

# CROWNS

Caring - Resource - Outreach - Worship - Nurture - Strategic Development



ST. PAUL'S CATHEDRAL

LONDON, ONTARIO | ANGLICAN DIOCESE OF HURON

# **CROWNS**

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\* For group contact information, please see a Welcome Team member.

## CROWNS

### CARING

#### Alongsiders

The Alongsiders are a group of parishioners who pray daily “alongside” the parish. The Alongsiders were formed in December 2001 and they have evolved from the Anglican Fellowship of Prayer. Members of the Alongsiders group contribute to the St. Paul’s community and the world at large through daily prayer. Do you have a rich prayer life already, or would you like to make prayer a more active part of your faith? Are you too busy to come to church sometimes, or shut-in due to commitments for whatever reason? Your prayers for others and the world are always appreciated. Members receive a prayer calendar with requests for prayers for each day, as well as a bible verse. These serve as starting points for your time of prayer and reflection, and can help lead to a deepening of faith.

Every month, each alongsider receives a prayer calendar with suggestions or requests for prayer each day, as well as a bible reading for the day. Through their prayers, the Alongsiders contribute not only to the mystical life of our parish but also to the wider world.

#### Anglican Fellowship of Prayer

The purpose of the Fellowship is to promote the practice of prayer for individuals and for the parishes in Huron Diocese.

Two conferences were held in Huron during 2017. The first was entitled *Gospel in Four Directions* and explored prayer practices of our indigenous brothers and sisters. The second was entitled *Praying into the Calm: Creativity Responding to Life in Flux* and dealt with methods for calming the mind and the soul. Members of Saint Paul’s are urged to consider attending conferences held in 2018 and in future years.

#### Archives

Saint Paul’s history goes back approximately 180 years and the archives reflect this long presence in the history and development of the city of London. Our archives preserve a wealth of documents of historical importance for the Cathedral and for the city. Our archivist is always pleased to answer requests for information.

#### Chimes

*Chimes* is the quarterly magazine for St Paul’s, published for Advent/Christmas, Lent/Easter, Summer, Fall. Items in *Chimes* are contributed by the clergy, staff and parishioners and range from announcements, reflections, general interest, review of the pending music program to coverage of past events. Copies of the current issue can be picked up at various spots in the church buildings, and the current and past issues can be found on line at the Cathedral Web site.

### Coffee Hour Group

Something extra special happens when good food is shared between friends and between strangers. Coffee hour is a time to meet, share, socialize, nurture current relationships, and build new ones. Coffee, tea and goodies are always available after the Sunday 8 and 10 o'clock services. Setting up, providing treats and cleaning up for Coffee Hour is an essential ministry. It is an opportunity for guests to see the vitality which exists in our community and feel comfortable and welcome. Volunteers are always needed.

### Communications

As the name implies, the Communications Team is a group of volunteers who promote communication within the cathedral. Major tasks include the design, maintenance and updating of the Web site, posters, signs, The Chimes and in general, keeping the congregation informed about life within the Cathedral walls.

### Evening Women's Group

The Evening Women's Group, or EWG, meets monthly from September to June on the second Tuesday of the month. This is a mainly a social group and all women of the Parish are welcome to belong. The group's main contribution to the Parish is the organization of the Thrift Sale in the spring and the Christmas Bazaar in November. Our activity year begins in September with a Pot Luck Supper and planning of the season's activities. Examples of other meeting topics are movie nights, book discussions, and guest speakers. Upcoming events are published in the weekly bulletin for details and time.

### Greeters

Most often, a Greeter is the first human contact a parishioner or a visitor makes when entering the worship space. Does the person entering see the face of Jesus in the face of the Greeter? Is the Greeter friendly and interested in the person entering? Receiving a word of welcome, encouragement, reassurance, or a gesture of kindness is a significant part of a positive church experience.

Greeters welcome the worshippers, give them bulletins, provide information, take up the collection and count the worshippers. Schedules are flexible and the time commitment is light.

