



THE GRRRAPEVINE

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

Number 65

TRINITY SUNDAY

May 18, 2008

STEWARDSHIP MOMENTS

In the Creed, we profess our faith each Sunday in Jesus, God's only Son, the risen Christ who continues His loving, active presence in the world through the Holy Spirit. We believe in an intense, loving communion of three persons in one God. This divine communion of love that binds Father, Son and Spirit is the same communion that unites and nurtures us as a communion of faith; so that we can be one even as the Trinity is one. It is a communion of women and men with God and each other. This week, reflect on how you can contribute to your parish being as "one".



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.

CATHOLICS, TURN OFF YOUR ENGINES!

In the Bible, God tells Adam that he is to dress and keep the Garden of Eden (Genesis 2:15), and later we are told "the whole earth is full of His glory" (Isaiah 6:3). Inspired by these and other words, Christians have viewed the Earth as sacred, as a manifestation of God's love and power, and as a beautiful gift we are to protect. This may mean picking up litter while on a creation hike, or teaching our children to Reduce, Reuse, and Recycle. Another way we can do this is by cutting down on our pollution.

As a group, Saint Mary's Parish and School have entered the Commuter Challenge to participate in these events. Commuter Challenge is a national program that encourages Canadians to walk, cycle, take transit (www.busonline.ca for schedules), or car-pool instead of driving alone. The program is based on a friendly competition between workplaces and communities across Canada to see which has the highest percentage participation rates during the week. We register online as a group, and then members logon to track their miles! June 1-7 is Canada's commuter challenge week. It also coincides with Canadian Environment week and Clean Air day!

The Challenge supports workplaces, schools, and organizations as they encourage their members to leave their cars at home to:

- improve personal health and fitness,
- reduce greenhouse gas emissions,
- save money on gas,
- stop and smell the flowers while walking or,
- get to know a neighbor while carpooling,
- try a more sustainable transportation option.

How to participate:

Go to <http://www.commuterchallenge.ca/english/index.html> and click on "REGISTER"

Input your information on the first page

On the second page, choose British Columbia, Prince George, and Saint Mary's
Finish registration

Log in again during Commuter Challenge Week (June 1-7) and input your miles and to see how we're doing!

For more information, Call Amy at 564-8168

BIKE/STROLLER PARKING

We are happy to offer FREE bike and stroller parking at the weekend Masses. Sorry, no valet service! The gym will be open before and after the Masses for you to park your bike and/or stroller. During Mass, the accordion gate will be locked for security. We encourage you to ride your bike or walk your stroller to Mass!



COMMUTER CHALLENGE

How are you coming to Church on the weekend of May 31/June 1? Walking? Biking? Carpooling? Public Transit? Sharing a taxi with other seniors? We all have options available to us! Which one will you choose? It's our environment & our air!

PASTORAL TEAM

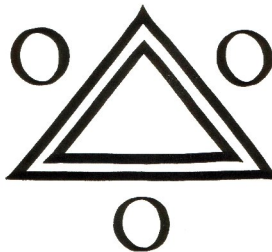
Richard: The celebrations of Confirmation and First Communion last weekend were wonderful faith celebrations for the children and families and for the whole parish. Splitting the group into two made for more relaxed celebrations, with room for more family and friends to gather to celebrate.

The meetings in Toronto were very productive, and also enjoyable. The priests at the meetings have worked together for a number of years now, and there is a real community spirit that has built up among us, so the time away was pleasure as well as business. This past week the Oblate Local Community Council met in Prince George, so our local Oblates gathered with the Council for an afternoon of sharing and exchange of information, along with some enjoyable social time. All in all, it has been a full week with catching up, getting ready for the plant sale and the Oblate gathering. Life is good!

Giselle: The workshop I was to attend this past week was cancelled. Thank God!!! It gave me a chance to catch up in all sorts of areas. This coming week, I'm taking some time off. May go camping, may just stay home and watch the garden grow! Many of our parish programs have wound down for the summer (RCIA, Sacramental Preparation, Religious Education, Theo Tidbits). On the other hand, Creation Hikers is just getting geared up!! Looking forward to some good hikes now that spring is finally here!

LIVING IN COMMUNION

In Paul's letter to the Corinthians, he reminds the Christians of the importance of genuine community life, fraternal love and mutual encouragement. For Paul, these are the hallmarks of Christian life, and are the concrete expression of our profession of faith. Paul then reminds the community that these hallmarks of Christian life are found in and based on the life and relationship of the Trinity: "The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with all of you." This greeting is very familiar to us and so we may not recognize the depth of the message in it. For the Corinthians, coming from a Greek background where the gods were seen as being rivals of humans, the idea of God being our partner and being involved in a love relationship and fellowship with us would have been almost unthinkable. The greeting captures the essence of Christian faith and calls us to live in the same kind of relationship with God and one another as the Trinity lives. Community is communion - with one another and with God.



