



# ST. MATTHEW'S

The Anglican Church in the Glebe

## *Pulse of the Parish*

SEPTEMBER 2026

### SACRED SPACES

THE REVEREND GEOFFREY CHAPMAN

When humanity began to transition into agrarian societies and built structures for the first time, do you know what the first buildings were? They were not homes, or store-houses or fortresses; they were places of worship. When we could finally live in one place for generations, we put sacred spaces at the centre of our lives. Our desire to create and be within sacred spaces is an essential part of our shared humanity. Yet I am not sure if we are always cognizant of this deep truth.

I remember during the pandemic many of us wondered what would happen to our relationship to our sacred space when we could not meet in person. Faithful Christians, lay and clergy, pondered the future of our church buildings. We met online and prayed together, held meetings, led bible studies, and did most of the things we used to do online. And yet, with near universal enthusiasm, everyone seemed to express a deep desire to return to St. Matthew's. Where we meet is meaningful. Coming home to our parish church truly feels like coming home.

Of course, this is a piece of the whole that is the incarnation of the Lord. God became flesh and dwelt among us, and our world became sacred and holy. We can reach so many places and see and learn so many things remotely and online. But as someone who spent a long stretch of my life living away from family and friends, only reachable online, I discovered there is very little substitute for every kind of home, whether it be our spiritual home, our family home, our communal or cultural home. Recognizing our world, our lives, and indeed our homes as sacred and holy is important.

All of this is to say that as we begin our Capital Campaign this fall in earnest, and we think about our sacred space, it is so important to recall in our hearts and minds that while our campaign is practical and pragmatic, there are also rich and deep reasons why we must care for our church. It is good for us to be here. We must create a safe space, a space in right relationship with God's Creation, and a place that is welcoming and accessible to all. We gather here to worship, with inherited and chosen family, and something we cannot fully describe happens every week as we pray together, in the name of the Father, the Son and the Holy Spirit.



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# CENTENNIAL CAPITAL CAMPAIGN UPDATE

KEVAN PIPE, CAMPAIGN CHAIR

On Tuesday evening, September 8, the St. Matthew's Centennial Capital Campaign Committee gathered our dedicated team for a pivotal meeting and in-service training session. The gathering marked an essential transition in our journey toward celebrating our upcoming 100th anniversary: moving from behind-the-scenes organizational planning to active, congregation-wide outreach beginning this month.

As our landmark church building approaches its 2030 centennial, this campaign offers a dedicated opportunity to steward our historic home and secure our parish's mission for generations to come.

## A Vision Rooted in Stewardship and Renewal

The evening opened with shared reflection and prayer, grounding our financial and physical goals in our spiritual calling. The Committee reviewed the overarching objective of the campaign, which aims to raise critical funds to address long-term infrastructure needs and expand our ministry capacity.

While engineering assessments show that our building remains structurally sound, several major investments are necessary to preserve its integrity and lower our environmental footprint:

- **Roof and Masonry Repairs:** Solving ongoing moisture infiltration by addressing roof deterioration and updating exterior drainage systems.
- **Heating and Energy Systems:** Replacing our aging steam-heating system with high-efficiency infrastructure to improve comfort and reduce our carbon footprint.
- **Accessibility and Facility Enhancements:** Modernizing key spaces—including washrooms and meeting areas—to ensure our parish remains a welcoming, accessible community hub for all who enter.

## In-Service Training: Equipping Our Canvassers

Following the committee's business updates, the focus shifted to the canvasser in-service training session. Canvassers serve a vital role not merely as fundraisers, but as ambassadors of listener-centered fellowship and connection.

The training session, led by Tom Martin, provided practical guidance and spiritual encouragement for conducting personal visits and outreach conversations across our parish family:

1. **Faithful Ambassadors:** Facilitators emphasized that canvassing is ultimately an exercise in pastoral care and community building. Canvassers are tasked with listening to parish members' stories, answering questions, and sharing the collective vision for St. Matthew's future.
2. **Clear Communication:** The team walked through the newly finalized campaign materials, pledge forms, and digital donation options. Training ensured that canvassers can clearly explain the multi-year giving options available, allowing families to structure their support in ways that work best for their households.

**Answering Key Questions:** Attendees reviewed common queries regarding project timelines, financial governance, and how these capital funds will be managed with strict oversight alongside our annual operating budget. The atmosphere in the room was filled with optimism, shared purpose, and deep appreciation for the volunteers stepping into these essential roles, and particularly to Tom for his great efforts in preparing for this session.

## What Comes Next?

Over the coming weeks, we will schedule a formal training session to new canvassers coming on board. Our canvassers will begin reaching out to households across the parish to schedule short visits or conversations. These discussions are designed to be warm, informative, and pressure-free exchanges about where we have been as a community and where God is calling us next.

When a canvasser contacts you, we encourage you to welcome the opportunity to connect. Ask questions, share your hopes for St. Matthew's, and prayerfully consider how your family can participate in this historical moment. Every gift—regardless of size—helps build a foundation that will sustain our worship, outreach, and fellowship for the next hundred years.

*Continued from Page 3—Centennial Capital Campaign Update*

**How You Can Get Involved**

- **Pray for the Campaign:** Keep our committee, canvassers, and entire parish family in your daily prayers as we undertake this work together.
- **Prepare Your Questions:** Take time to review upcoming campaign mailings and think about what aspects of St. Matthew's future matter most to you.
- **Volunteer:** If you feel called to assist as a canvasser or event volunteer, additional training opportunities can be arranged.

For more details on the Centennial Capital Campaign or to speak with a committee member, please contact the parish office or visit the campaign information page on our website or email Campaign Chair [kpipe@sympatico.ca](mailto:kpipe@sympatico.ca)



## FINANCE AND STEWARDSHIP COMMITTEE

CHARLES NIXON, CHAIR

We are in the month of September and now two thirds of the 2026 financial year have gone by. I am providing a short summary of where we are and I look forward to sharing more in person at the September Parish Council meeting on Sunday September 20 after the 10:30 service.

In terms of revenues, we are doing well on fundraising with the auction and scarf sale still to come. We are tracking well on church rentals with some rents still to come in by the end of the year. We have done well in marmalade sales. We are currently behind in both general-use and designated donations by approximately **\$45,000**. While this is not an immediate concern, our parish traditionally receives a significant portion of annual donations in the final quarter. I have noted that we are **\$20,000 below** where we stood at this time last year. We have already received over \$8,000 in early donations to the Capital Campaign.

