

“by George!”

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Lent

The “by George!” connects all parishioners through electronic or hard copy distribution. It is normally published in September, November, February, and May. All articles are welcome; electronic submissions are appreciated.

The “by George!” would not be possible without the assistance of many parishioners. Thanks!

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February 2024

Lent Edition

During Lent, we think about fasting (giving something up), praying, and almsgiving (helping others). But what do other Anglicans say about Lent?

The Church of England [lent-24-branding-guidelines.pdf](https://www.churchofengland.org/lent-24-branding-guidelines.pdf) ([churchofengland.org](https://www.churchofengland.org)) says “This Lent we are encouraged to wait expectantly for God to meet us and sustain us through the storms and trials we all face. The Church of England’s Lent theme for 2024 is Watch and Pray: Wisdom and hope for Lent and life. On the night he was betrayed, Jesus kneels in darkness in the Garden of Gethsemane. Though he pleads with his disciples, “Stay here with me ... Watch and pray,” they all fall asleep, leaving him alone in his hour of deepest suffering.

This Lent all of us are encouraged to draw on the wisdom of Black Spirituality, particularly the practice of “tarrying” (waiting) as a community to draw closer to Jesus and to each other. Combining exuberant singing, fervent prayer and quiet lament, such services typically take place at night and last somewhat longer than the “one hour” Jesus asked of those first followers. This year’s resources have been inspired and informed by the 2024 Archbishop of Canterbury’s Lent book, Tarry Awhile: Wisdom from Black Spirituality for people of faith by Selina Stone [Tarry Awhile | The Big Church Read](#). The daily reflections booklet exploring the same themes has been written by Carlton Turner [Lent theme for 2024 is Watch and Pray - Diocese of Chester \(anglican.org\)](#). Watch and Pray invites us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning”

Do you “Watch and pray”? The next “by George!” will be in mid May. Have a prayerful Lent and a great spring. See you at St. George’s!

Ted Cotton

CALENDAR OF EVENTS

Mark Your Calendars with these Upcoming Dates within our Parish Church of St. George, Crescentwood:

Wed – Mar 6	Mid-Day Eucharist – Noon – Chapel Worship Committee Meeting – 7:00 pm – Guild Room
Thus – Mar 7	Crafts and Conversation – Guild Room – 1:00 pm
Thurs - Mar 7	Members of M & M sorting – Guild Room - 10am to 1 pm
Fri – Mar 8	Altar Guild Executive Meeting – Guild Room – 10am to 4pm
Sun – Mar 10	Fourth Sunday in Lent – Eucharist – 10:30 am
Sun – Mar 10	Choral Evensong – 4:00 pm
Wed – Mar 13	Mid-Day Eucharist – Noon – Chapel
Thu – Mar 14	Crafts and Conversation – Guild Room – 1:00 pm
Sun – Mar 17	Fifth Sunday in Lent – Eucharist – 10:30 am
Sun – Mar 17	Thelma Wynne Baby Shower (after the 10:30 am service)
Sun – Mar 17	Chrism Diocesan Service with Reception – 7:00 pm
Tues – Mar 19	Diocesan Executive Meeting – Guild Room 10:45 am
Wed – Mar 20	Mid-Day Eucharist – Noon – Chapel
Wed – Mar 20	Parish Council – 7 pm Guild Room
Thu – Mar 21	Crafts and Conversation – Guild Room – 1:00 pm
Sun – Mar 24	Palm Sunday – Eucharist – 10:30 am

This calendar is an intentional look only at the short term. For the most current calendar and more information about St. George's, please visit:

<http://www.stgeorges.mb.ca>

The **Parish Office** is open Tuesday to Friday, 10 am to 3 pm; access after hours can be pre-arranged by calling the office 204-453-5642 during office hours.

Our Incumbent, Rev. Fr. Sherpard Gwende, can be reached at: (204) 390-8522 or rector@stgeorges.mb.ca . If you have an **urgent pastoral situation**, please contact him at (204) 390-8522.



