

# St. Paul's SPIRIT

## Rally Sunday

September 14



Someone made a book about the hidden books of the Bible (merely a fluke). He kept looking so hard for the facts, but for others it was a revelation. Some were in a jam especially as the names of the books were not capitalised. But now the truth finally struck home to the numbers of readers. To others, it was a real job! We want most fascinating few moments for you. There will be some really difficult spots.

1. Mark
2. Luke
3. Revelation
4. Job
5. Judges





## MUSIC MINISTRY

### The Bible Tells Me So by Fredric DeVries

Let me tell you a little secret about myself. At the times when I really need a “spiritual hug” I sing to myself “Jesus Loves Me, This I Know.”

If any of you reading this has done the same thing, then I say God Bless You, because then I know I am not alone in this. And it soothes my soul when I sing, taking me back to a simpler spiritual time, helping me to feel the presence of God in tough times.

Jesus Loves Me is the most well-known children’s hymn in the world. When I taught piano class in schools, the book I used contained that song. And while I usually tried to skip over that song because the school represented a wide diversity of children, most kids specially asked if they could learn that song.

Ask people in a nursing home if they would like to hear Jesus Loves Me and the answer is a resounding YES.

The origin for Jesus Loves Me is quite interesting. Do you remember the Panic of 1837? Me neither. Suffice it to say, thanks to President Andrew Jackson, the banks failed and the United States experienced something like the Great Depression of the 1930’s.

At that time there was a prosperous lawyer, Henry Whiting Warner, living in New York City with two daughters Anna (b.1827-1915) and Susan (b. 1819-1885). The Panic wiped out Henry, and as a result he and his daughters moved up the Hudson River to live in a ramshackle Revolutionary War cottage on Constitution Island, just across the river from West Point Army Academy.

To earn some income for the Warner’s household, the daughters began writing stories. Anna’s first novel was called “Robinson Crusoe’s Garden” and Susan’s was called “The Wide, Wide World.” They actually became quite well known, publishing 106 books, some of them in collaboration.

In 1860, the opening year of the American Civil War, together they wrote “Say and Seal.” It was a best seller at the time, second only to “Uncle Tom’s Cabin.” And like “Uncle Tom” and other novels of the time it was quite melodramatic and saccharine, evoking tearful reactions from the reader but as well, being influential in currying the abolitionist cause.

In “Say and Seal” a 6 year old boy, Johnny Fox, is very sick unto death. His Sunday School teacher, John Linden, comes to visit him and comfort him as death approaches. The teacher holds the boy in his arms and makes up this song for him.

**Jesus Loves Me, This I Know,  
For the Bible Tells Me So,  
Little Ones to Him Belong.  
They are weak but He is Strong.**

I have no doubt that this episode left all its readers in tears.

In 1862, in the dark days of the Civil War this song caught the attention of none other than William Bradbury (Hymn writer of “He Leadeth Me” and “Just as I Am”).

With Anna’s permission, he wrote a tune of child-like simplicity, adding the refrain: “Yes, Jesus Loves Me, The Bible tells Me so.”

With Bradbury’s helpful reputation, in the decades that followed, “Jesus Loves Me” became known the world over, on the lips and in the hearts of millions.

In spite of writing successes, Anna and Susan never really overcame their Panic of 1837 poverty. But their quiet steadfast ministry of love and comfort was noted by their neighbours. And by that, I mean their neighbours across the Hudson River at West Point.

Following the Civil War, for four decades, cadets from West Point would paddle across the river each week to receive lemonade and Bible lessons from Anna and Susan.

When Anna and Susan died, they were buried on the grounds of West Point with full military honours.

They were the only civilians to receive such an honour. West Point to this day maintains their cottage on Constitution Island as a historical landmark.

**“Jesus said, ‘Let the little children come to Me,  
and do not hinder them.**

**For the Kingdom of Heaven belongs  
to such as these.”**

Matthew 19:14

To listen to a beautiful rendition of “Jesus Loves Me”  
visit You Tube and the Georgian Boys Choir -

<https://www.youtube.com/watch?v=6oqZpk0yNnw>



Warner Cottage  
on Constitution  
Island

## MUSIC NEWS

Music activities at St. Paul’s are now underway for another season. As you know, at this church we have a reputation of being the MUSIC CHURCH, with our several fine music groups and musical presentations. I encourage you to participate also. You are invited to come and visit our practices and join. Here is a list of rehearsal times at St. Paul’s.

**Afternoon Handbells**  
**Afternoon Singers**  
**Joyful Voices**  
**Holy Ukuleles**  
**Chancel Choir**

**Tuesdays at 1:30**  
**Wednesdays at 1:30**  
**Thursdays at 1:00**  
**Thursdays at 6:30**  
**Thursdays at 7:30**

Practice times may change in the course of the season.

The Holy Ukuleles have some excitement this year with a new leader. Chris Eckart, fine ukulele and guitar player, children’s entertainer, teacher, and all round nice guy will be leading the Holy Ukuleles, along with the assistance of Sheelagh Wood.

