

LIFE @ ST. PHILIP'S

St. Philip's Lutheran Church | Toronto, ON

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Save the Dates:

July 4 – Neighbourhood
Table/Good Food Market
opens

July 17 – SPLC Book Club

Aug. 21 – SPLC Book Club

Aug. 23 – Neighbourhood
Table/Good Food Market
closes

Aug. 24 to 31 –
Confirmation Camp

Aug. 26 – LIFE newsletter
deadline



From Pastor Tuula ...

I have been told people love the Tuscany region of Italy because of its comprehensibility. From a hilltop, you can see vineyards and olive groves in their entirety, and you can trace the course of rivers. And you can see where much of your food comes from.

Much of the food we eat in Canada travels thousands of miles and has been processed or irradiated along the way. During my recent trip south of the border, I told my friend about the two amazing summer programs at St. Philip's: Good Food Market and The Neighbourhood Table. He responded by handing me a dog-eared copy of Michael Pollan's The Omnivore's Dilemma. My friend and his wife had recently moved from the city to a small farm to try their hand at raising a miniature breed of cattle. When I asked him what prompted them to do something so courageous, he cited several reasons and then pointed to Pollan's book. "This is what did it."

I loved the book. Pollan traces the history of human eating and concludes that Americans, buffeted by food and dietary fads, show

signs of a national eating disorder. He explains how corn growing is an agribusiness that produces corn so cheaply that it ends up, in one form or another, in most of the food we eat (in Canada as well). And of course, corn is also used to fatten beef cattle, even though their digestive systems are designed to digest grass. In the American food system, one-third of U.S. children eat a daily meal at a fast-food restaurant. And people are growing dangerously obese. Unfortunately, Canada is not far behind in that trend.

Pollan writes about the joy and environmental sanity of eating food that is grown and produced locally, without infusions of chemicals or fructose (corn syrup). There is no overt theology in Pollan's book and only passing references to religious food rituals. But Pollan expresses an almost sacramental awareness that the world, including the food we eat, is a gift for which the only appropriate response is gratitude.

My late father was a gardener, and I delighted in walking through his vegetable gardens and pulling off a ripe tomato and eating it on the spot. Without thinking much about it I have always found a way to have some kind of garden—in backyards in places where I have lived. This year I don't have one: Good Food Market at St. Philip's is my new garden. When I look at the colourful display of fresh produce, I can almost feel my hands in the earth and I feel perfectly at home. I invite you to visit or volunteer at Good Food Market (Thursdays from 4 p.m. to 7 p.m.) this summer and I guarantee you will feel immense gratitude for the bounty of the earth. To me, that is sacramental.

See you in church,
Pastor Tuula

Council Update

At the June meeting, we had a visit from Jeff Pym to update us on our investment with ELFEC and provide information regarding how the fund is expected to perform in the coming year. We approved the hiring of our summer student, Anna Schneider, and heard about the planning for the Neighbourhood Table summer program. We are waiting for the results of two more grant applications. Volunteers are still needed.

We approved the design for gender-neutral washroom signs. A task force will be looking into our audio-visual needs for the next five to 10 years, as well as a general review of how we configure and use our building.

Please speak to Dave Pascoe or Pastor Tuula if you would like to be involved or to provide input.
-Donna Schwantes



Neighbourhood Table & Good Food Market

It's been a busy month of planning and preparation for The Neighbourhood Table project team. Our mighty group of volunteers (Eunice Hogeveen, Dave Pascoe, Raija Koski-Bruce, Emily Savage and Kris Savage) continue to amaze and inspire me with their remarkable skills, commitment and follow through. From vision, funding and staffing, to program design, marketing and logistics, this all-star team really does have it all.

Our expert food consultants, Susan Ng and Sandy Gavinchuk have done a fabulous job creating delicious and engaging menus and activities. Our St. Philip's community has so much to be grateful for!