Crafts & Conversation: ‘Keep Calm & Carry Yarn’ was the invitation for a new fellowship opportunity, which began on March 7th, 2023 in the Guild Room at St. George’s. Ten ladies with a variety of knitting or crocheting projects, some experienced in their craft, some beginners, and some interested in learning a new skill attended the first session.

The interest in this activity remained, continuing throughout the year. The weekly attendance varies; participants find it relaxing and community-building. Lively conversation is supported by cookies and copious cups of tea.

One focus of the group is the making items for the Thelma Wynne baby layette project or prayer shawls. The baby items are forwarded to agencies for moms in need, and the prayer shawls are distributed within our parish as part of Pastoral Care.

All are welcome! Please join us, even if you are not a crafter, for conversation. Looking forward to seeing you in the Guild Room on Thursdays from 1-3:00 PM for ‘Crafts & Conversation’!

Brenda Cotton

The Thelma Wynne Project is hosting a Baby Shower Sunday, March 17th, after the service. Remember that this is a baby item drive....no newborns are attending! At this time, our cupboards are low on sleepers’ sizes 3 to 12 months (light and heavy), crib size blankets (around 30 x45 inches), travel sized toiletries, baby wipes, sweaters or hoodies and small toys. See our parishioners’ handiwork on March 17th. Monetary donations are welcome. Send us an email with any questions thethelmawynneproject@gmail.com

For those **attending worship** in-person, masks are recommended but are not required!

If you prefer to attend virtually, services are live-streamed. You can view from the comfort of your own home, cottage, or Join at <http://www.stgeorges.mb.ca/live>

There is no livestreaming of Chapel services.

The organ prelude will begin at approximately 10:25 am and the service at 10:30 am.

Sunday School continues in the Guild Room during the 10:30 service.

Please join us for a friendly **chat and a beverage** after the 10:30 service in the Parish Hall. You’ll be able to catch up with some and meet others you don’t know as well. Thanks to those who set up, serve and clean up. Anyone interested in helping provide the beverage service and engaging with the parish is encouraged to sign up for a Sunday on the Wilton bulletin board or contact Ted Cotton at tedcotton@mymts.net. Opportunities to provide the service are available in March and on. Thanks.

THOUGHT FOR THIS EDITION

Lent is more about giving up anger than chocolate.

IN THE BROADER COMMUNITY

Viewing Hub of Conversation in the Canadian Church, Co-Creating Plausible Future for the Canadian Church, Saturday, March 9, 2024, 11:00 am - 5:00 pm, St. John's College - Room 201

The **Easter Vigil**, which was held at St George's last year, will be at St. Peter's at Elm and Grant at 7 pm on Saturday March 30.

The Rupert's Land News is only electronic. To subscribe to the weekly electronic edition and get the latest news about the Diocese, please use the following link:

www.rupertslandnews.ca .



DIOCESE OF RUPERT'S LAND



The Diocese of Rupert's Land, is committed to building and preserving a safe, productive, and healthy work environment. To that end, in 2023, the Diocese prepared and adopted a Respectful Workplace Policy. This policy complies with Manitoba's Workplace Safety and Health Regulations, and Ontario's Occupational Health and Safety Act. The Respectful Workplace Policy covers incidents of harassment or violence, whether in person, online, or via any other media, if the behaviour impacts the well-being of any person covered by this policy. In particular, the Respectful Workplace Policy addresses: Harassment; Violence; Corrective Actions; Special Circumstances; Respectful Communication and provide a list of available resources.

In the policy "Worker" means all employees, clergy, volunteers, and contractors of the Employer. "Workplace" means any place or setting where ministry is carried out.

“Employer” means the Diocese or any parish or mission corporation within the territory of the Diocese, as applicable to a workplace. “Leader” means the supervisor if any or in the absence of a supervisor, a person in authority in the workplace.