If you want to know more about Chris, check his website: [www.myfriendchristopher.ca](http://www.myfriendchristopher.ca)

Last June the entire United Church of Canada celebrated its centennial. Here at St. Paul’s, the people and music ministry celebrated by commissioning a piece to be premiered at our centennial service. We commissioned Dylan Tomiharu Wright to compose a piece for brass, percussion and organ. His piece, “Century United” was performed to the great pride and delight of those in attendance. Our next step will be to find a way to get this piece published for others to perform.

Looking ahead to the coming months, our Candlelight Noel for 2025 will take place on December 14. We hope to see you there for this beautiful event.



# FIESTA

*Craft & Marketplace*

Fri., Oct. 24th  
and  
Sat., Oct. 25th  
10am to 3pm

- 45 Crafters and Artisans
- Bake Sale • Jams and Preserves • Book Sale

**Dine in the Harvest Café**

St. Paul's United Church, Dundas  
29 Park St. W. (at Cross St.)  
[www.stpaulsdundas.com](http://www.stpaulsdundas.com)

Admission \$2.00    Wheelchair Accessible



# FIESTA ONLINE AUCTION

Friday, October 24th at 10am  
until Sunday, November 2nd at 8pm

[32auctions.com/StPaulsFIESTA2025](http://32auctions.com/StPaulsFIESTA2025)

## THE AFTERNOON SINGERS

The last days of summer departed on September 22nd and the first day of fall arrived. I'm certain that many in our church congregation enjoyed some family and friends adventures and celebrations during those warm, very warm in fact, sunny days and evenings that allowed daylight til 10pm. It surely was those "Lazy, Hazy, Crazy Days of Summer" as sung by the Andrews Sisters and others but most remembered, sung by Nat King Cole in 1965.

Soon we will celebrate Thanksgiving and with it will come precious time with our loved ones, another extravagant meal with all those recipes most looked for and enjoyed. All these moments make us most grateful.

In More Voices is a beautiful hymn, #182 "Grateful", words and music by Tom Tomaszek.

**"Grateful for the life you give us, thankful for your Holy Son,  
joyful in your Spirit flowing, over all, O God of Love.**

**Grateful for the Bread of Heaven, thankful for your Holy Word,  
joyful in your mercy flowing, we will praise you.**

**May our lives proclaim your justice, may our voices sing your praise.**

**May our hands work in your service to the glory of your name."**

The Afternoon Singers and friends of the Choir enjoyed one of those delightful "Lazy, Hazy, Crazy Days of Summer" on September 10th at the home of Bruce and Mary Margaret Fink and shown below are a few photos of that evening. It was a chance to see all the gang and perhaps some new members too.

We will reconvene as a Choir on October 8th.



# UPDATE FROM THE ST. PAUL'S BOARD

Dear Friends,

This summer brought a very special moment for my family: our two youngest granddaughters were baptized at St. Paul's, with two of their cousins taking part. It was a joyful celebration of faith, family, and community. St. Paul's is indeed a welcoming church.

## Staff Updates

- Rev. John Adeyemi will continue as our part-time Pastoral Care Minister.
- We're delighted to welcome Gisell Aravelo as our new full-time caretaker. Please say hello and make her feel at home!

## Preparing to Search for a New Lead Minister

The Search and Selection Working Group (led by Vanessa Ray Zarete and John Parcher) has completed the preparation needed to begin our search for a new Lead Minister. The Board has approved the documents, which will be presented at a special congregational meeting on October 5th.

## Finances & Facilities

We remain focused on good stewardship of our financial resources and for the past two years, we've been ahead of budget, our operating deficits have reduced each year since COVID and we have been able to balance our budget. This success comes thanks to rental and program growth—including contributions from the Valley Town Breakfast. Our investments and improvements in the building have brought in new tenants. More exciting are the warm relationships that we have with our many tenants, including our partnership with the Dundas Valley Orchestra.

If you haven't had a chance to visit our newly renovated gym, please do. It's a fantastic transformation!

## Stewardship

A big thank you to Bob Boose, who is stepping away from Stewardship to focus on the Property Committee and the Previously Loved Art Sale. A new Stewardship Chair will be announced soon. Though planned giving is still catching up, we are optimistic about our future, as we move ahead from the challenges of the past years.

## Communications

Warm thanks to Susanne Crago for her many years as Chair of Communications. Susanne remains on the committee and will be redesigning our website. We welcome Sandi Stride (familiar to many from Outreach) as our new Communications Chair. She'll be leading our communications and marketing strategy.

## Worship & Community Life

Worship has been vibrant all summer—the church has been full, and the spirit has been strong. We look forward to carrying this energy through the fall and Advent season. The animals for our Christmas Eve service have RSVP'd!

Board members are now easy to spot—just look for the blue band on our name tags. Please come chat with us! We'd love to hear your thoughts, questions, and ideas.

## Programs & Activities

- Summer Day Camp: Peter Ross and Porscha Hewitt are preparing plans for next summer, with hopes of receiving a UC Mission grant. Information boards will be available at Coffee Hour and the Saturday Breakfast, and final decisions will be made in December.
- Children & Youth: Sunday children's programming and Friday youth evenings are back with a full slate of activities.
- Courageous Conversations will return this fall, offered through Christian Development, Outreach, and Pastoral Care.

