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The photos above and below show Advent's flower beds at our entrance. The lower photo shows the bed recently added to make some dead space look a bit better. We thank Arie Fox for taking the photos.



## Peanut Shell



As you can see, now that the summer break is over, we are starting back to a full schedule of events. We start on September 17 with our welcome back potluck luncheon and registration of Sunday School students.

We're really pleased that our Sunday School program will begin on September 24. Please ensure that your children are part of the program; and if you are able, to help with the teaching.

Our church's new worship book will be introduced this fall. I would encourage as many of you as possible to attend the workshop on November 4. I hope that at least 20 people from Advent will attend so that we can make an informed decision when we discuss the book.

Please take special note of our financial position. We need everyone's continued efforts to meet our commitments for the remainder of the year.

Lester B. Pearson Place has now officially opened. We thank Marion Knaus for the article and photos of the building. And we thank you for your continued support of our anniversary project.

Our anniversary dinner is coming up on October 29. Please plan to attend to hear Dr. Carlsen speak, and participate in the silent auction to support our 40th anniversary project.

Since our building is aging, we need to ensure that our building is kept in good form. Please attend the special congregational meeting on September 24 to hear Council's recommendations and make a decision.

I'd still like to hear any vacation stories you would like to share with our members. From our worship attendance this summer, it appears a lot of you were away so it would be good to hear about your adventures or misadventures.

*Judy*

## Adele Buckley Receives Honorary Doctorate from University of Toronto

The University of Toronto awarded an honorary doctorate to Adele Buckley, an active member of Advent Lutheran Church, Toronto. The degree of Doctor of Science, *honoris causa*, was conferred at a Convocation of Engineering students on June 15, 2006. Her address to the convocation was on the theme of "The Ethical Responsibility of Scientists"

Adele Buckley has dedicated her professional life to developing technologies that detect and destroy pollutants in the environment. In her volunteer work in civil society, she is an advocate for nuclear disarmament and global security. She is chair of the Canadian Pugwash Group, part of a worldwide organization, that began in Canada in 1957, out of concern for the threat of nuclear weapons, and whose goal is to influence leaders around the world.

In 1975, her PhD thesis on a new type of mass spectrometer was the basis for a new company, Sciex, and she became a founding partner. Now a division of MDS Inc., Sciex has some 600 employees worldwide and designs and manufactures mass spectrometer systems used for high-sensitivity analytical work in applications such as new drug development, protein analysis, environmental tests and manufacturing impurities.

Today, Buckley is vice-president of technology and research at the Ontario



Centre for Environmental Technology Advancement. One example of her work – she is involved in a CIDA-sponsored project, underway in Bangladesh and Canada, for field-testing and verifying performance of technologies for mitigating arsenic contamination in well water, affecting over 40 million people in Bangladesh.

The following paragraph is an excerpt from her speech on receiving the honorary doctorate:

"How will you achieve spiritual well-being? What will be the frame of reference for you – in times of joy?, in times of challenge?, in times of distress? I suggest that, if you have not already done so, you seek a religious faith and make it your own. Start within your own cultural background. Within the breadth and scholarship of the major faith groups of the world, you will find scope for your own personal spiritual quest." ♦

## Welcome Back

Welcome back everyone after the summer break. To help us all re-connect, we will hold a potluck luncheon hosted by Congregational Council during our coffee hour on September 17. Please bring cold finger foods only. Please join us as we catch up with each other and register the children for Sunday School classes. ♦

### ADVENT LUTHERAN CHURCH

2800 Don Mills Road  
North York, Ontario • M2J 3B6  
416 493 1435

The Rev. Michael Mills, Pastor  
Worship Service at 10:00 a.m.

The *Parish Visitor* is produced  
for our members and friends.

Judy Baribeau, Editor 416 264 4527

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Advent Lutheran Church

[www.adventlutheranchurch.ca](http://www.adventlutheranchurch.ca)

## Mission Report

Here are some of the ways our church and its members are serving "Mission in the World".

