

THE GRRAPEVINE

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

Number 67

11th SUNDAY ORDINARY TIME

June 15, 2008

PARISH BARBEQUE

Don't forget the St. Mary's Parish Barbeque on Sunday June 29 at the Diocesan property out at West Lake (a few km past the provincial park picnic site—look for signs we'll have along the road). Gate is open anytime after 2 pm, food served at 4 pm. Parish will provide hamburgers, hotdogs, juice, etc. Bring a salad or dessert to share. And don't forget lawn chairs, bug dope, sun screen, games and whatever else you need to make your time enjoyable!!!

LOCAL FOOD GUIDE

We are working on revising a local food guide that was published last year by the Food in the City Task Force.

Eating local is one of the ways in which we can reduce carbon emissions, thereby slowing climate change. The average meal has traveled 3000 km to be on your dinner table tonight! And yet, here in the greater PG area, we have access to locally grown beef, pork, chicken, lamb, duck, bison, llama, rabbits and ostrich. As well, there are vegetables of all kinds, herbs, fruit, breads, jams and honey.

We hope to include the local food directory within the bulletin or Grrapevine in the next couple of weeks. Stay tuned!

COMMUTER CHALLENGE RESULTS

WOW!!!!!!

On Sunday June 1st (including Sat. eve. mass) St. Mary's saved 233km. 116km by carpooling, 72km by cycling and 42km by walking!!! We had over 60 people participating!!!

We joined together with 39, 667 other participants from across Canada. Together we saved 2,995,541km. Saving 444,775kg Green House Gas (GHG), 2,160kg Nitrogen-Oxygen compounds (NOx) and 175kg of fine particulate matter (PM 2.5).

It is truly inspiring to see the impact that a group or community of people can have. On our own, our actions may seem too small to be significant, but when we join with others we see that even the small action of taking alternate transport to church one Sunday can have a huge impact.

As you may have already heard, we have decided to continue the Commuter Challenge. Parishioners are encouraged to take alternate transport to church the 3rd Sunday of every month. That's next weekend, Sat June 21st and Sunday June 22nd. Let's continue to make a difference together. This is a concrete way that we can demonstrate stewardship of our earth and solidarity with our sisters and brothers in the Global South.



FOOD CANNING WORKSHOP

It's a little early yet, but on Saturday, August 23, Kairos PG will be supporting a canning workshop at Our Saviour's Lutheran Church. Canning and preserving locally grown foods is something our grandparents used to do. With rising fuel and food costs, it's something that's back in vogue. More details later!

*I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances.
(Martha Washington)*

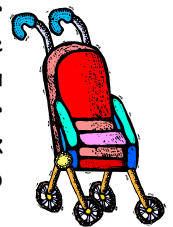
NEW TO THE PARISH??



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.

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!



KAIROS

The next Kairos meeting is on Wednesday June 25 at 7:00 pm in St. Mary's Conference Room. For this meeting, they are coming with brainstorming ideas of what can be grown in our local PG backyards! Come and join our ecumenical church community.

PASTORAL TEAM

Richard: After a week in Fort Ware, the past week has been spent mostly in meetings at the Diocesan Centre and trying to catch up in the parish office. We celebrated the final School Mass of the year, saying farewell to the Grade 7 class. I just realized they were in Grade 2 when I celebrated the first School Mass here at St. Mary's! You can do the math. I look forward to a bit more time in the garden over the next couple of weeks.

Giselle: I'm back from a week-long intensive RTS Training in Calgary and look forward to some rest and relaxation here in PG with "normal" parish work! I'll be away again for a week-long workshop in Winnipeg June 18-25 and then home for several weeks! Things here in the parish are exciting! Five new people on parish council, a new pastoral team member and wonderful plans for the fall. That's what the summer is all about... planning for the fall. And taking some time to enjoy God's creation of course!

Jude: I want to take this opportunity to introduce myself to you and let you know how happy I am to be here at St. Mary's I have ministered in parishes large and small in the US for about 25 years. I enjoy reading and book clubs. I love the opportunity of being in such a beautiful country and look forward to seeing more of it. I am looking forward to getting to know you soon!

STEWARDSHIP BEGINS WITH US

My mother used to say: "Charity begins at home." Well, to my mind, so does stewardship and it needs to begin with us. Bishop Helder Camara of Brazil once said, "Sisters and brothers, watch how you live. Your lives may be the only gospel your neighbors will ever read." We are all witnesses, at every moment of the day.

Stewardship is made up of many, many small steps rather than a few big gestures. It is as simple as saying "thank you" to God every time we partake of food or even before we sip our morning cup of coffee. Think for a moment of how many people labored to bring you that single cup of coffee beginning with growers and laborers in some foreign land.

