

Connections

All Saints Lutheran Anglican Church

May 2026

From the Pastor's Study

Life has been pretty busy here at All Saints since, well let me think... since September!?! The fall is the start up time of programmes, meetings, and classes. Then there is the busyness of October and November with Thanksgiving, Reformation Sunday, and All Saints Sunday. Then we are into Advent and Christmas, Epiphany – with Lent right around the corner – the Annual/Vestry meeting, Holy Week, Easter, and finally all the things we said we would get around to when Easter is behind us.

Whew!!

And then May comes along. Traditionally, May has been a bit of a down time in my line of work. It's not as slow as summer, but things tend to happen at a slightly slower pace, giving me a chance to sort of catch my breath.

That's how I used to think about it, anyway, until the past few years. Lately it seems like people (and by people, I mean bishop-like folks and judicatories) have realized that May is a good time to hold events that can't be held during other, busier, times of the year.

But this year, things seem to have turned around again. My May calendar doesn't look too overwhelming. Yeah!

There are a few things I'm looking forward to. Nadine and I are taking a week of vacation in the first week of May. With apologies to Eastern Star, that means I'll be missing their special service on Sunday, May 3rd, but I'm grateful to Deacon Chris, and Lucy and David, for seeing that this service comes out alright. We're not going too far. We were given the opportunity to stay in a small cottage in Prince Edward County, so I guess we'll be doing some hiking and wine tasting!

May is also the month for a number of family birthdays, so that will be fun, too.

Church-wise, we'll be winding up Faith Forum and Confirmation Classes. Weather permitting, we will be holding an outdoor service on the last Sunday of the month, May 31st, a great time to enjoy the garden at the north side of the church.

I think we all need a little more spring in our lives these days. A little more time to enjoy the warmth of the sun on the skin.

Plants popping up through the ground. Children running and playing in the park.

My bike is in the shop getting tuned up for the season. I'm hoping that May will afford me a little less screen time and more bike time!

May this month bring you time for all the beautiful things in your world that give you life.

See you Sunday!
Pastor Brian



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Reflections by Rev. Nigel Bunce

The explosion of interest in liturgical scholarship in recent years has left us with much more uncertainty about the rituals of the various early Christian communities than was previously realized. Moreover, the earliest phase of transmission of the Jesus tradition was without doubt predominantly by word of mouth. However, Western cultures have envisaged the relationships between the Gospel traditions in almost exclusively literary terms.

Recent studies of oral cultures show that performances of oral tradition are typified by a combination of stability and flexibility, in which storytellers would have kept strictly to the essentials of the narrative, while using their own personal styles to tell their stories to listeners almost all of whom were unable to read and write.

These new insights mean that attempts to dig down to the “original” manuscripts of the New Testament documents are doomed to failure. In addition, it is now realized that that liturgical texts were especially prone to scribal emendation because they existed to provide for the current needs of living Christian communities in specific cultural settings.

This leaves us with the conundrum that we cannot recover the oral traditions and therefore are obliged to consider the literary materials that have been passed down to us.

These considerations are particularly problematic in the case of the gospel reading for Trinity Sunday in Year A, which falls this year on May 31st. The passage in question, Matthew 28: 16-20 reads as follows.

¹⁶Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshipped him; but some doubted. ¹⁸And Jesus came and said to them, “All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.” Clearly, there must have been some alteration from what Jesus said although, as already noted, it is impossible to recover his actual words.



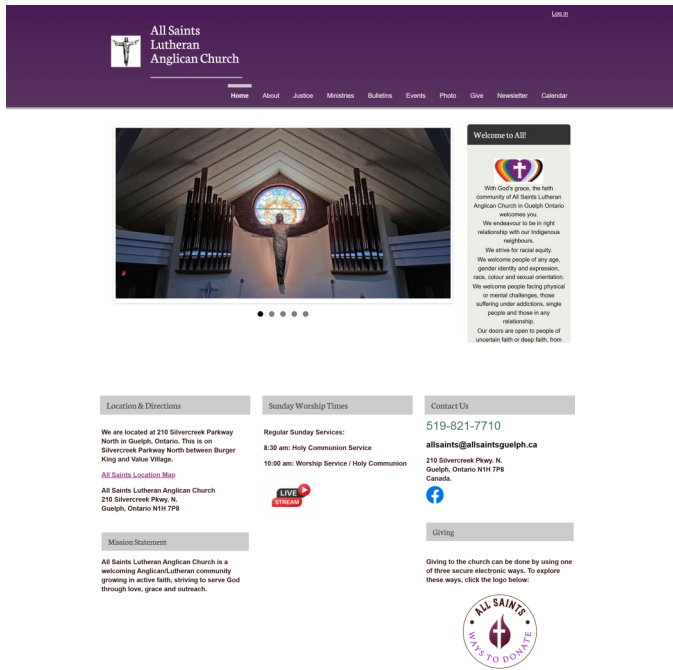
The extant accounts of baptism in *Acts* [e.g., *Acts* 2: 38] require baptism in the name of Jesus Christ *so that* sins may be forgiven and the Holy Spirit received; see also *Acts* 8: 16. In those earlier times, “all nations” was meant to allow baptism in the name of Jesus Christ to be received equally by Jews and non-Jews.