The Corporation, Parish Council, and staff of St. George’s Crescentwood, have signed the document to acknowledge having read the policy. A copy of the of the Respectful Workplace Policy has been placed on the Parish Council bulletin board on the north wall of the Parish Hall. All parishioners are encouraged to read it.

<https://www.rupertsland.ca/resources/guidelines-and-policies/pages/respectful-workplace-policy>



SUNDAY SCHOOL PRAYER – February 25, 2024

Dear God, today we celebrate Black History Month. Help us to look in a mirror and see who we truly are. Help us to make changes like...

- showing love to everyone
- standing up for people that need help
- treating everybody kindly
- being nice to anyone we meet

Lord we know all your children are loved by you. We look forward to the day when that same love is shown by all on Earth. Amen!

Feb 25/24

FROM THE DESK OF THE INCUMBENT

“Men Can Cook Too”: Rebutting Honour And Shame Classifications Among Men Living In The Diaspora



Men Can Cook Too Session- Feb 9



Raheem, showing off a meal prepared by men at home.

This edition comes out in the context of Black History Month Celebrations in Canada and elsewhere. In that light, on February 9th, I attended and participated in an event themed: “Men Can Cook Too”, organised by the Pan African Legacy (PAL), a cross-community service organization that offers an integrated African wellness program built around the concept of village-hood, providing a home-away-from-home for Africans in Manitoba and Canada at large. Some of the PAL’s founders, Teclar and Kennedy Gudu, were among the group of Zimbabwean musicians who sang the Shona hymns at St George’s Anglican Church’s Black History Celebration Service on February 25th. They provided the African drums and rattles that were played during the service. The idea was that of giving a taste of Africa to other non-African members of our community. This article I will use social constructivism as a theoretical framework to rebut the view that men cannot cook compared to their female counterparts with a focus on African men living in the Diaspora.

Over the years, the African value systems have been presented as classifications of ‘honour and shame’. In a ‘shame’ society, the means of control is the inculcation of shame, and the complimentary threat of ostracism. The shame-honour worldview seeks an “honour balance” and can lead to revenge dynamics. In the context of this article, a person in this type of culture may ask, shall I look ashamed if I cook? Or how will people look at me if I cook or do the dishes as a man. Shame cultures are typically based on the concepts of pride and honour. Often actions are what count and matter. African men have been socialized to believe that it is honourable for them to control the women and it is shameful for them to take on daily chores such as cooking. At the same time, it would be deemed shameful for a woman to let her husband cook while she is working while it is honourable for her is to stay home, cook, and make babies. Very sad indeed!

Social constructivism is a theory based on the ideas of Vygotsky (1978), that human development is socially situated, and knowledge is constructed through interaction with others. It is generally agreed that men come to the diaspora with numerous unrealistic

expectations. Surprisingly, the living conditions overseas have presented challenges for married couples and non-married men alike in the recent past. The reality is that men cannot afford hold on to patriarchal tendencies like sitting around the home while watch TV all day, attend hockey games while the women care for the children and do everything in the house, including cooking. The situation in Canada, requires that women find employment as well if families are to afford hydro bills, rent, food, daycare, insurance, fuel, TV, recreation and so on. The natural thing would be for men to stand in the gap, get in the kitchen, and help their spouses. Unfortunately, I have seen men who failed to come to terms with this reality, packing their bags, and going back to their motherlands.

The aim of the “Men Can Cook Too” concept is to create a platform for men to socialize while learning to cook. During the session that I attended, a chef was invited to teach men basic kitchen techniques, knife skills, and an actual recipe execution. At the end, every participant was provided with the ingredients to replicate the demonstrated recipes at home. I did prepare a special meal at home with our son, who is quickly learning that this is a heritage to keep. In my view this is a good idea because men (African or not) can be lonely in this part of the world due to busy schedules. It was discovered that for adults, friendships are not easy to establish mainly because people tend to prefer hanging out with people they have known since childhood. Newcomers particularly feel the pinch more than those immigrants who are more established.