**Elvira Sentes** – At one of the Global Mission Events that was sponsored by the Evangelical Lutheran Church in America, Elvira Sentes (St. John's, Waterloo, ON) shared her Volunteer in Mission experience with participants at one of the "global university" sessions. Elvira spent six months at the McKean Rehabilitation Center in Chiang Mai. Elvira reported that, "To spend four days with like-minded people is truly affirming. I did feel that my message was accepted warmly."

**Rev. Jonathan Schmidt and Alice Schuda** – The Canadian Churches Forum for Global Ministries, which conducts ecumenical orientation and re-entry programs for mission personnel, has Lutheran staff for the first time. The ELCIC's Rev. Jonathan Schmidt and Alice Schuda, a married couple with two young children, were installed as the Forum's Co-directors. Alice is an adult educator with seven years of experience living and working in Central America and Mexico and the author of *Sojourning: A Leader's Guide for Short Term Mission Travel*. Jonathan served five years as Campus Chaplain at Wilfrid Laurier University, University of Waterloo and Waterloo Lutheran Seminary and led student groups on many experimental study tours to Central America.

**Leah Ganes** – Leah Ganes (Messiah, Camrose, AB) served a year as volunteer in Mission with the International Assistance Mission in Central Asia, a joint placement with the World Mission Prayer League Canada. Leah used her skills as an occupational therapist as the team leader for Visual Impairment Services.

**Rev. Paul Johnson** – Rev. Paul Johnson, Assistant to the National Bishop for Ecumenical Relations and Mission in the World, made a partner church visit to Argentina. He spent time

with Pastor Sergio Utz and Gustavo Gomez in the southern Patagonia region and experienced the important and inspiring ministry in their congregations and communities, including the nutrition programs "Cup of Milk" in Esquel/Cuchamen where Sergio serves and "Caring Mothers in Comodoro Rivadavia where Gustavo serves. Mission in the World provides US\$20,000 per year which IELU (Argentinian Church) needs to support Servio and Gustavo.

**Erika Parker** – Erika Parker (Evangelical Lutheran Church, Selkirk, MB) is serving with VIM in Slovakia. She is an English teacher at the Evanjelicke Lyseum, the Lutheran high school in Bratislava operated by the

Slovak Evangelical Church of the Augsburg Confession. The Evangelical Lutheran Church in America provided about half of the funds needed for Erika's placement to fill out their team of volunteer teachers in Slovakia.

If you are interested in following any of the work that our full time missionaries or those who are in the Volunteer in Mission program, you can access the information on the web site at [www.elcic.ca/mission/world](http://www.elcic.ca/mission/world).

Donations can also be made to the Missionary Sponsorship and Mission in the World directed giving to help the work in the many countries where we share partnerships.

*Joan Fox*  
Mission Representative



Evangelical Lutheran

## Worship



**A New Worship Book.  
By the whole Church.  
For the whole Church.**

**Introductory Workshop – Saturday, November 4**

9:00 a.m. to 3:00 p.m.

at Agricola Lutheran Church

25 Old York Mills Road Toronto ON M2P 1B5

\$20 per person registration includes lunch and a complimentary copy of the new *Evangelical Lutheran Worship* book

Who should attend? Anyone who is interested in worship – worshipers, musicians, choir directors, choir members, teachers, pastors

To register simply send an email to the Toronto Conference Secretary, Judy Baribeau: [gandjbaribeau@rogers.com](mailto:gandjbaribeau@rogers.com) and let us know how many people to expect from your congregation so that we can be sure to have your free copy of the new worship book.

# News from Pastor Mills

It's nearing the end of July as I write and I am now feeling a gentle pull toward home. There are about four weeks left on my sabbatical; and while my journey is not yet complete, I am beginning to reflect on my experiences and encounters.

When I left Toronto on March 7, I had a specific plan. I wanted to explore the theme of "Visual Discipleship." By Visual Discipleship I had in mind a process by which I might open myself to the presence of God through the act of mindfully *seeing* the world around me. I packed books, paintbrushes, sketch pads, a few clothes and my computer, I was ready. I spent March 8 in Vancouver and on March 9 headed to the Island to celebrate a friend's 50th birthday. All of this had been planned in advance and it felt like a fine way to start the sabbatical with a bit of a festive spirit. On March 10, two of my friends took me by the shoulders, sat me down and said, "You're very sick. You need to be in bed." And so my journey began.