- Café 55+ continues thanks to Dave and Maureen Davis, our wonderful volunteers, and support from the Salvation Army.
- Sit and Be Fit will also return this fall
- Valley Town Breakfast has returned, the air is filled with aromas of coffee, bacon and pancakes, drawing in passers-by. We were highlighted in Dundas Today, which has resulted in many new faces. The reporter enjoyed meeting the volunteers and chatting with many happy guests

### Looking Ahead

- Quarterly Board updates will be shared after Sunday Worship throughout the year.
- Approved Board minutes are always available in the church office.

Thank you, as always, for your support, involvement, and care for St. Paul's. Together, we are building a strong and welcoming community of faith.

With gratitude, Jenny Blake, Board Chair

## WORSHIP COMMITTEE

We were amazingly strong as a congregation through the summer. Our worship services were lively, thought-provoking, encouraging, full of new ways to worship, and sometimes downright fun. Some of our worship leaders were Chris Wignall, Rev. Meaghan Gilholm, Rev. Fran Aird, Rev. Kerri Hagerman, Paul Kaufman, and Sandra Litt. And of course, there was the amazing team of Rev. Ron and Dr. Dave!

Special thanks to Fredric our Minister of Music who adjusted to and supported each worship leader and continued to inspire us with extraordinary music. Also, many thanks to Cathy and Ken McKnight for keeping us cool all through the summer at "coffee time" by providing lemonade and watermelon.

We have wonderful worship leaders lined up through the fall and Rev. Fran Aird will be leading us through Christmas to Lent, beginning Nov. 30. Thank you, Fran!

We would love to have you come and join us. Love has a home here, and so do you.

Joan Williams, 905-536-7462  
tjwilliamsbirch@hotmail.com



The CD Committee and the Youth Group  
are planning a

**Halloween Drop-In Party**  
October 31, 2025 from 4 to 7p.m.

We'd like to hand out some treats, play a few games, have some fun and of course costumes are welcomed. Let's get into the spirit!

**We could use some help and if you are  
interested please contact Porscha at  
coordinatorYCC@gmail.com**

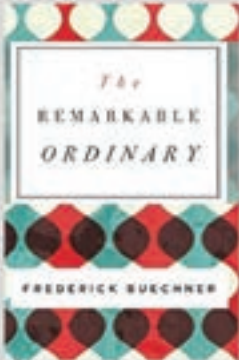
## COMMUNICATIONS COMMITTEE

The Communications Committee is beginning to work on a new website for St. Paul's. We have distributed a questionnaire to all Committee Chairs and we would appreciate receiving these completed forms by October 6th. Thank You!

Sandi Stride, Communications Chair

**5-Week Book Study & Discussion Group**  
**Along The Way**  
**Seeking Biblical Wisdom**

Participants in this interactive program will have an opportunity to explore the course of their lives through the lens of scripture, their own experience and others', and the words of Frederick Buechner, gifted writer and theologian.



October 19th, October 26th  
 November 2nd, November 9th & November 23rd  
 11:30am - 1:00pm  
 Library and Parlour

Registration is \$50 and includes the book, notebook and lunch.  
 Registration deadline is October 8th.  
 Financial assistance and child care available.  
 Contact the office to register  
 e: [office@stpaulsdundas.com](mailto:office@stpaulsdundas.com) t: 905-628-6396

Questions or Comments? Contact Ron Archer  
 e: [roncarcher@gmail.com](mailto:roncarcher@gmail.com) t: 905-912-0940

**SIT TO BE FIT**  
 Community exercises for seniors

Sit To Be Fit is a FREE, low impact workout while sitting on a chair. The program is designed to promote health and fitness for seniors.

**Alzheimer Society**

The Alzheimer Society is resuming "SIT TO BE FIT" classes at St. Paul's free of charge. All are welcome!

Please join us every Thursday starting October 2nd at 10am in St. Paul's United Church Parlour

**Exercise is part of Self Care and has been shown to:**

- Improve muscle strength, balance, flexibility and endurance
- Improve emotional and mental well being
- Improve socialization
- Lower the risk of cognitive decline.
- Reduce the risk of falls and fractures

For more information please contact the church office at 905-628-6396

## AFFIRMING COMMITTEE

Over the past decade, through prayer, reflection, art, listening, and community building, the church has engaged in **intentional listening processes** to understand the experiences of 2S and LGBTQIA+ people within The United Church of Canada.

On August 8, 2025, it acknowledged and apologized for the many shortcomings and the harm the church has caused to the 2S and LGBTQIA+ communities, and commits to radical love and affirming people of all identities, strengthening its witness to justice and love in action.