I'm very pleased to share that Anna Schneider has joined our team as our Community Outreach Coordinator summer student. Originally from Regina, Anna comes to us from a postgraduate certificate program in International Development at Humber College. Anna wrapped up her full-time coursework at the end of June, and we're looking forward to her presence and leadership skills on-site with us this summer.

Our expanded programming this year means even more opportunity for volunteer involvement. There are a variety of roles available on each of the eight event afternoons, beginning Thursday, July 4. Anna is leading the volunteer experience this summer and she has some great ideas for engagement, learning and fun.



Note: This is also a great opportunity for youth who need high school community service hours.

To sign up or learn more, please see the church bulletin board or contact Anna at etobicokegoodfoodmarket@gmail.com

Hope to see you out there this summer! -Victoria Mlynko

INTRODUCING ANNA SCHNEIDER

I am the new volunteer outreach coordinator for the Good Food Market and Neighbourhood Table for the upcoming summer!

Just to get to know me a little bit better, I recently just moved to Toronto from Regina, Saskatchewan with my partner Cody, and my rescue dog Eleiko (ee-lee-ko).

Last year I completed my undergraduate degree from the University of Regina, and recently finished my postgraduate certificate in International Development from Humber's Lakeshore campus.

I have a passion for helping others, including addressing social justice inequalities and I believe it stems from growing up in my church and with the guidance of my parents.

I love being outside, spending time being active at the gym, and enjoy a good book! I am looking forward to getting to know each of you throughout the summer months ... please don't be shy to come and say hello!

Captured!

St. Philip's observed World Refugee Day on June 23. That's when CLWR board member, Pauline Ivan (Klemencic), was leading the *Forced to Flee* exercise in Fellowship Hall. The event was very well-attended and gave us the opportunity to forget about our own woes and make strategic –and urgent– decisions directly affecting our health, safety and overall well-being. The group simulation, exploring what it would be like to flee our homes, offered up healthy debate amidst “families” and some members drew upon their firsthand experiences to make difficult-but-necessary choices.

Our church picnic/BBQ was held on June 9. It was a huge success. Thanks to all involved in making it a hit, as well as Pastor Tuula for snapping and sending photos.





Gratitude & Kindness

Our PRIDE flags were vandalized during Pride Month. Two LGBTQ+ rainbow flags were stolen and/or disappeared. After placing the third one under the plexiglass (see right), graffiti was found on June 29 around 7 a.m. Our kind neighbour, Larry, helped clean it up. Love wins – always!

-Pastor
Tuula



Announcements

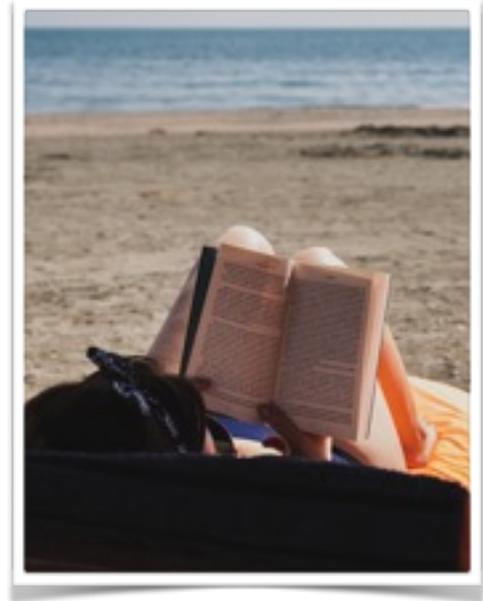
Congratulations to Mark Kieswetter who is now a Permanent Resident of Canada!



Seniors' Gentle Fitness

Fitness classes with Julia Gall **return on Sept. 16.** They'll be held on Mondays from 1 p.m. until 2 p.m. Cost: \$10 for 4 classes.