Regarding our expenses, in most cases they are tracking to our budget or below. This means our costs to date are lower than foreseen so our lower than expected donations has not been a difficulty for our cash flow thus far.

It is expected that we will have considerable capital ex-

penditures in September as the work on the upstairs bathroom roof starts and plans for contracting other jobs for next year are being finalized.

In order to manage these planned expenditures I ask that you keep those general and designated use donations coming in so that we can manage the rest of the year according to our budget. Thank you for all that you do to support St. Matthew's.

I would like to thank Brian Laffin for helping us frame an approach going forward in our cybersecurity work. Now we need to examine our tools and how we work to see if there are any vulnerabilities.

I would also like to thank Andrew Bolick who is doing well as our Treasurer and Kathy Laffin for training him. As well, my thanks go out to Ian Marsh, Janice Sonnen and all the counters for their work on Stewardship.

# RESPONDING TO THE CLIMATE CRISIS WITH HOPE THROUGH ACTION

WILLIAM NUTTLE

For those who feel helpless in the face of the climate crisis, the Church of England offers a source of hope. This summer we have seen more evidence of the growing environmental crisis caused by climate change. Wildfires caused by drought raged in northwestern Ontario, displacing First Nation communities and resulting in record poor air quality in Toronto. In Ottawa we had extremely high rainfall that flooded streets, and basements, and caused the Canada Day fireworks to be cancelled. How is one supposed to respond to all of this? In a report just issued in July, *Hope For All Creation*, the Church of England provides encouragement and a guide for taking action.

Care for the Earth is deeply rooted in the Anglican Liturgy. The church calendar follows the seasons of the northern hemisphere. Lent, in the waning days of winter, is a time for simplicity and contemplation. Easter celebrates the rebirth of springtime. The Season of Creation, in September, anticipates the fall harvest. In the service of baptism, we recite together the Fifth Mark of Mission, in which we commit to safeguard God's creation. During our regular Sunday services, we confess our sorrow for sins against nature and offer prayers of thanks for its bounty.

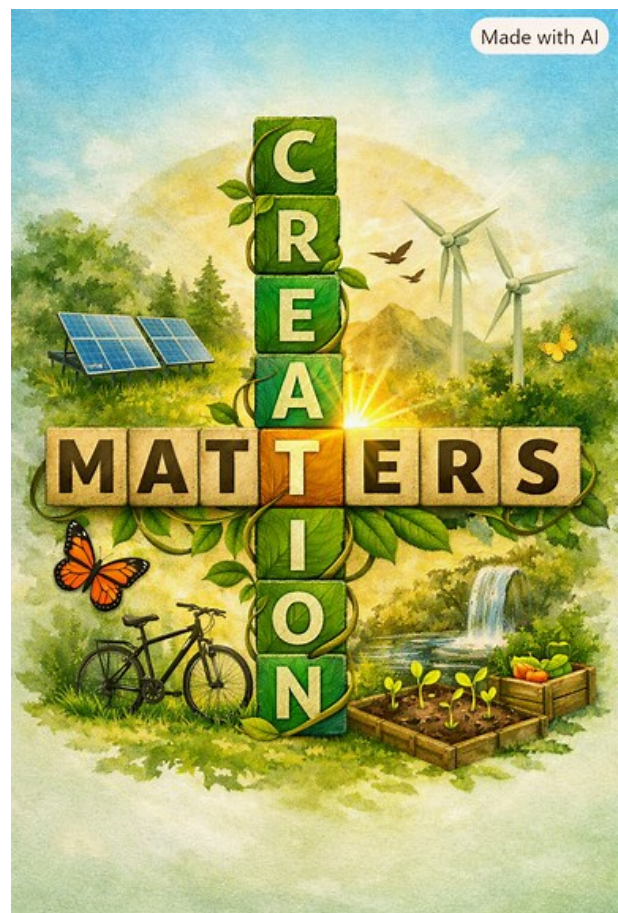
The authors of *Hope For All Creation* find inspiration in the example of the disciples on the Day of Pentecost. One question was on everyone's mind in the days and weeks following Christ's ascension – "What should we do?" On that day the Holy Spirit descended and inspired a small, fearful group to launch a bold movement that transformed the world. We are confronted by this same question as our alarm over climate change grows, but we cannot let it stop us. *Hope For All Creation* encourages us to move forward in faith. "As Christians, we should not underestimate the evangelistic, missional, social and political impact we can have as we respond to God's call to act at this time of climate and ecological crisis."

In the coming months, the St. Matthew's Creation Matters group will be reading and discussing *Hope For All Creation*. The aim of this report is to provide a guide to faithful living in our time, and to help discern how to be better stewards of the planet. It is organized in three parts. Part One **See**, frames the current environmental crisis. Part

Two **Reflect**, explores our responsibility to care for God's creation. Part Three **Respond**, identifies actions we can take on three levels - acting locally in our community, nationally, and internationally.

The Creation Matters group meets regularly online to share information and plan events throughout the year. Our meetings frequently feature presentations by outside speakers and discussions of books read and videos seen. We work with other groups at St. Matthew's on achieving the next level of certification as a Green Church. Our next event is the Low Carbon Pot Luck, scheduled for November 14. All are invited to participate. Send an email to [wknuttles@gmail.com](mailto:wknuttles@gmail.com) to join our mailing list.

*Hope for All Creation* can be downloaded from this website: [cofe.io/HopeForAllCreation](http://cofe.io/HopeForAllCreation).



# SUMMER IN THE GARDENS

MARY GLEN

We have had many spectacular summer days this season along with abundant rainfall to keep hand and sprinkler watering to a minimum. As late summer begins its transition to fall, the still-blooming church gardens are vivid and showy, not quite ready to take their final bows. It is a precious, often breathtaking time of year.

Judy Billingsley has once again nurtured colourful lilies, dahlias and nasturtiums in the First Ave entrance pots and temporary gardens plus annuals and the perennial beds, all given a boost when Donata Creasy is in town. Joan Lawrence and Helen Griffin have a truly statuesque cinnamon cimicifuga/ snake root thriving in the always abundant and evolving Parking Lot garden while Steve Reid and Ian MacMillan aka Nimble Mountain Goats, encourage a second blooming of roses among an ever-expanding repertoire of native perennials in the Ramp Garden. Silvia Logan, garden labourer extraordinaire, has contributed to the Glebe Ave perennial beds and pots where fine growing conditions have necessitated the pruning of trees and shrubs and, in



the weeks to come, some dividing and moving of various plants. Robina continues to be a watchful and active sentry in the irrigation department, keeping pots and gardens moist and happy. Ian Glen sets sprinklers to work on the lawns as needed (very little this year).