The trinitarian formula [baptism in the name of the Father, Son, and Holy Spirit] was not known in the New Testament era; many scholars attribute it to as late as the early 4th century CE, after Christianity became a favoured religion in the Roman Empire.

The “Great Commission”, as it is known, has been widely misused down the centuries to forcibly convert people to Christianity as, for example, by European colonizers in the “Age of Discovery”. It leaves an ongoing dark stain on the faith that we profess.

A Guide to the All Saints Website (in other words, information you maybe looking for)

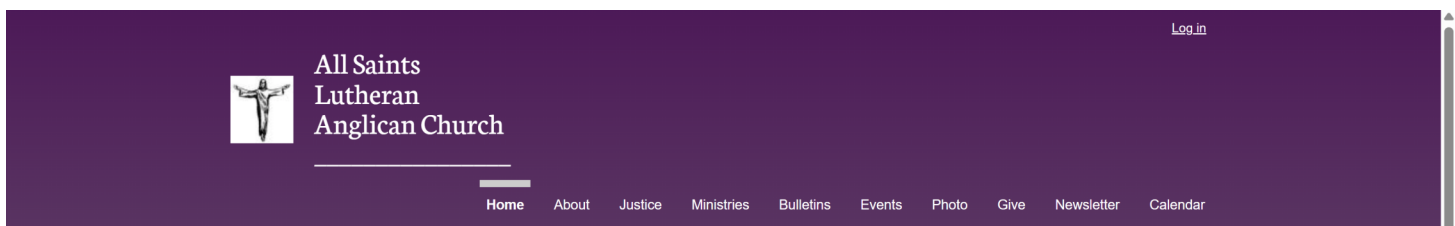
When is the last time you visited our website? Have you ever been looking for a piece of church information and just can't seem to find it? Have you ever wished you could look back at a previous bulletin, calendar, or Connections newsletter? Do you ever have the need to look and find the latest information about members such as phone numbers or addresses? The next few pages offer a tour of a few features found on the website.....the address is www.allsaintsguelph.ca



When you first arrive at the website, the opening “homepage” shows basic information including our welcoming statement, worship times, and links (symbols) to our You Tube broadcasts, directions, and ways to give or donate.

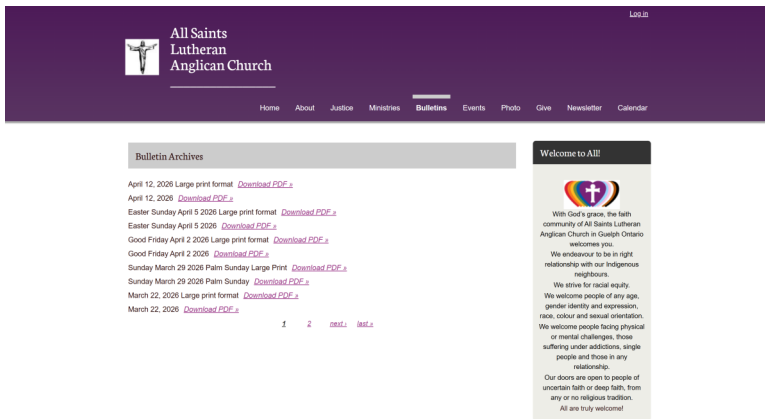
Additionally, there is a menu of titles running left to right across the top. When clicked on these, further menus or informational pages will open. I invite you explore the content on these pages. One other thing to note is that there is a “Log in” link at the very top right of the page. That is not for general users but rather a log in for the administrator to enter the site and change or edit information.

Let's explore a few very useful sections of the site.



From the opening “homepage”, if you click on the circular icon entitled “ways to give” you will be taken to information on several ways to give offerings or donations. It even has a link to “par” pre-authorized program of giving. Click the link, fill out the form and pass it along to Janet Weigel whose email is on the page as well. There is also a link to “Canada Helps”, a

secure site in which to make donations to church as well.

