

# Connections

## From the Pastor's Study

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Dear Members and Friends of All Saints:

Herbert Brokering (1926-2009) was a Lutheran pastor who served in the United States. He is probably best well known as the author of the text of two hymns: "Earth and All Stars" and "Alleluia, Christ is Risen," both of which can be sung to the same tune.

He is also the author of over forty books, one of which (just a booklet, really) happened to fall into my lap a number of years ago. It is a book of parables. Not Jesus' parables. His parables.

It is called "I" Opener: 80 Parables.

For my article this month, I have decided to share one of Herbert's parables. It goes like this:

*Once there was a church  
that ran out of things to do.  
They had done all the hymns  
and said all the prayers  
over and over.  
They knew the festivals by heart  
and could recite psalms  
without looking or thinking.  
So they decided to celebrate the one thing left:  
Each other.  
Every week they celebrate one person.  
So many people are joining.  
It seems they'll never get done  
with what they're doing.  
Hebert Brokering*

See you Sunday!  
Pastor Brian

Rev. Brian Wilker  
Pastor

Rev. Christine Clatworthy  
Deacon

Rev. Canon Lucy Reid and  
Rev. Canon David Howells  
Honorary Assistants

Brian Janzen  
Council Chair

Peter West, Music Director

Michele Altermann,  
Administrative Assistant

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# Council Perspective

**“He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.” Acts 14:17**

As I write this, March has “gone out like a lion”. It has always been a very hopeful month when the snow melts, yet one of transition indeed. April is now upon us; a month where we sometimes experience “April showers”, yet with hope we look to the fruits of the future such as May flowers. It can be time of Lenten reflection and a time of hope and celebration in Christ’s resurrection.

April marks the last month to what we may call the “Council year of 2025-2026”. With the arrival of **Sunday, March 29th**, our Annual Congregational/Vestry meeting, we be reviewing our ministry through 2025 and looking at a new proposed budget for 2026. It will also be the time where the membership makeup of Council occurs. **As Chairperson and on behalf of the entire Congregation of All Saints, a sincere and heartfelt thanks to; Bill Clatworthy, Kate Stuttaford, Ann Sanders, Deborah Szymanski-Potts, Chris Heaney, Carole Mozuraitis, Ena Sookraj, Michelle Normandin, Deacon Chris Clatworthy, Rev. Lucy Reid, Suzanne Worthen, Sandra Christie, and Pastor Brian.** Their faithful dedication to the business of ministry at All Saints has been invaluable. **Thank you!**

I must mention that my term as Council Chairperson has come to its end as well. I thank the entire congregation for your support and encouragement over the last few years. It’s a time of transition, a wake-up call of sorts losing a number of very active members on Council and yet the welcoming of new members to our team.

Over the last month Council has been working through:

- Dealing with the completion now of the HVAC system...Yeah!
- Contacting of inactive members and revising/updating our membership role
- Hearing an update from the Future’s Team...a year long process of interviews and meetings as to where All Saints is in the present and what might it look like in the future, development of a Mission Action Plan
- Updates of our finances over the last month...back into a deficit position
- Reviewing the Lenten and Easter season planning
- Reviewing other possible proposals for outreach events
- Maintenance matters