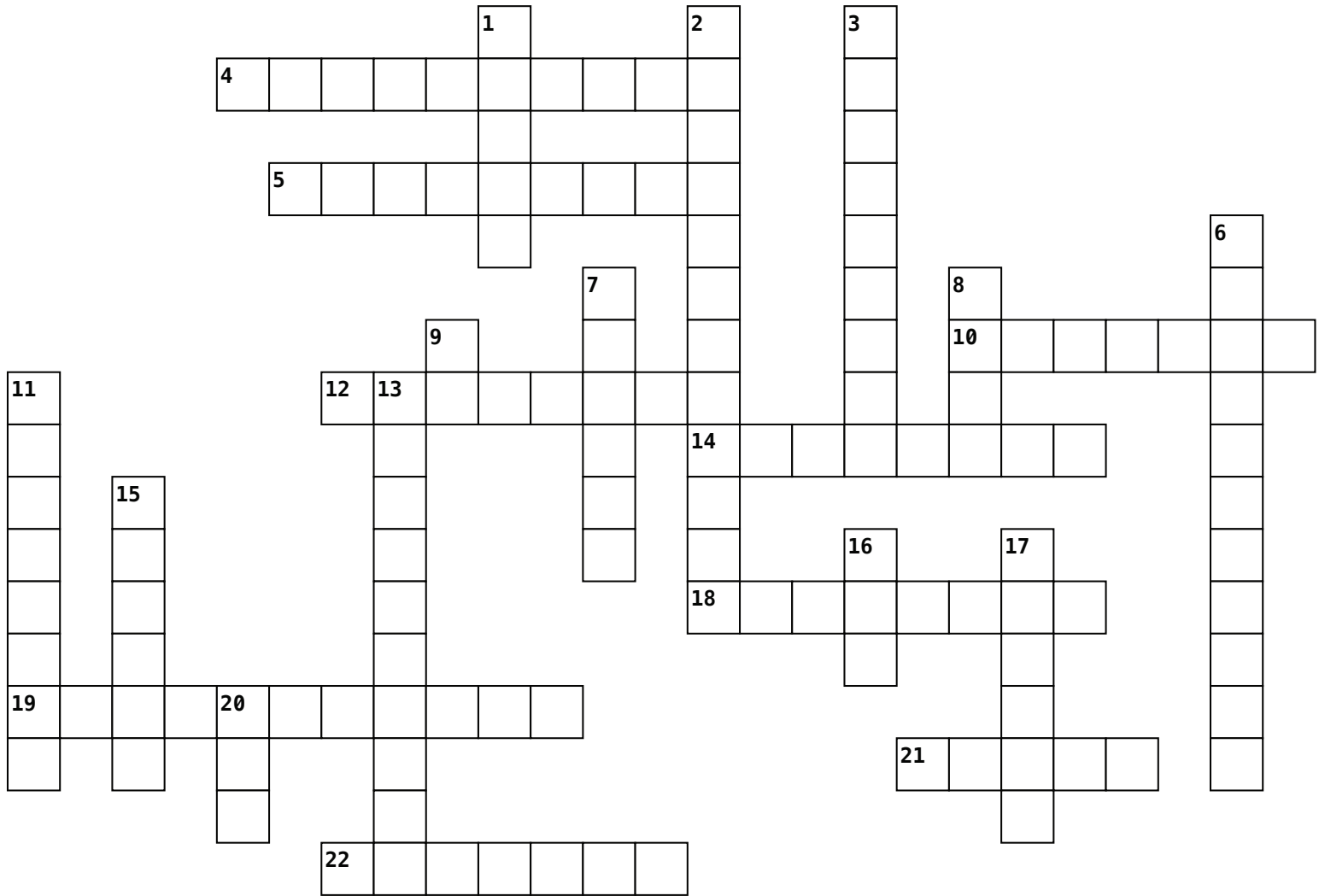
Tangible commitments, such as revising policies, providing reparative support, and ensuring 2S and LGBTQIA+ voices are centered in decision-making would help dismantle systemic barriers and foster a church culture where equity is actively pursued.

"We, The United Church of Canada, express our deepest apologies to all those who have experienced homophobia, transphobia, and biphobia within The United Church of Canada," the apology reads in part. "This has at times looked like overt actions such as loss of income, harassment, being denied access to church leadership, and threats to personal safety. The church should be a place of sanctuary and belonging for all people. You deserve a church that reflects God's unconditional and abiding love." The full text of the apology is available on [generalcouncil.ca](http://generalcouncil.ca).

Taken from

<https://united-church.ca/news/apology-offered-today-united-church-2s-and-lgbtqia-communities>

# What Does it Mean?



## Across

**4.** range of negative attitudes and feelings toward homosexuality or people who identify or are perceived as being lesbian, gay or bisexual. It has been defined as contempt, prejudice, aversion, hatred, or antipathy, may be based on irrational fear and may sometimes be attributed to religious beliefs. Homophobia is observable in critical and hostile behavior such as discrimination and violence on the basis of sexual orientations that are non-heterosexual.

**5.** positive view of 2SLGBTQIA+ people, identities, and relationships. It addresses the negative impacts of marginalization, discrimination, and oppression on the lives of 2SLGBTQIA+ people. Lastly, it treats 2SLGBTQIA+ people as the experts of their lives. Can be applied to other marginalized and those who are discriminated against to acknowledge their stories and value.