We are all accustomed to saying grace before we eat a meal, but how often do we give thanks for other things during the day? For instance, when was the last time you prayed while filling your car with gas? Saying, "OH MY GOD" doesn't count, by the way. We give thanks when we fill ourselves with food. Why shouldn't we give thanks when we fill our car with gas? Think of the miracle of oil; the millions of years it took to form and the effort it takes to retrieve it and distill it into gasoline. How simple it is for us to swipe our credit card and in a matter of minutes be on our way thanks to the efforts of so many people and the generosity of God. So the next time, and each and every time, you put gas in your car say a brief prayer: "Bless us, oh Lord, and these Thy gifts which we are about to receive from thy bounty."

If we constantly scatter these small seeds of stewardship, something beautiful will grow.

(We thank Jim Carper, Stewardship Coordinator at St. Monica Catholic Community in Santa Monica, California, for this excerpt from one of his "90 Second Stewardship" bulletin articles).

TAKING STOCK

June is a month for weddings, graduations, celebrating fatherhood, working in the yard and enjoying outdoor activities. It is a month for bringing some of our projects at work to completion and clearing our calendars to make space for summer rest, recreation and vacations.

Summer is also a good time for Christian stewards to take some time to pause as mid-year approaches and take a spiritual inventory. How is our prayer life? Are we nurturing our families? What has happened to the commitments we've made to our community of faith? How have we followed our New Year's resolutions?

While making plans for the summer, perhaps now is the time to re-engage those parts of our lives where we have disengaged, and devote some of our "new-found" time to prayer, meditating on the bible, reading a book that will inform or affirm our life of faith; or maybe making time to help someone in need. As we make "space" for ourselves this summer, it's an appropriate time to make more space in our lives for the Lord.

(From the ICSC June Newsletter for parishes)

GREENING THE PARISH

Join Community Gardens Prince George for a talk by City of Prince George's Integrated Pest Management Coordinator, Claire Watkins. Claire will help you understand your pest and disease problems and help you deal with them in holistic ways which are less harmful to the garden environment.

Integrated Pest Management: A Positive Step Back into the Garden

Wednesday June 18
7:00 pm

1540 Milburn Avenue
(Community Garden)

By donation



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

*** **Evergreen Pharmacy**

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

JUNE IS BICYCLE MONTH!

ADULT FORMATION... WHO NEEDS IT?

For the last thirty years all of our Church documents have emphasized the vital importance of adult faith formation. Almost twenty years ago a study of Protestant congregations identified two factors as having the greatest influence on the faith maturity and loyalty of adults:

Lifelong involvement in Christian Education (during childhood, adolescence and adulthood)

Lifelong involvement in the life of the Church.

In 1999, the U.S. Bishops issued *"Our Hearts Were Burning Within US: A Pastoral Plan for Adult Formation"* In this document the Bishops called for renewed efforts to make the education and formation of adults the central focus, and a top priority of what we do as Church. It is not surprising then, that many dioceses and parishes have struggled to make Adult Faith Formation an integral part of Church life. This is a difficult task given that for most adults the focus of catechetical instruction throughout their whole life has been on children. As we look at this issue more broadly we recognize that there are few areas of growth or learning that adults consider complete for life at age twelve or thirteen. Why would we think then that our faith understanding would be complete at that age?

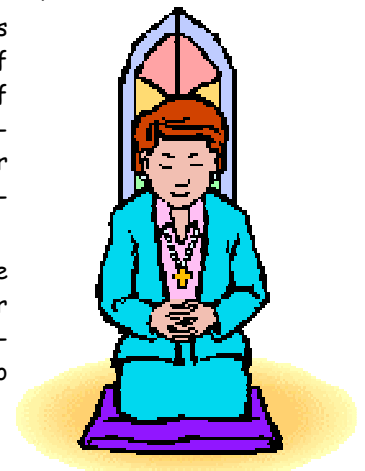
I recently read an article entitled *"What If There Were No Adult Formation?"* It made some interesting points I would like to share with you.:

- Some Catholic adults regard the Church as irrelevant, or perhaps leave the Church entirely because what they understand about faith from their childhood religious education doesn't fit with their current real-life experience. Their past formation was adequate for their younger years but it does not answer the questions of today's increasingly complex world.
- Without adult faith formation, the catechesis of today's children could be adversely affected because parents who are not continually growing in their faith might not be able or willing to reinforce healthy Christian living and values in the home.
- Adults without updated faith formation might be in a position to be easily influenced by movements and developments, such as fundamentalism, New Age trends, misinformation regarding the Church as reported or portrayed in the media, etc.
- Because of their Baptism, all Christians are called to be a leaven in society - to bring Gospel values to the world, to government, to the workplace, to the neighbourhood, to the family, to all relationships. People cannot do this as well if their skills are not continually being developed.