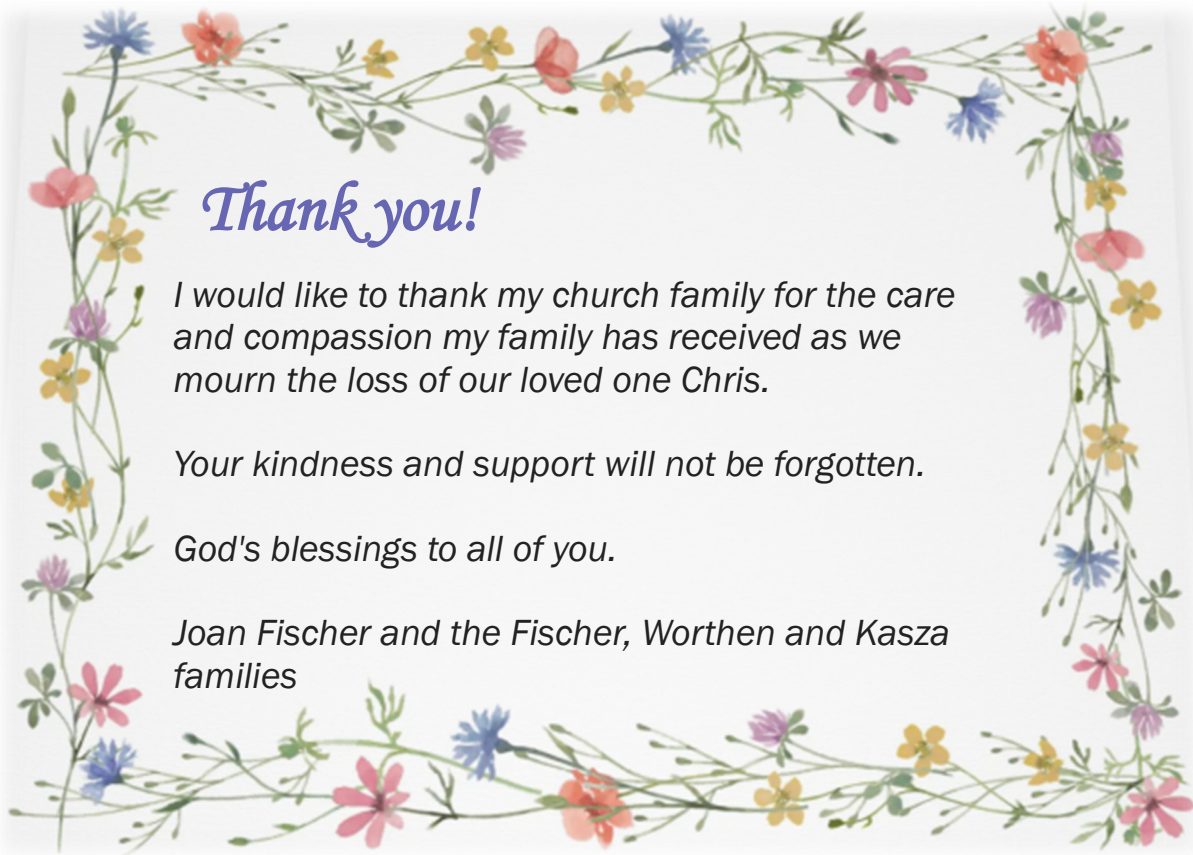
Again, I pray that particularly during this time of Lent, Easter and spring, we may be aware and embrace all of our callings as we nurture our faith and the branches among us at All Saints.

Peace,  
Brian Janzen

## Treasurer's Report at February 28, 2026

### By Suzanne Worthen

	As at	February 2026	Year to Date
Offerings.....		\$15,465.00	\$34,415.00
Other Income .....		\$2,575.55	\$4,295.55
Transfers -Housing Fund.....		\$1,000.00	\$2,000.00
-Dowry Fund.....		\$625.00	\$1,250.00
Total Income .....		\$19,665.55	\$41,960.55
Total Expenses .....		<u>\$22,398.90</u>	<u>\$46,404.11</u>
Surplus/(Deficit).....		<u><b>(-\$2733.35)</b></u>	<u><b>(-\$4,443.56)</b></u>



## Kairos Korner

I am shocked that it has been 3 months since I reported anything for Kairos Guelph. I continue to attend the monthly meetings. I am working on the local Turn Debt into Hope Campaign. The National Kairos office has asked local groups to try to set up meetings with our local MPs to ask them to advance the Turn Debt into Hope cause. Specifically, we have been asked to have a Parliamentary Paper Petition signed that we can in turn ask our MP to present in the House of Commons. There will also be a Rally on Parliament Hill on April 28, 2026 where the more than 67,000 signatures to date will be handed over to the government. I will have met with Dominique O'Rourke, our Guelph MP on Monday March 16<sup>th</sup>. Another member of our local Kairos, John Lawson will also be at the meeting along with our national staff person Beth Lorimer. Beth has been behind the campaign at the national level. We are



fortunate to be meeting virtually, so that Beth can attend. She will ask Dominique to deliver our paper petition to the House of Commons and to attend the Rally Day. The 3 specific Asks on the Paper Parliamentary petition for the government are:

1. Initiate a review of all bilateral debts held by Canada and identify those that are unsustainable. Where such debts are unsustainable, they must be canceled without conditions.
2. Advocate in multilateral forums, like G7, G20, IMF and World Bank, for global financial reform and for a UN Framework Convention on Sovereign Debt.
3. Increase the grants portion of Canada's bilateral climate finance to at least 60% and ensure that only grants are used to address adaptation and loss and damage.



### Update on the March 16<sup>th</sup> meeting

The meeting went well with Dominique. She did agree to deliver our Parliamentary Petition to the House of Commons. She said she would attend the Rally if she is able. She offered us lots of suggestions to further the cause. However, given the current climate in the world right now, she was not sure the cause would be given the attention it deserves.