## Down

**1.** \_\_\_\_\_ Age: span of life including ages 60 to approximately 90. Time of freedom, exploration, and fulfillment after the major career and family milestones are behind. People in this bracket often are in retirement stage and may be facing physical, cognitive, and/or social limitations.

**2.** groups or people who experience social, economic, and/or political exclusion or discrimination based on characteristics such as race, ethnicity, gender, sexual orientation, socioeconomic status, disability, or religion.

**3.** making an effort to include everyone by not leaving anyone out, while affirming goes further by actively supporting and celebrating a person's identity, such as using their correct pronouns and valuing their unique experiences.

**6.** the fear or dislike of someone based on the fact that they are or are perceived of as trans or

**10.** a woman who is attracted to other women.

**12.** a person who is attracted to more than one gender.

**14.** people born with sex characteristics (chromosomes, hormones, or anatomy) that don't align with typical binary notions of male or female bodies.

**18.** impaired or limited by a physical, mental, cognitive, or developmental condition and/or incapacitated by illness, injury, or wounds.

**19.** a person whose gender identity differs from the sex they were assigned at birth.

**21.** \_\_\_\_\_/Questioning an umbrella term for non-normative gender identities or attractions, while "Questioning" refers to someone exploring their sexual orientation or gender identity.

**22.** a broad spectrum describing people who experience little to no sexual attraction. trans allies. It can take place through words or actions, expressing itself as harassment or hatred or in discriminatory practices and behaviours.

trans allies. It can take place through words or actions, expressing itself as harassment or hatred or in discriminatory practices and behaviours.

**7.** principle of fair conditions for all people to participate fully in society. It acknowledges that not everyone starts with the same resources or opportunities.

**8.** \_\_\_\_\_ sign signifies a broader and more inclusive definition to make room for new understanding, unlisted identities, and evolution of language used to describe these diverse communities that continues to change and grow.

**9.** AKA Two-Spirit: umbrella term created by and for Indigenous LGBTQ+ people to describe themselves, embodying both male and female spirits, genders, or sexualities. It is a way to reconnect with traditional Indigenous cultures, languages, and roles, which often celebrated gender and sexual diversity before colonization erased these traditions.

**11.** each individual or group of people is given the same resources or opportunities.

**13.** the people who originally lived in a place, rather than people who moved there from somewhere else, or to things that relate to these people.

**15.** originating or descending from India. Also, a term reappropriated by Indigenous peoples and used by Indigenous peoples.

**16.** A person, often a man, who is primarily attracted to people of the same gender.

**17.** socially constructed roles, behaviours, expressions, and identities

**20.** biological attributes in humans and animals. It is primarily associated with physical and physiological features

Since June, we have distributed over 150 rainbow lanyard name tags that say Love Has a Home Here/St. Paul's United Church on them! Over the past several months, we have had many meaningful conversations at the Affirming Committee Two Cents Table in the back of the Dining Hall. We invite more conversations both at the table during Coffee Hour as well as in general so please feel free to ask any questions, share your stories, etc. with us if you're so moved. If you're unsure of who to chat with about your thoughts, Affirming Committee members have "Affirming Committee" on their name tags. We welcomed two new members over the past few months and we welcome any more to join at any time!

**Answers can be found  
on the back page of the newsletter**



## PASTORAL CARE MINISTER'S REPORT

### Sit To Be Fit

Our facilitator is back from her medical leave and shall be resuming classes. I was rightly informed by the coordinator at Alzheimer's Society, Sherri Miller that she has resumed but is taking it gradually. October 2nd will be the first Sit To Be Fit class in the Parlour.

### St. Joseph's Villa Program

St. Paul's United Church worship programs at St. Joseph's Villa will continue on the first and last Fridays of each month. The program was held during the summer on Fridays, July 4, August 1 and 29, 2025. Harold Sayer, one of us, read the scripture on September 5, 2025. It was a great experience for everyone.

### Wentworth Lodge Program

Wentworth Lodge worship services would be resuming on October 14, 2025 and subsequently every second Tuesday of the month.

### Visitation to Hospitals and Long-term Care homes

Members in hospitals and long-term care homes were visited and received telephone calls. A couple of our members have gone home to be with the Lord.

### Telecare Program

This is a team-based care calling group to all members of St. Paul's United Church. We are planning to register two cell phones under St. Paul's United Church. Every member should get a call at least twice a year to check in. A visitation can then be requested by those who desire it. This is to ensure privacy.

### Care Program for Café 55+

There is a plan in place to ensure that we have a care program for members of Café 55+. We shall also plan with the Alzheimer's Society to expand our 'Sit To Be Fit' classes to include members of Café 55+.

I hope to discuss with the facilitator to see the possibility of having 'Sit To Be Fit' on Thursdays also, all things being equal.

Sincerely,

Rev. John Adeyemi



*Pastoral Care visit with  
David Cooke and his family.*

## PASTORAL CARE REPORT

**Visitation/phone calls** continue to those living alone and unable to get to church. Rev John Adeyemi visits those with more needy concerns, hospitalization, illness, or death of a loved one.

**Prayer Chain** - Please call Judy Kleven if you or someone you know (with their permission if possible wishes to be included on the prayer.