In earlier letters I mentioned some of the meditation and yoga practices I have been exploring. And I think I also mentioned some of the sights I have encountered and some of the churches I visited. What I didn't mention was that the first seven days of my sabbatical were spent lying down. Every time I thought I could get up and go about my business I would get one or two steps down the hall and would have to lean against something for support. I was exhausted. My spleen/pancreas were no longer secreting enzymes to aid my small intestine's work of digestion and I was receiving very little nourishment from the food I ate. As I write this note at the end of July (you'll probably be reading it in September) I am in a much healthier state, but in the beginning of March I knew that I wasn't functioning very well at all. Even a trip to church would so tax my reserves that I would have to lay down to rest afterward. I saw two

doctors and received five prescriptions but the fatigue and the pain continued. After a number of weeks I began acupuncture treatments. I found acupuncture to be helpful in momentarily diminishing the pain, but it did not completely solve my problems. As I continued my travels I would regularly have days when I would crash – sleeping for twenty-four hours sometimes to gather up my energy.

At the beginning of the third month of my sabbatical, I travelled to Massachusetts and there an interesting phenomenon began to happen: after about ten days I noticed that my fatigue had lessened but the pain in my back, hip and right femur had increased significantly. I assumed this had to do with my diet which was the most significant change in my daily pattern, so I began to read up on Ayurveda to see if this ancient Indian system of healing with whole foods could help me heal. (Kripalu, initially a Jesuit Seminary, was converted to an Indian ashram before evolving into the yoga and education centre it is today.) I had never heard of Ayurveda previously but it provided me a very valuable key. I shifted to a vegan diet (rice, millet, quinoa, mung beans, sea vegetables, kale and broccoli; no animal proteins, no eggs, no sugar, no alcohol, no dairy.) As well I began a daily regiment of dry saunas to remove toxins from my spleen, pancreas, liver and kidneys and I made regular applications of Mahanarayan oil to my lower back and hips. (Mahanarayan oil is a mixture of herbs, manjista and red sandalwood in a vehicle of sesame oil.) The pain in my hip was quite severe during this time and I wondered about the wisdom of this change in lifestyle, was I making things worse with this diet? However, after about twenty days I noticed some small changes. I felt better and was able to move a bit more freely than when I arrived. After forty days I felt strong enough to regularly go

for walks. It is now sixty days that I have been on this regiment and my back and hip pain are significantly reduced although if I have a cookie (or some other dense sugar like bread) my back and hip flare up and tell me in a matter of hours.

In my studies of the Ayurvedic tradition I discovered something called the *Sugar, Protein, Medication Cycle* which is apparently quite common in modern North America. The theory goes like this: because carbohydrate (sugar) metabolism regulates protein metabolism (and vice versa), too much sugar ingestion causes a craving for dense animal protein (the body wants to balance) and this leads to an excess of both sugar and protein. This pattern causes mucous obstructions in the body, especially spleen, liver and pancreas and unstable sugar levels in the brain. Tranquilizers, pain-relieving drugs and intoxicants are then often taken for an immediate, but short-lived, relief of unwellness. In my own case, I found that by eliminating refined sugar and getting my daily protein from vegetable sources, I was able to control my sugar levels throughout the day so my mind was clear and at the same time I was able to substantially reduce the pain in my hip and back (joint inflammation is exacerbated in the presence protein and sugar which are calcium inhibitors.) The pain is not completely gone and I expect to spend another four to six months on this regiment, but I do feel healthier than I have in years. My blood pressure has also dropped from 140/95 to 110/70. I should say, however, that according to the Ayurvedic tradition, the vegan diet is not for everyone. Each person has their 'dosha' or 'body type' and that determines individual dietary needs.