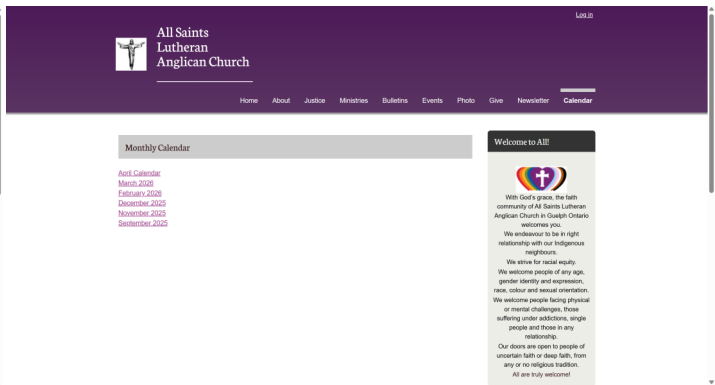
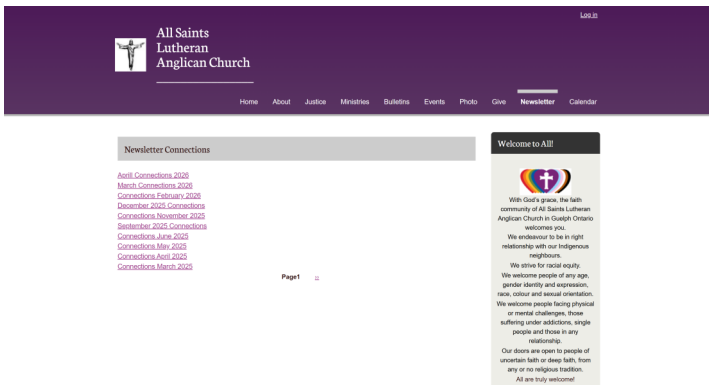


Lost a bulletin? Forgot about an announcement or perhaps wish to see the bulletin before a Sunday service?

If you click on “Bulletin” across the top of the homepage, it will open up a selection of bulletins available dating back a month or so. The bulletin for any given Sunday is usually posted on the website on the Friday 1:00 p.m. before. You can always read or print these if you wish.



Looking for the latest phone number or address for someone of our congregation? Click on the “Photo” menu link on the homepage and you will see the page photo on the left. From here, click on the file name itself and it will open up a page where you must enter a password. The password is AllSaints210* From here you can scroll through the pages. You can also download it to your computer. This directory is updated as needed.



Both the different editions of Connections, our newsletter, as well as the monthly church calendars can be found using similar links across the homepage.

I hope this brief guide may prove useful to you. ***I am always looking for help in gaining new or revised material for the site including photographs.*** I am aware that it needs some changes. Contact me.

Now for your homework and a test. (Afterall I was a school teacher) There are rewards to this. By exploring the website find the following three pieces of information:

- What was the specific date our congregations voted to officially merge?
- What was the title of the Postlude music Peter played on Palm Sunday?
- In what year did the Guelph Male Choir begin using our church for rehearsals?

Email or hand in your answers to Brian Janzen bjanzen33@gmail.com by Sunday May 10th.

Environmental Stewardship



and trees that will beautify the grounds, nourish birds and pollinators, and improve the air we breathe. You may also view the design and photos in the church parlour.

Thank you for your interest and support.



We at All Saints strive to be good stewards of the environment. We have a new design for the next stage of the landscaping project we started a few years ago.

Once we have an estimate of costs, we will begin a fundraising campaign. If you are keen to contribute now, please use your regular envelope and write “Greening” in the ‘Other’ line. If using Interac

Peter West and Anne Stuart, Co-chairs, Environmental Stewardship

Tanya Olsen of Royal City Nursery presented the new design after church on April 12. You will see photos here of some of the primarily native plants



etransfer, please use allsaintsguelph.ca and write “Greening” in the message line.

We welcome any questions or comments you have.



Treasurer’s Report by Suzanne Worthen as at March 31, 2026

	As at	March 2026	Year to Date
Offerings		\$19,339.34	\$53,754.34
Other Income		\$1,970.00	\$6,265.55
Transfers -Housing Fund		\$1,000.00	\$3,000.00
-Dowry Fund		\$625.00	\$1,875.00
Total Income		\$22,934.34	\$64,894.89
Total Expenses		<u>\$23,063.89</u>	<u>\$69,468.09</u>
Surplus/(Deficit)		<u>(-\$ 129.64)</u>	<u>(-\$4,573.20)</u>

A Walk in the Woods: Spring Arboretum Tour

Our next fundraiser to support the University of Guelph's Ecumenical Campus Ministry is a guided tour of the trilliums and other spring flowers at the Arboretum on **Saturday May 9th**, starting at 10am.

We will meet in the main parking lot near the Arboretum Centre, and then horticulturist Sean Fox will guide us. Sean is a senior research associate at the Arboretum, and has a wealth of knowledge to share with us.



