

SAINTS ALIVE

To God and One Another



521 Broadway, Winnipeg MB R2C 1B9 – 204-786-4765

March 2024



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"We need to find God, and he cannot be found in noise and restlessness. God is the friend in silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence....we need silence to be able to touch souls."

- Mother Theresa

Submitted, along with other quotes in this issue, by Velma Schmidt

Cover Photo: Joy Peters.

The Sistine Madonna window in the Lady Chapel of All Saints Church, Winnipeg.

THE LORD IS RISEN!

BY THE REVEREND ROBERT SCHOECK

As our Lenten journey comes to a close and with spring around the corner, we will soon be reminded of the new life that is inherent in the resurrection of Jesus. The days will continue to grow longer with more sunlight casting away the retreating darkness of winter. Soon other signs of new life will emerge; grass, flowers, and leaves, all bursting forth to remind us that we are always in a cycle of life, death, and new life. This is, of course, is the central theme of Jesus' resurrection; new life. Because God resurrected Jesus, God once and for all demonstrates that God has the last word over the powers of death, so that the darkness of the human heart does not win out.

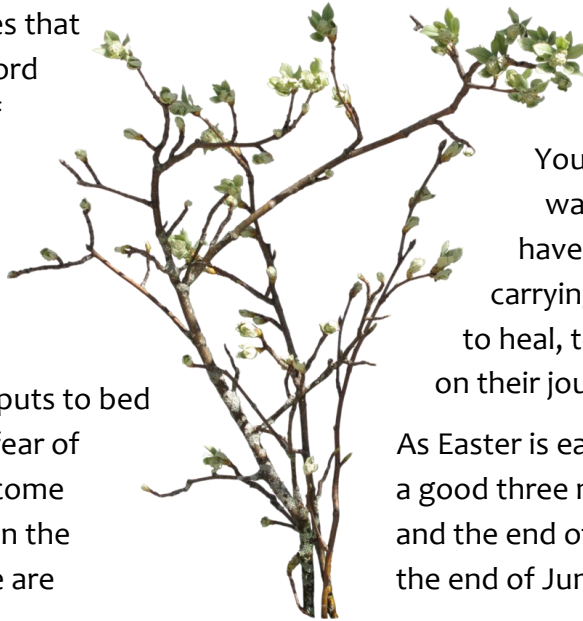
If the resurrection puts to bed our all too human fear of death, then we become liberated to carry on the mission of God. We are


liberated from the mortal ties that would prevent us from actions of the heart because we know that nothing can separate us from God. So, the resurrection might be the end of Jesus' story, but it is the beginning of our story in God. The race is not over. We cannot sit back and say "Well, God has done his job, so let's just sit back and wait for the coming Kingdom of God." The baton has been passed to us through generations of disciples. The resurrection is our mandate to carry on the work that was

begun in Christ and will find its completion in and through each of us.

You are needed. You are wanted. Together, we have been tasked with carrying on; to love, to serve, to heal, to accompany others on their journey.

As Easter is early this year, we have a good three months between now and the end of our program year at the end of June, when we shift to

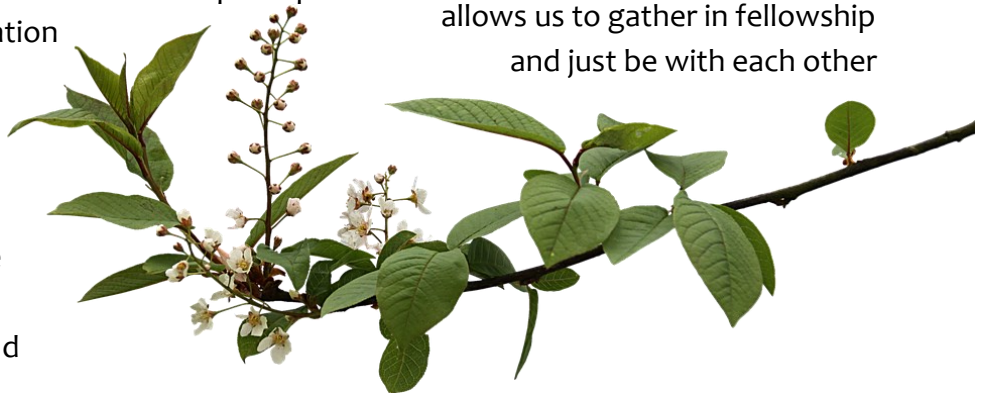




our summer schedule and travel hither and yon to enjoy the beauty of God's creation. The temptation may be that with Easter soon behind us we may want to pull our foot off the gas. We may be tempted to cast our attention elsewhere away from All Saints, relegating our discipleship to the back burner as we pursue our other interests. While that is not an inherently bad thing, we are reminded by Paul that our discipleship, our commitment to carrying on the mission of God, should shine through in all that we do, from the mundane to the exciting. Everything we do can glorify God.

And over these next three months we will continue to provide opportunities for us to live out our call to discipleship. Our adult formation will continue in the form of our ongoing bible study on 1st Corinthians. We will continue to gather, read, and

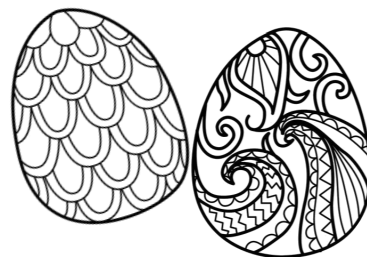
wrestle with Paul's letter to the Christians of Corinth to see what it might be saying to us today. Perhaps you will join us in this Herculean task. Along with our typical rhythms of worship, we will also have a few more worship services of note before July, including Pentecost and a Bach choral piece. Through our Outreach committee we will also continue to explore ways to love and serve our neighbor. Our Lenten collection of food and supplies for Epiphany Indigenous Anglican Church has been an overwhelming success that could not have been achieved without you. So, we will harness that energy and discern what are the best ways to help meet the needs of our neighbors in West Broadway. Our program year will come to an end when we once again gather for another Parish Picnic. This event allows us to gather in fellowship and just be with each other



with food and fun. Whether it is worship, formation, service to others, or fellowship there is a lot going in the life of our parish. These next three months are anything but a time off to relax... at least not yet.

The next three months will indeed be an opportunity to catch our breath after the marathon of Lent, Holy Week, and Easter. The next three months will allow us to be out in the world, enjoying the beauty of Creation as new life spring

forth around us. And so you are invited to carry on the mission of God in and through All Saints. No matter where you are in your spiritual journey we are glad that you call All Saints home. The Lord is Risen! And it is in and through each of us that God will change the world.



FROM THE WARDENS

BY JOCELYN BARTEL, SANDI MIELITZ, JUDY PALMER

Time goes so quickly! There is a lot to report and a lot to celebrate since the last issue of Saints Alive in early December.

As usual, All Saints was very active during the Christmas season. We had another successful Kid's Christmas Party at West Broadway Commons on December 16. It was hosted by our Outreach and Children, Youth and Families teams. This is lots of fun for

people of any age and a great way to strengthen our ties with the tenants in WBC.

The party was followed by a Christmas Eve marathon with four services starting at 9:00 am and ending well after midnight. A total of 345 people attended All Saints on that day! A highlight was the choir singing accompanied by a quintet of brass players at Midnight Mass. The roof top

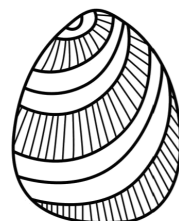
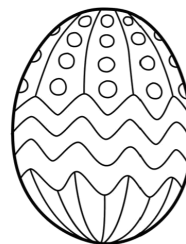
was raised in joyous celebration!

The only sad part of our All Saints' Christmas was that Fr. Rob was MIA, suffering from Covid which he contracted on December 22. We were very grateful that Bishop Don was able to preside at the 9:00 am service and 11:00 am Lessons and Carols. Rev. Andrew Colman from st benedict's table officiated at the joint Christmas Eve afternoon service and Rev. Jamie Howison at Midnight Mass. We cancelled our Christmas morning service, directing to people to one of several churches in the neighbourhood who offered a service on the 25th.

After a very busy fall season, January was a time for quiet reflection and planning for 2024. In preparation for Lent, Fr. Rob held a fascinating, hands-on workshop on January 13 teaching us about different forms of prayer. Corporation, Vestry and the Ministry Discernment Team were busy recruiting lay leadership and finalizing budgets for our Annual General Meeting. A highlight of the month was the ordination of our own Carl Harrison as a Deacon on January 27 at the Cathedral. We are delighted that Carl will remain at

All Saints to assist Fr. Rob in worship and other activities of the Parish.