As I look to return to Toronto I think about how much I have grown these last five months. I couldn't have imagined such a journey at the beginning of

*Continued on Page 9*

# Advent's Financial Position as at August 31, 2006

Summarized as follows is Advent's giving to August 31, 2006, together with other revenues received.

<b>Our Revenues</b>			
<b>Commitments</b>	<b>Received to August 31, 2006</b>	<b>Received to August 31, 2005</b>	<b>Difference</b>
Current/Loose	\$ 52,258	\$ 48,446	\$3,813
Mortgage	3,776	3,698	78
Sunday School	<u>131</u>	<u>130</u>	<u>1</u>
<b>Sub-total</b>	<b>\$ 56,165</b>	<b>\$ 52,273</b>	<b>\$ 3,892</b>
Facilities	37,613	30,233	7,381
Regular Benevolence	<u>7,462</u>	<u>7,015</u>	<u>447</u>
<b>Total Received</b>	<b>\$ 101,240</b>	<b>\$ 89,521</b>	<b>\$11,719</b>
<b>Other Giving</b>			
GHDA	\$ 3,316	\$ 3,398	\$ (82)
40th Anniversary	\$ 2,902	\$ 2,208	\$ 693

**C**urrent, festival and loose collections for 2006 to the end of August have increased about 8% compared to 2005. You may recall that in April, the variance between 2006 and 2005 collections was about 18%. This is due in large part to increased giving during 2005, so that the gap between the two years is narrowing.

As in my previous reports, the greatest increase has been in Facilities, up some 24% over 2005. As with our current, festival and loose giving, the proportionate increase has declined, but it still remains our "saving grace".

## Our Expenditures

Our overall expenditures have increased by about 10% between 2005 and 2006. The main increases are in the following categories:

■ **Outdoor Maintenance** – Up \$2,352 or about 70%

■ **Heat** – Up \$649.51, or 15% over last year

■ **Pulpit Supply** – A cost of \$3,742 to cover pastoral costs during the sabbatical.

## 40th Anniversary

Collections to the end of August 2006 total \$2,901.65, as compared to \$2,208.25 in 2005. While this is an improvement, our goal is for a total of \$40,000 over four years. At this pace, we won't meet our \$10,000 collection target for the third year of our four-year term.

We have now remitted \$5,000 of our total goal for the assisted housing project. In early September, a GIC will mature, from which we will remit an additional \$10,000, so that we will

soon have met half of our \$30,000 commitment.

## Our Bottom Line

Our 2006 net bottom line is about \$1,840 better than in 2005. However, we cannot lose sight of the fact that we ran a deficit of about \$5,000 last year. **If we want to avoid the same fate this year, we will have to post a strong performance in the final four months of the year.**

*Fred Roth,  
Treasurer*

## Stewardship Matters

### The Risks we Take

If you have been following the Gospel lessons for the past few weeks, you will recall they follow the bread of life theme and the occasion when Jesus fed the five thousand with five loaves and two fishes.

That certainly was an amazing feat – a miracle – but not impossible for Jesus. Is this a risk we would take if we were hosting a crowd of people? More realistically, we are asked whether we are willing to take a risk when we give. What will happen if we give more? In the Gospel we learn that there was more left over than they started with. So, shouldn't we also share from our bounty?

We can see the results from a big risk that was taken in undertaking the NUC-TUCT project and we can see the results of that risk. A low-income housing building was constructed. Advent took a risk in committing \$40,000 to our anniversary appeal. Now we need to follow through on completing that commitment. Please remember to continue your regular gifts to the 40th Anniversary project so that we can continue hearing the happy comments from those who are living there. The coin bank collections will continue on the first Sunday each month as well.

This fall we will be asked a number of questions about giving – not only about our money. We need Sunday School teachers and assistants to ensure that we have a program for our children again.

A congregational meeting will be held to make a decision on the fellowship hall windows. Will we be able to contribute?

We resurfaced and relined our parking lot earlier this year and thank those who made specific offerings to help offset these costs.

A number of volunteers regularly help with other maintenance projects at the church and seem to have the necessary time to do their personal work.