### Heritage Committee

The Heritage Committee is being re-activated to assist the Dean. This is a small group of people appointed by the Dean to offer suggestions when donations of gifts are offered to the Cathedral. The committee also will complete an inventory of artifacts and gifts already at St. Paul's Cathedral. Additional tasks may be undertaken at the request of the Dean.

### Lay Eucharistic Ministry

This ministry is carried out by a group of trained lay people who are licensed by the Bishop to take the Reserved Sacrament to our homebound, seniors and/or sick parishioners. Up to two Eucharistic Ministers are commissioned each Sunday to take the Eucharist to these parishioners.

The lay people are trained by the Reverend Dr Virginia Lane, the Honorary Assisting Priest, who also schedules the lay ministers.

### Men's Breakfasts

The breakfasts take place every fourth Saturday of the month, with the exception of July and August, at the Riverdale Restaurant on Kernohan Parkway. The breakfasts start at 9 a.m. and there is a wide variety of breakfast items. The conversation around the table can be spirited and most often it is informative.

### Pastoral Care

This facet of Cathedral life has several parts:

#### a) Card Ministry

Members of this group send out cards to parishioners who may be experiencing any of the following: housebound, senior, ill, suffering from bereavement, in transition, having an anniversary of baptism or of death.

#### b) Flower Ministry

This group takes flowers from the altar on Sundays and delivers them to parishioners who are seniors, housebound or ill.

#### c) Seniors' Homes Services

Each month services of Holy Eucharist are held at 2:30 p.m. at these three homes; Chartwell, Extendicare and Kensington Village. Parishioners assist at these services as readers, servers and pianists.

#### d) Hospital Visiting

This is carried out mainly by Deacon Pat Henderson who regularly visits London hospitals. Other clergy visit hospitals as needed or requested.

#### e) Pastoral Visitation

This is carried out by all four members of the Clergy Team as per request or other conditions dictate.

## Pastoral Ministries

### a) Prayers for Healing

These are offered by the clergy every Sunday during Holy Eucharist at the 10 a.m. service, at the altar rail of the Lady Chapel (south side of the church).

### b) Reconciliation of a Penitent

The rite of Reconciliation is available to all who desire it. Confessions may be made privately with one of the clergy. Please speak to the clergy to schedule this sacrament.

### c) Blessing of a Home

Occupying a new home can be a joyous occasion. The clergy are available to sanctify your new home by offering a blessing. Please contact the clergy to arrange.

### d) Thanksgiving for the Gift of a Child

The clergy are delighted to come to the hospital or home following the birth of a child to offer a brief service of thanksgiving. It is appropriate to include siblings and family members in this joyous occasion.

## Prayer Shawls

Creation of the shawls begins with prayers and blessings for the intended recipient. The intentions continue while the shawl is being worked on. When the shawl is finished a final blessing is said before the shawl is delivered. Shawls can be used in cases of medical procedures, as a comfort in stressful times, for prayer or meditation, while nursing a baby, during an illness and during recovery.

## Safe Church

The guidelines for Safe Church have been set out by the Diocese of Huron. Implementation of the guidelines began at the Cathedral in January 2015. The first step was to have all clergy, staff and all those dealing with children undergo police checks. To ensure that our property is safe, police checks will also be required for key volunteers who have access to the building.

Plans include training courses so that all who enter our buildings feel that they are being treated with kindness and respect. The course will be obligatory for clergy, staff, lay leaders and all who deal with children.

## Scrabble Club

The Club meets on Mondays at 1 p.m. in the Assembly Room. If playing with words interests and/or intrigues you, if you enjoy finding out about new words, this may be the club for you, and you will be astonished what odd and novel words the official Scrabble dictionaries include.

## Welcome Team

The Welcome Team works to welcome, receive and integrate newcomers into the worshipping community. This is being done by:

- providing welcoming packages to newcomers and providing information as requested
- introducing newcomers to other parishioners during coffee hour and helping them integrate into the parish
- hosting periodic dinners with our newest newcomers, parishioners and clergy.