The rest of this winter has been - and is - jam-packed, with an early Easter season on top of Black History celebrations in February and our Annual General Meeting in March. Thanks to Fr. Rob, Dietrich and the Black community at All Saints, we had a special, joyous service to celebrate Black History Month on February 11th. It was great to change things up a bit with a short talk by Leticia Yamba, different hymns, the choir in the congregation and lots of participation. The African and Caribbean members of All Saints are also planning a supper for everyone on Saturday, May 11 at West Broadway Commons, so



mark your calendars!

Lent was preceded by a super Pancake Supper at the back of the church on Shrove Tuesday, hosted by the Children, Youth and Families team. 75 people attended and \$600 was raised for church events during the year. Next year, we will know to order more sausages!!

A week later, on Wednesday evening February 21, Fr. Rob started our Bible Study group which will meet every two weeks until the middle of June. The initial topic is First Corinthians. 12 people have signed up, but anyone can attend any Wednesday evening. Right now, the sessions are on Zoom, so please contact the office if you would like to participate.

The Annual General Meeting was held on March 10. It was a time to realize how many people are contributing to making our church a place of warmth, worship and community. Between Vestry, Corporation and appointments to individual positions, we elected and appointed an excellent 14-member lay leadership team for 2024! Their names are:

Corporation

- Sandi Mielitz, Rector's Warden
- Jocelyn Bartel, People's Warden
- Judy Palmer, Deputy People's Warden

Vestry

- Joel Baliddawa, Member at Large
- Yanna Courtney, Member at Large and Envelope Secretary
- Mitchell Duce, Member at Large and Alternate Synod Delegate
- Joy Peters, Member at Large and Vestry Secretary
- Lorraine Thistlethwaite, Member at Large
- John Van Benthem, Treasurer and Synod Delegate
- Margaret Van Benthem, Member at Large
- Chris Whitmore, Synod Delegate

Other

- PWRDF Representative – Nancy Walker
- Financial Representative – Glory Chisom Chinda
- All Saints' Representative for West Broadway Community Ministry on the Advisory Board of 1JustCity –

Amanda Harding

And now, Easter week is just around the corner. Thanks to Jocelyn Bartel, Arlene Merrick and team, gift boxes with hot cross buns and palm crosses will be delivered to all members of All Saints who are not able to attend services. Easter week will offer eight services:

March 24: Palm Sunday 9:00 and 11:00 services and Evensong at 4:00 pm;

March 28: A joint Maundy Thursday service with st. benedict's table starting with a glass of wine and a bit of food, followed by the liturgy, complete with foot washing.

March 29: A 9:30 am Good Friday family service, followed at noon by our traditional 3-hour contemplative Good

Friday service with Haydn's Seven Last Words of Christ interspersed with silence and short homilies;

March 31: 9:00 and 11:00 am Easter Sunday services.

In addition, the congregation at St Michael and All Angels' Church (300 Hugo Street) has invited All Saints parishioner to join them for a traditional Easter Saturday evening Vigil at 7:30 pm

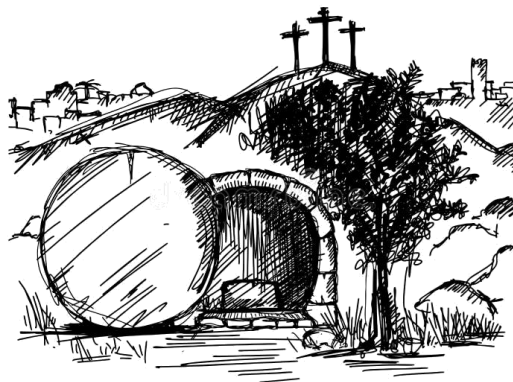
We can only end in thanks to God, to Father Rob, to all our wonderful volunteers and our blessed congregation. May we continue to worship and grow together and helping one another in love, kindness, joy and peace.



"Nature tops the list of potent tranquilizers and stress reducers. The mere sound of moving water has been shown to lower blood pressure."

- Patch Adams

HOLY WEEK & EASTER



Palm Sunday

March 24

Christ's triumphant procession into Jerusalem

- 9 am Said Eucharist (BCP)
- 11 am Sung Eucharist (BAS) with palm procession
- 4 pm Choral Evensong
- Buxtehude: *Magnificat* & *Nunc Dimittis*

Maundy Thursday

March 28

Christ's Last Supper

- 5 pm Food and Fellowship
- 5:45 pm Service of Holy Communion, with footwashing
- A joint service with St Benedict's table*

Good Friday

March 29

Christ's arrest, trial, crucifixion, and death

- 9:30 am All Ages Service
- A casual service designed to be accessible to children*
- 12 to 3 pm *The Seven Last Words* - Haydn.
- A service of music and quiet contemplation with choir, soloists, and string quartet*

Easter Vigil – St. Michael and All Angels Church

March 30

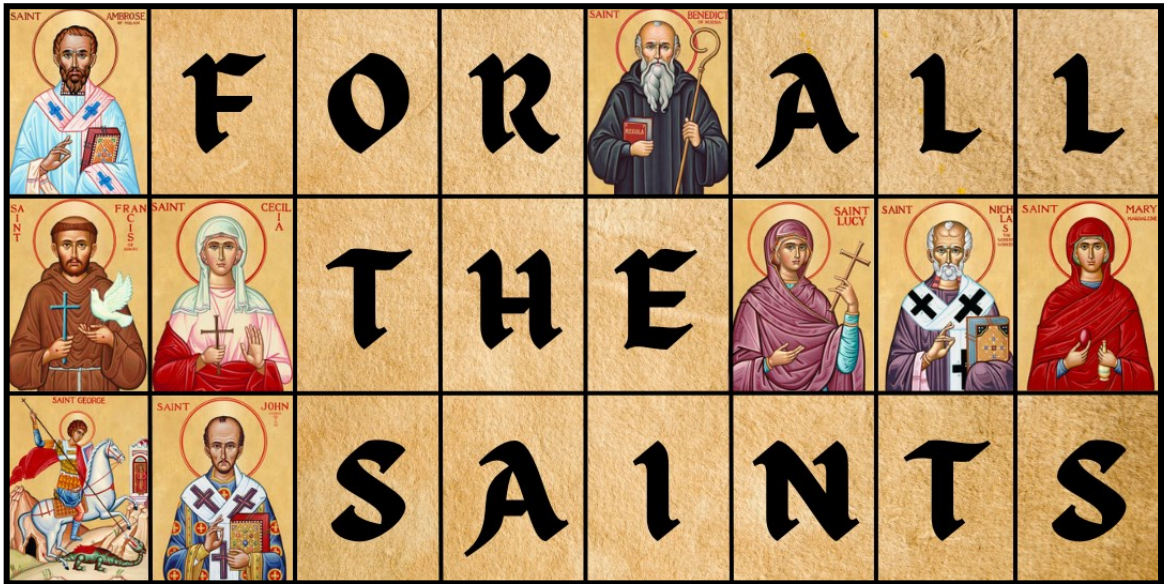
- 7:30 pm The Great Vigil of Easter with Eucharist
- 300 Hugo St. N

Easter Sunday

March 31

Christ's glorious resurrection

- 9 am Said Eucharist (BCP)
- 11 am Sung Eucharist (BAS)



JOHN DONNE

Commemoration: 31 March

Description: Priest and Poet

Lived: 1571 or 1572 – 1631

Biography: John Donne is numbered among the great poets of the English Renaissance, but we remember him today chiefly as someone who learned the deeper poetry of God’s grace and gave it voice both in his verse and through his ministry as priest and preacher. Born into a prominent Roman catholic family in 1573, he passed through a dark period of riotous living and scepticism about all religion before he conformed to the Church of England.

Gifted with high spirits and a brilliant mind, he looked forward to a great career in service to the Crown. But his secret marriage to the niece of a powerful politician caused scandal, and for several years he struggled to support his wife and growing family. In the year 1615, as the best hope in a bad situation, he accepted ordination as a priest of the Church of England. Seven years later Donne became Dean of St Paul’s Cathedral in London, where he remained until his death in the year 1631. He slowly learned that the priesthood was indeed his true vocation, and his original half-hearted resignation to the office was

changed into a wholehearted embrace of the crucified Christ who had embraced him. This self-discovery showed in his preaching, which drew great throngs to St Paul's, and even after three centuries his sermons still have power to move the heart. They reflect his wide learning as a scholar, his passionate intensity as a poet — and above all, the profound devotion of someone who struggled to relate the word of God's grace to all the sorrows and joys of human life.