Adults Catholics are frequently faced with serious moral choices in today's world. The complexity of these choices is growing rapidly with the increase of technology, science, medical advances, etc. Many people are not equipped to base these choices on their understanding of Sacred Scripture or a solid foundation in current Church teaching.

In the short time that I have been here, I am aware of so many opportunities for adults to grow in their own understanding of their faith and share in practicing it within the parish and diocese. I look forward to doing that along with you in the coming months.

(Sr. Jude)



YOU ARE (NOT) FREE TO ROAM ABOUT THE COUNTRY

I just made my first travel plans dictated by rising fuel costs. I had set aside \$1000 to fly three of us from New York to Indianapolis over Memorial Day weekend for the annual Indy 500. Thanks to dwindling competition and surging costs for jet fuel, the airfare tab was going to nearly twice that.

I looked at flying out of Philadelphia, but a costly train fare made that no bargain. I looked into driving the 1,100 kilometers each way, but when I did the financial math at \$1.05 a litre gasoline, and the human-cost math of navigating interstate highways for 12 hours in bumper-to-bumper traffic, I realized yesterday's "romance of the road" has been buried in the crush of a 300-million-person nation.

I finally found a reasonable itinerary—fly to Kentucky and drive two hours—but even then, I am spending my vacation budget mainly on travel, leaving little for Indianapolis or souvenirs at the Speedway. What transportation takes, something else has to give.

I found this milestone disconcerting.

Ready and cheap mobility has been a fixture of North American life, an entitlement alongside clean air and potable water. Sure, Europeans had better rail systems, but we could go anywhere we wanted. We could take 1600 km sidetrips just because the open road beckoned. An entire nation has felt within reach, from artists' colonies in New Mexico to lake-front cottages in Minnesota.

Yet now leisure air travel collides with soaring fares. Casual driving, even the epochal "road trip" that defined coming-of-age in America, faces gasoline moving inexorably to \$2 a litre and sagging middle-class incomes.

Having sold our two cars in moving to New York and re-oriented our lives to walking and subways, I realize that the new freedom is freedom from the automobile, not freedom conferred by the automobile.

Even though America is a vast nation filled with interesting places to visit and to live, I anticipate a future in which automobiles play little part. So, apparently, do many others, as young graduates flock to destination cities like New York and Boston that are defined by promising employment and reliable mass transit.

Cities that resisted light-rail for short-sighted anti-change reasons now look foolish. Real estate values in outlying suburbs are plunging, as a new generation of young families prefers proximity to mass transit, not safety behind gates or living near good schools.

In recent business forays outside Manhattan, I have seen worlds that could easily become ghost towns—a conference centre west of Seattle, for example, whose existence depends on customers driving three to six hours for quiet natural vistas. Or seemingly all-American cities like Tucson, Louisville or Indianapolis, which banished airports to the countryside and built their educational, commercial and residential lives along Interstate highways. Places where virtually everything—from buying milk to reaching a workplace—requires an automobile trip on roads designed 40 years ago with cheap gasoline in mind.

In fact, other than a few large cities with adequate mass transit, I cannot imagine a lively future for any city that depends on drive-by shopping, drive-to-work employment, and schools, churches and theatres surrounded by asphalt. Already, walk-everywhere communities are emerging, where some auto use is still required but the after-work norm for shopping and entertainment is pedestrian.

If the so-called "closing of the frontier" traumatized America in the 19th century, just imagine what freedom from the automobile will do to the 21st century.

(Rev. Tom Ehrlich—Prairie Messenger, May 28, 2008.)

GOOD FOOD BOX

The Good Food Box is a monthly, bulk-produce buying program open to anyone interested in eating well and saving money. No membership is required. By pooling your money with others, you can increase your buying power and you can expect to save 30-40% on your fresh fruit and vegetable purchases. The program aims to help build a healthier community and local food system by encouraging consumption and appreciation of locally grown farm produce. When local supplies are exhausted, we purchase through wholesalers.

The contents of the box vary from season to season, depending on local availability, pricing and quality. You

can expect at least 15 different types of produce in every box including potatoes, onions, carrots, broccoli, salad greens and apples. The PG Good Food Box newsletter promotes local farmers, food events and recipes.

There is a poster on the bulletin board with details on how to order a food box, how much it costs, how to register, etc.

It's a great way to save money and eat healthy! Of course, you can always just go down to the Farmer's Market as well. The Vatican recently issued a statement encouraging us to support local food-growers to help them achieve sustainability... Go for it!