## **RESOURCE**

### **Finance Committee**

Members of this Committee are expected to possess corporate, accounting and financial experience. The Committee provides advice and makes recommendations to the Rector and Wardens on the financial status of the parish. The Committee assists in the preparation of the annual budget and monitors the financial situation of the parish during the year. Monitoring the performance of investments and recommending investment policies are within the Committee's responsibilities.

### **Property Committee**

The Property Committee advises the Wardens and Rector on all matters of upkeep and maintenance of the Cathedral and church grounds. It obtains estimates and bids on projects, oversees the awarding of contracts and oversees the execution of projects. Members of the Committee, as well as members of the Cathedral community, also undertake maintenance and repairs as their talents permit.

### **Woodland Cemetery**

The Cemetery is owned by the Cathedral and it provides a wide range of services relative to burials, cremations, monuments, etc. It was founded in 1879 and many of the older markers provide an overview of London's history in the early years of our City. The Cemetery is managed by a capable, dedicated and compassionate staff. The members of the Advisory Board are appointed by the Cathedral.

## **OUTREACH**

### **Cathedral Tours**

Members of the Tour Guild provide tours of the Cathedral every first Sunday of the month at the conclusion of the 10 a.m. service and on other occasions such as Doors Open. The Cathedral is a landmark in London due to its architecture and history. The large array of stained glass windows, tapestries, architectural features, military items and other mementoes make tours of the Cathedral of great appeal both to Londoners and to visitors of the City.

### **Knitting for Peace**

The members meet at St Paul's on Saturday mornings. Knitters who are unable to attend, may work from home. The group consists of knitters from St. Paul's and the London community. The group was formed in February 2012 and over the past six years, have produced approximately 6,000 items. Hats, mitts, scarves, hygiene kits, etc., have been distributed to over a dozen agencies and institutions, including St Paul's Social Services.

### **Organ Recitals**

The recitals have been running since 1995 and take place on Tuesdays at 12:15 from September until July. The recitals present music written especially for the organ or for organ and a solo instrument. The beauty of the cathedral enhances the appreciation of the music and the excellence of the Cathedral's organ. Admission is free.

### **Primate's World Relief and Development Fund (PWRDF) or Huron Hunger Fund**

The Primate's World Relief and Development Fund connects Anglicans in Canada to communities around the world in partnerships to advance development, to respond to emergencies, to assist with refugees, and to act for positive change. PWRDF is an expression for all Anglicans of their baptism covenant to strive for justice and peace and to respect the dignity of every human person. St. Paul's Cathedral upholds this vital ministry in prayer, and keeps the parish informed of current initiatives so that people may respond and support as they are able. Please see the Rev'd Michael DeKay if you require more information, or visit [www.pwrdf.org](http://www.pwrdf.org)

### **Refugee Committee**

The Committee has been instrumental in helping refugees from Syria come to and settle in London. At present the Committee has changed its focus and members of the Committee are active in the Let's Talk program of St Paul's Social Services. This program helps newcomer families improve their conversational English in an informal setting. The children engage in word games and other activities while the adults chat with the volunteers.

### St Paul's Social Services (SPSS)

The Cathedral provides space and building services to SPSS and has done so for more than three decades. In addition, parishioners volunteer, donate food, personal hygiene items and give financial support. Volunteers and donations also come from faith communities, individuals and a variety of companies.

The Fellowship Centre of SPSS provides lunches two days per week. An increase in the number of days is contemplated. The total number of lunches per month is in the range of 600 to 650. Items of clothing and toiletries are also distributed. Every Christmas, the guests enjoy a turkey dinner.

The Food Bank is open 9:30-12:00pm, Monday to Friday and provided food, including fresh eggs, milk powder and produce to nearly 12,000 single people and families in 2017. Additionally, hygiene products, mittens, scarves, hats, shopping bags and layettes were provided to clients.