Collect prayer: Merciful God, you pierced the heart of your servant John Donne with the mercy of your crucified Son and gave him power in sermon and song to tell of the beauty in redemption. Purge our wills of false ambition and reform our tangled desires, that we may speak the truth in love and apply the healing of your gospel; through Jesus Christ our Lord, who is alive and reigns with you



Portrait of John Donne by Isaac Oliver (died 1622) - Public Domain, <https://commons.wikimedia.org/w/index.php?curid=6370346>

and the Holy Spirit, one God, now and for ever. Amen.

A poem by John Donne can be found on page 12 of this issue.

This is a regularly recurring feature of Saints Alive. If you have a favourite saint you'd like to see featured, let us know!

From *For All the Saints* (Revised edition, p. 202, compiled by S. Reynolds, 2007, General Synod of the Anglican Church of Canada. Copyright 2007 by the General Synod of the Anglican Church of Canada. Reprinted with permission.

GOOD FRIDAY, 1613. RIDING WESTWARD

BY JOHN DONNE—PUBLIC DOMAIN

Let mans Soule be a Spheare, and then, in this,
The intelligence that moves, devotion is,
And as the other Spheares, by being growne
Subject to forraigne motion, lose their owne,
And being by others hurried every day,
Scarce in a yeare their naturall forme obey:
Pleasure or businesse, so, our Soules admit
For their first mover, and are whirld by it.
Hence is't, that I am carryed towards the West
This day, when my Soules forme bends toward the East.
There I should see a Sunne, by rising set,
And by that setting endlesse day beget;



But that Christ on this Crosse, did rise and fall,
Sinne had eternally benighted all.
Yet dare I almost be glad, I do not see
That spectacle of too much weight for mee.
Who sees Gods face, that is selfe life, must dye;
What a death were it then to see God dye?
It made his owne Lieutenant Nature shrinke,
It made his footstoole crack, and the Sunne winke.
Could I behold those hands which span the Poles,
And tune all spheares at once peirc'd with those holes?
Could I behold that endlesse height which is
Zenith to us, and our Antipodes,
Humbled below us? or that blood which is
The seat of all our Soules, if not of his,
Made durt of dust, or that flesh which was worne
By God, for his apparell, rag'd, and torne?
If on these things I durst not looke, durst I
Upon his miserable mother cast mine eye,
Who was Gods partner here, and furnish'd thus
Halfe of that Sacrifice, which ransom'd us?
Though these things, as I ride, be from mine eye,
They'are present yet unto my memory,
For that looks towards them; and thou look'st towards mee,
O Saviour, as thou hang'st upon the tree;
I turne my backe to thee, but to receive
Corrections, till thy mercies bid thee leave.
O thinke mee worth thine anger, punish mee,
Burne off my rusts, and my deformity,
Restore thine Image, so much, by thy grace,
That thou may'st know mee, and I'll turne my face.

JOSEPH HAYDN

SEVEN LAST WORDS

BY DIETRICH BARTEL

In the preface to the 1801 orchestral score of his *Seven Last Words Of Christ On The Cross*, Joseph Haydn wrote:

“Some fifteen years ago [1783] I was requested by a canon of Cádiz to compose instrumental music on the seven last words of Our Savior on the Cross. It was customary at the Cathedral of Cádiz to produce an oratorio every year during Lent, the effect of the performance being not a little enhanced by the following circumstances. The walls, windows, and pillars of the church were hung with black cloth, and only one large lamp hanging from the center of the roof broke the solemn darkness. At midday, the doors were closed and the ceremony began. After a short service the bishop ascended the pulpit, pronounced the first of the seven words (or sentences) and delivered a discourse thereon. This ended, he left the pulpit and fell to his knees before the altar. The interval was filled by music. The bishop then in like manner pronounced the second word, then the third, and so on,

the orchestra following on the conclusion of each discourse. My composition was subject to these conditions, and it was no easy task to compose seven adagios lasting ten minutes each, and to succeed one another without fatiguing the listeners.”

The work was originally written for full orchestra. At the request of his publisher he prepared a version for string quartet in 1787. In 1794 Haydn heard an oratorio (by Joseph Frieberth) based on his *Seven Last Words*. He decided to make his own vocal adaptation of his score and asked Baron van Swieten, who would later collaborate with him for the librettos of *The Creation* and *The Seasons*, to help him with the text. Van Swieten supplied a strongly emotional text, each poem being a meditation on the seven last words of Christ. Haydn thought very highly of the final result. It was the last work he conducted in public before his death.

HAYDN

THE SEVEN LAST WORDS



MUSIC AND READINGS
FOR GOOD FRIDAY

ALL SAINTS CHOIR AND SOLOISTS
DIETRICH BARTEL, ORGANIST AND CONDUCTOR

MARCH 29, 2024, 12-3 PM

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JOHANN SEBASTIAN BACH

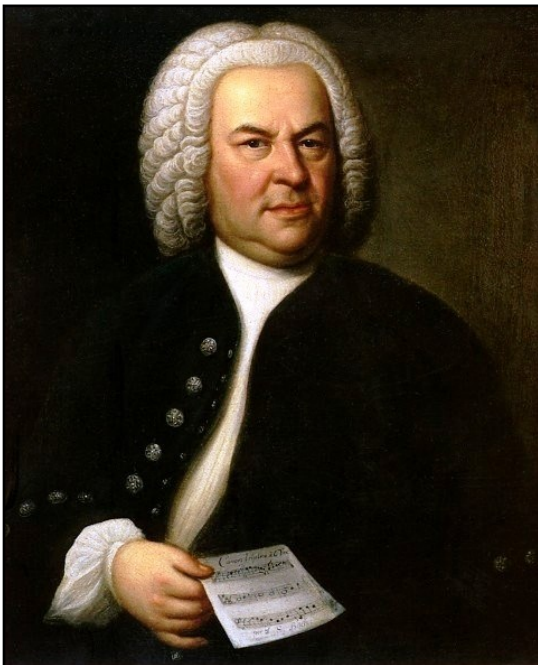
ASCENSION ORATORIO, BWV 11

BY DIETRICH BARTEL

Bach spent all of his life writing music for the church. Beginning with one of his earliest appointments in Weimar when he was 23 years old, Bach began composing cycles of cantatas, one for each Sunday and Festival Day of the church year, explaining that it was his “ultimate goal” was to work “toward a

well-regulated church music, to the glory of God.” A church cantata focused on the Gospel reading for the Sunday or Feast Day, with a libretto usually written by a poet-theologian, consisting of a mixture of scripture, poetry, and chorale texts.

At first, Bach wrote a cantata a month, planning to complete a cycle in 4 years. This was followed by a few years of not writing any cantatas, as he procured a position in Cöthen where no church music was required. But upon moving to Leipzig and the Thomaskirche in 1723, cantata writing resumed, in earnest: one cantata a week for the next two years, and then slowing down a bit in following years. By the end of the 1720s Bach had completed five complete cycles (only the equivalent of three cycles are extant today), and had therefore a great deal of music to choose from for his Sunday services, in addition to the music of other composers. The last two decades of his life were devoted to larger projects: larger collections of organ and harpsichord music, final revisions to his



Johann Sebastian Bach (aged 61) in a portrait by Elias Gottlob Haussmann, second version of his 1746 canvas. Bach is holding a copy of the six-part canon BWV 1076.

J.S. BACH
ASCENSION
ORATORIO

BWV 11



ALL SAINTS CHOIR AND SOLOISTS
WITH ORCHESTRA
DIETRICH BARTEL, CONDUCTOR

APRIL 19, 2024, 7:30 PM

A CONCERT OF THE WINNIPEG BAROQUE FESTIVAL — ADMISSION PWYC

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Easter Oratorio and the Passions, and the composition of the B Minor Mass, the Christmas Oratorio, and, closely following on the completion of that, the Ascension Oratorio.

During all these years, Bach also had to supply cantatas for secular celebrations, such as royal birthdays, weddings, school celebrations, and city election celebrations. Bach put as much energy and imagination into these compositions as he did for his church music, in spite of the fact that such compositions would only get one performance. Not surprisingly, Bach decided to repurpose some of that music, and incorporate it into his church music. Much of the music of the later oratorios and the B Minor Mass is repurposed, and sometimes more than once, as is the case with the Ascension Oratorio alto aria, which was repurposed from an earlier secular, and

reappears in the Agnus Dei of the Mass in B Minor.

