



THE GRRRAPEVINE

"I am the Vine, you are the branches" (Jn 15:5)

Number 57

EPIPHANY

January 6, 2008

UPCOMING EVENTS

We have a pretty packed schedule of activities for the next couple of months! Theo-Tidbits, Bible Study, Table for Two, Movie Nights, Creation Ski, Art Show, etc. Most of those you've probably heard of before, but you might have quirked an eyebrow at the last two...

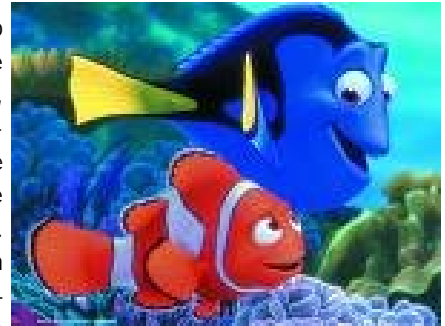
Early in February (we hope), we are planning a Creation Ski event at the Otway Cross-Country Ski Centre. If you're going cabin crazy and need to get out, come and join us! Never x-country skied before? No problem! Otway offers lessons and rents out equipment. No excuses. More details later!

Later in February, we are planning a Parish Art Show. We have quite a bit of artistic talent in the parish: painters, potters, photographers, etc. And we thought it would be a neat way to highlight some of the giftedness in our community while also building some community. It's planned for the Feb 22-24 weekend, in conjunction with a Wine and Cheese on the Friday evening, a Marriage Anniversary Mass reception on the Saturday evening and a Parish Pancake Brunch on the Sunday morning. Don't miss this event!!! More info later.

Our online Parish Calendar lists all events and will help you coordinate your schedule!

SEEKING

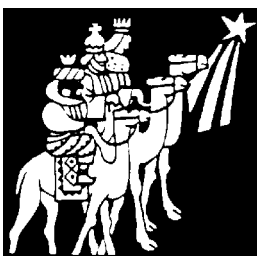
From "Finding Nemo" to "Where's Waldo?" to "Harry Potter" to "Lord of the Rings" we are generally intrigued by the notion of seeking, searching, finding, embarking on a quest. Today's readings are about seeking. There are the obvious seekers - the wise men from the East, Herod, the chief priests and the scribes. Those seekers we recognize immediately. In the first reading, there are other seekers - those looking for light, salvation, hope (people of Israel) as well as those coming from far away lands seeking the Lord in Israel. Woven throughout the readings is an account of the final seeker - God.



The wise men in the gospel and the people from many lands in the first reading seek the God they do not know. Planted in their hearts is a yearning to reconnect with the One who created them. They search, journey, seek in order to be reconnected, to be complete. They are willing to go to great lengths to connect. In many ways they represent the purest urge or desire of the human heart to be united with the Creator. Their seeking brings them life. Their seeking calls us to continue to respond to the inner callings of our own hearts; our call is to connect more deeply with the God who created, loves and saves us. Where do we seek the Lord? Do we travel great distances, go to great lengths to find him, or do we recognize the presence of the Lord within our own hearts, in our community, our families, the people around us and in the sacraments? God wants to be found, and makes the task easy for us.

Herod and the chief priests and scribes seek for other reasons. They seek out of fear and anxiety, hoping to preserve their hold on power, authority and riches. Their only desire is to remove any threat to their position. Their needs, their motivations, prevent them from recognizing the wonder of the gift that was being offered. They could not respond to the gift of God's love because their hearts were hardened, closed, unwilling to respond. Their example challenges us to reflect on the things in our lives that prevent us from recognizing and responding to God's presence among us.