Below are lots of suggestions for movies and events that you may want to consider attending in the next couple of months. This information all came to me through Kairos Guelph.

### Seniors for Climate action Now! Activities

SCAN! Guelph's March 26

## Kairos Korner Continued...

meeting speaker is Mike Marcolongo of Environmental Defence speaking on upcoming advocacy to try to shift Ontario's energy plans from expensive, dirty gas and nuclear generation—at Goodness Me at 2:30 pm.

On March 27, SCAN! is organizing a protest at the RBC at Kortright and Gordon from 11:30 to 12:30. RBC is Canada's biggest investor in fossil fuel extraction.

For Earth Week, SCAN is organizing a film, *Mission to Marsh*, and panel at the Bookshelf on April 26.

### World Water Day Art Display



#### ART INSTALLATION UNVEILING

- Sunday, March 22, 1:00 PM
- Shoppes at Old Quebec Street  
55 Wyndham St. S., Guelph



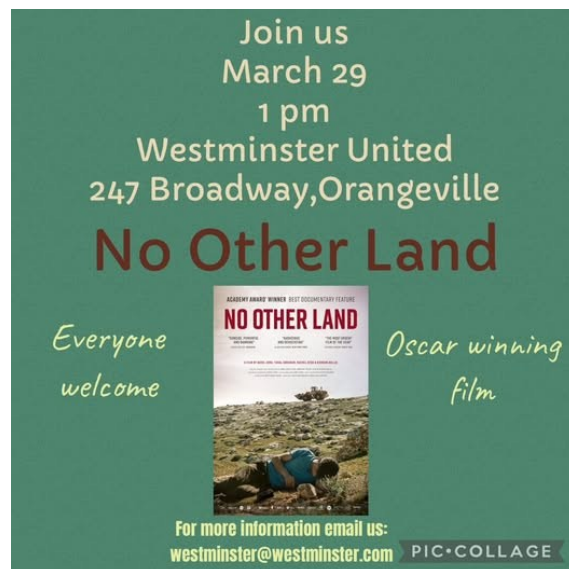
You are invited to mark World Water Day, March 22, with the unveiling of **Our Fragile Earth**, a striking and thought-provoking art display about water's stressors, including plastic pollution. The event opens at 1 pm at the Old Quebec Street Shoppes (55 Wyndham St. N). RSVP here: <https://www.waterwatchers.ca/wwd2026>. The display continues until Earth Day, April 22. Sponsors are: Water Watchers, Micky Shepherd of Trillium West Real Estate Brokerage, artist Rebecca Jane Houston, Ontario Public Interest Group-Guelph, and Seniors for Climate Action Now – Guelph. A poster is to the left.

### Movie on The Destruction of the occupied West Bank

All are welcome to the showing of "No Other Land" at Westminster United Church in Orangeville, Sunday March 29 at 1pm. Worship and Potluck lunch preceding. The film is now available on CBC Gem as of March 13!

This film made by a Palestinian-Israeli collective

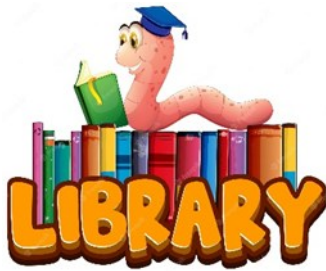
shows the destruction of the occupied West Bank's Masafer Yatta by Israeli soldiers and the alliance which develops between the Palestinian activist Basel and Israeli journalist Yuval. A poster is below.



### Dublin Film on Affordable Housing

Dublin is hosting a film on affordable housing, *Thinking Beyond the Market*. May 6 at 6:30. The film will be followed by a panel: the filmmaker, Mayor Guthrie, David McCauley, and Mary-Kate Craig.

Sincerely,  
Jan Nielsen  
Kairos Rep



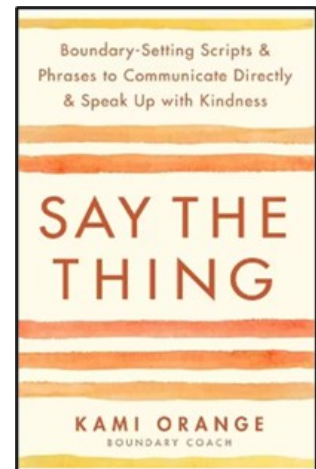
## What's New in the All Saints Library?

### *Say the Thing* by Kami Orange

The introduction to this book begins:

“The purpose of this book is to teach you how to say the thing. What does it mean to say the thing?”

Saying the thing means setting boundaries, speaking up in defense of others, and confidently asking for what you want.”