**Prayer Shawl Ministry** - Blankets and shawls are made by a dedicated team of knitters and crocheters. They are given to grieving family members, people experiencing serious illness, celebrations, baptisms, and milestones just to name a few. Contact Ellen Danciu if you would like to volunteer.

**Transportation** - Volunteers will drive people to church on Sunday.

**Funeral Receptions** - We have a team of volunteers who will cater to a funeral reception when the funeral service is at St. Paul's.

**Services at LTC Homes** - Services at St. Joseph's Villa and Wentworth Lodge are held monthly at each. Volunteers needed to help residents to the chapel.

If you are able to help or need any of the above please contact Win Czum 289 439 7642 or those names above or the church office.

Thanks to all who help with these important ministries.

Win Czum, Chair

Pastoral Care and Membership Committee



## HAPPY GANG

Happy Gang is going strong with just over 20 members meeting twice monthly to enjoy a fun afternoon of Dominoes, cards and a new game called Rummi Kub. This game may be a bit more challenging, but like all new games is as much fun once you learn the rules. The nice part is that it's a game where everyone helps one another, so no need for anyone to feel shy about giving it a try if they wish.

We would like to extend an invitation to members of our congregation, as well as other local church members, who may be looking for an opportunity to enjoy an afternoon of fun, fellowship and refreshments to consider giving Happy Gang a try. We're a friendly group willing and ready to welcome new people.

**Meeting Dates: October 5 & 29, November 12 & 26 and December 10** (includes Christmas Luncheon)

Please contact Win Czum or Cathy Pengelly for more information.

## St. Paul's Financial Update

Here's a quick update on where we are financially, as of July 31, 2025. At the end of July, St. Paul's had an operating deficit of \$11,500. This is significantly below our budgeted operating deficit for the first seven months of \$82,000. In addition, we recorded an investment gain of \$20,000 over the same period.

Our revenues, at \$243,000, are on track at 56% of the total annual budget. However, givings for local church operations are about 5% below budget. M&S givings are about 10% below budget. Outreach givings are on budget, and rental income is slightly above budget.

Most committee expenses are well below annual budget amounts. Our personnel costs are below budget, and property costs are on budget. The costs of our utilities (hydro, natural gas, water and sewage) have increased to about 82% of their annual budget, so may exceed budget by year-end. Approximately \$26,000 of the \$100,000 Bertram Foundation grant has been spent on the gym renovations.

In sum, St. Paul's financial position at the seven-month mark is fairly positive, especially compared to the budget. The Finance Committee will monitor the monthly surplus or deficit going forward for the remainder of the year.

## OUTREACH COMMITTEE

St. Paul's Outreach committee promotes awareness of societal needs and concerns and encourages the congregation to seek a Christian response to such concerns. The duties of the committee include developing and/or promoting the study of contemporary moral, social and political issues and developing strategies and/or action plans for responding to pressing needs. We work with other committees to strengthen and advance the church's links to broader community issues. We have a strong team with a solid history of action on a number of social issues including poverty, homelessness, and lack of safe, affordable housing.

**We meet from 4:30 to 6:00 pm on the first Wednesday of each month.** Congregants who are drawn to our mandate are welcome to join our group. If the date and time do not work for you, please let us know of your interest. We have some flexibility with times and dates, and if these do not work, we will happily add your name to our list of individuals we can call upon to help with current and special projects. We can use help with coffee hour when we have engaged a guest speaker and can use help to develop posters or leaflets to draw attention to the issues that concern us.

We are interested particularly on ways and means to address climate and environmental issues. Significant work has been carried out by the church property committee to ensure a 'greener' church. Our interest is in actions individuals can take in their personal lives and collectively to ensure that climate issues are at the forefront of political agendas.

Committee members met this September to discuss and affirm our plans for another active church year. Action on food insecurity and social isolation will continue with Café 55+ which meets every Thursday morning. Dave Davis reports on Café 55+ elsewhere in this newsletter. Every second Monday of the month, St. Paul's provides a free supper for those facing food insecurity, as well as those seeking good company in a welcoming place. Our church is one of five Dundas churches who take turns providing the meals every Monday. This program is an initiative of The Association of Dundas Churches (ADC) that St. Paul's has been part of for the past decade. Carlies Longbottom organizes a dedicated group of volunteers who provide the meal to an ever growing number of guests every month. She reports that the dinners are averaging about 55 guests at a cost of approximately \$300.00 monthly. The need is great and your donation is greatly appreciated.

On Sunday, **October 19** a special presentation will be made celebrating St. Paul's long held support of the Canadian Food Banks.

'Courageous Conversations', a collaborative project with Christian Development and Pastoral Care committees will address financial concerns in a session titled 'Handling Money Ethically in an Age of Anxiety'. The date is not confirmed at the time of this report. Watch for posters!

We welcome new members. If you are interested in becoming involved in the work of our committee, please let me know ([sharon.mckay@uregina.ca](mailto:sharon.mckay@uregina.ca)).

Sharon McKay, Outreach Chair

---

### St. Paul's Tech Team needs your help.

To continue livestreaming and recording services we need more assistance on cameras and doing the set up during the week. All it takes is about an hour a week and no special skills. Training is free and we have a lot of fun in the balcony. Please consider joining us.