The Ascension story, taken from the gospels of Mark and Luke, and the Acts of the Apostles, is narrated by the tenor Evangelist, like in the Passions and the Christmas Oratorio. The accompanied recitatives are both accompanied by a pair of flutes, emphasizing the calm almost pastoral character of the piece. Opening and closing choruses, the final one based on a chorale, are triumphant and jubilant, with full orchestra including trumpets and drums. The two arias, on the other hand, are marked first by melancholy (alto) and then by contentment (soprano), as the believer comes to terms with Jesus' departure. The soprano aria is particularly interesting: Bach does not supply a bass line, only upper voices, painting a picture of Jesus' feet having "left the ground."

"The saddest summary of a life that contains three descriptions: could have, might have, and should have. "

- Louis E. Boone

Life is short. Break the rules. Forgive quickly. Kiss slowly. Love truly. Laugh uncontrollably, and Never Regret anything that made you Smile."

- Mark Twain



CHORAL EVENSONG

ALL SAINTS ANGLICAN CHURCH
EVERY 4TH SUNDAY AT 4 PM

MARCH 24, 2024, 4 PM

Music of Dieterich Buxtehude

MAGNIFICAT

MIT FRIED UND FREUD / KLAGELIED *BUXVW 76*

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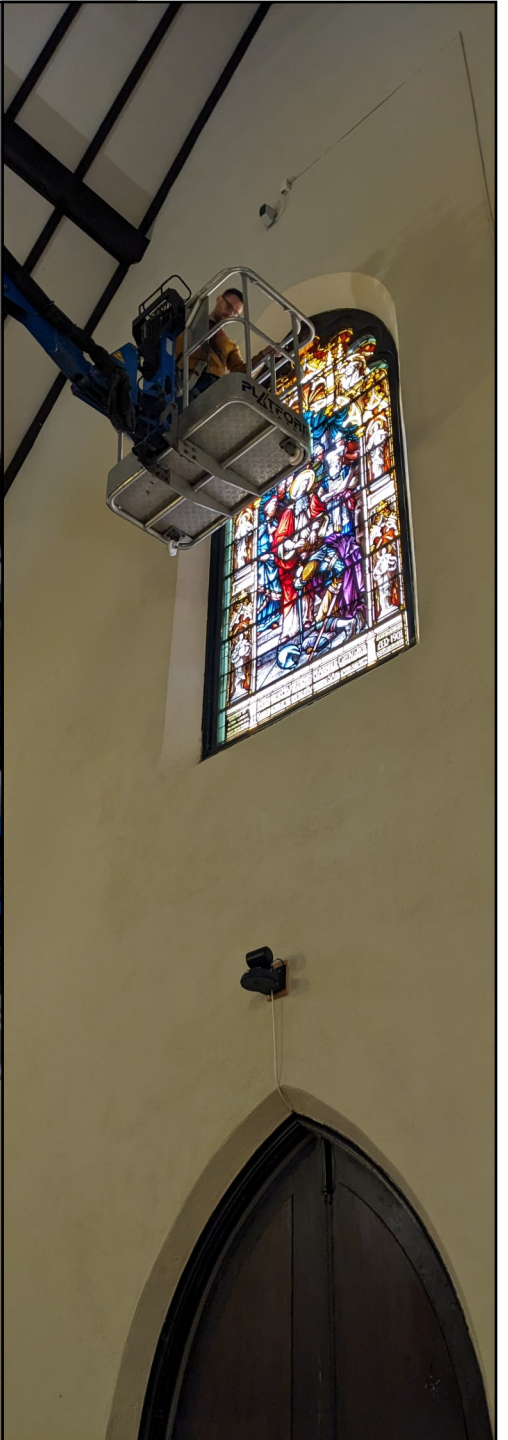
INSPECTING THE STAINED GLASS WINDOWS

On March 12, thanks to a “Spiderlift” rented from Charleswood Tree & Towing Service, Matthew MacMillan of Prairie Studio Stained Glass was able to get up close and personal with the west window, “*The Commissioning of Joshua*”.

Matthew is providing a valuation of all the stained glass windows in the church (of which there are 86!) for insurance purposes as well as quotes for repairing several of the windows that are in need of repair. As this is a military memorial window, we are investigating options for provincial government grants to cover the cost of the repairs. The peak of the window is over 30’ from the floor, and as such is a challenge to inspect.

Read more about the “Commissioning of Joshua” window and it’s honoree, Major Henry M. Arnold, on the next page.





THE COMMISSIONING OF JOSHUA AND MAJOR HENRY M. ARNOLD

From veterans.gc.ca:

“Captain Arnold was injured at Modder River, South Africa in battle on February 20, 1900 (during the Boer War) and subsequently died three days later. His death was reported in *The Globe*, Toronto, February 27, 1900. In the city of Winnipeg, the flags flew at half-mast on public buildings and private institutions after receiving word of his death. “

The inscription on the window reads:

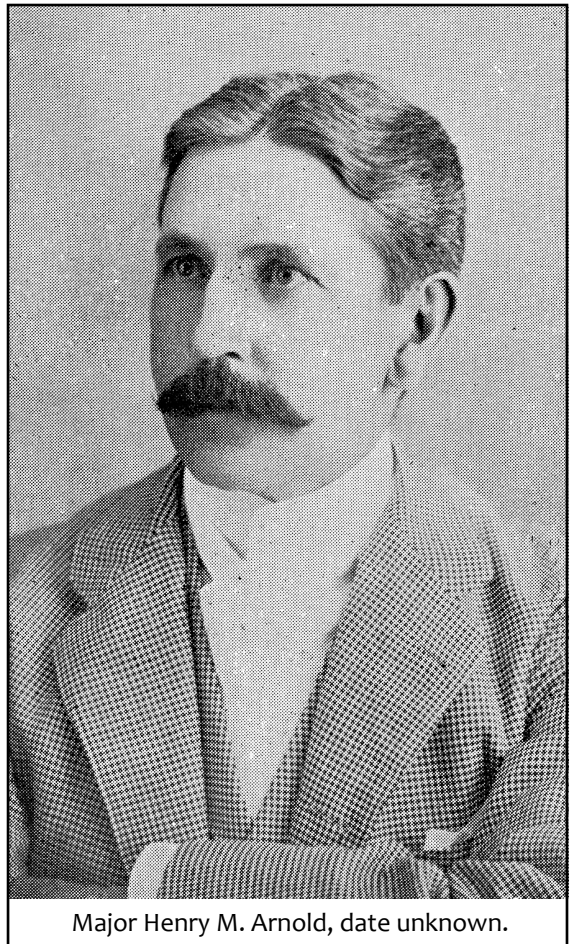
*Erected by a few ladies in honour of
a very dear friend.*

*In Memory of Major Henry M.
Arnold, Capt. ACoRCR [A Company,
Royal Canadian Regiment]*

*Killed in action at the Battle of
Paardeberg, SA, Feb 18th, 1900 Aged
40 years.*

AD 1901.

The Commissioning of Joshua was an obvious choice of subject matter for a window commemorating Arnold, a career soldier who had also served in the Royal Canadian Regiment during the Riel Resistance. The window depicts Joshua kneeling in front of Moses, receiving his blessing and commission



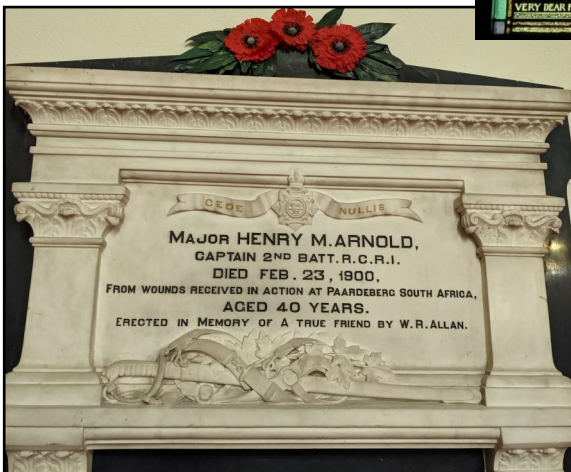
Major Henry M. Arnold, date unknown.

as his successor. In Joshua 1:5, God tells Joshua:

No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

A noble wish for any soldier.

The Regiment were originally based out of Fort York Armoury in Toronto, ON, and Major Arnold was probably originally from that area. Another memorial plaque for him is located in St. George's Anglican Church in St. Catherines, ON, erected by his father, C.M. Arnold.



He evidently took to Winnipeg, and was a founding and beloved member of All Saints.