It's easy to say, "I don't have the time or the money," but is that really why we



Welcome back. Hope everyone had a great summer. Time surely has a way of flying by. Seems like only yesterday the children were looking forward to a long summer holiday and now if you listen carefully you can hear the school bell ringing.

Things have been going right along here in OUR HOUSE – busy as ever.

Lots of people have been doing lots of things:

Marion Knaus, Elizabeth and Guy Lancia and Claus Brandes spent a morning painting and repairing the panels that are above and below the windows in the Fellowship Hall and the Sunday School room. Although they look quite nice we noticed that they are really telling their age. They are the original windows and not only is all of the caulking cracked and in poor repair but lo and behold because there is no ventilation. We actually have mould growing between the panes of glass. Your Congregational Council had a special meeting to discuss this situation and you will be informed of a future congregational meeting to deal with the possibility of replacement and the costs involved. We hope that we will be able to increase the ventilation in both of these areas by being able to open

say "no"? Are we willing to risk giving our time and talents and then find out to our pleasure that everything else does fall into place? And are we willing to make the financial contribution and then find that our other obligations are also satisfied?

Let's show our faith and take some risks and see what happens.

*Judy Baribeau  
Stewardship/Finance Chair*

## All About our House

all of the windows instead of only one and also eliminate the health hazard of the mould.

Although for all intents and purposes the attic area is "empty", thanks to Arie Fox, most of the cardboard boxes and recycle material has been removed.

Our gardens are looking nothing short of fabulous thanks to Judy Baribeau for the north gardens and Carol Peck and her sister Diane for the south gardens. Speaking of gardens, a bit of information for you. Our community gardens are something to be proud of to say the least. When candidates apply to have an individual garden, they fill out a questionnaire which asks, among other things, how many people in their immediate family will benefit from their garden. When these numbers were tallied, the outcome was a total of 867 people. That is quite amazing in my estimation.

Please make a note on your calendar of this date in October. On October 22, 2006, we will have our worship service in Cedar Hall to accommodate the St. Dimetru congregation. They are expecting a large turnout to welcome their Bishop and have asked if they could please use the sanctuary. So on that Sunday we will be in Cedar Hall. Thanks for your co-operation.

One last item to mention and that is the work that Heinz Weltner and Arie Fox have done on the wooden sash in the sanctuary. There has been considerable rotting around the windows and that has been rectified.

Well I guess that is a wrap for this time.

Thanks for reading,

*Fran Brandes  
Property Chair*

## Lester B. Pearson Place Opens

# Would You Live Here? I Would!



Front Entrance



Community Patio Area

**O**n Sunday, June 25, 2006, NUC-TUCT held their much anticipated Open House at Lester B. Pearson Place. The Open House was well attended by members of Newtonbrook United Church, other donors, as well as members of Advent Lutheran Church.

A project in the making for many years, the first residents moved into their new and affordable units on Friday, June 30. The thinking behind the design of the units was “Would I want to live here?” and the answer was a resounding “YES” by all involved in the planning and construction of this building.

The new residents are overjoyed to be living here, coming from situations that

made them choose between feeding their families and paying the rent, or families living in one or two rooms in basements. One of the new owners kissed the floor of their unit, they were so happy.

To hear things like: “I’m just going to sit in a rocking chair and read – I’m so happy to be here”; “When I look over the garden I just feel so relaxed and blessed to be here”; “It is so bright and I love having the big windows – I feel so good”; I want to start working in the garden”.

And from the children: “My mother and I can hardly wait to move into our new home”; “I’m so excited – the garden plant is taller than I am”.

One of the most touching comments a new resident made: “You reduced my economic hardship – thus allowing me to buy food for my table.”

This reminds me of our 40th Anniversary verse, Luke 10:2: “I send you out as labourers into the harvest” and although we are still labouring to fulfill our commitment of our \$30,000 to NUC-TUCT and \$10,000 to refugee sponsorship, we are already seeing the initial harvest. We don’t have very far left to go.