The Gardens Team will miss Lucianne Poole, author of the smart row of Solomon's Seal along the

driveway into the parking lot and longtime member of the team, as she takes a well-earned rest from church garden labours.

As you enjoy this winding down time in our lovely gardens, please offer your comments and suggestions and let us know if you would like to join our team.

Mary Glen

on behalf of Judy Billingsley, Robina Bulleid, Donata Creasy, Helen Griffin, Joan Lawrence, Silvia Logan, Ian MacMillan, and Steve Reid.



July



August



# COMMUNITY COMMITTEE READY FOR ACTION

MARG TERRETT

Since the Parish Picnic which was a huge indoor success in June, we had been coasting on our laurels. No need to fear, we were also planning over the summer months for upcoming autumn and winter events.

On September 20, we will provide a light lunch to sustain those attending the Parish Council meeting following the 10:30 service. All parishioners are welcome. We will help to celebrate St. Matthew's Day on September 27 with delicious treats. The first of the season's Souper Sundays will be held on October 25. Our popular receptions following Evensong services will return on October 4 and November 1. We will support the annual Scarf and Jewelry sale on December 6 and then host the St. Nicholas Party on December 13, when we gather to enjoy time together before we celebrate Christmas with our family and friends in our homes. In addition, we will continue our "Cookie Ministry" before Christmas by baking and distributing cookies for folks in our parish who don't get out as often as they would like in winter weather.

As you can see, our group is always busy! If you want to be part of the action, there are tasks, small and large, and some can be done at home. You can volunteer to make soup for any of the Souper Sundays or join us in preparing

the reception after Evensong. Maybe you would like to bake muffins or cupcakes for the St. Matthew's celebration; or provide fun activities for our children at the St. Nicholas Party. Your help doing any of these tasks would be much appreciated. We are always available to provide guidance and advice for community-oriented tasks.

To get involved, speak to Virginia Lindsay, Kathi Racine or Marg Terrett. This committee works best when the community gets involved.

Mark your calendars!

| Date               | Event                  |
|--------------------|------------------------|
| September 20, 2026 | Parish Council Meeting |
| September 27, 2026 | St. Matthew's Day      |
| October 4, 2026    | Evensong Reception     |
| October 25, 2026   | Souper Sunday          |
| November 1, 2026   | Evensong Reception     |
| December 6, 2026   | Scarf and Jewelry Sale |
| December 13, 2026  | St. Nicholas Party     |



Souper Sunday, siblings satisfied with their soup.



Children joined Debora in the circle to hear the Godly Play story of the Ark and the Flood.

# HUMANITARIAN TRIP TO UKRAINE

PHIL CHARKO AND SUSAN BURNS-SIMPSON, ST. AIDAN'S CHURCH

We are most grateful for the generous support St. Matthew's provided towards our humanitarian trip to Ukraine in May. The trip was organized by Cobblestone Freeway Tours and managed by the Source of Revival of Ukraine Foundation, their sister organization in Lviv. Cobblestone has been offering humanitarian trips since 2023 and this was our fourth humanitarian visit to Ukraine. During our visits we have admired the strength, resilience and solidarity of the Ukrainian people. We personally feel a need to support the Ukrainian nation which is fighting both for its own existence and for the liberal Western values which are so threatened in today's world.

At the present time, it is not possible to fly into Ukraine. After travelling to Krakow, Poland by air, we motored overland to the Ukrainian city of Lviv. Lviv is a beautiful city with many Art Nouveaux buildings, coffee shops and a traditional European town square. Unfortunately, reminders of the war are everywhere with sand bagged buildings, boarded-up monuments and occasional air alerts. Throughout Ukraine, there is a minute of silence, every morning at 9:00 am, to honour the fallen Ukrainian defenders. Traffic will stop on the streets and citizens, no matter where they are, will stand. Occasionally, funeral processions of fallen soldiers will be seen on the streets and Ukrainians will take a knee to thank them for their sacrifice.

The \$1,200 in donations we received from St. Matthew's parishioners supported two initiatives: food aid to civilians living in danger near the Eastern and Southern fronts, and support to the children living at the St. Mary's School for the Hearing Impaired in Lviv. In Lviv we shopped for supplies and packed 20 boxes for families requesting food

assistance. Nova Poshta, a Ukrainian parcel delivery service (similar to FedEx or UPS) maintains a listing where residents can register for help. The Foundation purchases the packing boxes from Nova Poshta and they are delivered free of charge.

Cobblestone Tours and the Source of Revival of Ukraine Foundation are long term supporters of St. Mary's School for the Hearing Impaired in Lviv. We have been fortunate enough to visit the school on all four of our volunteer trips and have been greatly impressed with the care and love the teachers and staff have for the children. Thanks to the generous donations that we received from St. Matthew's, funding was available for several projects.

Other funds that were collected for the trip went to the purchase of supplies to support art therapy classes at a community centre in Lypivka just outside Lviv. We were invited to a Mother's Day concert at the village community centre featuring singing and dancing by the children.

Further from Lviv, we also travelled to the Kosiv region to deliver cleaning supplies and other support to a rural school in the mountains. Cobblestone Tours and the Source of Revival of Ukraine Foundation are long term benefactors of the school.

Again, our sincere thanks to St. Matthew's parish for your generous donations. Your help is truly needed and the people of Ukraine are extremely appreciative of your support.

*And a note from Julia Lipinska, Outreach Chair:*

I read an interesting article in the New York Times about Nova Poshta in the spring:

<https://www.nytimes.com/2026/04/15/world/europe/ukraine-russia-war-kharkiv-nova-poshta.html>



Humanitarian work is a family affair! As an aside, the little lady on the left was born two years ago during a previous humanitarian trip to Ukraine. At the time of her birth in a hospital in Lviv, we were sitting out an air raid alert in a shelter in Kyiv. Just like Easter, joy returned with the morning!



The purchase and delivery of new furniture - 6 chests of drawers - to provide personal storage space for those children remaining in residence.



Most recipients send thank you notes back to us via their cell phones. Here is one of the many thank you replies that we received. The translation is as follows: "Good afternoon, we are sincerely grateful for your great help and for your work. You are real angels. Thank you very much, all the best to your team."

## FINDING FAITH IN ACTION: WELCOMING NEIGHBOURS AT CENTRE 454

LIZ ANNE GILLHAM-EISEN

After retiring from Health Canada, I still wanted to serve the public, but now as a volunteer. I was looking for a way to turn faith into action, offering comfort to those who need it most.