Last year The Christmas Share program provided gift card packages valued at over \$11,000 to 200 recipients. Knitted goods and toiletries were also given out.

A recently established program called "Let's Talk" takes place two evenings a week and aims to help Syrian refugees and other newcomers to Canada improve their conversational English. It attracts up to 19 participants of all ages and has the support of the City of London.

## **WORSHIP**

### **Altar Guild**

The Guild is responsible for preparing the altars in the church and in St Aidan's chapel as well as the worship spaces for services on Sundays as well as on other days of the week, for weddings, funerals, ordinations, enthronements and all other religious events. The duties include decoration of the church for Easter, Thanksgiving and Christmas. The members of the Guild care for all the linens and frontals of the altars, the sacred vessels, the candles and the flowers. In addition, the members ensure that the Remembrance Table and the display case are kept clean and that they are up-to-date.

### **Altar Servers**

The primary role of Servers is to assist the priest in the celebration of the liturgy and constitutes one of the more rewarding experiences for lay people. Particular tasks include carrying the Gospel book, cross and candles in procession and guiding communicants during the Eucharist. Servers also act as examples of devoutness and decorum to the members of the congregation. Servers receive training in performing their vital tasks.

### **Bell Ringers**

The Cathedral is fortunate to have eleven bells in its tower (CDEFGABCD, along with F sharp and B flat). The bells are rung by playing a chime console. The bells are rung typically before the main Sunday service, for Diocesan events (synod, ordination, enthronement), for other special ecclesiastical and civic occasions, and on request for weddings. The current four bell ringers select music which fits the time of year. Apart from reading music and being able to play the piano, the only other requirement is to walk up two flights of steep stairs. Writing on the interior of the tower's walls is the work of former bell ringers.

### **Clergy Team**

The members of the Team are:

- **The Very Reverend Paul Millward, Rector of St Paul's Cathedral and Dean of Huron**

Dean Paul and his wife Tracy have been married for 26 years and have 3 adult children and one grandson. Prior to being ordained, Paul was in business for almost 15 years, both in a corporate setting as well as in a family-owned business, Millward's Supermarket Ltd. in Paris, Ontario.

Having felt a call to ordained ministry since early in childhood, Paul began the formal journey to ordination in 1992, entering Renison College where he graduated in 1995 with a Bachelor of Arts degree, followed by three years of seminary, and a Master of Divinity degree from Huron University College.

Paul was ordained deacon in June of 1998 and priest in December of the same year and has served four parish communities in 19+ years of ordained ministry: St. Thomas' Owen Sound, St. Jude's Brantford, Christ Church Chatham, and St. Paul's Cathedral, where he arrived in May of 2017 and serves as Rector of St. Paul's and Dean of the Diocese of Huron.

- **The Reverend Michael DeKay, Associate Priest**

Michael was appointed to St. Paul's Cathedral on December 2, 2012. He is married to Christine, a Registered Nurse with LHSC. They have two wonderful daughters – Julia, who is married to Jon-Paul, and Sarah – and a grandson, Miles. Michael has taught school in London for almost three decades.

During the summer of 2010, at the invitation of Bishop Benjamin Arreak, Michael worked in the Diocese of the Arctic, Nunavik in Northern Quebec and Pond Inlet on Baffin Island. In 2011, he had the pleasure of working in the Parish of the Bruce Peninsula. Michael oversees the work of Natural Church Development, and facilitates the Sundays @ 9 program.

Michael and Christine feel blessed to be part of the St. Paul's Cathedral family.

- **The Reverend Dr. Virginia C. Lane, Honorary Assisting Priest**

It is difficult to list all of the many career positions and accomplishments of the Reverend Dr. Virginia Lane without going into many pages. She graduated from Huron College in 1976 and obtained a Doctor of Ministry Degree in Pastoral Psychology & Counselling in 1991. Virginia became a deacon in 1976 and a priest in 1977 and has been at St Paul's Cathedral since 2011. She has been a priest in Huron as well as in Alberta, British Columbia, Massachusetts, Washington, Iowa and Michigan.