Sean Fox, Arboretum

The cost is \$25, with all proceeds going to the ECM. Speak to Lucy Reid to sign up, or email her at lreid08@gmail.com.



The Associates: A support group for caregivers of those with dementia or memory loss.

In May we will be meeting twice, on Tuesday May 5th and Tuesday May 26th, both at 2 pm in the church. (We will not have our usual meeting in April.)

Those who are caring for people with dementia or memory loss are welcome to come for a time of sharing and encouragement.

On May 5th the focus will be on *assessing and relieving caregiver stress*.

Submitted by Rev. Canon Lucy Reid



Ignatius Jesuit Centre

A Place of Peace

Introducing the Community Care Box from Ignatius Farm

Dear Friends,

I'm writing to share a new initiative from Ignatius Farm that may be of interest to your parish community.

We recently launched the **Community Care Box**, a weekly harvest program that connects local food production with farmer training, ecological stewardship, and community care. The program reflects the evolving work of Ignatius Farm as a training and giving farm, where food is grown not only for those who receive it, but also as a way to support others.

Participants receive a weekly selection of fresh, seasonal vegetables grown at Ignatius Farm. Alongside the cost of the produce, each participant contributes a charitable

donation. This support helps sustain the farm's work while also making it possible to share an equal or greater amount of fresh produce with local partners, including Hope House, Chalmers Community Services Centre, and Wellington Women in Crisis.

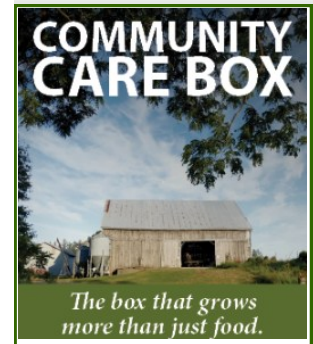
In this way, the Community Care Box becomes more than a food program. It is a practical expression of care for both people and the land, rooted in the understanding that our wellbeing is interconnected.

We are reaching out to parishes as communities already engaged in care, service, and stewardship, and we would be grateful if you would consider sharing this opportunity with your parishioners.

Here is a link to more information: <https://ignatiusguelph.ca/community-care-box>

Thank you for the many ways your parish supports the wider community. We hope this may be one small way to deepen that shared work.

With gratitude,
Kel Smith, Communications and Community Manager
Ignatius Jesuit Centre



*Mothers have a special way
Of saying, 'I love you',
A love that God has given them,
A love that will hold true
For Mothers sacrifice so much,
Providing for the home,
Creating there an atmosphere
That reflects God's love alone.*

By M.S.Lowndes



May Market Update

A very heartfelt **“Thank you”** to St. Joseph’s RC Church who did a mini food drive for us over the Easter weekend. We are grateful for their ongoing support!

Things are humming along at the Market. We’re glad to be out of the cold season, it makes it easier for our guests when the temperatures are not so low. We are always registering new families; the need is not going away. The good news is that our waiting list this year has generally been about 2 months – when families don’t attend for 6 months, they are retired, which creates new active spaces for waiting list families. In the meantime, waiting list families can shop at the end, once the active families are finished.

Thank you for your ongoing support of the Market as volunteers, in providing non-perishable food items and with financial support. Since we are serving about 150 unique households each month, we have pared down and fine-tuned these food items in the hope that there are enough for each Market. It means we put out 70-75 jars of peanut butter or cooking oil every time! Because other food pantries can supply non-perishables, we ask that you work with our limited shopping list. And knowing what the rotation list is, feel free to shop in advance to take advantage of sales, cover vacation times etc. We have enough storage space! There are also reminders in the bulletin for items needed in each month.

May: School snacks, peanut butter, canned fruit & vegetables
June: Canned meat/fish, soup, miscellaneous
July: Pasta and pasta sauce
August: Cooking oil, canned legumes



School snacks are something we try to have each month, at least one item per child in the family. Rice and red lentils are available at every Market so those are always needed. For protein we sometimes have meat donated through The SEED, but we also have a doner who funds the purchase of eggs, so every family gets to take eggs each month as well as fresh produce.

The Market began in May of 2017, so this begins our ninth year of food support outreach! As of April 2, we have served 2330 people this year. Thank you for helping make a difference in the lives of our neighbours!

Michele Altermann (she/her)
Outreach Chair

Life at All Saints

Photo Credit: Connie Shaw

The Annual/Vestry Meeting, Sunday March 29, 2026, after the 10:00 a.m. service, began with a sandwich lunch before we got down to business.



On April 12th, Vienna Aletheia Rose Vettor was presented to receive the sacrament of Holy Baptism.



Aletheia with Mom, Hannah



Thanks to April Altar Guild, Laura B., Sheila and Bonnie, for this lovely Easter display.