In May, St. Matthew's Outreach program collected supplies for Belong Ottawa, an Anglican Community Ministry. Following one of our services, a number of parishioners attended a Chapel Chat and we learned that they operate three drop-in centres: St Luke's Table, The Well, and Centre 454. These essential programs support individuals navigating homelessness, poverty and isolation. Many participants also have mental health challenges and a substance abuse disorder. The programs are heavily relied upon, serving meals and providing critical respite. For example, in the month of July, Belong Ottawa served 18,019 meals; offered 1,489 respites; completed 798 loads of laundry; and provided 714 showers.

While the professional staff provide essential support, as a Belong Ottawa volunteer, you might find yourself serving meals, helping participants complete loads of laundry, or managing the reception desk. Others help people access hot showers, or simply sit down for a game of cards or a chat.

I was moved and inspired by what India and Shauna from Belong Ottawa shared with us, and in June, I started volunteering in reception at Centre 454. My primary role is to offer a warm, dignified welcome to everyone who enters. My day-to-day tasks include: answering phone calls, sorting mail for those without a permanent address, and distributing essential hygiene items and clothing. However, it is far more than administrative; I help to provide a safe, structured, and welcoming environment.

As scripture reminds us in **Romans 12:13 (NIV)**, we are called to **"Share with the Lord's people who are in need. Practice hospitality."**

As a volunteer, I feel my purpose is to offer hospitality. However, I quickly learned that hospitality is not about having all the answers or fixing every problem; it is about presence. By volunteering my time, I try to directly live out a ministry of presence – a listening ear and providing hospitality to our most vulnerable people. Everyone who walks through the doors of Centre 454 deserves to feel seen and valued; and for me, it is a rewarding way to live out the call to love our neighbours.

More information about Belong Ottawa can be found on their website: <https://belongottawa.ca/>.

# OUTREACH UPDATE

## JULIA LIPINSKA, OUTREACH CHAIR

We continued with Outreach activities during the summer months. Thank you to everyone for donations and prayers for the organizations we are supporting through our parish outreach.

Some parishioners have mentioned they donate directly to these and other church-related and 'adjacent' charities, and not through St. Matthew's. Every donation is much appreciated! Thank you, regardless of how you give. I want to make clear that I have no idea who makes financial contributions to outreach activities through the collection plate. This information is dealt with in the same confidential manner as donations you make to St. Matthew's: knowledge is limited to an extremely small number of people. The Outreach Chair has no idea who contributes.

Mea culpa: the outreach survey is not yet out ... but DO stay tuned. Your feedback will be needed! In the meantime, if you have outreach feedback, questions, thoughts or ideas, don't hesitate to get in touch. Please talk to me at church, pass feedback through the church office, or contact me at [lipinskaj@rocketmail.com](mailto:lipinskaj@rocketmail.com).

### June

During June, parishioners collected most needed items identified by [Harmony House](#), a second stage (transitional) women's shelter long supported by St. Matthew's. The identified list of items for collection included bedding, dish sets, cutlery and cooking utensils, pots and pans and food containers. These are all items needed to help welcome women and children and furnish their new accommodations as they work towards living independently in the community. A car-load full of items was thankfully received by Francesca Davila, Director of Development and Communications.

### July

Needs in our community continue during the summer but we may not have been attending church as regularly. To keep it simple, yet meet an ongoing identified need, the 'ask' was for one item only: toilet paper for Belong Ottawa's [St Luke's Table](#). It is constantly requested, according to staff. Parishioners showed their generosity in July, and a mountain of 316 rolls was collected and delivered to St Luke's Table at the Bronson Centre. Thank you for helping provide this basic need to neighbours who face financial, housing, and other challenges.

Mark the date: On Saturday, October 3, [Belong Ottawa](#) will be participating for the second time in the Ride for Refuge, with funds raised supporting the programming and needs of Belong Ottawa's Centre 454 community ministry. You can read more about the ride, register to ride or volunteer, or make a donation at [Belong Ottawa's Ride for Refuge web page](#). Note St. Aidan's Elmvalle Acres is acting as the lead for Belong Ottawa, so don't be confused when you see "Ottawa Elmvalle Acres" on this page – you have found the right place!

### August

Donations to food banks traditionally dip during the summer. Our outreach efforts for August focussed on helping the [Centretown Community Food Centre](#) (CCFC), a program of the [Centretown Churches Social Action Committee](#) (CCSAC), of which St. Matthew's has been a member for years. We focussed our collection on money, as this allows the CCFC to buy what is most needed, and requested by those using the food bank. Eggs and milk are items the CCFC often buys, and fresh produce is a frequently requested item. During a visit to drop off donations, I spoke with the Acting Manager and learned that due to various factors, they do not have bulk purchasing agreements, countering what we previously understood. Much time is spent by staff tracking down good deals on regularly stocked and requested items.

Our monetary donations during the month – excluding the last Sunday of August – totalled \$545! Essential food items were also donated by parishioners. Thank you for helping provide food for our neighbours who need it.

We encourage monetary donations to the CCSAC, which go to support the Centretown Community Food Centre. If food is what you can – or choose to give – we request the donation of the items most needed by the CCFC. See the list below. Thank you!

If you are someone in need of food, and live in the catchment area of the Centretown Community Food Centre you may be eligible to receive food. Read about [CCFC eligibility criteria](#).

Mark the date: The CCSAC [Walk for the Centre 2026](#) walk-a-thon fundraiser will be held Sunday October 4. Let's aim to have a good St. Matthew's contingent! Contact Elizabeth Kent with questions.

**This month: September**

During September we are collecting a limited number of requested items for [Cornerstone Housing for Women](#), an Anglican Community Ministry of the Diocese of Ottawa. We are collecting only the following items:

Bath towels only (new or gently used; clean; no holes or stains)

Underwear (XL to 4XL are requested)

Soap bars, body wash, deodorant

Gift cards for small amounts to grocery stores or coffee shops

Are you able to find Canadian products? All donations are gratefully received. Please place in the labelled box at the back of the church.

**Ongoing Outreach collection activities**

Look for collection containers at the back of the church for the following items:

Non-perishable food: for the [Centretown Community Food Centre](#): peanut butter, canned meat/fish/beans, dry pasta, and pasta sauce (in tins). Please do not donate perishable items, food in damaged or opened packaging, or food past or close to past its expiry date.