The list of Virginia's previous careers is extensive. She has worked as an Interim Chaplain at a university, a Clinical Pastoral Resident, the Director of Pastoral Care and Coordinator of Spiritual Services at hospitals, a psychotherapist in various settings, an Assistant Professor of Religion, Director of Clinical Pastoral Education at a university, and a Chaplain Educator at various hospitals.

At St Paul's, in addition to participating in services in various capacities, Virginia is very active in pastoral care to shut-ins.

Virginia also trains and supervises seminarians in pastoral skills and development.

Among her leisure activities is Masters Swimming, both in Canada and the USA. Virginia has been a Canadian champion four times.

- **The Reverend Deacon Pat Henderson**

Pat Henderson joined St Paul's Cathedral in 1994. She received her BA from UWO and is a graduate of Fanshawe College and Huron College. While working full time as controller for Winmar, she completed her compulsory and optional courses for the Vocational Diaconate by attending evening and weekend classes at Huron and other institutions in southwestern Ontario. She retired from Winmar in 2017.

Pat was ordained to the Diaconate in June 2007 and has been charged with special responsibilities for outreach in the community at St. Paul's Cathedral and on behalf of the people of the Diocese of Huron. Her ministry is to provide pastoral care visits to out-of-town Anglican patients at city hospitals.

Overall, her responsibility is to proclaim by word and example, the redemptive love of Christ, to interpret the needs, hopes and concerns of the world to the Church and to assist in the public worship and ministration of God's word and sacraments.

At Saint Paul's, Pat coordinates the Servers, Lay Administrants, Intercessors and Tour Leaders. She is a member of the Alongsiders, is the Clergy rep. for the Evening Women's Group and organizes refugee efforts and outreach events. She visits parishioners with home communions as needed.

### Intercessors

Intercessors lead the prayers of the congregation, the Prayers of the People, during the main Sunday service. Intercessors are expected to bring before God the concerns, hopes, thanksgiving, praise and aspirations of the congregation. Included in the prayers are the names of people who have made specific requests or prayers, either for themselves or for others. Training is provided.

### Lay Administrants

These are lay people who assist at Holy Communion by administering the cup containing consecrated wine. They are selected by the Dean (or by a designate). Parishioners chosen to be Lay Administrants need to be baptized communicants, be mature and be held in high regard by the congregation.

### Liturgical Music

Saint Paul's has had a reputation for the excellence of its liturgical music since the early 19th century. The continuation of this work is guaranteed by the high skill, competence, and education of the Director of Music, the high quality of the organ, and the voices and training of the professional choristers; admission to the Cathedral Choir is by audition. The musical offerings are evidence of a broad repertoire which spans the 15th to 21st centuries and includes Gregorian and Anglican Chant. The choir performs at most of the main Sunday services as well as at Diocesan events, and for special events such as funerals by request. The choir sings a monthly Choral Evensong at St Paul's from September to May, and also travels to other churches in Huron to present this most traditional of services.

### Readers

Readers proclaim the word of God as found in the lectionary readings on Sundays and during other services at Saint Paul's during the liturgical year. In addition, there are special services such as the Nine Lessons and Carols during Advent, and Readings and Lessons for Passiontide in the afternoon of Palm/Passion Sunday. Training is provided.

## **NURTURE**

### **Sacraments**

#### **a) Baptism**

Baptism is the sign of new life in Christ. The scriptures and liturgy unfold the meaning of baptism in various images (participation in Christ's death and resurrection; a washing away of sin; a new birth; an enlightenment by Christ; a reclothing in Christ; a renewal by the Spirit) which express the mystery of salvation. In Baptism we are marked as Christ's own forever. Please speak to the clergy about upcoming Baptism dates and preparation classes.