All Saints Affirming People



May 17 is the International Day Against Homophobia, Biphobia and Transphobia (IDAHOBT)

The aim of this day is to coordinate international events that raise awareness of 2SLGBTQIA+ rights violations and stimulate interest in 2SLGBTQIA+ rights work worldwide. Started in 2005, by 2016, the commemorations have taken place in over 130 countries.

The founders of the International Day Against Homophobia, as it was originally known, established the IDAHO Committee to coordinate grassroots actions in different countries, to promote the day and to lobby for official recognition on May 17. That date was chosen to commemorate the decision to remove homosexuality from the International Classification of Diseases of the World Health Organization (WHO) in 1990.



History

The day, as a concept, was conceived in 2004. A year-long campaign culminated in the **first International Day Against Homophobia on May 17, 2005**. 24,000 individuals as well as organizations such as the International Lesbian and Gay Association (ILGA), the International Gay and Lesbian Human Rights Commission (IGLHRC), the World Congress of LGBT Jews, and the Coalition of African Lesbians signed an appeal to support the "IDAHO initiative" (named after the U.S. state with the same name). Activities for the day took place in many countries, including the first LGBT events ever to take place in the Congo, China, and Bulgaria. In the UK, the campaign was coordinated by the Gay and Lesbian Humanist Association (GALHA).



Frenchman Louis-Georges Tin (pictured here) was founder of the day and acted as its Committee Chairperson until his resignation in September 2013. He was succeeded by internationally renowned Venezuelan trans rights activist, lawyer and law professor Tamara Adrián, who became one of the first trans legislators in Latin America in 2015.

In 2009, transphobia was added to the name of the campaign, expanding the acronym from **IDAHO** to **IDAHOT**, and activities that year focused primarily on transphobia (violence and discrimination against transgender people). A new petition was launched in cooperation with LGBTQ organizations in 2009, and it was supported by more than 300 NGOs from 75 countries, as well as three Nobel Prize winners (Elfriede Jelinek, Françoise Barré-Sinoussi, and Luc Montagnier). On the eve of May 17, 2009, France became the first country in the world to officially remove transgender issues from its list of mental illnesses.

ASAP Continued

Goals and activities

The main purpose of the May 17 mobilisations is to raise awareness of violence, discrimination, and repression of LGBT communities worldwide, which in turn provides an opportunity to take action and engage in dialogue with the media, policymakers, public opinion, and wider civil society. One of the stated goals of May 17 is to create an event that can be visible at a global level without needing to conform to a specific type of action. This decentralized approach is needed due to the diversity of social, religious, cultural, and political contexts in which rights violations occur. As such, this leads to a variety of events and approaches towards celebrating the International Day Against Homophobia.

Despite the three principal issues mentioned in the name of the celebration, this day is widely regarded as an initiative that is "working to advance the rights of people with diverse sexual orientations, gender identities or expressions, and sex characteristics." This allows for a widespread amalgamation of different self-identified expressions coming together to share pride in oneself, happiness, and love with others as participants take charge against different rampant forms of hate in the world.

Source: Wikipedia [https://en.wikipedia.org/wiki/International_Day_Against_Homophobia, Biphobia and Transphobia](https://en.wikipedia.org/wiki/International_Day_Against_Homophobia,_Biphobia_and_Transphobia)

Respectfully submitted
Michele Altermann (she/her)



Parish Care Workshop

Now that we have all learned some skills to "stay fit", we will be considering how best to age in our home.

On **Tuesday May 19** at 1:00 we will gather in the parlor upstairs and hear an excellent presenter on "How to Age in Place". **Christine Platt** is Geriatric Systems Implementations Facilitator for Waterloo-Wellington Older Adult Strategy. Christine works with community groups and agencies and helps to develop programs for seniors to

better access health care and live longer and better. And apart from all the titles, Christine is a warm, caring and extremely knowledgeable person. Her presentation will contain a great amount of information, slides and some handouts. This one is not to be missed if you have any inclination to grow older and have your best possible life.

Enhancing Life

This will be the last presentation this season. We will skip June, July and August. September will be the next presentation. I welcome any suggestions for the next series of presentations. Feel free to suggest a topic or a speaker. Also please share any comments on structure and arrangement of these gatherings. Thank you for your input. And especially thank you for your attendance at our gatherings.

Submitted by Connie Shaw

Ramblings...

After all these months of trying to sound intelligent and finding something humorous to say for my article in Connections, month after month, I think my brain has become "unhinged" somehow. Nothing jumps out of that vast desert this month to write about. Hmmm.

But it is Spring (at least that is what the calendar leads us to believe).

Currently, there are no traces of that white stuff on the ground that we have come to loath after a very long snowy winter. Surprisingly, tulips and daffodils are showing their pretty faces again (brave souls).