God, of course, is the ultimate seeker. God is always seeking us out. The Scriptures are the story of God seeking us. As we read through from Genesis to the end of the Hebrew Scriptures, God is constantly seeking the humans God has created. They were never abandoned, never forsaken by God. In a special way, when they had forsaken God, God redoubled the seeking. God is always faithful to us, God's creation. In



the birth of Jesus, we have the ultimate in God seeking to connect more intimately with us. God became one of us! In this way, we can relate more easily and readily with our God. God came to seek out and find us where we are. God continues to seek and find us where we are and invites us into a deeper relationship. Do we hear the invitation? Are we willing to respond? What are we willing to do in order to respond?

PASTORAL TEAM

Richard: The main celebrations for Christmas are over, and this weekend includes a trip to McBride, then there should be a few more days of relative quiet. However, with Giselle away for a couple of weeks, I know that there are going to be more tasks to get done, so it all balances out!

Now I have to start gearing up for several things - teaching at Lay Formation, preparing some Theo Tidbits, getting ready for the art show and preparing a workshop for the National Federation of Presbyterian Councils. Lots of interesting things, but also a fair bit of work. Originally I had planned a short visit home to Alberta for right after the New Year, but that is on hold for now.

Giselle: I'll be away for a couple of weeks in Morley, Alberta (somewhere west of Calgary), attending a Returning to Spirit training workshop. If you recall, in late October, pastors and pastoral associates took part in a Returning to Spirit workshop, part of a Residential Schools Reconciliation process. Sr. Tarianne, Sr. Jean-Marie and I expressed interest in being trained as facilitators who can help present workshops in the future. So... we'll see where that leads.

Once I get back, things will start to get fairly busy. RCIA and Religious Ed will be up and running again, along with a new season of Theo-Tidbits and a Bible Study focused on Eucharist. And then there is the Creation Ski and Art Show, should be interesting!



100 MILE DIET: LOCAL EATING FOR GLOBAL CHANGE

The 100-Mile Diet is simple. It's a living experiment in local eating that will reconnect you with your food, your local farmers, the seasons, and the landscape you live in. The idea has caught on in a way that no one could have predicted. It's the next frontier of food. Here's how to get started:

1. Start small—You can start with a single meal, a 100-Mile day, a one-week commitment. Most people partner up, or do the 100-Mile Diet as a family or group.
2. There are no rules—Make your 100-Mile Diet experiment a challenge. If you're trying it for a day, consider getting tough: every ingredient in every product has to come from within 100 miles. Over a longer period, escape clauses are nice. Maybe the occasional restaurant meal or dinner at friends' houses? And what will you do if you travel? Ask some deeper questions, too. If you eat meat, where does the feed for the animals come from? If you're vegetarian, would you be prepared to eat animal products if no beans or tofu are raised where you live? If you just can't live without coffee, don't let it stop you. Wave your magic wand and declare it 'local.'
3. Surf the internet—There are likely resources specific to your area, from lists of nearby organic farms to community kitchens where people get together to can foods.
4. Visit your farmers' market—The easiest and most fun step toward eating locally. Make the market a weekly priority for your food shopping.
5. Find your farmers—Most larger cities and many smaller towns have organic food delivery companies, often with direct connections to local farms. Consider joining a Community Supported Agriculture (CSA) program, in which you support a specific farm by paying a lump sum at the beginning of each growing season and then sharing in that farm's food products year-round.
6. Start a garden — even a tiny one—Self-sufficiency feels good, and greens up

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MONTHLY FINANCIAL STATEMENT

Below is the synopsis of the December financial statement.

Bank Balance:	13027.57		
DDF Balance:	158072.11		
Accts Receivable:	<u>1656.59</u>		
Total Assets	172756.27		
INCOME		EXPENSES	
Donations	28475.06	Administration	18676.10
Fees	150.00	Programs	770.64
Programs	000.00	Operation/Maint.	3029.36
Other	609.87		
Rentals	<u>4255.00</u>	Rental Operation	<u>1172.58</u>
Total Income	33489.93	Total Expense	23648.68
		Net Income	9841.25

Christmas is always good news for the financial report - our weekend/Christmas collection was just over \$12000, which gave us a welcome boost. There is some maintenance happening now - an apartment which was being used by the parish is being prepared for rental. After that, there will be the rent from that apartment to report as well. All in all, we seem to be building back towards a more balanced financial position, and may even be able to put some money into our savings soon. Thank you to all for your continued generous support of the work and mission of the parish.