In a nutshell, learning to cook benefits men by promoting independence, healthier eating, creativity, cost savings, the ability to impress, stress relief, social bonding, cultural appreciation, and overall life skills development. Younger men benefit a lot from the wisdom and experiences of elderly men during the interactions. Furthermore, men can begin to appreciate the need for new and modern kitchen utensils since they will be using them too. The Kitchen and house will be smarter as roles begin to be shared without fear of violating any cultural norms. At the end of the day, the concept helps in building happy families and responsible men in the diaspora. This Lenten season, men need to be seen cooking too, especially when they are not fasting.

Fr. Sheppard Gwende



COMMUNITY

Nursing homes have waiting lists, but our doggies go to daycare.
Old folks have few visitors; and they think home cooked meals are rare.
Department stores are closing doors and food banks are too busy.
Credit cards are maxed right up, but our church pews sit half empty.
Jack-o-lanterns are thrown out before using the pulp to bake.
Pumpkin spice is in our lattes; but the flavour might be fake.
Fast food is delivered now, and fine dining is less formal.
Shelters overflow and tents in the city seem more normal.
We spend money on placards and protest things so all will see.
Do we help the ones with cardboard signs who may not get to eat?
Support is sent for all new wars, but our veterans can't buy food.
Kids are now in therapy as their internet friends are rude.
Sports shoes cost as much as groceries and kids are buying meth.
We book a cruise and buy big trucks while Mother Earth gasps for breath.

We have missed family, lost touch with friends - still we have survived.
We stopped having social events, but some could now be revived.
Fill up our church pews, donate what we can, share a cup of tea.
Greet the newcomers, give someone a hug, help our elderly.
Cook some hot soup, bake casseroles, and take them to those in need.
Learn new skills, teach what we know so others will also succeed.
Share precious time, strength, or trade craft skills to help those we don't know.
We can be kind and have empathy - let's allow it to show.
Compassion comes from faith and love and gives us serenity.
Let's regain what we are missing - it is called COMMUNITY.

Anne Toth

A regular online viewer from Calgary

FINANCE REPORT

The Finance Report is brief in the February edition. Having only one month to report on, January, leads to too many timing differences for the report to be meaningful. Watch for a return to regular reporting in the next edition.

The chequing account is reconciled to the end of January.

Changes in Designated Funds greater than \$500:

- Flowers +\$504 from donations greater than expenses

\$15,000 was transferred from RBC investments to chequing on January 31. This was for cash flow (paying bills).

The auditors have been advised their engagement for the 2023 review was approved at AGM. The review hasn't begun. They plan to give us a firm completion date.

If you have any questions on the Finance Report, please let Ted Cotton know (204 488 3606 or tedcotton@mymts.net). Thanks.



STEWARDSHIP MATTERS

Along with **treasure**, Stewardship is **time and talent**. If you have time and talent available, St. George's would welcome you in one of the many volunteer opportunities in the parish e.g. Stewardship Chair, greeter, choir, beverage preparation, server Please talk to one of the Wardens.

Thanks to all parishioners who make their regular offerings to St George's. More than half of our donations now come from preauthorized donations. A "pew card" is available at the Greeters' table so parishioners on pre-authorized donations can place a symbol of their offering on the offering plate - "I support the ministries of St. George's Church (Crescentwood) through monthly pre-authorized donations."

Another easy way to make your offering to St. George's whether you are at church or not is to e-transfer from your bank account to office@stgeorges.mb.ca.

To facilitate electronic payment, we purchased a Square terminal. This allows us to take electronic payments at parish events.

If you have any questions about Stewardship or donation methods, please contact Ted Cotton at tedcotton@mymts.net or 204 488 3606.