Sigi has pulled last years "pots" out of the garage where they were stored which means it is now MY job (heaven forbid) to start working my magic at trying to grow some flowers. Yes, trying!! My magic has not been very successful the last 2 years with some of my newly planted perennials fading away. Yuck.

But then, as I have my morning coffee while reading the newspaper, I take hope as I read that "Spring Gardening is a Great Activity

for Healthy Aging". I sure don't feel very healthy as my old bones creak and groan bending over to cut off last years growth that was left on over the winter.

But I soldier on reading as I have heard this before about gardening, and I would like to share it with you. It's also my reason for loving to garden, and being outdoors in the fresh air. Gardening supports healthy aging in several ways: it improves physical strength and balance and mobility as well as improves mental well-being.



Gardening equates to moderate intensity physical activity. If you do not like the ritual of doing structured exercises, this can be something more rewarding, but offers a natural way to keep moving. Digging, raking, planting, carrying a water can, involves bending, lifting, squatting and reaching. These functional movements resemble exercises used in physio.

It is also similar to brisk walking, and maintains cardiovascular fitness while supporting muscle and joint health. These last two are

especially important, because as you age, your muscles "shrink" or lose muscle mass and strength. When you do not move, your bone density also changes, leaving you vulnerable to breaks and falls. Walking around the garden, as well as kneeling, standing and walking between plants, improves balance. Pulling weeds utilizes forearm and hand muscles while the back and leg muscles are helped by digging. Let's not forget about the other benefits such as joint mobility and "lubrication" needed for healthy cartilage and flexibility.

So let us now go beyond all the benefits of the physical aspects, and think about our mental health. With all the craziness happening in this world of ours, we cannot help but be affected by stresses of one form or another.



Spending time outdoors and interacting with natural environments has been linked with lower stress levels, improved mood, self esteem and better overall mental health. Exposure to "greenery" can lower cortisol levels, which is the body's primary stress hormone.

Ramblings...Continued

Having a purpose or task where you can see the results of your hard work feels rewarding and deeply satisfying, thus improving our mood. It can alleviate depression and anxiety. It is enjoyable "exercise" as opposed to boring, routine exercises.


Now if you are a bit like me and the old "bod" doesn't exactly flex and stretch the way it used to, or don't have a spot where you can grow a few things (flowers or food),


don't sweat the small stuff. Simply being outside in the fresh air, also improves mental health.

And being perfectly honest here, I am working on just that. The past few months I have been overwhelmed by the outpouring of support and comfort from more people than I can count. I want to acknowledge how important that has been to me and my journey. To all of you, thank you so much for that. You have helped me thru many


"dark" days and times.

I just received a poem, Winnie the Pooh nonetheless. I remember well, reading "Pooh" stories to my boys at bedtime, and it wasn't just the kids, but the adult that also loved the fussings of Egor and his friend Winnie. It is from my dear high school friend, and fellow nurse, who lost her husband 2 years ago. I want to share it with you, to give you some insight, as to how best to help your friends go thru hard times. Most


*Value the friends who stay.
The ones you can be silly with on quiet
afternoons,
who laugh at the small things,
and listen when your words come out messy
and unfinished.*


*Value the friends who don't rush your feelings.
The ones who let you vent without fixing,
who sit beside you when tears fall,
who understand that sometimes silence says
more than advice.* 

*These are the friends who see you clearly.
Not just on your best days,
but on the tired ones.
The heavy ones.
The days when you feel like you're carrying
more than you can explain.*

*They don't need you to pretend.
They don't ask you to be stronger  than
you are.
They love you as you come—
quiet, loud, broken, hopeful, unsure.*


*True friends don't disappear when life gets
complicated.
They don't measure your worth by how cheerful
you seem.*

*They stay when you're overwhelmed,
when you're exhausted,
when all you can offer is honesty and a deep
breath.*

*They remind you that you don't have to face
everything alone.
That it's okay to lean.
That it's okay to rest.
That being understood is sometimes the
greatest comfort of all.* 

*These friendships aren't loud or dramatic.
They're steady.
They're gentle.
They're built in shared moments—
quiet conversations, soft laughter, long pauses,
and knowing glances that say, "I'm here."*

*So cherish them.
Hold them close.
Tell them thank you when you can.
Because friends like this are rare,
and their presence turns ordinary days into safe
places.*

*In a world that often feels overwhelming,
friends like these feel like home.
And sometimes, that's everything.* 

Ramblings...Continued...

And so, until next time, happy gardening, happy spring.....hold your loved ones close.
But more importantly, HAPPY MOTHER'S DAY to all you lovely ladies.