# Valley Town BREAKFAST

AT ST. PAUL'S

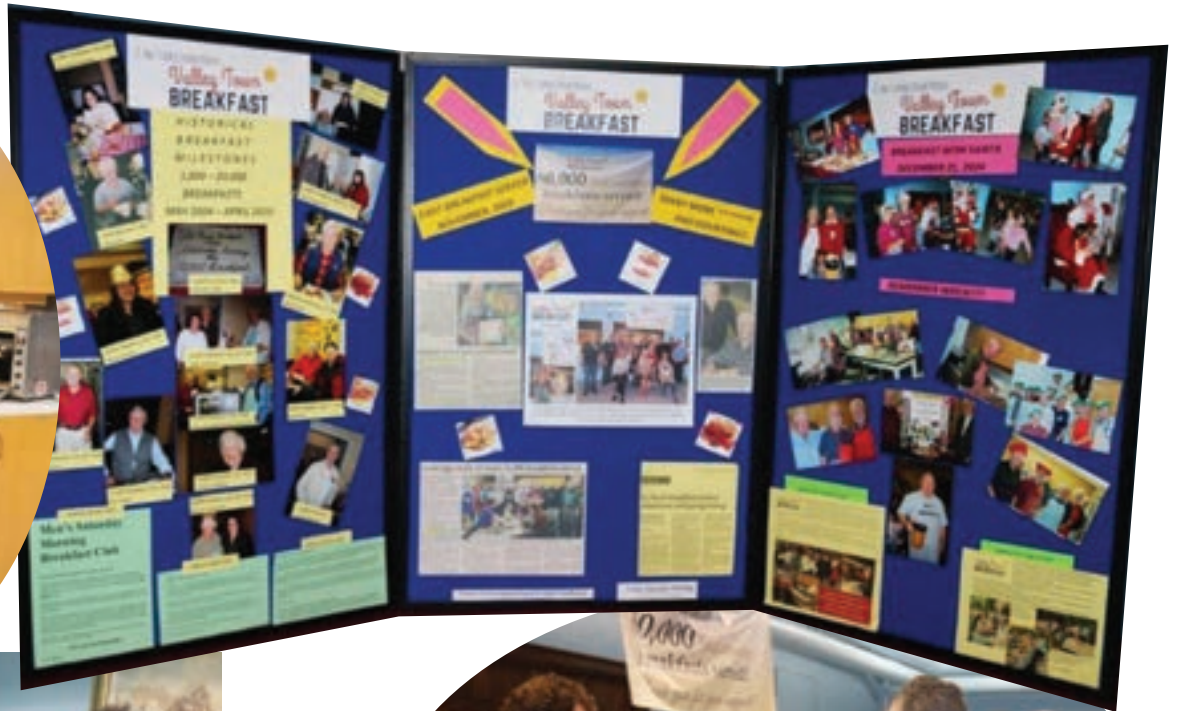
Our breakfasts resumed on September 6th with 115 guests enjoying their food and reuniting with others after their summer break. It was wonderful to see many of our regulars as well as first-time diners.

Valley Town Breakfasts at St Paul's was recently featured in the new "Dundas Today" online news which resulted in seeing several new guests as well.

We have added Disney character waffles to our "Smaller Bites" menu for our younger guests to enjoy. We have also upgraded the tea to Yorkshire tea. Even though food and especially coffee prices have gone up for us to purchase, we still strive to make our breakfasts a very good value for our guests. We hope the friendly socialization that accompanies the breakfasts helps to make your day.

Most successful programmes are dependant on volunteers and I'm proud to say we have a tremendous group of dedicated people that makes this all possible, and I thank them most sincerely.

Yvan Raymond



Thank You to  
Yvan and his crew  
for providing us  
with the best  
breakfast in Dundas  
every Saturday  
morning

## PROPERTY COMMITTEE

Extensive gym renovations were started in July and completed at the end of August. The water leakage has been rectified and the glazed wall tiles have been cleaned. The old ceiling has been replaced and acoustic panels were installed. The perimeter of the floor has been painted and the whole floor has been given a fresh coat of varathane. The back stairwell ceiling as well as the side entranceway to the Scouts storage area has also been renovated.

We now have a new tenant, Valley Adult Day Program, who have signed a one-year lease to use the gym during the daytime, Monday through Friday. Other arrangements have been made with them during the time of Fiesta, Garage Sale and Previous loved Art sale.

Over the summer, we met with a representative of the Hamilton Heritage Committee for criteria on the installation of an accessible ramp at the front of the church. Through these conversations, we are now in discussions with an engineering firm to review options and designs to install a ramp.

We are hoping to soon replace the badly worn out and stained carpets in the Moss Davidson Hill room, Library and hallway by the Parlour and YCC room. A special thanks to the Afternoon Singers for their generous donation to help offset the cost of new carpeting.

If anyone else wishes to donate to the carpet fund, please contact Sarah in our office at 905-628-6396.