The window was above the high altar in the original, 1883 church. As it wasn't the right size for the new, larger high altar in our current, 1926 church, it is now located on the west wall.

Don't let the scale of the wall fool you, this impressive window is roughly six feet wide and twelve feet tall! The figures of Moses and Joshua are life-size.

A second memorial for Major Arnold is also on the west wall, a stone plaque given by his friend, W. R. Allan. Major Arnold was evidently well loved in his community.



Major Henry M. Arnold in his military uniform.



While the Spiderlift was at the church, Fr. Rob took advantage of it to replace the flag cord on the flag pole, which was cut and stolen in the fall. A new system is in place which will hopefully prevent future vandalism.

THOMAS MORLEY ON MUSICAL EDUCATION

BY IAN WALKER

Two weeks ago the choir sang a lovely anthem by Thomas Morley, who lived in the time of Queen Elizabeth I. I thought to find something more about him, so I looked him up in my copy of *The Musical Companion*, which I inherited from my mother. I found this lovely anecdote from a musical textbook by Morley. It shows the social implications of a gentleman's musical ignorance at that time.

Two friends meet, and one asks the other how he fared at a "banquet" last night. He is sore, because he had been put to public shame. Two other guests, arguing about music, had appealed to him for an opinion, and when he honestly said he did not know, the company, presuming that like other educated people he knew enough to give an opinion, thought he was being discourteous. Worse was to come for, "supper being ended, and musick bookes, according to the custome, being brought to the table. the mistress of the house presented mee with a part, earnestly requesting me to sing, but when, after many excuses, I protested unfeignedly that I could not, everie one began to wonder, yea some whispered to others, demanding how I was brought up; so that, upon shame of mine own ignorance, I goe nowe to seek out mine old friende Master Guorimus, to make myself his scholler."

[The spelling is exactly as in the original]

I must say, as concerns myself, that although brought up in a relatively musical family, I did not learn how to properly sight-read or to sing a madrigal until I had been in the University Chorus for some years.

Why did the Hunchback of Notre Dame never tell the bell any secrets?

Because the bell always told.

CARROT GINGER SOUP—RECIPE

BY ARLENE MERRICK

Ingredients:

6 Tblsp. Butter or margarine

2 lb. carrots, peeled and sliced, take 2 of the carrots and finely grate (rice size pieces)

- set grated carrots aside

½ cup long grain rice

2 cups 18% table cream or 1 cup whipping cream and 1 cup table cream

2 Tblsp. Parsley

1 large onion, sliced

2 L. chicken stock- use only good quality broth, or broth paste and hot water

1 tsp. salt (skip this unless you've used sodium free broth)

1 tsp. white pepper

3 Tblsp. Grated, fresh ginger

1 cup grated cheese (Mozza, Edam, Cheddar-your choice)

Instructions:

Melt butter in large pot over low heat. Add sliced carrots and onion- sauté. Cover and cook about 15 minutes, stirring occasionally. Stir in stock, rice, salt, pepper and ginger. Cover and simmer until vegetables are tender- about 30-40 minutes. Transfer to blender and puree in batches or place pot in sink and puree using a hand immersion blender. Stir in cream and cheese and grated carrots. Place over low heat and bring to a simmer. Be careful not to overheat the soup as the cream will curdle. Taste the soup and adjust the seasonings.

If the soup curdles while it's simmering you can fix that by reprocessing it with the blender for a very short time.

This soup freezes well but reheat it very slowly at a low heat so the cream doesn't curdle.

NATURAL EGG DYES

SUBMITTED BY JUDI PALMER

Start with as many white hard-boiled eggs as you'd like to colour.

The very best dyes come from edibles with pigments that are strong enough to stain your hands from the get-go. Beets will turn your shells bright pink; turmeric will make them sunny yellow; and purple cabbage will produce a stain that ranges from lilac (after a few minutes of steeping), to deep purple (after half an hour) to navy blue (if you let the eggs soak overnight). Cabernet sauvignon works well, too. For additional combinations, soak an egg in one dye and then another. (Cabbage followed by turmeric produces a fetching greeny-blue.)

For every cup of chopped fruit or vegetable, use two cups of water. (For a dry spice like turmeric, six tablespoons will do.) Boil the edible ingredient in water for 20 minutes, then stir one tablespoon each of salt and vinegar into



the mixture and you're ready to start dying.

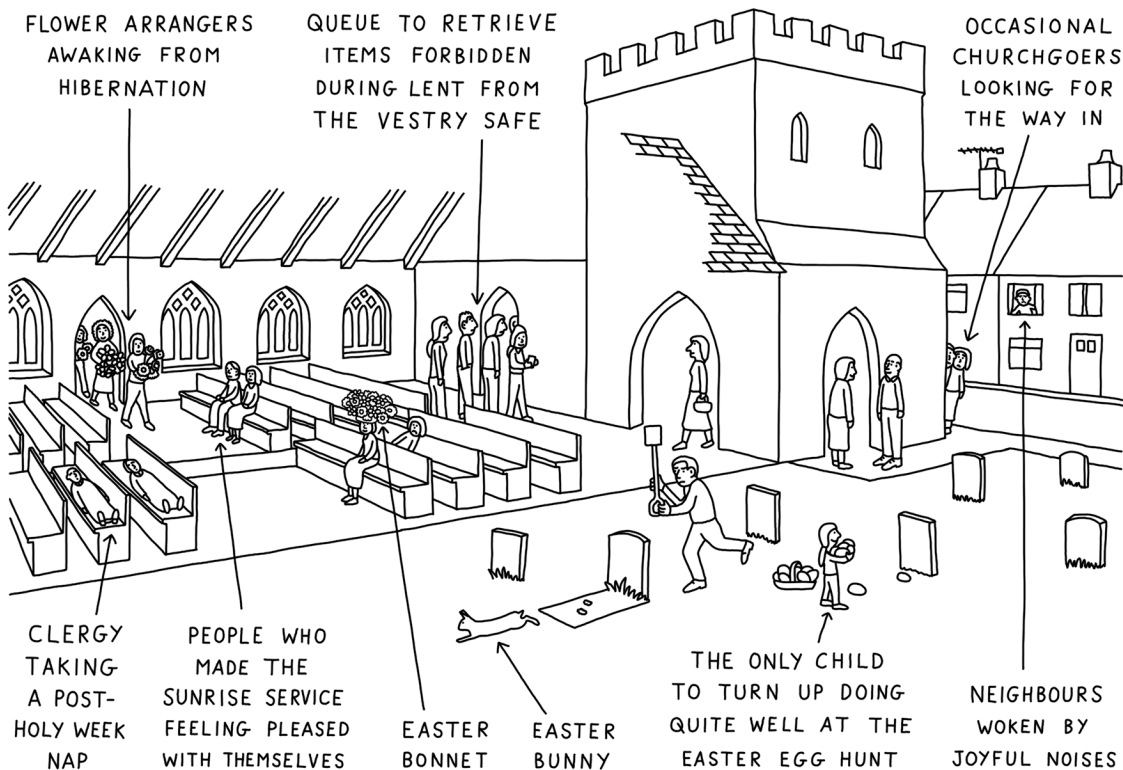
Coffee mugs or eight-ounce mason jars make excellent vessels for soaking eggs one at a time because. (If you place more than one egg in the liquid at a time, you may find the colour uneven wherever the eggs are touching.) Set out an oilskin tablecloth, don an apron and use a spoon to gently lower each egg into the liquid. (And save your egg carton to use as a drying rack.)

Once an egg has reached a satisfying colour saturation, lift it out of the liquid, gently pat it dry with a clean cloth (one you don't mind getting dye on – or, if you must, use paper towel) and set it

down in your egg carton/drying rack. Once eggs are dry, you can wipe them with vegetable oil to give them a subtle shine; matte eggs are equally stylish. For a geometrical look, wrap eggs in rubber bands before you dye them. The dye won't penetrate the areas under the bands, leaving an off-set pattern behind. (To avoid smudging the effect, be sure the eggs are fully dry before you take the bands off.) You can also make decals

out of masking tape, which will likewise reveal a silhouette once the egg is dry and the tape is removed. Or, if you aren't thoroughly Type A and don't mind a fuzzy result, melt a tea light over a double boiler, dip a paint brush into the wax and use it to paint a design on your egg. (You can also draw on the egg with a white birthday candle or crayons, if you're loath to dirty another pot or you're doing this craft with children.)