Blessings, Marilyn Bleach Schranz

Chi Rho Fellowship

***Next Meeting:** May 21, 2026
Activity: Games and Social Time
Time: 1:00 pm
Place: Narthex*

***June Meeting:** June 18, 2026
Activity: Lunch at Creekside
Kitchen Restaurant
Time: 1:00 pm
Place: Downey Rd & Ptarmigan
**CAR POOLING & RIDES
AVAILABLE***

Red Dress Sunday

Jessica Somers—Artist



Identity and Background

I am **Abenaki from Odanak.**

Naming my Nation is important. At a time when Indigenous identity is often questioned, especially for white-passing Native people, speaking my Nation is an act of truth, responsibility, and resilience.

My work is grounded in the ancestral teachings, stories, and traditions of the Abenaki people. These teachings shape not only what I create, but how I create, how I teach, and how I engage with community.

I carry an Indigenous worldview that honours land, relationship, and story, and I bring those teachings forward through contemporary artistic expression. My art exists as a bridge between generations, between traditional knowledge and modern spaces, and between lived experience and shared learning.

Artist Continued...

Artistic Practice

My artistic practice is diverse, immersive, and deeply connected to place.

I work across multiple mediums, including painting, murals, live edge wood, tipis, mixed media, installation, and land-based art. Each medium is chosen with intention, based on the story being shared and the space or community it will live within.

My work explores Indigenous history and resilience, connection to land and environment, and the relationships between people, animals, and spirit.

Animal relatives and spirit guides often appear in my work, including Bear, Fox, Cardinal, Hummingbird, and Eagle. These beings carry teachings connected to strength, adaptability, joy, protection, responsibility, and balance.

Cultural teachings woven throughout my work include the Three Sisters, Turtle Island, the Seven Grandfather Teachings, and Full Moon cycles. These teachings are shared with care, respect, and attention to cultural context.

Reconciliation, healing, and community stories are central to my practice. Art becomes a way to hold truth, honour resilience, and invite meaningful dialogue.

Philosophy

Art is teaching. Art is reflection. Art is connection.

I believe in hands-on learning, engagement with the land, and honouring Indigenous ways of knowing. My work is rooted in storytelling, reconciliation, and resilience.

Each piece I create carries intention. Some teachings are shared publicly, while others are held within specific spaces, guided by cultural responsibility.

Through my art, I create lasting cultural symbols that invite reflection, learning, and stronger community connection.

Source: <https://focalpointartistry.ca/about/>

Continued on Page 16

Artist Continued

We will be hanging up a new banner on April 26 in honour of Red Dress Sunday. Below is a description of the artwork in Jessica's own words:

Ganawenda (To Protect)



"Art is a way for me to give voice to my ancestors' connection to the land, their suffering, their pride, and beauty as a nation. I lay down my tobacco and ask my ancestors for guidance, love, and support to create. Some of my pieces have bold, bright colors reflecting the beauty of nature, while others are dark, dramatic, and sometimes controversial.

The paintings help me connect to the spirits around me and allow me to find some peace and healing within myself. Painting, for me, is another way to bring awareness to the dark chapter of Canada's First Nation people. It is estimated that over 4,000 Indigenous women, girls, and gender-diverse individuals have been murdered or missing in the last three decades. I can't imagine what it would be like to lose a mother, sister, auntie, or loved one. Or when dealing with the police, being subjected to discrimination and racism. Your loved one is automatically labeled as someone who has lived as

"high risk," or it's suggested that they are just partying. You are re-victimized and treated like your loved one's life is not important enough to be a priority. You can never have closure. You will always have a feeling of hopelessness and experience a lifetime of unresolved loss and grief. Your loved one is just another faceless statistic.

In this painting, the colour red dominates. The red dress and shirt symbolize the Indigenous women and gender-diverse individuals who have been murdered or are missing. The red hand symbolizes solidarity, and we will be silenced no more. The bear spirit is the protector. She is a strong source of support in times of difficulty. She guides you to be a leader. Her spirit may ask us to accept an authoritative role, not only directing our own lives but guiding others. Think of the height and weight of the bear - her presence demands respect. This is not the time to be silent, but rather a time to challenge, engage, educate and inspire! She is feared and admired for her courage. She stands tall, facing the threat of harm without fear. She invokes power, inner strength, fearlessness, and healing as she holds the woman in the red dress. May we all be bears in these times of reconciliation." – Jessica Somers

Respectfully submitted
Michele Altermann
(she/her)



A Sanctuary of Music

**THE 1ST FRIDAY OF EACH MONTH FROM SEPTEMBER TO JUNE
11 AM-12 NOON**

**LOCATION: ALL SAINTS LUTHERAN ANGLICAN CHURCH,
210 SILVERCREEK PARKWAY NORTH GUELPH**

Wheelchair and Walker Accessible



Please join us in a space of quiet, music-centered tranquility. Catherine Manning, Music Therapist at Hospice Wellington, will collaborate with organist Gerald Manning both musically and through reflective poetry, to welcome you into a time of serenity.