*Marion Knaus*



Front Garden



Kitchen in two-bedroom unit

## Together in Toronto: Claiming an Open Spirit

The assembly *Together in Toronto Claiming an Open Spirit* occurred from July 27-30 at the University of Toronto. It was sponsored by Affirm United (United Church of Canada), Brethren Mennonite Council for Lesbian, Gay, Bisexual and Transgender Interests, North America and Lutherans Concerned/North America.

First, I thank all the volunteers from Advent Lutheran Church who helped us with many hours of work. Without your help, it would not have been the wonderful success it has been acclaimed. I hope you found it a rewarding experience and an eye opener.

Second, I thank Advent Lutheran as a congregation. This event would not have happened in Toronto if you as a congregation had not taken up the call of the 1999 ELCIC Convention resolution to be more welcoming to gays and lesbians. It was your work through Caring Conversations in March and April 2000 and then was recognized by Lutherans Concerned/North America as the first Reconciling in Christ congregation in the Eastern Synod in 2001. The Lutherans Concerned Toronto Chapter was organized on Epiphany Sunday 2001. There now are seven RIC congregations in the Eastern Synod including the Synod itself.

The assembly was a wonderful experience where the three groups of GBLT people and Straight Allies interacted in song, listening, worshipping, attending workshops, working and playing together. It had many speakers and highlights.

One of the main speakers was Maris Sants from Riga, Latvia. Maris is a former Lutheran pastor who was ousted from the church when he admitted to being gay. This is not new to us as it happens in Canada and US as well. It was his story that was very disturbing apart from that. He showed us photos taken at the first Pride Parade in Riga

last year. There were only about 100 marchers that were protected by police surrounding them simply because several thousand people showed up which include neo-Nazi skinheads, Russian nationalists and Christians from Latvia's mainline Lutheran, Roman Catholic and Orthodox churches. These people pelted the marchers with eggs and tomatoes and threatened violence. The police herded the marchers into an Anglican Church for their safety. The wife of a former colleague held up an icon, with which she slapped Maris.

This year on July 22 there was no Pride parade as the judges and politicians banned it. The gays, lesbians and straight allies gathered together in the Anglican Church for a worship service. When they went to leave the church to go to a hotel to celebrate, antigay protesters had gathered outside the church where they flung not only eggs and rotten food, but also human excrement. There were no police there to protect them. At the hotel, about 250 protesters gathered and the hotel was held under siege all day by blockading the entrance. Anyone who looked the tiniest bit unstraight was liable to abuse and assault including tourists. The hotel had to call in private security guards. The participants were held up to seven hours in the hotel and were eventually evacuated by mini buses via a rear entrance.

When Maris finished speaking, a straight ally friend from Edmonton, jumped up from her seat and started to sing "We shall overcome" which everyone joined in spontaneously.

Lutherans Concerned/North America passed a resolution voicing its absolute opposition to the treatment and lack of protection of the participants of the Pride 2006 in Riga. Letters are being sent to various government and church officials in Latvia, Canada and United States including the Lutheran World Federation.

On a lighter side, the Mennonite group had requested that a quilt be

presented during the assembly. They asked Bill and me to do that. A few of you volunteers did some quilting on it or you just touched it. It was auctioned off at the Saturday night gala where it realized a bid of \$1,100 to help cover the cost of the assembly. Jeannine, who was the successful bidder, wrote a cheque for \$1,500 American that flabbergasted us. As soon as the quilt was handed to Jeannine, she walked over to Maris and wrapped him in it. She said there was no one else who deserved to have it more and gave it to him to take home to Lativa knowing that there was this Assembly in solidarity with him. He danced joyfully with the quilt on the dance floor.

One never knows or can predict how God works within us.

*Walter Rothenburger*



### Anniversary Dinner October 29

We will hold our annual anniversary potluck dinner on Sunday, October 29. Please set that date aside now. We are pleased that Dr. Lloyd Carlsen, a member of our congregation, will be our guest speaker.