Stamps: via St. Martin's, the recipient charity of our stamps is [Oxfam Canada](#)

Eyeglasses (no cases): via local opticians, glasses are sent away for sorting and delivered to [Canadian Lions Eyeglass Recycling Centre](#). Glasses then make their way to developing countries at no cost to recipients.

Outer milk bags (clean, dry and flat): via St. Martin's, these are delivered to All Saints Greely, where they are woven into mats and given to underhoused people in Ottawa.

NOTE we are NOT collecting: clothing or fabric (unless part of a campaign), cosmetics, can tabs, plastic containers, prescription pill bottles

## CURRENT SITUATION AT CENTRE 454

### JULIA LIPINSKA, OUTREACH CHAIR

[Centre 454](#) is one of the community ministries of [Belong Ottawa](#). It is located at 454 King Edward Avenue, at St. Alban's. The centre offers showers, laundry, meals, access to community support services, social activities as well as providing basic necessities (for example, hygiene supplies, internet access and access to telephones) perhaps taken for granted by many of us, but out of reach for our neighbours who are underhoused or homeless, financially challenged and may be facing additional barriers such as mental health and substance use issues.

Centre 454 is needing to relocate to a different ward of the city. The City's deadline for the move is currently the end of January 2027. At the same time, the closure of safe consumption and treatment sites in Sandy Hill and Lowertown by the provincial government has placed increased pressure on both City of Ottawa and Centre 454 services. Belong Ottawa is asking the City to extend the deadline to leave its current location. More time is needed to secure a



new location and ensure continuation of services. Belong Ottawa has developed an easy [online letter writing campaign](#) encouraging members of the community to show their support for an extended deadline. All that is needed is the addition of your information and the letter is sent to the Mayor and City Councillors.

As of the Pulse of the Parish deadline, approximately 1000 people have sent letters. I am hoping you will make the time to visit the [letter writing web page](#), read, and consider adding your voice. Perhaps you will also consider talking to your friends about this and sharing the URL. It is a small thing we can do to help allow the uninterrupted provision of vital services for our neighbours who are in need of the services, dignity and hope Centre 454 offers. Thank you.

# BELONG OTTAWA - ST. MATTHEW'S 2026 AUCTION CHARITY RECIPIENT

**JULIA LIPINSKA, OUTREACH CHAIR**

St. Matthew's Corporation recently approved the application of [Belong Ottawa](#) to be the recipient organization of the portion of proceeds given to a local charity from the 2026 St. Matthew's Auction. The donated amount will be put towards the funding of a capital project at Belong Ottawa's [St Luke's Table](#) program. St. Matthew's Online Treasures Auction will open Thursday, November 12 and close Sunday, November 22 with the online catalogue available on Monday, November 2.

St Luke's Table offers compassion, connection, and practical supports to all who enter its doors. They serve a variety of people including those experiencing housing insecurity, mental health, substance use and social isolation challenges as well as community members seeking a safe and welcoming place to belong.

Parishioners may remember that in the fall of 2022, St. Luke's Anglican Church, home of the St Luke's Table program, suffered a devastating fire. The fire resulted in the program needing to relocate. The loss was particularly significant as recent renovations had included shower and laundry facilities enabling community members to access basic services that are often unavailable as a result of their living situations. While St Luke's Table resumed most operations at their current Bronson Centre location, critical shower and laundry services were lost and have not yet been restored, despite efforts to partner with community businesses.



The need for these services remains. Belong Ottawa's other program locations have provided several thousand showers as well as thousands of loads of laundry, and demand continues to increase. These services promote health, restore confidence, and affirm human dignity. They can enable someone living precariously to attend a job interview, access healthcare, reconnect with community, or simply move through their day with a renewed sense of self-worth.

Due to St Luke's good tenancy relationship with the Bronson Centre, Belong Ottawa is able to consider offering these services once again. Working with the Bronson Centre, Belong Ottawa is in the midst of going through the steps needed to begin the work to determine the feasibility of installing accessible shower and laundry facilities. Following this, it is hoped work can begin on the renovations, with a target completion date of July 2027.

St. Matthew's 2026 Auction donation to Belong Ottawa will help restore these basic – yet needed – services in our community. Belong Ottawa is looking to raise the remainder of the funds through a variety of activities and organizational revenue.

Shower and laundry facilities at St Luke's Table will help Belong Ottawa continue its mission of providing practical assistance to all in our community. Together, we can restore dignity, inspire hope, and strengthen a sense of belonging for some of our city's most vulnerable residents.

## THANK YOU SARAH!

In June, our parish expressed gratitude to Sarah Keeshan, a theological student, who contributed to St. Matthew's liturgical and spiritual life. We were also blessed that her family, her husband Robert Porter and children Eli and Naomi were part of our congregation. Sarah will continue her studies this year before being ordained.



## ST. MATTHEW'S REMEMBERS

Sylvia Anne Calder  
1940—2026



Sylvia Anne Calder passed away peacefully on Thursday July 16, 2026 at the age of 86. Sylvia was predeceased by her husband, Canon Keith Calder. She is survived by her children Chris, Mark and Cynthia.

Sylvia worked as a nurse while raising four children and supporting her husband Canon Keith Calder in his work as an Anglican minister. When the family moved from Burlington to Ottawa she threw herself into the church community at St. Matthew's Church and later St. Richard's. She helped with fundraising, volunteered with the various groups making pies, mincemeat, jams and helped with Christmas bazaars or other special events while supporting others in need both in the parish and beyond in meaningful ways.

Frederick David Gault  
1942-2026



Frederick Gault passed away on August 21, 2026. He is survived by his wife Helen; his children, Charlotte (Ben), David (Emily) and Lizzie (Ben); and his grandchildren, Frances, Adelaide, Byron, Greyson and Stellan.

Dr. Gault was a parishioner at St. Matthew's for many years.

A memorial service was held for Dr. Gault at St. Matthew's on September 8, 2026.

The obituary for Dr. Gault can be viewed here: [Obituary information for Dr. Frederick David Gault](#)

Susan Thomson



Susan Thomson died July 17, 2026. She had been suffering from COPD for over two decades and it became significantly severe in the past year.

Susan was a devoted member of St. Matthew's Church for many years, starting when she moved to Ottawa in the 1980s. She volunteered in numerous capacities over the years, teaching Sunday School, organizing the fall auction, fundraising for Harmony House and was an active participant in the FACES refugee program. She cared very deeply about the St. Matthew's community.

Susan was committed to helping others and quietly generous. Susan loved to travel, try new things, meet people, and when possible, help them. We give thanks for Susan's faithful, well-lived life of service to others.