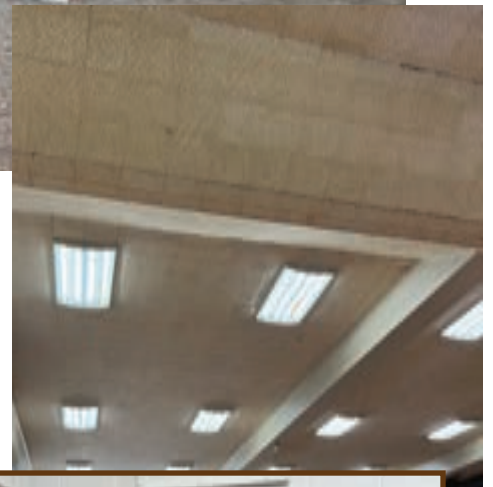
Your Property Committee continues to work on maintenance and building improvement projects so that we can all be proud of our church. We also ensure building safety compliance by doing monthly inspections of our fire alarm system, kitchen refrigeration checks to meet Public Health standards, etc.

As building maintenance is ongoing, I sincerely thank our Property volunteers and friends, for their continued support and work.

Yvan Raymond, Chair, Property Committee



BEFORE



AFTER



## YCC AND YOUTH GROUP UPDATE

With September comes the exciting start of another year of YCC and youth programming at St. Paul's United Church.

On Rally Sunday (September 14th), our YCC children took an active role in worship. They assisted with the Call to Worship, lit the Christ candle, and helped serve communion. During communion, the children were welcomed to the table for an engaging explanation of its meaning and importance.

On September 20th, YCC launched a seven-week curriculum called Listening to God. The first lesson drew from Psalm 11, teaching the children that God is always with us. This sparked a meaningful

discussion on where God is in times of conflict and how we can work to create peace. The children then created a "peace chain" by drawing pictures of what brings them peace.

Our Youth Group kicked off on September 15th with a fun night of board games and snacks. Looking ahead, Youth Group will meet on October 10th and October 17th. The October 17th gathering will feature a special Murder Mystery Night! (Open to ages 12–17.)

We're also excited to share that Young Families Programming has begun for the year with a variety of events, including board game night, a movie afternoon, story time, and gross motor play drop-ins. These gatherings are designed to bring children and parents together to make new connections, build friendships, and support our community.

Stay tuned for the October calendar, which will include a Halloween Drop-In Party!

Porscha Hewitt



## LIBRARY COMMITTEE REPORT

The Library Committee has been working over the summer months on a more effective method of reshelving returned books by colour coding the spines of books to match the various labels of the topics we carry in the library. Thanks to Susanne Crago for this suggestion and for her help and support.

We have a number of glass shelves in our library and these will soon carry various displays depicting the work of our church, topics such as YCC, Indigenous, Music, Worship, etc. We also have a new Care Notes display unit which holds brochures specific to topics of interest to ages 8 to 12 years of age such as bullying, respect, mad isn't bad, etc. (Thanks to the Pastoral Care Committee). We have also met with Porscha Hewitt who will make parents aware that these brochures are free for the taking.

We are truly fortunate to have such an extensive array of books on vast subjects relating to Theology, Faith, Devotion, Autobiography, Affirming, World Religions and SO much more. Many of these books have been kindly donated by individuals, other church committees and some are purchased from our budget.

We are aiming to make our library attractive, appealing and more than just books, thus the various displays that will soon appear as well as

other artwork which you will gradually see on our display shelves. We feel this addition will help to add to the atmosphere of our beautiful library which was designed and built by Merton Hambly, a member of our congregation.

We invite you to come and browse. You may also wish to sit awhile in the comfortable chairs as you decide which book(s) to check out.

A reminder that we have a self-check out system, so please be sure to use the "CHECK OUT" book on the counter and when returning books the "RETURN BOOKS BASKET".

Thank You!

Judy Kleven, Barbara Carson and Cathy Pengelly  
The Library Committee



**Every Thursday from 10am to 1pm  
at St. Paul's**

Aware of food insecurity and isolation in Dundas, our little project, in association with the Salvation Army of Dundas, continues to grow, regularly attracting 30 visitors on our Thursday morning get-togethers.

Café 55+ attracts seniors and younger folks ("55" is just a number, not a requirement) who are interested in good food, conversation, games and friendship. This month, we'll be adding gentle 'Sit To Be Fit' exercises for those who wish them, and adding some new games and even music to our repertoire. We are lucky - many say blessed - to meet so many individuals, blending them into a family, welcoming them.

And you too! Everyone is welcome. For more information, contact Dave Davis at [drdavedavis@gmail.com](mailto:drdavedavis@gmail.com)

[illegible]

Enjoy refreshments in the Dining Hall with friends following Sunday service.

Minister of Music: Fredric DeVries      fredric@stpaulsdundas.com  
 Pastoral Care Minister: Rev. John Adeyemi      jadeyem4@uwo.ca  
 Minister Emeritus: Rev. Merrill Graham  
 Office Administrator: Sarah French 905-628-6396      office@stpaulsdundas.com

Our mission as a community of Christ's disciples is  
to grow in faith, in love of God,  
all human beings and the world God created.