ANNIVERSARY MASS

Our next Anniversary Mass celebration will take place on Saturday, May 24 at the 7:00 pm Mass. We invite all couples who are celebrating anniversaries in the months of April, May & June to attend. Refreshments and goodies will be served afterwards in the Conference Room! This is a great way to meet parishioners who normally go to other Mass times!

GREENING THE PARISH

Buy Recycled: If your delicate aesthetic sensibilities balk at the idea of reusing yogurt or takeout containers to house your hydrangeas, check out the myriad environmentally friendly planters and raised-garden kits now available. It takes less energy to recycle something than to mine virgin materials, so whether you choose recycled copper, plastic, or even rubber to anchor your tender shoots, it's all copasetic. Admire your handiwork and eco-smarts while lounging on recycled lawn furniture.



Bicycle Benefits is a progressive bicycling program designed to reward individuals and businesses for their commitment to cleaner air, personal health, and the use of pedaling energy in order to create a more sustainable community.

The program's continual growth decreases parking demand, increases helmet use, and improves cyclists' safety and health by putting more people on bikes.

Cyclists purchase a helmet sticker (\$5) from one of the participating business sponsors. This sticker then gives them discounts on various in-store products! Here in PG, the following business support BicycleBenefits (so far)!

Ave Maria
Cycle Logic
Northern Cycle & Sport
Pizzarico's
Sassafras Savories
Stride & Glide Sports
The Waddling Duck
Wasabi Sushi & Wonton House
The Chinese Store

Ride your bike downtown! Save on parking! Don't contribute to pollution. Practice stewardship of creation. Exercise and contribute to your health! Plus get discounts!

It's a great way to contribute to the health and well-being of our local PG community. Think about it when you go down to the Farmer's Market on weekends! For more info visit their website: www.bicyclebenefits.org

REJOICING AND REMEMBERING

We rejoiced with the following as they celebrated the sacraments of first communion and/or confirmation.

Nicholas Husband
Joel Ewert
Dylan West
Theresa Costello
Liam O'Bierne
Jayne Roa
Andrew Schien
Nickolas Van Cleemput
Jenna Tiani
Connor Dagleish
Alyssa Davis
Thomas Louro
Isabelle Thomas
Ronnie Dela Cruz
Josie Duque
Taylor Marko
Quinn Dunphy
Naledi Mphafi
Connor Nootebos
Cassandra Seib
Kiara Browne
Kelly-Ann Pighin
Miranda Bester
Brevin Gervais
Mikeila Oliveira
Derek Porsnuk
Alexandra Delos Santos
Aron Nootebos
Allen Jarales
Allen Jarales
Luis Jarales
Justin Alexander
Rahneisha French
Matthew Sabo
Tasia Elaine West
Victoria Alexander
Sandra Alexander



WHERE ARE WE... WHERE ARE WE GOING??

In the Fall of 2003, we participated in a pastoral planning survey. We had workshops in the parish to receive and reflect on the results of the survey. The efforts of the past years have been a response to the recommendations from the workshops which focused around communication, faith sharing, community building and education.

We have tried in various ways to respond to the needs expressed: we have published the GRRAPEVINE, revamped the bulletin, set up a website, done various pew surveys, engaged in conversation with various groups in the parish to get input and feedback and generally sought to improve the flow of communication from the parish office to the members of the parish.

Theo Tidbits, workshops, book discussions, Bible studies, articles in the GRRAPEVINE and various other events have been part of our response to the need for education, faith sharing and community building. Some members of the parish are deeply committed to the area of social justice and environmental stewardship, and so they have taken up the challenge of sharing information with the parish.

Community building for all ages and groups in the parish has been a priority over the past couple of years. In response, we have tried various events: Table for Two and other meals, Kids Build Things, Art Show, Wedding Anniversary Celebrations, Annual Plant Sale. The Knights are looking at various ways to respond in this area. Someone suggested a craft/building day in the fall for families. Planning for that will get underway. We are planning a parish picnic again - look for details soon. Any and all ideas are welcome.

The finance council has been doing a lot of work on the stewardship of our resources and facilities. One idea is to have direct deposit for contributions to the parish. That will be part of a pew survey in a short while. We are looking at other ways to continue to take good care of our facilities and have more resources available to respond to the needs expressed in the recommendations from the pastoral planning.

One learns from gardening that growth can be slow, but that with patience, care and the right kinds and amounts of fertilizer, growth continues and can sometimes be amazing. We are growing as a community; seeds continue to be planted and nurtured, and we wait in patient hope.