# ST. MATTHEW'S WELCOMES OUR NEW STAFF MEMBERS

VALERIE NEEDHAM

## Owen Spicer: Director of Music



Owen Spicer took up the position of Director of Music at St. Matthew's on June 10, 2026. He lives in Montreal with his partner, Halle, who teaches Grade One in the English Montreal School Board. They enjoy living north of Mount Royal, biking and running and caring for their cats.

Owen was raised in a musical family. He was born in Toronto and grew up

in London where his father, Shawn, played principal trumpet with Orchestra London and taught brass at the University of Western Ontario. His mother, The Reverend Barb McGill, was educated as a music therapist and took that acumen into a career in early childhood education, certifying as a Kodály Method instructor. She was ordained during the pandemic and is now the Minister at Trillium United Church in St. Catharines.

Owen began piano lessons at the age of four. He was most keen, watching his sister Abby, who was four years older, taking lessons. His piano teacher was Karen Scheussler, Director of Music at Wesley Knox United Church in London who was instrumental in guiding him through his musical education.

His school years were full of music! During elementary school from grades four to eight, he played the violin, went busking with a friend at the Covent Garden Market near the Thames River and used the funds thus earned to purchase band instruments (an electric bass, banjo, and a mandolin). He and his friends then started a garage band, and he began to consider music as a career. When he was 11 and his feet could reach the pedals, Owen began organ studies. He found that playing the organ came readily to him, that he had a natural feeling for coordinating his hands and feet.

During high school, Owen continued with violin studies,

played the clarinet, and was active in the Youth Group at Wesley Knox. He helped plan The United Church Youth Forum, a national gathering for high-school-aged youth and young adults that traditionally accompanies the in-person meetings of The United Church of Canada General Council. He enjoyed long-distance running and was a Venturer. As though all that wasn't enough, he took German lessons on Saturday mornings because he liked the sound of the language and its use in music.

Owen earned a Bachelor of Organ Performance from McGill University, studying under Isabelle Demers, with a minor in Choral Conducting under Jean Sébastien Vallée. During his undergraduate years, he was Organ Scholar at Christ Church Cathedral in Montreal where the demanding schedule included a weekly Evensong, three services on Sunday and Thursday evening. He appreciated the opportunity to perform many works in the organ repertoire. He then continued studies under Demers at McGill, earning a Masters in Organ Performance. During his graduate studies, he was Assistant Organist at Christ Church Cathedral in Ottawa under James Calkin and was a recipient of the Godfrey Hewitt Memorial Scholarship.

In January 2025, Owen was appointed Director of Music at Trinity Anglican Church in Cornwall, Ontario where he increased the number of choral concerts and Evensongs, "focussing on the liturgical gems of the Anglican musical tradition". He nurtured a small children's choir, supported by a committed group of parents.

Owen has appreciated the warm welcome he has received over the summer from St. Matthew's staff and parishioners. He has been grateful, also, for the support of our former Director of Music, Barb Hallam-Price. He looks forward to working with the adult choir, building out the chorister program with recruitment and continuing the collaboration between the two choirs.

We welcome you to St. Matthew's, Owen!

**Mehari Teklemariam, Custodian**

Mehari was born in Eritrea and when he was four, the family moved to Ethiopia where he obtained his primary and secondary education. He then attended a college in Nazaret (also called Adama, a large city 99 km southeast of Addis Ababa), obtaining a certificate in metal work. Upon graduation, he held a succession of positions in a sugar factory, in a ceramics and lime factory and in the water supply and sanitation department

of Keren, Eritrea. The water for this large city comes from bore holes and dug wells, is pumped into a treatment plant where chlorine is added and then pumped to water towers where it flows by gravity into homes.

The salary was not sufficient to adequately support his family which include three children now ages 20, 21 and 24, so in 2015, he crossed as a refugee into South Sudan, working for a trading company for one year and then managing a store and three apartment buildings with staff reporting to him until he emigrated to Canada.

Mehari has witnessed the privation, hunger and suffering of the people of East Africa and chose Canada as a place of refuge because it is peaceful. He arrived in April 2025 and so has experienced one of our winters. Since arriving, he has augmented his CV with certifications in First Aid, WHMIS and Security Guarding. He seeks more hours of work to enhance his income. His children are registered with the Canadian government as refugees, and he hopes that one day they will join him here.

You will find Mehari at St. Matthew's from 8 am to 12 noon on Mondays, Wednesdays and Fridays. We welcome you, Mehari, and hope that you find peace and refuge with us.

**Violet Eisen, Custodian**

Violet was born in Ottawa at the Civic Hospital and attended Meadowlands Public School, Sir Winston Churchill Middle School and Merivale High School. She then earned a Bachelor of Arts in English at Carleton University. Although she dreamed of being a schoolteacher, moving away to do teacher training did not appeal to her.

But she loved to cook, and so the restaurant industry called her. She worked for eleven years in several Ottawa restaurants, The Old Dubliner in the Byward Market being her favourite because of its focus on high standards of cleanliness as well as good food.

Violet is passionate about cooking, especially for large groups. And at St. Matthew's we have benefitted from her calling to cook by the lunches she provided for the marmalade team and her assistance during Souper Sundays.

Violet felt nurtured by the warmth of the reception she received when she began to attend St. Matthew's. And so, she applied for the custodian position. She brings the high standards of cleanliness that she learned in the restaurant industry to us. Her current project is restoring the pews by a three-step process of cleaning with sanitizer, rinsing with hot water and applying Murphy's Oil.

Violet also provides some community organizing for the LGBT+ community.

Violet is happy to be at St. Matthew's. You will find her here on Tuesday and Thursday mornings from 8 am to 12 noon. And she appreciates Reverend Geoff's sermons that focus on love.

# REVISITING POETRY

ANGELINA CACCIATO

The Prayer Group at St. Matthew's, recognizing that prayers are poems of supplication, would like to honour poetry with the initiation of a POETS' CORNER. Poetry is one of the oldest art forms. It began long before writing as spoken songs and chants used to remember history, laws, and religious stories. Rhythm and rhyme helped people memorize these long tales before books existed. Tribes used rhythmic chants and hunting songs to share stories and pass down local history. Enheduanna, a high priestess of Ur and princess in ancient Mesopotamia, is celebrated as the earliest known poet/author in world history whose poems were written around 2300 BCE.