100 MILE DIET

(Continued from page 2)

our cities and towns. Plant herbs on your balcony. Grow tomatoes, carrots and potatoes in your backyard. Join a community garden.

7. Plan a winter garden—Winter is a tough time to find local produce, but you might be surprised at what still can grow. Ask your gardening friends. People in Whitehorse extend the growing season with a backyard greenhouse.

8. Buy in bulk and pre-serve—Buying bulk saves money, and since it is often hard to find local preserves, you may have to do it yourself. With a few bottles of local wine and cider, even a small group can make quick work of canning jams, pickles, fruit and tomatoes. You can also freeze corn, spinach, carrots, brussel sprouts and more. Don't know how to do any of this? Call up your elders before the knowledge is lost, or try the local library.

9. Join the movement—If you haven't already, sign up with the 100-Mile Diet Society to receive updates, calls to action, and seasonal toolkits to help you bring your eating closer to home. In the coming months, this website will begin to host local-eating resources for towns and cities across the continent and beyond.

10. Prince George's 100 mile area—extends west to Fraser Lake, east to McBride, south past Quesnel and north to McKenzie. But we could modify that to include the Peace River area!

(Information taken from www.100milediet.org)

HOW DO YOU PRAY??

BODILY-KINESTHETIC INTELLIGENCE—BODY SMART

In a previous issue of the Grrapevine (#52), we introduced the idea that different prayer forms may be more comfortable for us based on our giftedness in the areas of multiple intelligence. We were also invited to take a Multiple Intelligence Survey (link on our website) to discover where our intelligence strengths lie (verbal, numeric, images, music, movement, nature, etc). Over the next few issues of the Grrapevine, we'll take a look at the different multiple intelligences and draw connections with different prayer styles.

Those who have a strong kinesthetic intelligence (body smart) have an ability to control body movement and handle objects skillfully. They tend to have a keen sense of body awareness. They love physical movement, dancing and making and inventing things with their hands. They communicate well through body language and physical gestures. They process knowledge through bodily sensations and often move, twitch, tap or fidget while sitting. They learn best by touching, moving, interacting with space and processing knowledge through bodily sensations.

Those who have a strong kinesthetic intelligence, will enjoy prayer forms that focus on movement. Some might enjoy walking a labyrinth. Others might enjoy taking a prayer and reflection walk. Some might enjoy dancing to a hymn. Some might enjoy praying while making handcrafts or praying with a rosary.

Those of us who are not strong in the kinesthetic intelligence, might find such prayer forms tedious and difficult. It's all a matter of finding out what works best for us. We just need to try some of them!

SYMBOLS OF BAPTISM: OIL

Your engine's frozen up," the guy in the overalls said.

"What do you mean 'frozen?'" the kid exclaimed with a mixture of surprise and sarcasm. "It's 95 degrees out!"

The older guy answered patiently, "You've got a bad oil leak. There's nothing left to lubricate the engine. Without the oil, the moving parts got too hot and they expanded. They couldn't move anymore. Your engine is all locked up, jammed up, frozen up. This car isn't going anywhere."

When we are baptized and confirmed, we are anointed on our heads with chrism, a fragrant oil. Monarchs and priests are also anointed, as are altars and churches when they are consecrated for their sacred purposes. In every case, the meaning is the same: We call upon the Holy Spirit to be present and active in this person's life, through this person's ministry, in this sacred place. Oil is used because it is an ancient custom, a sacramental sign that has many symbolic meanings. But perhaps for us car-dependent folks the clearest meaning is this: Without the Holy Spirit, we are all locked up, jammed up and frozen up.