#### **b) Confirmation**

Confirmation is a public affirmation of faith and commitment to the responsibilities of one's baptism. Conferred by our Bishop through the laying on of hands, Confirmation is a commissioning for ministry, and gives one the strength to witness to Christ in the world and to selflessly serve others. The rites of Confirmation, Reception, and the Reaffirmation of Baptismal Vows are offered and administered by the Bishop usually once a year in the spring. Please speak to the clergy.

#### **c) Marriage**

In the life of the church, a Wedding is a celebration in worship where God's gift of marriage and God's blessing, strengthening and sustaining marriage, is proclaimed. Please speak to one of the cathedral clergy about the Celebration and Blessing of a Marriage liturgy.

### **Sunday School**

Sunday School takes place during the 10 a.m. service. The children and adults who participate in Sunday School first gather at the chancel steps with one of the clergy to be commissioned and then leave for their classes. They return in time for the Eucharist. All adults who help with Sunday School have been vetted through the Safe Church program.

The age groups of Sunday School are:

#### **a) Nursery - Newborn to age three**

#### **b) Godly Play - Ages four to eight. The goal of Godly Play is to teach children the art of using religious language and to help them become fully aware of the mystery of God's presence in their lives. Through parables, sacred stories, and liturgical action presentations, the wonder of God is opened.**

#### **c) Junior Youth - Ages nine to twelve. This age group uses the Whirl program which follows the New Revised Lectionary and the lessons are the same as the parents hear during the service.**

### Sundays @ 9

This group meets Sunday mornings at 9:00 a.m., between the 8 and 10 o'clock services. The discussions are held in the Guild Room, September-June. The membership is fluid and although it is preferable to attend all events of a series, missing a session most often does not break the continuity. Typically a short video is used to start and stimulate reflection. The ensuing discussion aids in Christian growth and maturity. The discussion is usually free-flowing and the participants find the sessions to be a safe space in which the inmost thoughts can be disclosed without fear of judgment or criticism.

### Young Adults Group

This group meets on Wednesdays, after the 7:30 Eucharist service. Its approximately one dozen members are drawn from the parish and the wider community. Although "Young" is part of its title, some members are older than fifty. The majority are Anglicans. The program is varied but the aim is to help the members along their faith journey. One intriguing activity is a thought-luck where members bring items which fit in with the current topic. e.g., How I came to believe, what I think of the Marriage Canon changes, and so on. The items can range from books, poems, songs to scripture verses. In addition to book and Bible studies, the group also goes bowling, holds dinners, book exchanges, games nights, etc.



## **STRATEGIC DEVELOPMENT**

### **Natural Church Development**

The Cathedral embarked on Natural Church Development (NCD) in the spring of 2013. NCD is a process for progressively improving a church's health. Growing a church, like growing a garden, requires a long-term commitment which is intentional and consistently addresses the most important issues facing the congregation at each stage of growth. NCD identifies and measures eight characteristics that are critical components of the life of healthy, growing churches:

1. Empowering Leadership
2. Gift-based Ministry
3. Passionate Spirituality
4. Effective Structures
5. Inspiring Worship Service
6. Holistic Small Groups
7. Need-oriented Evangelism
8. Loving Relationships

St. Paul's has a dedicated NCD leadership team and Diocesan coaches who are committed to improving the spiritual health of our Cathedral. Initially the weakest area was Passionate Spirituality, and this was targeted under the banner "Connect with God, Connect with Others." The current target for improvement is Need-oriented Evangelism.

### **Mission and Ministry Visioning**

The Bishop of Huron requires that all parishes develop a five-year Mission and Ministry Plan for the years 2018-2022. The first sections of the Plan are as per the Five Marks of Mission:

- evangelism
- discipling
- service
- transforming of society
- environment

In addition to the above there are:

- ministry and leadership
- congregational health
- long-term future
- buildings
- finances

For each of the above ten categories there are goals to be set, with dates for achieving the goals.

The process has begun at St Paul's and the Plan was introduced to the congregation at Vestry 2018.