Poetry has always been part of my life. It came easily, therefore I never took it seriously or acknowledged this gift. It has only been in the last few years that I embraced its power. During the Ash Wednesday service this year, Rev. Geoff Chapman spoke about the difference between celebrating Ramadan and Lent; how one was a time of joy and sharing while the other was one of penitence. This sermon inspired me to write a poem every day during Lent starting with the Beatitudes. Below is one such poem.

**POETS' CORNER** is a place where we can revisit poetry as listeners, readers; sharing well known verses; sharing our own poems; all are welcome. May we revive together this celebrated art form with our ears and hearts.

Some individuals at St. Matthew's would like to start a Poets' Corner. This new initiative is to rediscover the power of poetry. Interested individuals are welcome to listen, read, share and/or read their own poems in the chapel from 12:30 to 2:30 on Sunday, Oct.18 after the 10:30 service. Bring a bag lunch.

For this event we would like to focus on poems about faith; what it means to live in faith; how we experience faith; how faith impacts our lives.

Everyone is welcome to participate whether to listen, to read their favourite poems, or share/read their own original poems. Feel free to invite poets/readers in the parish who you think would enjoy participating.

To have a sense of how many may be joining us, there will be a sign-up sheet at the back of the church under the label POETS' CORNER, on Sunday, Oct.4.

## BLESSED ARE THE POOR IN SPIRIT

I sit alone watch the rain fall  
With every drop part of me leaves lets go

There's nothing more to hang unto all my riches

Desires feeling good about myself  
People who lifted me gave me status  
A sense of power are gone

Nothing is left all I knew to hang onto  
Has disappeared vanished like money  
Money gambled away without fear

Who am I what is my worth  
Do I live do I die if I die  
Take my own life what will that accomplish

I turned away from you  
From love compassion empathy  
Isolated myself from what matters  
Love family friends sharing caring

I have failed in the eyes of all  
I am nothing

Yet from nothing  
Everything is possible  
From nothing I can turn to face you again  
Let you be my guide leave my old self  
Strive to be you become myself in you  
Where ever it leads whatever I become

© Angelina Cacciato

Feb.19/26

# REFLECTIONS ON THE LORD'S PRAYER

CATHERINE THURLOW

## OUR FATHER

God the Father became our Father, by the life of Jesus and our relationship with him. We have the privilege of being "at home" with him and can have an intimate relationship.

## IN HEAVEN

The perfect, peaceful, freedom from pain and worry place. What is it that is perfect?

## HOLY IS YOUR NAME

An acknowledgement that God is more than an earthly father. He looks over us as a father is called to care for and protect his child/children.

## YOUR KINGDOM COME ON EARTH AS IT IS HEAVEN

We are asking for a place where all is filled with love, joy and wholeness.

## GIVE US TODAY OUR DAILY BREAD

What are our needs and the needs of the person for whom we are praying? It could be peace of mind, health, financial or some other need.

## FORGIVE US OUR SINS

What are we doing/not doing /thinking/saying that is separating us from God? Is there something we could personally take care of in preparation for praying for ourselves and others that would make us more open to the Spirit of God?

## AS WE FORGIVE THOSE WHO SIN AGAINST US

None of us is perfect and all fall short of the glory of God. If we fail to forgive, we are bearing a burden. If we judge others, we may fail to see the beauty that lies within so it's important to be open to whom we are praying.

## LEAD US NOT INTO TEMPTATION

We need to be careful not to put our own twist on what we are praying for.

## DELIVER US FROM EVIL

Help us to stay on the Lord's way and not slide away.

## FOR THINE IS THE KINGDOM

This is the state we want to be in and we are confirming for the person for whom we are praying.

## THE POWER AND THE GLORY

Knowing that the supreme power of God is available, we can ask that he act in power in the situation for which we have been praying.

All the glory goes to God for his love and care. We may not see the outcome of the prayers but we need to trust that God will act. We are conduits for God's love and healing power.

Now, always and FOREVER

## A Message from the Prayer Group

The scriptures tell us to pray for one another. St. Matthew's provides an opportunity for each of us to ask for and receive prayer at the front of the church near the pulpit each Sunday. All are welcome to seek additional prayers for any reason, good or not so good.

The Prayer Group is welcoming new members to our team. Please pray for the team and for discernment to know if God is calling you to this wonderful ministry. For more information speak to Janice Sonnen, Rev. Geoffrey Chapman or Catherine Thurlow.



# SOUL FIRE AND THE ART OF MEDITATION

ELIZABETH KENT

“The spirit of man is the lamp of the Lord searching all the innermost parts of his being.” Proverbs 20:27

Meditation is a soul fire and the art of transformation. God our heavenly Father is the artist, this is His gift! We being born with the Light of God, vital essence is within. (John 1:4) “My soul thirsts for God, for the living God.” “My soul waits in silence for God only.... He only is my rock and salvation.” (Ps 42:2, 62:1,2)

There is no doubt that to meditate is an exercise of the mind, soul fire, an exercise in surrender and receptivity. “My soul waits for God only.” This amazing exercise brings forward recovery of the mind and rejuvenation. It brings forward union of body, mind and spirit, “peace, which surpasses all understanding”, the wisdom of body, mind and spirit in union, resting in God.

We all know that our sleep is restorative. In the 3<sup>rd</sup> stage of sleep, the core body temperature lowers and the mind recovers. Neurons are replenished, restored and there is evidence that cells are healed. Through the practise of meditation, our body temperature may also lower, a pathway into wisdom is created and body, mind and spirit enter into God’s restorative rest. Our amazing inborn gift!

Meditation

Stillness akin  
Shepherd within  
Yielding of thought  
Emptiness wrought

Loving in shoring  
Precious outpouring  
Entreaty refining  
Oneness diving

Whisper sublime  
In heart of mine  
Loving sigh  
Rhythm in I

Wooing my heart  
Ne’er to part  
Capturing soul  
In harmony shoal!

Blessings, Elizabeth Kent (Serenity Counselling 1992 – 2012, also sleep specialist)

# GUARDIAN ANGELS AND SILVER LININGS

MARG TERRETT

Who knows what Guardian Angels are supposed to do - protect us, keep us from making bad decisions, or nudge the right people into our lives. Whatever their job description, I’m convinced I have a few watching over me.

As we Ottawa residents know there was significant rainfall in the city on Canada Day. While the city seemed to be floating toward Montreal, more than 7,000 homes quietly filled with water. Mine was one of them. I was upstairs watching the rain and lightning thinking “this is some storm” when Success Kahende — my “angel” who lives in the basement studio — came home, went downstairs, and returned with the alarming news: the basement was full of water.