THE EASTER SERVICE





Thank-you to Corporation for the framed picture of three of our beautiful stained glass windows presented to me at the annual meeting for my years of service on Vestry. A picture of our 'Christ in the Carpenter's Shop' stained glass windows is a very appropriate gift.

Serving the church has been an integral part of my life for many years. I look forward to continue serving for many years to come.

- Mark McLellan

IN MEMORIAM

Phyllis Ina (Connell) Sampson

5 March, 1928 – 31 January, 2024

It is with great sadness that we announce the passing of Phyllis Sampson at Poseidon Long-Term Care Home on Wednesday, January 31, 2024. Phyllis leaves behind many friends and family members, namely her children; Darren Sampson, Sherri-Wynne Sampson, Duane (Ingrid) Sampson and her three grandchildren; Olivia, Yusenia and Anjelina Sampson.

Phyllis is survived by her brothers; Winston and Lloyd Connell, and her sisters; Daphne Ferguson (nee Connell) and Patricia (Patsy) Connell. Phyllis was predeceased by her husband John Gerard (Gerry) Sampson, brothers; Fitzroy (Roy) and Harold Connell, sisters; Lorna, Elsa, Jean (Baba) and Thora (Joyce) Connell, and parents James Fitzherbert Connell and Thelma Muriel Connell (nee Howard).

Phyllis was born in Trinidad where she helped raise many of her younger siblings and began her teaching career. She migrated to Winnipeg, Manitoba in 1961 where she continued her Teacher's education, and had a successful career for over 20 years at



Red River Community College, teaching Math, English and English as a second language.

Phyllis's passion for the Lord gave her strength to endure any and everything in life. This strength was also seen in the constant love, support and guidance she provided to her family and friends. She also had a passion for shopping, talking on the phone for hours on end, and was known to fall sleep anywhere and at any time. Phyllis, you will be truly missed.

A celebration of the life of Phyllis was held on Saturday, February 17, 2024 at All Saints Church.

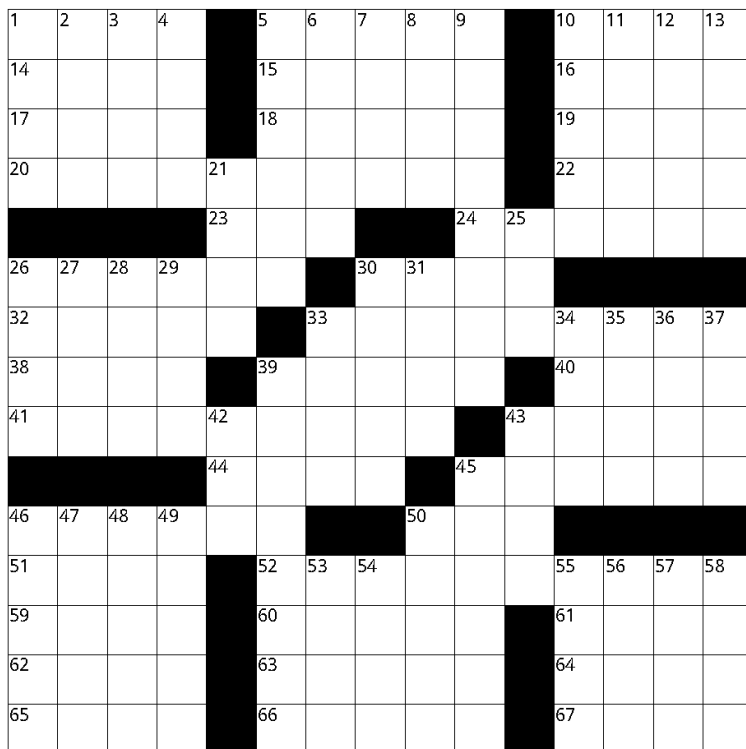


*Rest in
peace and
rise in
glory.*

SCRAMBLED EGGS—CROSSWORD PUZZLE

BY JOY PETERS

Answers on page 39.



ACROSS

- 1 Vaulted alcove in a church
- 5 Hajj destination
- 10 Irish Comedian O'Briain
- 14 Brooks' musical partner
- 15 "It's ____!" (warning cry)

- 16 Frosts, as a cake
- 17 Rupaul's ____ Race
- 18 One-Horned heavyweight
- 19 "We want __!": baseball chant
- 20 Sorts all the easter eggs by colour, maybe
- 22 Hawaiian Goose
- 23 Came in first

- 24 Scramble 1: Short ad
- 26 Scramble 2: Move chairs
- 30 Raggedy Ann, for example
- 32 Toy Story Actor Tim
- 33 Gun battle
- 38 Atmospheric portmanteau
- 39 Beats out
- 40 Home of the patella
- 41 Game often drawn in chalk
- 43 Poe short story, the Tell-Tale ____
- 44 Mathematician's x and y
- 45 Scramble 3: Usher, essentially
- 46 Scramble 4: Van Gogh's 'The Potato ____'
- 50 Cellos' section (Abbr.)
- 51 Some bygone theaters
- 52 Seasonal anagram for 20 across

- 59 Cerise and candy apple
 60 Capital of Jordan
 61 "but ____, there's more!"
 62 Adjective for a "shoppe"
 63 Prefix meaning 'bull'
 64 Fitzgerald of jazz
 65 Old Town Road singer Lil ____
 66 Some Army NCO's
 67 NaCl, commonly
- DOWN**
- 1 Brings into the mix
 2 Unadulterated
 3 Catch on
 4 Bridge builder, briefly
 5 Barbie actress, _____ Robbie
 6 Dead Poets Society actor, ____ Hawke
 7 Lit ____ (rhyming college course, for short)
 8 Senior's support
 9 Jesus's twelve
 10 Wonder Woman's first name
 11 Is sore after a workout
- 12 Roi's wife
 13 Popular fall bloom
 21 McGregor in "Moulin Rouge"
 25 Santa's little helper
 26 Too hasty; imprudent
 27 Red resident of Sesame Street
 28 Food served in a trough
 29 Brain diagnostics, for short
 30 Pogs and frisbees, e.g.
 31 Teeth-straightening dentist [abbr.]
 33 "Bonne ____": St. Boniface birthday wish
 34 Shopping behemoth at Sterling Lyon and Kenaston
 35 Tiny biter
 36 Attendance answer
 37 Four (Prefix) from the greek
 39 Luxury spots in a stadium
 42 Sedan or coupe, for example
 43 Senor's German kin
 45 Dictation takers, briefly
- 46 " ____ the side of caution"
 47 Mowgli's wolf friend in "The Jungle Book"
 48 Family of President Lincoln's wife Mary
 49 One of England's so-called "home counties"
 50 Begin
 53 Amo, ____, Amat (Latin 101 conjugation)
 54 Pretty proud of oneself
 55 Lambs' moms
 56 White-tie affair
 57 Fish's breather
 58 'Now! ', in the ER.

"We do not heal the past while dwelling there; we heal the past by living fully in the present"
 - Marianne Williamson

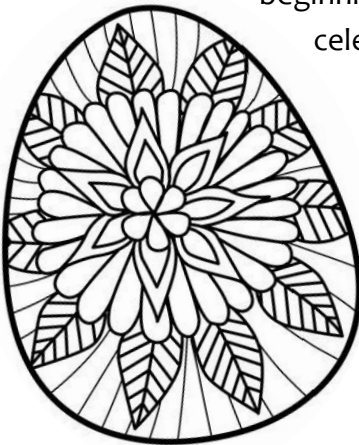
WHY DO WE HAVE EASTER EGGS?

SUBMITTED BY JUDI PALMER

Easter eggs provide one of the many popular traditions that have grown up around the great spring celebration in the Christian calendar of the resurrection of Christ.

During the period of Lent preceding Easter eggs were forbidden as part of the fast in preparation for the festival. So it was natural for the end of Lent to be marked by the eating of eggs on Easter Sunday.

As traditional symbols of life and creation eggs suggested the resurrection. The decorations on the eggs can be regarded as symbolizing the end of the penitential season and the beginning of joyful celebration.



Sometimes eggs are blessed in church. Egg-rolling and egg-hunting are two self-descriptive

Easter games. An expensive custom developed in Imperial Russia, where the nobility exchanged egg-shaped curios made of precious materials and decorated with jewels. These “eggs” are now extremely valuable.

Many of the folk customs and traditions now associated with Easter may be adaptations of practices connected with pagan spring ceremonies. So eggs coloured like the rays of the sun may have originally symbolized the return of spring.

