camps, and the camaraderie and occasional violence of the hobo jungles inhabited by those who "rode the rails". Women were routinely sexually exploited and children had little say in how they were "put out to work" by their parents. Well respected business men were reduced to working menial jobs, (if they were lucky enough to find any job at all), and often suicide. There simply was no work. And no money. Farmers in the prairie dust bowl frequently walked away from previously proudly maintained acreages, after years of work – reduced to nothing even worth trying to sell. There are pitiful accounts of the humiliation of having the bailiff auction off what few possessions a family might have had when their homes were repossessed, and the lengths people went to to disguise the fact that they were "on the dole". But there are also glimmers of positivity – how neighbours pulled together to help one another out and how families managed to entertain themselves. One constant I found jarring is the casual racism and misogyny expressed throughout. No political correctness here! But a fascinating look at an important period in our history, that I for one certainly learned little about in school. Available in your local library.

- Michèle Ashby

I was, you could say, a wanderer. One of the unfortunates. A victim of the economic system? Perhaps. Certainly, most certainly a casualty in the battle between ignorant men who were running this country. There are two places in Ontario, in the fair city of Toronto and down at the even fairer city of London, where ancient records will show that I am a criminal. A criminal in that I violated the Criminal Code of Canada and thereby gained a criminal record for begging. Jail.