Just recently Carolyn Conibear and I were talking, and she mentioned that she was in a conversation where someone said something completely inappropriate and caught her off guard. She found the situation uncomfortable and quickly disengaged. Her comment to me was about not having something ready to say in reply. I think we have all been in that situation – the off colour ‘joke’, the [insert target group] slur, the hate speech. And how often have we had something ready to say in reply? It’s not easy to always “say the thing” when you don’t know what to say at that moment.

Kami Orange is here to help. As a ‘Boundary Coach’ she had collected scripts/ phrases and a strategy which she shares in this book. The topics are wide ranging - from body image, disabilities, sexual orientation, race, relationships and more. Because feelings, and often strong feelings, are involved when something hits our boundaries, we often don’t know how to communicate how the thing makes us feel. Yet we all need boundaries, they help us get along better, but people struggle with them because, she suggests:

- 1) You don’t want to be a jerk
- 2) You don’t want to make it worse
- 3) You don’t want to upset anyone

She offers three types of boundary scripts - Public now, Private now and Private later - to use depending on where you are and who you are speaking with. Public Now scripts have three parts

- a disrupter (interrupts the flow of conversation)
- a statement (the boundary, limit, accommodation or request being communicated)
- and a transition (how to move forward, change the focus, leave etc.).

Here are five examples of Public Now scripts (page 31):

## All Saints Library Continued...

Disrupter	Statement	Transition
Oh!	Please don't put salad on my plate. I'm allergic to carrots.	Thanks anyway!
Hey,	that was not funny, that was offensive.	Excuse me (walk away)
Nope.	I am not the right person for you to share that with.	I'm going to go now.
Hmm.	I'm not comfortable with this topic.	Can we talk about something else?
Yikes!	We don't talk about people's bodies like that.	Knock it off!



It's an interesting and informative book to read. It covers so many topics – just look over the table of contents!

There is also a recording of a workshop available on responding to comments about Trans Folk. I found it very helpful. If anyone is interested, please contact the office and I will send the link (it's free to watch). While it focuses on one specific topic, it gives you a good idea on how to use her approach for any situation.

This book is now in the church library.

Happy reading! Michele Altermann (she/her)



## All Saints Affirming People

### “Fluid: Life Beyond the Binary” The Nature of Things (Season 63, Episode 12)

I recently watched this episode of “The Nature of Things” hosted by Mae Martin. Mae Martin is a popular nonbinary Canadian comedian. I first became aware of them in a Canadian series called “Wayward” which is set in the U.S. They will also be hosting

this year’s Juno Awards on March 29<sup>th</sup>.

I recommend this episode of “The Nature of Things” to anyone curious, confused or just interested in learning more about gender identity and what current science reveals. It can

be found on CBC Gem and is approximately 45 minutes long.

I hope you enjoy watching it as much as I did!

Carolyn Conibear



The IG Wealth Management Walk for Alzheimer's is Canada's biggest fundraising event for Alzheimer's disease and other dementias.

*These funds will go toward local programs and services that improve quality of life for people living with dementia and their families in your community and support awareness and education about dementia.*



## Walk for Alzheimer's

We recently remembered Pearl Robinson with a special St. Patrick's Day event, and now I would like to remember Pearl and her generous heart and her fund-raising acumen again. For a few years, Pearl and I both participated in raising funds for the Alzheimer Society, at the annual walk held in May. This year I will be walking, to both honour Pearl's fundraising spirit and abilities, and to remember every person who is touched by the journey of cognitive change. There are many ways the congregation of All Saint's supports people who have changes in their lives and this is another opportunity to help, if you feel so moved.

The annual **Walk for Alzheimer's** is happening locally on Saturday, May 30th,

at Riverside Park in Guelph. There will also be simultaneous walks in Kitchener, Cambridge, and Mount Forest. Yours truly will be running the walk in Mount Forest.

For all the locations, the Walk for Alzheimer's is a **family and pet-friendly event**, featuring a relaxed walk of approximately **2.5 km** around a local park. You can walk the full distance, a portion of it, or simply come out to cheer on participants and show your support. If you would like to participate by walking, you can register for the 2026 Walk here: [https://support.alzheimer.ca/site/SPageServer/?pagename=ASWW\\_Locations&locale=en\\_CA](https://support.alzheimer.ca/site/SPageServer/?pagename=ASWW_Locations&locale=en_CA)

I invite you to come and walk with us and show the over 41,000

people impacted by dementia in Waterloo-Wellington that **they don't walk alone.**

If you have any questions please feel free to reach out to me at [Robin.smart@rogers.com](mailto:Robin.smart@rogers.com)

If you are in a position to support my walk goal of \$3000.00 please consider donating at the direct link below. [https://support.alzheimer.ca/site/TR?pg=personal&fr\\_id=5623&px=1028723](https://support.alzheimer.ca/site/TR?pg=personal&fr_id=5623&px=1028723)

Thank you very much!