This offering is a community outreach project of Hospice Wellington. The music will draw on many musical traditions, from Classical to Celtic, with the hope of transporting listeners into a place of deep comfort.



**IF YOU HAVE ANY QUESTIONS,
PLEASE CALL: 519-836-3921
EXT. 228**

May 2026

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 <i>first</i> when looking for available space.						
<p>6:30-8:30 pm — Rose Head Hall, NA Never Alone</p> 	<p>9:00 am – Rose Head Hall, Tai Chi (Sept-Jun)</p> <p>6:00-8:00 pm – Rose Head Hall, AA (Flying Blind), 8:00 – 9:00 pm – District Meeting 3rd week</p> <p>6:30 – 8:30 pm – Choir Rm, Gambler’s Anonymous</p>	<p>4:00 pm – Rose Head Hall, Order of the Eastern Star 2nd Tuesday of the month</p>	<p>9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room</p> <p>10:00 – 11:00 am – Good Morning Al Anon, Choir Rm</p> <p>6:00-8:00 pm – Nave, Guelph Male Choir</p> <p>7:00-9:00 pm – Choir Room, Guelph Al-Anon Family Group</p> <p>7:30-9:30 pm – RRH, AA HH</p>	<p>9:00 am – 1:00 pm – Rooms A&B, Children Reading Room</p> <p>5:45- 8:00 pm – Rose Head Hall, TOPS</p> <p>7:00 – 8:00 pm – Choir Room, Tri-County Recovery</p>	<p>9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room</p> <p>9:00 am – Rose Head Hall, Tai Chi (Sept-Jun)</p>	
RHH – Rose Head Hall					<p>1</p> <p>11:00 – 12:00 – Nave. Sanctuary of Music</p>	<p>2</p>
<p>3 Easter 5</p> <p>8:30 am – Nave Holy Communion</p> <p>10:00 am – Nave Holy Communion</p>	<p>4</p> <p>1:00 p.m. – Parlour, Outreach Team</p>	<p>5</p> <p>2:00 p.m., Parlour The Associates</p>	<p>6</p>	<p>7</p> <p>9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market</p> <p>7:00 p.m. – Nave, Choir Practice</p>	<p>8</p> <p>Church Office closed</p>	<p>9</p> <p>9:00 a.m. – 4:00 p.m. – RHH, Rental</p>
<p>10 Easter 6</p> <p>8:30 am – Nave Holy Communion</p> <p>10:00 am – Nave Holy Communion</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>6:30 – 8:00 p.m. – Pastor’s Office, Confirmation Class</p>	<p>14</p> <p>1:00 – 3:00 p.m. – Parlour, Chi Rho Fellowship</p> <p>7:00 p.m. – Nave, Choir Practice</p>	<p>15</p>	<p>16</p>
<p>17 Easter 7</p> <p>8:30 am – Nave Holy Communion</p> <p>10:00 am – Nave Holy Communion</p> <p>Deadline for <i>Connections</i></p>	<p>18</p>	<p>19</p> <p>1:00 – 2:30 p.m. – Parlour, Parish Care</p> <p>5:00 p.m. – RHH, Men’s Fellowship</p> <p>6:00 – 9:30 – Choir Room, Rental</p>	<p>20</p> <p>12:00 p.m., – Parlour, Women of Faith</p> <p>7:00 p.m. Faith Forum via Zoom</p>	<p>21</p> <p>9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market</p> <p>7:00 p.m. – Nave, Choir Practice</p>	<p>22</p>	<p>23</p> <p>All Day – RHH, Rental</p>
<p>24 Pentecost</p> <p>8:30 am – Nave Holy Communion</p> <p>10:00 am – Nave Holy Communion</p>	<p>25</p> <p>7:00 p.m. – Parlour, ASAP</p>	<p>26</p> <p>7:00 p.m. – Parlour, Church Council</p>	<p>27</p> <p>6:30 – 8:00 p.m. – Pastor’s Office, Confirmation Class</p>	<p>28</p> <p>7:00 p.m. – Nave, Choir Practice</p>	<p>29</p> <p>4:00 – 11:00 p.m. – RHH, Eastern Star mtg.</p>	<p>30</p> <p>All Day – RHH, SLYC Camp Day Training</p>
<p>31 Holy Trinity</p> <p>8:30 am – Nave Holy Communion</p> <p>10:00 am – Outdoor Service with Holy Communion, Picnic lunch</p>						

All Saints Lutheran Anglican Church