Grey water was rising through the floor drain. I couldn’t stop it, so I called another angel, my friend David. For 90 minutes, David pumped water out, Success hauled pails upstairs, and the shop vac worked overtime. Thanks to them, the water never reached the two metre mark that devastated so many homes on our street.

The cleanup was long and loud — industrial dehumidifiers ran for two months. On July 28, the furnace repair, heat pump installation, hot water replacement, and demolition crews were all scheduled... until another storm knocked out the power. Apparently, angels have a sense of humour. Once the power returned, the work resumed and continued late into the evening.

And yes, there were silver linings. The hide-a-bed I'd been meaning to replace was ruined — problem solved. A few other "someday I'll use this" items met the same fate. Because of Success and David's quick action, most of my craft supplies and fabric wall were untouched.

There were delays — asbestos tiles, too much stuff for one container, waiting for another — but now the basement is cleared, cleaned, and ready for rebuilding. Machines are still roaring like an airport runway, but progress is progress.

After 40 years in this house, I've accumulated plenty of

"maybe someday" things. Many of them are now gone, without me having to pack or carry a single box. The basement will be renewed, and that's a blessing.

My Guardian Angels and the Silver Lining Team have been hard at work. For that I am grateful and thank God each day for the wonderful life I have. There are always bright spots in every situation. A student once told me I suffer from Pollyanna syndrome. I still haven't recovered. Thanks be to God.

## ON GUILT AND VIRTUE - (UN)CHARITABLE?

IAN GUTHRIE

I like to think I am a generous person, virtuous to some extent, a donor to several charitable and good causes, but sometimes the thought creeps in my mind that I could be more generous, evoking feelings of guilt, but I have become adept at suppressing such feelings.

And so it is that I contemplate the wave, not exactly a tsunami, of mail which comes into my mailbox with a plethora of requests for charitable donations. For several years, I have thought about accumulating a pile of this mail, to see how high the pile is after a year. I also receive electronic requests in my email, which can be numerous but they would evade the physical pile. Technology would defeat my intention!

It is a principle of mine that I make what I consider generous contributions to a few good causes and charities; if I contributed to all the requests received, that would mean that they would each receive petty amounts. (In jest, I remark that if I did contribute to them all I would qualify for charitable support! Is that unworthy?) I do feel guilty that it is wrong to jest about such a topic.

I contribute to local organizations that I feel I know and recognize the good work they do. I also contribute to some universities from which family members or I have benefited. However, I feel some uncertainty about that as the federal and provincial governments know about these individual contributions and may reduce their support accordingly.

I do not contribute to individuals who accost me on the street, and I have a particular aversion to those who set

up on the median at busy intersections and glare at halted motorists, with a Tim Hortons cup in hand. However, I do give these people some credit, at least they are getting out and doing something.

Some years ago, a friend from another faith group and I were discussing charitable donations. He said it is a tenet of his faith, so to speak, never to reject any request for a donation on the basis that you do not know who that person may be. I have often thought of this, it gives me pause, some guilt, in my almost certainty. I heard another friend ask him how much one should give to charity; he replied that you should give until it hurts, and then give some more. Now that really does weigh on me as any initial amount I give hurts.

Canada and Canadians have been good to me and I feel that I do share some of my good fortune with others through charitable donations and volunteering. I often wonder what the CRA person who looks at the charitable donations line on my return thinks. I hope for some admiration at the extent of my virtuous contributions! And then I think, I will try to do better next/this year, some guilt.

I envy those who can feel certainty about such things, how much to give and possible limits. Is it possible to achieve a balance between virtue and guilt in charitable giving? To always be able to sleep soundly? No doubt, in the contemporary age, there is a therapy group somewhere to help me.

# ST. MATTHEW'S

## The Anglican Church in the Glebe

*St. Matthew's is a vibrant Christian community that welcomes everyone, embraces inspiring worship and learning, and is committed to hospitality and loving service.*

[Worship Services](#)

**Sunday 10:30 a.m.**

In-person Choral Eucharist

Streamed on YouTube

Streamed on Facebook

**Sunday 8 a.m. and Thursday 10 a.m.**

In-person Said Eucharist

**Last Sunday of the Month 10:30 a.m.**

Family Service

**First Sunday of the Month**

Evensong

### Clergy

Incumbent .....The Reverend Geoffrey Chapman  
Honorary Assistants .....The Most Reverend Barry Curtis  
The Reverend Katherine (Katie) Tait

### Leadership and Administration

Rector's Warden .....Janice Messam  
People's Warden .....Kevan Pipe  
Deputy Wardens .....Wendy Pullan  
Frances Berkman  
Parish Administrator .....Catherine James-McGuinty  
Nominating Chair .....Helen Griffin  
Property Co-Chairs .....Bill Nuttle  
Bill Cornfield  
Stewardship Officer .....Janice Sonnen  
Members of Synod .....John McBride  
Matt Gregg  
Simon Creasy  
Janice Messam

### Finance and Accounting

Finance/Stewardship Chair .....Charles Nixon  
Treasurer .....Andrew Bolick  
Fundraising Chair .....Peggy Nankivell  
Counters .....Michael Goddard  
Contributions Coordinator .....Ian Marsh

### Worship and Music

Director of Music .....Owen Spicer  
Altar Guild .....Elizabeth MacMillan  
Robina Bulleid  
Servers' Guild .....Cathy Simons  
Sidespersons .....Peter Frayne  
Worship Committee .....The Reverend Geoffrey Chapman

### Nurturing and Fellowship

Children and Youth Ministry.....Debora Fleming  
Denis Martel  
Hailey Sowten  
Vivian Messam  
Christian Education .....Helen Griffin  
Community Chair .....Margaret Terrett  
Coffee Hour .....Jane and Peter Rider  
Prayer Support Team .....Janice Sonnen  
Prayer Chain .....Janice Sonnen  
Pastoral Care .....The Reverend Katherine (Katie) Tait

### Outreach

Outreach Chair .....Julia Lipinska  
CCSAC Centretown Community Food Centre.....Pam Mackenzie  
FACES Refugee Committee .....Tom Martin

*Pulse of the Parish*, the community newsletter of St. Matthew's Anglican Church, is published four times a year. The dates for publication in 2026 are as follows: December 4 (submissions by November 26).

For the December 2026 issue, please forward contributions of up to 600 words and photographs by November 26 to Dawn Gregory at [collinsgregory1@hotmail.com](mailto:collinsgregory1@hotmail.com).

Together, we celebrate all that we do at St. Matthew's to the glory of God and in loving service to our neighbours.



The Anglican Church of Canada

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