Respectfully submitted,  
Robin Smart

# Ramblings from Parish Care

Is your head in a spin like mine is these days? Floodings, storms, shootings, unjust wars, crimes against humanity and so much more. So many events world wide. It may make good stories for journalists to report, but it certainly makes for depressing newscasts.

Who would have ever thought that the United States would become a source of untruths, aggression and conflict, even amongst the average citizens who live there. I can understand differences of opinion and of policy amongst opposing political parties, both in a nation, as well as on the world stage. But reality is, that the world has become a totally different picture than what we have come to know over our lifetime.

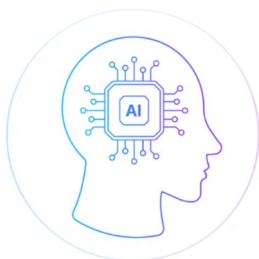
The world order has changed with countries and leaders, violating international laws that were made to prevent turmoil and wars in the world such as happened during the 1940's. No one wants history to repeat itself. We pray it does not.

My biggest concern centers around disrespect, outright lies, misinformation sold as truth, flagrant disregard for the sovereignty of other countries. And then we must consider the role that AI plays in influencing the information that we receive. AI is only as good as the information that is fed into it. What it spits out is a product of that. Apparently AI has been taught to reason! Really? How can a machine apply logic and "reason"?

Medical documentation is one thing where AI is becoming useful. It is being used to transcribe notes from your Doctor's visit. In some cases, doctors are using it to help diagnose. Data is entered, then the program picks up discrepancies in that data to come up

with a diagnosis. As long as the results are properly scrutinized by the examining physician, I can see it having a benefit. But, once again, my skeptical self wonders about accuracy, and too much reliance on AI. Will doctors lose their ability to use their critical thinking skills to diagnose?

I also find medical people the worst offenders for not taking this topic seriously. AI involves a whole bunch of information being fed or programmed into computer software. This makes the information that it "spits out", only as good as the information it has been "fed".



Supposedly, the computer programming for AI has been taught to "reason". That concept boggles my "reasoning" brain. How can a machine reason? Can it look objectively at a situation and come up with a reasonable solution? Maybe it can suggest something... But "reason"? Really? Maybe, please forgive my disbelief and the skeptic within me.

Well, let's wander down the "wondering" trail about a topic that is dear to my heart. It is something that I believe is not "marketed" enough and is almost never talked about. Oh, yes, it has a space on your drivers licence where you can indicate yes or no, but other than that it is obscure. Procurement is haphazard at best.

So what do you think my topic could be this month? It's not about heart disease or kidney function, nor eyes, ears, nose and throat. Yet it encompasses or utilizes all of these body parts...and more. But it is something that you should think about seriously.

It is something that I have experienced from

## Ramblings Continued...

both sides of the table. As an ICU nurse, I saw seriously ill patients struggle with a defective or dysfunctional body part, living each day wondering and praying that some day a transplant might transform their life.

I saw my step-daughter sob incoherently, after getting the bad news that she was being taken off the transplant list because some other problem had made her ineligible. I also went through the process of organ and tissue donation, first hand. But best of all, I saw with my own eyes, the irrepressible joy and jubilation of the organ recipients whose lives had been remarkably transformed by that “gift of life”. And I also have letters from organ recipients who are so incredibly grateful for the “metamorphosis” that has made their lives function and meaningful again.



I was blown away by all the “parts” the transplant team can harvest. Of course we all know about heart, lungs, kidneys and liver. The lungs and kidneys each get separated and go to

two separate recipients. The liver has two lobes which are also separated for 2 recipients. One consideration, amongst many others, that I never thought about, is that the donated organ must fit the space it is being transplanted into. i.e. that the chest size must fit the organ.

The pancreas is another favourite. And for those who are severely diabetic, the Islet cells that produce insulin can be transplanted into the recipient’s pancreas which will then start producing insulin. I received several letters from a lady whose blood sugar was so erratic that she could not safely be left alone... ever. This placed a big strain on the family. The good news is that this lady came off insulin, no oral diabetic meds were necessary, and her

blood sugar became totally normal.

Along with the other organs mentioned, bones, skin, small intestines and eyes can be harvested. Eyes have two components: the cornea or clear part on the front of your eye that can restore sight to the blind, and the sclera which is the white part, which is used for patch grafts in glaucoma, and other reconstructive surgery.