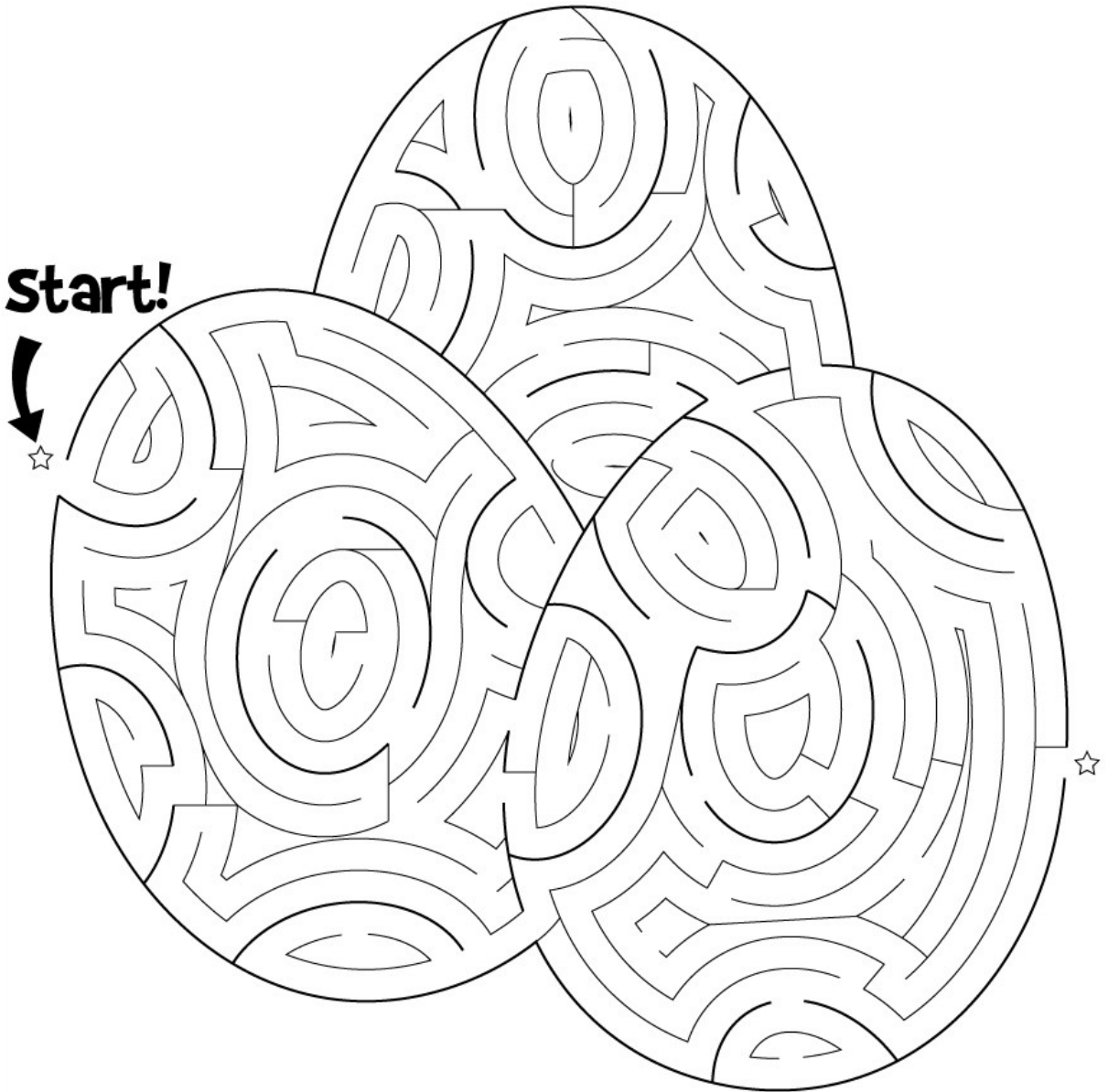


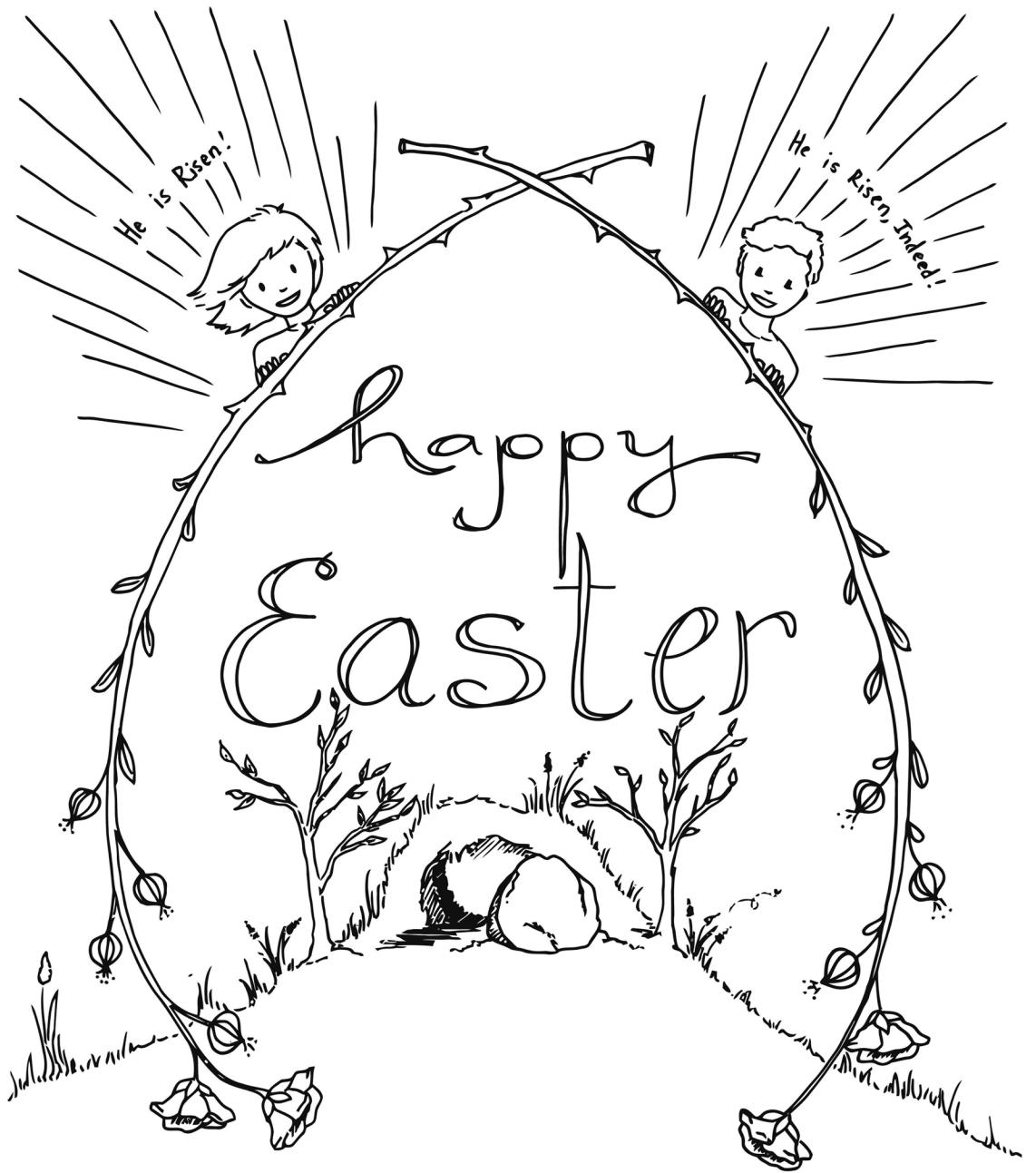
"I think education is power. I think that being able to communicate with people is power. One of my main goals on the planet is to encourage people to empower themselves."