MISSION AND MINISTRY

The Prayer Box: We pray weekly for some people who need those extra prayers, and we call out their names. Just to remind you, we also have dedicated parishioners that say extra prayers for those who may not want their names made public. When requesting prayers it really helps if you fill out a prayer request form and let Marian know if the person being prayed for has given permission to you to be on the public prayer list or if they prefer to be on the private prayers only. We are also looking for a few more people to pray for those on the private prayer list. If you have some moments during the day, please consider this important ministry.



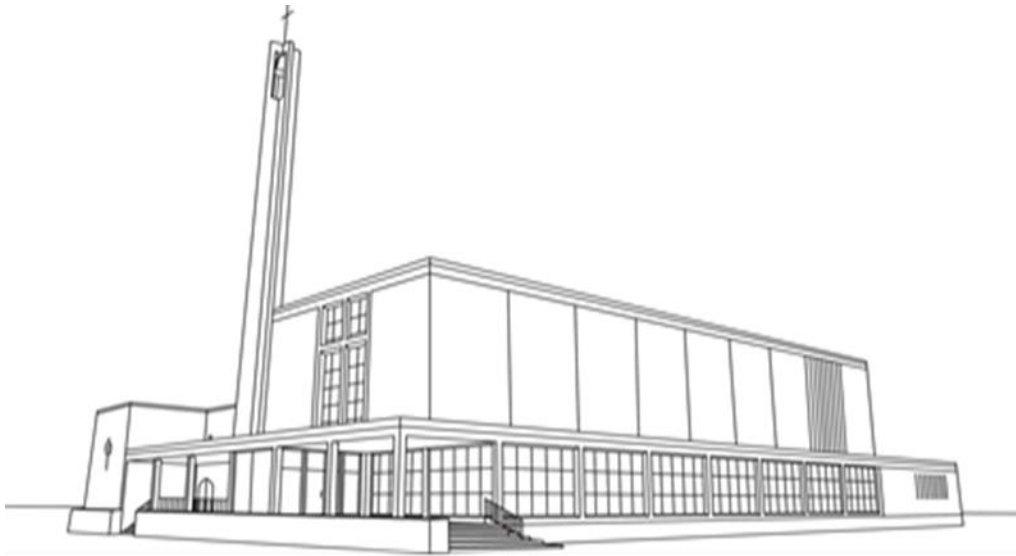
The Need Never Ends! The food needs at **West Broadway (WB)** have been evolving over the past several months. Emergency food is no longer provided. Dinners are served to 100 people from 4:30pm to 7:00 pm, Monday through Thursday. Most of the food needed to prepare these dinners comes from Winnipeg Harvest. And the Harvest donations also fill the food bank for the monthly distribution at WB which is done about mid-month. WB does not have adequate storage facilities for a lot of food.

West Broadway **URGENTLY** and **ALWAYS** needs these donations for food preparation and for the shower program:

- coffee
- sugar
- coffee whitener
- common spices for meal preparation - garlic, salt, pepper, etc.
- metal spoons and forks - not plastic. Used is fine. No knives
- regular size coffee mugs - used is fine. Not big ones - they do not fit in the dishwasher racks.
- kitchen rags and cloths
- baking powder, baking soda
- muffin liner cups. Many cupcakes are served weekly!
- shampoo and conditioner - both large and travel size

Food for Winnipeg Harvest (we will deliver it directly to Winnipeg Harvest)

- NOT Kraft Dinner - there is always way too much of this!
- Pasta, pasta sauce, canned fruit
- canned soup/stew, canned tuna, canned vegetables
- rice, peanut butter, baby formula, baby food, and instant oatmeal



ACKNOWLEDGEMENT OF TREATY 1 LAND

We acknowledge that we meet and work on Treaty 1 Lands, the traditional lands of the Anishinaabe, Cree, and Dakota peoples and the homeland of the Métis Nation. We are grateful for their stewardship of these lands and their hospitality which allows us to live, work and serve God the Creator here.

Note: The parish continues to look at updating the Acknowledgement of Treaty 1 Land.