Even if you wear glasses, have cataracts, diabetes, glaucoma, blind or laser therapy, you can still be an eye donor. The cornea is not usually affected by these diseases that can cause poor eyesight.

Tissue is a major asset to the transplant process, helping up to 78 people from one donor. It can be frozen and stored up to 5 years. Bone is also useful for many things including dentistry.

*The waitlist for transplantation is extensive*

Procurement, which is the process of matching a recipient with an available organ donor has a rather intense and rigorous protocol. The waitlist for transplantation is extensive as it encompasses both Canada and the United States. Of course their priority is to find a match locally, but then it spreads to provincial, national and international lists. The procurement nurse that I worked with, flew across Canada to deliver an organ to a waiting recipient. A private plane at the ready to leave 24/7.

The biggest problem after transplant is rejection of the tissue implanted. The recipient’s body sometimes sees this new organ as a “foreign object” resulting in the

immune system attacking the new organ. Even though the recipient is immediately started on medication to combat rejection, it can happen soon after, or can be a slow process over a long period of time. Going back for another transplant because of rejection is not uncommon.

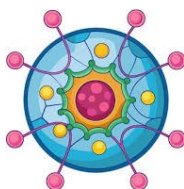
In 2024 there were a total of 3,212 organ transplants performed in Canada: 82% were from deceased donors, while 18% used living donors. About half of the living donors were related. Kidney has the largest group of transplants at 58%, followed by liver at 20%, 13% lung, 5% heart, 2% pancreas and 2% combination transplants.

At year end of 2024, there were 4,044 people across Canada that were on the waiting list. A total of 691 Canadians were removed from the organ transplant wait list with about  $\frac{1}{3}$  of them having died while waiting. Sadly, every 3 days someone dies while waiting for a transplant.

There are two ways to donate. You may have heard of a living donor, where you donate part of your liver or a kidney to someone while you are still alive. The preparatory process involves blood work, tissue matching, blood type, etc. As mentioned before, a human kidney (and we are talking about only one kidney on its own) can function to filter all the toxins, etc., out of the body and produce urine, quite effectively on its own. I had a high school friend who lost one kidney to a severe infection at age 17, lived a "normal" life and is still alive today. Amazing!

Stem cells are the body's master cells. All other cells, such as blood, bone, heart muscle, nerves, brain, other organs and tissues, arise or mature from stem cells.

They are a special type of cell



that can make more of themselves, (they self renew). And they can become specific cells (differentiation) that do different things. They can regenerate to replace cells and tissue damaged by disease or chemotherapy. Also, stem cells can be guided into becoming specific cells (such as heart cells) that are used to regenerate or become new tissue.

The benefits of stem cell therapies on disease processes, include leukemia, Hodgkin and NonHodgkin Diseases, solid tumour cancers, aplastic anemia, immunodeficiencies, and inherited conditions of metabolism.

Stem cells are important to research. Once they are programmed into tissue-specific cells, they can be used to test new drugs for safety, accuracy and quality before being given to real people. Researchers can advance their knowledge of and applications in transplant and regenerative medicine. They are also being studied to treat type 1 diabetes, Parkinson's, heart failure, osteoarthritis and other conditions.

My greatest reward in all my medical career was attending an annual Celebration for recipients and donors. The joy and gratitude of these recipients was overwhelming, to say the least. It was an incredible spirit of wonder and fulfillment. The donor's family is never given the names of the recipients, but if the recipient so chooses to communicate with the donor, the letter is passed thru the transplant team's offices. I cherish my letters.

And so in the like spirit of joy, fulfillment and resurrection, I wish you all a very Happy Easter. May Christ's enduring love reign in your heart, now and forever.

Marilyn Bleach Schranz

## NEXT MEETINGS

Chi Rho  
Thursday, April 9  
1PM—Parlour  
Guelph Police Services  
The Fraud Squad”  
Refreshments follow

Next gathering of  
The Associates  
Tuesday, May 28  
2PM—Parlour

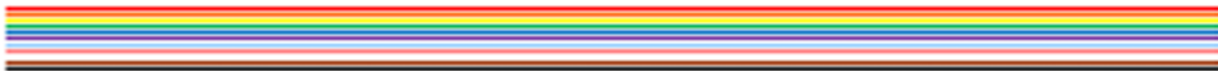


## All Saints Affirming People



### Inclusive Narratives

Being an ally is something that needs to be lived, not just acknowledged. At All Saints we try to show our allyship by active supports such as our Welcome Statement, electronic sign, articles and bulletin boards, attending Pride events etc. But sometimes when we are outside the safe space of our building, we may be confronted by language or actions we are not prepared for. The question then arises of “*what should I do/say?*”. We are often not prepared when confronted with something or someone unexpected. Organizations that support many marginalized communities have done research on how to best respond to people who express inappropriate comments or use hateful language or maybe are simply misinformed. One set of these strategies has been compiled by Egale Canada and included below. If you are looking for other information, there are many excellent resources on their website. Respectfully submitted, Michele Altermann (she/her)