FOOD CRISIS

Development and Peace and its partners in the South are examining a common strategy in order to address the global food crisis. "Although many issues of the global food crisis are related to new developments, the truth is that unjust world trade rules set the stage for such an emergency many years ago." says Michael Casey, Executive Director of Development and Peace. "This should be a wake up call for world leaders that it is time for a radical reorganization of the world agricultural trading system"

The organization is supporting the partners' emergency and development measures and will contribute to redress the devastating situation in Haiti, the Philippines, Sierra Leone, Brazil and many other countries.

Under the leadership of Mary Durran, Research and Advocacy Program Officer at Development and Peace, an in-depth report is currently being elaborated which will outline the reasons for the current crisis and recommend further action. This will enable the organization and the partners to mobilize their resources more effectively.

Furthermore, the Development and Peace will integrate food sovereignty into its fall 2008 campaign, which is centered on access to land. Food sovereignty refers to the right of a population or country to determine its own agricultural or food policy, in order to provide safe, nutritious and culturally appropriate food.

TWELVE WAYS TO SAVE WATER AT HOME

Saving water doesn't have to be a struggle. Read on for 12 ways to conserve water in your bathroom, kitchen and yard.

1. Change your bathing routine by switching from baths to showers. A bath uses more than 80 litres of water; a shower uses less than 38 litres every five minutes.

2. If you prefer taking a shower to soaking in a bath, shorten your time; 10 minutes is too long. Also, a low-flow showerhead and faucet will save as much as 50 per cent of the water you use each time.

3. Low-flush toilets conserve water and reduce the greenhouse gases produced in the water-purification process.

4. Newer toilet tanks use about six litres of water -- about two-thirds less than old models. If you don't want to buy a new toilet, place a one-litre capped plastic water bottle in the tank to replace some of the water so less is used for each flush.

5. Faucets run seven to 11 litres of water each minute. Turn off taps when you aren't using them.

6. Consider going veggie at least two or three times a week. It takes up to 5,000 gallons of water to raise one pound of meat; one pound of wheat takes 25 gallons.

7. Rinse fruit and vegetables before and after peeling instead of continuously under running water.

8. Disconnect your downspout. In a city, your eavestroughs likely drain into a downspout connected to the sewer system. Heavy rain can overtax the system, releasing sewage, oil, pesticide residues and other contaminants into lakes and rivers. Some cities will disconnect your downspout for free. Less water flowing through municipal treatment plants saves money, too.

9. Use a rain barrel. Set it under your downspout to reduce the load on storm sewers and lower your utility bill. To reduce the risk of West Nile virus, buy one with a mosquito screen or simply empty the barrel twice weekly.

10. Dig compost into your flowerbeds, plant native species, and mulch around plants, shrubs and trees. The Clean Water Foundation says just five centimetres of mulch reduces a flowerbed's water requirements by 70 per cent. It also slows weed growth.

11. Water wisely, if you must. Watering cans and soaker hoses waste the least. And water early in the day to prevent evaporation. Occasional, deep watering is better than frequent, light sprinkling.



12. Sow drought-tolerant and disease-resistant grass; don't water established lawns during dry spells; let mown grass lie to nourish the earth and conserve moisture; and leave any clover (its roots add nitrogen to the soil). Top-dress with compost, reseed bald spots, rake out thatch and keep mower blades sharp and set at least 6.5 centimetres aboveground, says Greenpeace.

Hot tips to help cool the environment

It really is easy to help make the Future Friendly and make a difference for the environment by simply adjusting what you already do everyday. Looking at the main rooms in your home that consume energy, produce waste and use water is the best place to start. Here are some tips to help you along the way:

1. A little less hot water can help do a lot of good.

Doing your laundry with detergents efficient in cold water helps, you save energy by using less hot water. Detergents like Tide Coldwater offer great cleaning, but make things a little better for the environment.

If all Canadians washed in cold water for a year, we'd save enough energy to light up to 2.5 million homes for an entire year.

2. A short cycle could help in the long run.

The Canadian Energy Efficiency Alliance recommends doing your laundry on a "quick" cycle, which cleans your clothes with the same results, just by using less energy and water. Similarly, dishwashers can run on a shorter cycle, some with even an "economy" drying setting.

Overall, less energy used in the home, makes a difference for the environment and the chequebook.

3. A smaller bottle can help make a big difference.

Reduce packaging waste and use less water by choosing a concentrated fabric softener, versus a non-concentrated version. A one-litre bottle of concentrated Downy Ultra gets the same number of loads of laundry soft and fresh as a three-litre bottle of Downy non-concentrate. It contains less water and uses less packaging.



4. Don't be afraid of the dark.

When in another room, remember to turn all other lights off. If you are not using the computer, turn it off or put it in sleep mode to save energy. Consider installing motion sensors where appropriate.