One translation of the Pentecost sequence puts it this way: "Light most blessed, shine on the hearts of your faithful — even in their darkest corners; for without your aid we can do nothing good, and everything is sinful."

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BULLETIN & GRRRAPEVINE
EMAIL

If you'd like to receive the bulletin or Grrapevine via email, send us an email request and we will be happy to put you on an emailing list. Our email address is: stmarys.parish@shawcable.com You can also find back issues of both publications on our website: www.geocities.com/saintmaryspg

REJOICING &
REMEMBERING

We welcomed the following in the Sacrament of Baptism:
Callen Daniel Suik
Benjamin Fraser Lund
Caytlin Lorraine Comp
In faith and in the sure hope of the resurrection, we bid farewell to
Ronald Joseph Sokolic
Al Pittet

STEWARDSHIP MOMENTS

The magi opened their treasures before Jesus, our newborn King, offering him gifts of gold, frankincense and myrrh. This first weekend of the year is an ideal time to take inventory of the abundant gifts the Lord has bestowed upon us and our families, and to reflect on how we can use those gifts to serve the Lord during the year ahead.

MAKING ALL THINGS NEW: STEWARDSHIP & NEW YEAR'S RESOLUTIONS

Stewardship is a commitment of mind and heart to the Lord; a way of life that needs constant renewal and transformation. This time of year has always been one of looking forward to a new year, reflecting on the changes we need to make in our lives and resolving to follow through on those changes. Perhaps those who seek to make resolutions to be better stewards might find inspiration in the following samples:

Stewardship of Prayer: Resolve to strengthen your relationship with the Lord. Notice how often you pray and what hinders you from praying. Commit to short, daily prayer times.

Stewardship of Family: Resolve to set aside more time to stay connected with your family. Eat dinner together, schedule regular dates with your spouse, plan family outings, and go to Mass together.

Stewardship of Health: Resolve to get those medical and dental checkups. Adopt healthier eating habits. Add exercise and other physical activity to your daily routine.

Stewardship of Possessions: Resolve to possess a little more "lightly" this year. Consider ways you can reduce the amount of all that stuff you own. Distinguish between those items that are necessary and those that are considered luxurious and unnecessary.

Stewardship of the Parish Family: Resolve to serve your faith community in some way this year such as at liturgy, in the parish's outreach or education and formation efforts.

Stewardship of Money: Resolve to render sacred your annual budget. Reprioritize your financial goals to ensure that the Lord comes first in your spending. Take positive steps to improve your financial health.

Stewardship of Work: Resolve to be faithful to your daily, work-related tasks and offer them up to the Lord. Cultivate your skills. Deepen your knowledge. Be mindful of how you are building the Kingdom of God.

Stewardship of Mind: Resolve to keep your mind active. Commit to being more informed on the issues of the day. Read your bible. In this year of presidential elections in the United States, familiarize yourself with the Church's social teachings.

Stewardship of Neighbor: Resolve to be a person of hospitality; to make time and space for others who enter your life. Be more aware of those times when a neighbor, co-worker, fellow parishioner or stranger, needs a moment of kindness, a little attention or an affirming gesture on your part.

Stewardship of the Poor: Resolve to live with more compassion and in solidarity with those less fortunate. Remember the poor in prayer, and commit to helping relieve in some way the plight of those who are impoverished or marginalized.

www.catholicstewardship.org

MARRIAGE PREPARATION

Are you planning to get married in 2008? See the poster on the bulletin board for different marriage preparation options. We are offering a 6 week session starting Jan 24. Phone Fr. Richard for info.

NEW TO THE PARISH??

Are you new to the parish? Have you filled out a parish registration form yet? They're available on the bulletin boards at the entrances of the Church. Better yet, introduce yourself to Fr. Richard or Giselle after Mass. We'd love to meet you and get the chance to know you.



WEBSITE

Check out our website! We have photos of past events! There's also news and schedules of upcoming events. And back issues of the GRRapevine & Sunday Bulletin.
www.geocities.com/saintmaryspg