The following information is taken from the Egale website ([egale.ca](http://egale.ca)) – *Inclusive Narratives – a messaging Guide for 2SLGBTQI Advocacy*.

In Canada, one of our core shared values is that everyone – no matter what part of the country they live in – should feel safe to be their authentic self. However, we are continuing to see a rise in hate that is threatening the safety, freedoms, and rights of 2SLGBTQI people across the country.

## All Saints Affirming People Continued...

1. **Lead with shared values.** It can be tempting to start off by describing the problem we are trying to solve, but leading with a shared value brings people together more effectively. Times are tough for many of us right now, and adding more problems to people's plates before establishing common values and goals can turn them away. Opening with a shared value shows people why they should care about your cause. A shared value should be something most people can agree with. For example:

**In Canada, we believe that everyone – no matter their age, race, economic status, or gender identity – should have access to the medical care that they need in order to ensure their physical and mental health.**

2. **State the problem actively, after the shared value.** In addition to outlining the harmful situation, be sure to also name who is causing the harm (this could be a politician introducing discriminatory legislation or a far-right group that is spreading disinformation). The problem needs to have a clear origin in order for potential allies to feel like they can help solve it. Including a motive can also help clarify the origin of the problem. For example:

**[Insert politician name] is making schools less inclusive for 2SLGBTQI students by implementing discriminatory policies to distract from the many other urgent issues facing [insert constituency] that they have failed to address.**

3. **Frame the problem in opposition to the shared value, rather than how it is harmful to certain individuals.** In order to appeal to the largest number of people possible, we need to frame the problem as a threat to our shared values. If an issue does not directly impact the person you are appealing to, they may need guidance towards understanding why they should care. For example: **In a country like ours, where everyone deserves to feel safe to be who they are, it is unacceptable to see hate crimes targeting 2SLGBTQI communities rising every year. This is why we have been calling on all levels of government to take action.**

4. **Describe what we are fighting for, not just what we are against.** Avoid falling into the trap of repeating our opponent's messaging. With increasing amounts of hateful rhetoric targeting 2SLGBTQI communities, it can be tempting to try to directly counter it, but this just gives our opponents more airtime. For example:

**By supporting education policies that foster 2SLGBTQI inclusion, we can create school environments where every young person feels accepted, respected, and free to be themselves.**

5. **Provide a clear call to action.** We don't just want people to hear our message; we want them to join our cause. Make sure to include a clear call to action so that existing supporters are mobilized and new ones become actively engaged. For example:

**Join us in calling on the federal government to launch the National Action Plan on Combatting Hate...**

6. **Refer back to the shared value.** Conclude by connecting your call to action back to the shared value. For example:

**Join us in calling on the federal government to launch the National Action Plan on Combatting Hate in order to protect 2SLGBTQI communities and ensure a Canada where everyone is safe to be their authentic self.**

### All Saints Affirming People Continued...

Remember:

1. **Lead with shared values.**
2. **State the problem actively, after the shared value.**
3. Frame the problem in opposition to the shared value, rather than how it is harmful to certain individuals.
4. **Describe what we are fighting for, not just what we are against.**
5. **Provide a clear call to action.**
6. **Refer back to the shared value.**

In Canada, we believe that **everyone – no matter their age, race, economic status, or gender identity – should have access to the medical care that they need** in order to ensure their physical and mental health. However, despite what we know from decades of research about gender-affirming health care being necessary and safe, **Premier Smith is introducing discriminatory policies to restrict gender-affirming care, and trampling over the right to access health care for all.**

**Gender-affirming care is medically necessary and it is lifesaving for those who need access to it. Together, we can ensure that the right to accessing care is upheld.**

**Join us in calling on Premier Smith to cancel her discriminatory policies, and to instead consult with experts and those who will be impacted** in order to ensure **everyone – including trans and gender diverse communities – have access to the lifesaving health care that they require.**



## Parish Care Workshop

Please join us on Tuesday, April 21, at 1:00 to 2:30 for our next workshop.

### Use It or Lose It!

How to make strength training a lifelong habit leading to a strong, independent you.!