We will also hold a silent auction, similar to last year's; and the proceeds will go to the 40th Anniversary Appeal. Please check if you have any items you wish to donate to the auction. ♦

## Summer Vacation

# Japanese Students Visit Canada

*Prior to summer, I asked you to share stories of what you did during your summer vacation in the September Parish Visitor. At that time I didn't know I would have an interesting story to share with you.*

Gerard and I had a most interesting experience this summer. We didn't go anywhere. Instead, we hosted two Japanese students who were part of a Canadian Study Tour and spent 11 days of their 25-day trip to Canada in the Toronto area. Twenty-one students plus two teachers from a private girls' school in Kamakura, Japan, arrived in Toronto on July 21. They were all grade ten students and had to qualify for the trip by passing a self-study test on Canada and an English test. The purpose of the trip was to improve their English, experience Canadian culture and see a bit of Canada.

We really enjoyed Misato's and Minami's visit. From Monday through Friday mornings they had classroom work at Laurier Collegiate (just around the corner from us). Two Canadian teachers and some Laurier students were chosen to work with them during the week. In the afternoons they went on field trips (Eaton Centre, Toronto Islands, CN Tower, Toronto tour, visit to Momiji Centre (a Japanese senior citizens' home) where they sang and performed some traditional Japanese dances, and finally Niagara Falls. Evenings and weekends we, as host families, were to include our guests in our activities and take them to places not on their itinerary. They went sight-seeing, to cottages, fishing, and one family even held a garage sale.

Some of you met Misato and Minami when they came to church with us. This was the first time either of them was in a church. After the first Sunday they said they were surprised at how friendly everyone was and they asked if they could come again. Thank you, Advent, for your hospitality.

They brought many gifts for us, and even for friends of ours they met during their visit. They ate corn on the cob for



the first time and were introduced to tortiere, quiche and French toast. One evening they made a Japanese meal for us which was delicious. We bought the meat and vegetables here and they brought rice, sauces and various other ingredients with them.

They brought many photos of themselves and their families that covered the time from when they were small children till the present. They brought special paper to do origami and some interesting games that kept our neighbour children entertained for an evening. Minami is an accomplished pianist (she started taking lessons when she was three years old) and a couple of evenings played some beautiful pieces for us written by Japanese composers.

We had fun discussing some of our idioms and colloquial expressions. One term was *klutz*, and after seeing me trying to eat with chopsticks they understood the word.

Our neighbours have a big dog, Buddy, who at 80 pounds is still a puppy. In Japan pet dogs are usually small dogs. Buddy was quite a hit with the students.

When the group left Toronto on August 1, they went to Bark Lake for six days doing the camp thing, and then went on to Ottawa, Quebec City and Kingston before returning to Tokyo on August 14.

We are keeping in contact with them by email and hope to meet them again sometime, and possibly their families.

Judy Baribeau

## News from Pastor Mills

Continued from Page 4

March. I've come face to face with my body. I have done a significant amount of reading, especially in the arena of yoga and ayurvedic medicine. I've encountered God at a level deeper than I ever knew to be possible (this will be for another write up), I've laughed with friends, learned some of the joys and unique sorrows of being a dad from a distance, let go of some old systems of thought that I no longer need, and learned that I really like who I am as a person. So in a way, I have accomplished some of what I set out to do. I wanted to open myself to the presence of God through the act of mindfully *seeing* the world around me. Initially I thought I would do this through art, but what I have learned is that I had to switch my focus away from where I thought I should go, to the place where God was actually calling me. This was not easy because I had been so certain about the direction I thought I needed to go. (What did Jesus say, "Physician, heal thyself?") By letting go of my own agenda and attending to the movement of the God, I feel I have arrived at a place of great peace. I feel a humble sense of thankfulness that I have been able to embark on this journey.

Shalom,  
Michael

## Sunday School is Starting

Advent's Sunday School will start on September 24. Classes this coming year will be held during the church service. Come and see the Sunday School program materials on September 17 during the coffee hour. Registration will begin on September 17.

I am also looking for interested persons willing to assist with the Sunday School program. Please contact Erika Day at 416 499 6582 or email [erikaday@sympatico.ca](mailto:erikaday@sympatico.ca).

Erika Day

# People and Events Summary

## Worship Services and Meetings

Worship services are held every Sunday at 10:00 a.m.