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Bible Word Search: TRUST IN THE LORD (PROVERBS 3:5-6 NIV)

U W V K I X M O Q S P P S C W
 C N A T P P B R T Q J R R L R
 Q A D Y R X H R B J I O T Y X
 G P Y E S A A L I T U G C E J
 I T O D R I E J A V J I L A D
 C J R P G S Y H A S O K V C Z
 X O C H V C T K Y F I B L K Q
 L J T D Y E A A U I D X S N X
 T S U R T S S O N A P G N O N
 E J Z F C H N W J D P F C W L
 L E A N L T P K Z N I Q X L F
 E B S W C A Q C M X I N S E Q
 Y Z U Q K P T G H Q L F G D J
 S R O Q H G F R P F U T Y G O
 T Z D T L Q H Z O W C G X E O

ACKNOWLEDGE	HEART	LEAN
LORD	PATHS	STRAIGHT
TRUST	UNDERSTANDING	WAYS

SPLC Book Club

Please join us on Wednesday, July 17 at 12:30 p.m. and Wednesday, Aug. 21 at 12:30 p.m. to review the latest book. We welcome new members at any time!

Summer at a Glance

Summer is officially here, and there are plenty of opportunities to volunteer at St. Philip's. Please join us on the following dates:

July 4: Neighbourhood Table/ Good Food Market opens, running for eight consecutive Thursdays

July 17: SPLC Book Club

Aug. 21: SPLC Book Club

Aug. 23: Neighbourhood Table/Good Food Market closes

Aug. 24 to 31: Confirmation Camp

Parable Quest: Please join us on Sundays for a wonderful Sunday School program. We have many teachers who are keen to make Sunday School a fun and educational experience. Weekly at **10:15 a.m.** with family services on the last Sunday of the month.



ABSENCE ALERTS

Pastor Tuula will be away on holidays from July 1 to 17, then at Confirmation Camp from Aug. 24 to 31.

Office Administrator, Margaret Isaacs, will be working summer hours as follows: Tuesday, Wednesday, Thursday from 9 a.m. until noon.

Learning and Engagement Coordinator, Victoria Mlynko, is away July 29 to Aug. 5, and Aug. 26 to Sept. 6.

Lemonade on the Lawn

Volunteers are needed to host lemonade each Sunday after service from July 7 until Sept. 8. Two people are required per week. A sign-up sheet is posted on the bulletin board.

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Mark Kieswetter, Music Director Emeritus

Margaret Isaacs, Office Administrator

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The office is usually open on Monday to Friday from 9 a.m. until 12 p.m.

Victoria Mlynko, Learning and Engagement Coordinator

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'Friend' us on Facebook.

Instagram/Twitter: @SPLCOnline

PARENT CUE APP

Fun faith-formation on your mobile device! Get online with your kids and St. Philip's this summer...

- Download the Parent Cue app from your app store
- Connect your account to St. Philip's Lutheran Church
- Create a profile for each of your children (or grandchildren)
- Enjoy new, age-appropriate content every Sunday!

Subscribe to the Parent Cue newsletter and check out [additional free resources](#).

GET INVOLVED: This is a trial of a different curriculum and delivery mechanism for family faith formation. Your feedback is needed and most welcome - please send it to victoriamlynko@bellnet.ca

Next issue of LIFE

Please submit articles and photos for the next issue of LIFE by Aug. 26 ... send good news to Kelly at rochekel@gmail.com

About St. Philip's - Our Vision

Freed by the grace of Christ, we seek to connect with God, neighbour, and self.

Vision Statement: We are a diverse and inclusive Lutheran faith community freed by the grace of Christ to find God and self as we connect with our neighbours.

We practise hospitality of open hearts and open arms. We unite with partners to make a difference in our neighbourhood. We nurture community of Christ.

Values Supporting the Vision: Our Lutheran heritage of grace; our call to pray, worship, and learn as we grow in our Christian faith; our needs to gather and belong in Christian community; the call to love our neighbours as Christ loves us; the acceptance of all people as children of God; the opportunities to meet God everywhere.