Join Personal Trainer, **Gail Moore**, owner of **Fitness after 50** as she “walks” us through the benefits of strength training (and explains just what is strength training??). Gail will

lead an interactive discussion on why active living is more important than ever. We know that regular exercise boosts energy, manages symptoms of illness or pain and can help you maintain your independence. Regular exercise is good for the body, mind and spirit and is a key factor in staying strong, energetic and healthy. Gail will explain the how and why of

being more active; no matter what your age or current physical condition is. And we won’t just be chatting! Gail will get us up and moving as we are able. Gail will have handouts available to complement our discussion.

Submitted by Connie Shaw



The annual **St Patrick's Day Dessert and Card Party** enjoyed an enthusiastic turn-out again this year.

Raffle and door prizes generously donated from the congregation and many local businesses helped to raise over \$650.

Thank you to everyone at All Saints for their support.

Carole Mozuraitis



Photo Credits:  
Connie Shaw and  
Marilyn Coleman

Submitted by Sheila Chappel

# The Lord's Prayer

in American Sign Language

Our heavenly Father invites us to pray and promises to hear our prayer for the sake of His Son, Jesus. People who cannot hear or speak can use American Sign Language to pray.



Our



Father,



In



Heaven,



Hallowed



Be



Thy



Name,



Thy



Kingdom



Come,



Thy



Will



Be Done



On



Earth



As It Is



In Heaven.



Give



Us



This



Day



Our



Daily



Bread;



Forgive us



Our



Trespasses

The Lord's Prayer in American Sign Language is published by Mill Neck Foundation for Deaf Ministry, Frost Mill Road, PO Box 100, Mill Neck, NY, 11765, 1-800-264-0662.

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As



We



Forgive



Those



Who



Trespass



Against



Us;



Lead



Us



Not



Into



Temptation,



But



Deliver



Us



From



Evil.



For



Thine



Is



The Kingdom



The Power



The Glory



Forever



And Ever.



Amen.

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# April 2026

## ALL SAINTS LUTHERAN ANGLICAN CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Below are the regularly scheduled room uses that repeat weekly all year long (unless otherwise noted). Please check here first when looking for available space.						
6:30-8:30 pm — Rose Head Hall, NA Never Alone	9:00 am – Rose Head Hall, Tai Chi (Sept-Jun) 6:00-8:00 pm – Rose Head Hall, AA (Flying Blind), 8:00 – 9:00 pm – District Meeting 3 <sup>rd</sup> week 6:30 – 8:30 pm – Choir Rm, Gambler's Anonymous	4:00 pm – Rose Head Hall, Order of the Eastern Star 2 <sup>nd</sup> Tuesday of the month	9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room 10:00 – 11:00 am – Good Morning Al Anon, Choir Rm 6:00-8:00 pm – Nave, Guelph Male Choir 7:00-9:00 pm – Choir Room, Guelph Al-Anon Family Group 7:30-9:30 pm – RRH, AA HH	9:00 am – 1:00 pm – Rooms A&B, Children Reading Room 5:45- 8:00 pm – Rose Head Hall, TOPS 7:00 – 8:00 pm – Choir Room, Tri-County Recovery	9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room 9:00 am – Rose Head Hall, Tai Chi (Sept-Jun)	
<b>5 Easter Sunday</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>6</b>	<b>7</b>	<b>8</b> 6:30 – 8:00 p.m. – Pastor's Office, Confirmation Class	<b>9</b> 1:00 – 3:00 p.m. – Parlour, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice	<b>10</b>	<b>11</b>
<b>12 Easter 2</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>13</b>	<b>14</b> 6:00 – 9:30 – Choir Room, Rental	<b>15</b> 7:00 p.m. Faith Forum via Zoom	<b>16</b> 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	<b>17</b>	<b>18</b> 9:30 a.m. – 12:30 p.m. – RHH, Rental
<b>19 Easter 3</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion Deadline for <i>Connections</i>	<b>20</b>	<b>21</b> 1:00 – 2:30 p.m. – Parlour, Parish Care 5:00 p.m. – RHH, Men's Fellowship	<b>22</b> 6:30 – 8:00 p.m. – Pastor's Office, Confirmation Class	<b>23</b> 7:00 p.m. – Nave, Choir Practice	<b>24</b>	<b>25</b>
<b>26 Easter 4 Red Dress Sunday</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>27</b>	<b>28</b> 7:00 p.m. – Parlour, Church Council	<b>29</b>	<b>30</b> 7:00 p.m. – Nave, Choir Practice		RHH – Rose Head Hall