**Men's Breakfast Group** – meets at 9:00 a.m. the first Saturday each month at the Wexford Restaurant, northeast corner of Lawrence Avenue East and Warden Avenue.

**Seniors** meet September 5 and 19 at 1:00 p.m. at the church.

**Congregational Council** will meet Monday, September 11, 7:30 p.m. at the church.

**ELW** – Will meet Wednesday, September 13, 7:30 p.m. at the church.

**September 17** – We will hold a "Welcome Back" potluck luncheon following the service.

**September 17** – Registration for Sunday School students; first day of Sunday School will be **September 24** during the worship service.

**ESO Committee** meets Monday, September 18, 7:30 p.m.

**Special Congregational Meeting** – Sunday, September 24, following the worship service to discuss replacement of windows in the fellowship hall.

**October 29** – Annual potluck dinner. Dr. Lloyd Carlsen will be our speaker. We will also have a silent auction in support of the 40th Anniversary Fund.

**Please remember to turn the ringer off on your cell phone while we worship.**

## NEWS HIGHLIGHTS

### Sympathy

■ Our sympathy goes to Edith Voelkel and her family on the death of her daughter in Germany earlier this summer.

### Baptisms

■ Angali Arianna and Sarina Amoraina, daughters of Nalini and Victor Gangadeen were baptized on July 23.

■ Jacques Louis, son of Alice Thomas and Alexander Tessier was baptized on August 13.

### We Remember

■ Elizabeth Huebscher who is in hospital.

### Significant Church web sites

Please check the following web sites frequently to keep in touch with local and national church news:

■ **Toronto Conference** – [elcic-torontoconference.ca](http://elcic-torontoconference.ca)

■ **Eastern Synod** – [www.easternsynod.org](http://www.easternsynod.org)

■ **Evangelical Lutheran Church in Canada (ELCIC)** – [www.elcic.ca](http://www.elcic.ca)

■ **Lift up Your Hearts** – [www.worship.ca](http://www.worship.ca)

■ **Lutheran World Federation** – [www.elca.org/lwf](http://www.elca.org/lwf)

## Special Congregational Meeting September 24

At a special Congregational Council meeting held on August 14, Council is calling a special Congregational Meeting to be held immediately following the service on September 24 to discuss Council's proposal for the windows in the kitchen, fellowship hall and possibly the Sunday School rooms.

Council is collecting detailed specifications related to the quotes received and will make a recommendation to the congregation following the Council meeting on September 11.

Please plan to attend this special meeting. ♦



## Evangelical Lutheran Women

The ELW's first meeting of the season will be on Wednesday, September 13, at 7:30 p.m.

I hope everyone had a good summer and is raring to go.

*Evelyn Arnett*

### September 2006 Volunteers

Volunteers assist with the worship services. The *Parish Visitor* lists those who have agreed to assist each Sunday as a reminder and a thank you for serving. In addition to the areas listed below, we invite you to provide altar flowers for special occasions in your lives. If you have questions about them, please speak to the Altar Guild person for the particular Sunday.

Altar Care	Greeter	Assisting Minister	Reader	Ushers	Counters	Coffee Hosts
<b>September 3</b> Brit Missirlian	Joyce Strebel	Lester McLean	Hildegard Weltner	Alice & Martin Hubbes	Brit Missirlian & Kristin Doak	Mona Marcobelli & Alice & Martin Hubbes
<b>September 10</b> Judy Baribeau	Alex Otten	Gabi Schickedanz	Erna Krause	Carroll & Jai Ramlall	Rebecca Taylor & Walter Rothenburger	Elsie Wraith & Schurr Family
<b>September 17</b> Sonita Dillon-Rhodius		Fred Roth	Indira Beekie	Nerissa Jones	Kristin Doak	Brit Missirlian & Cynthia Stewart
<b>September 24</b> Brit Missirlian		Jackie Fromme	Judy Baribeau	Sonita Dillon-Rhodius	Judy Baribeau & Sonita Dillon-Rhodius	Elizabeth & Guy Lancia