- Oprah Winfrey

DIVERSIONS AND COLOURING PAGES

Find your way through the eggs

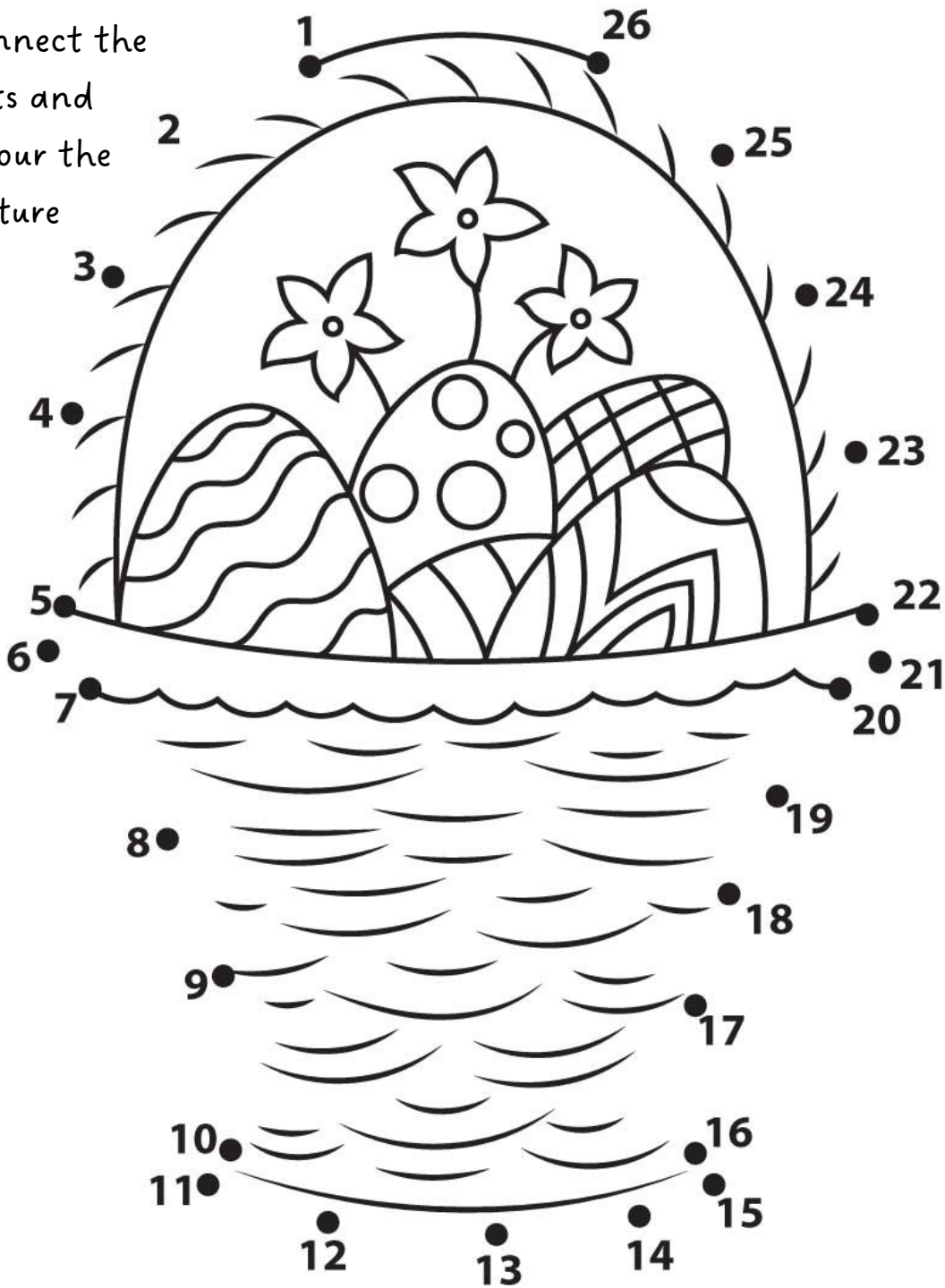




mandy groce '16

ministry-to-children.com

Connect the
dots and
colour the
picture





WE WANT TO HEAR FROM YOU!

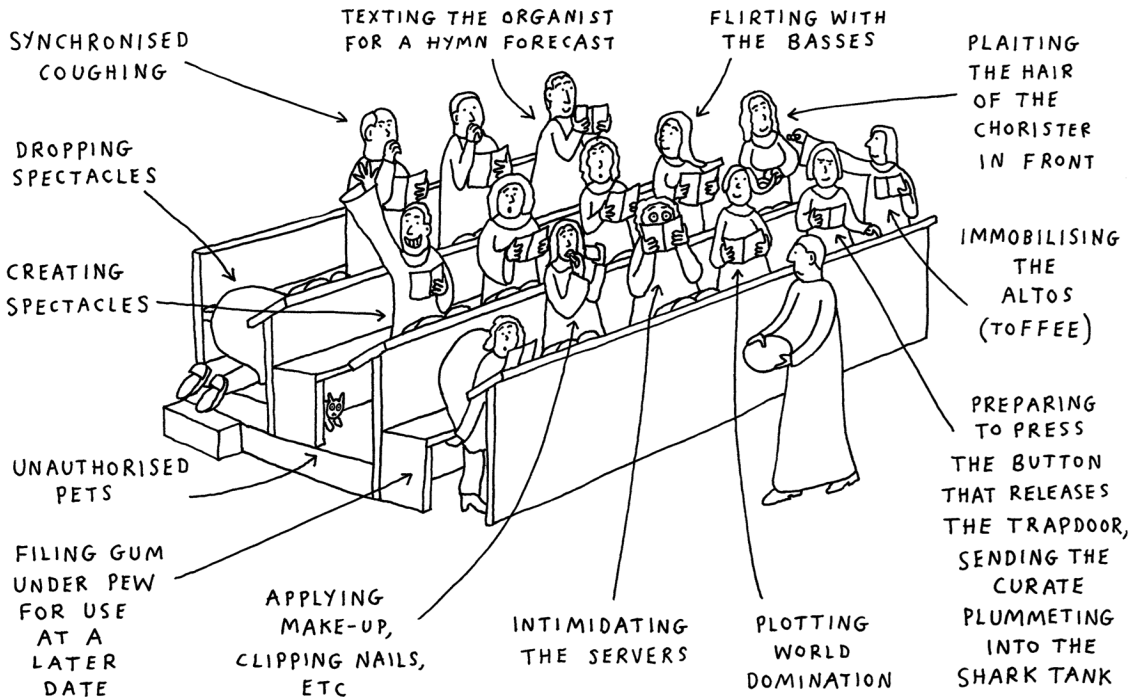
Do you have something to share?
 Send submissions, ideas, or letters to the editor to office@allsaintswinnipeg.ca, or drop them off at the church office.

1	A	2	P	3	S	4	E	5	M	6	E	7	C	8	C	9	A	10	D	11	A	12	R	13	A
14	D	15	U	16	N	17	N	18	A	19	T	20	R	21	A	22	P	23	I	24	15	16	17	18	19
17	D	18	R	19	A	20	G	21	R	22	H	23	I	24	N	25	O	26	A	27	18	19	20	21	
20	S	21	E	22	G	23	R	24	E	25	G	26	A	27	T	28	E	29	N	30	21	22	23	24	
26	R	27	E	28	S	29	E	30	A	31	T	32	D	33	O	34	L	35	L	36	27	28	29	30	
32	A	33	L	34	L	35	E	36	N	37	F	38	I	39	R	40	E	41	F	42	33	34	35	36	
38	S	39	M	40	O	41	G	42	B	43	E	44	S	45	T	46	S	47	K	48	39	40	41	42	
41	H	42	O	43	P	44	S	45	C	46	O	47	T	48	C	49	H	50	H	51	43	44	45	46	
44	A	45	X	46	E	47	S	48	S	49	E	50	A	51	T	52	E	53	R	54	44	45	46	47	
46	E	47	A	48	T	49	E	50	R	51	S	52	S	53	T	54	R	55	A	56	47	48	49	50	
51	R	52	K	53	O	54	S	55	E	56	A	57	S	58	T	59	E	60	R	61	51	52	53	54	
59	R	60	E	61	D	62	S	63	A	64	M	65	M	66	A	67	N	68	W	69	59	60	61	62	
62	O	63	L	64	D	65	E	66	T	67	A	68	U	69	R	70	O	71	E	72	63	64	65	66	
65	N	66	A	67	S	68	X	69	S	70	S	71	G	72	T	S	73	S	74	65	66	67	68	69	

Solution to the puzzle on page 32.

THE CHOIR

MINOR MISDEMEANOURS TAKING PLACE IN YOUR SUNDAY SERVICES



We give thanks to God the Creator for the abundant beauty and diversity of Creation upon which all life depends. We acknowledge that we live, pray, and serve on Treaty One Lands, the traditional home of the Anishinaabe, Cree, and Dakota people, and the homeland of the Métis Nation. We are grateful for their stewardship and hospitality which allow us to meet and serve our Creator. We are committed to learning, listening, and supporting Indigenous Peoples in the pursuit of justice and equity. Therefore, we will do better, do more, and do our part in our neighbourhood of West Broadway.



Saints Alive is written and created by
the congregation of

 **ALL SAINTS**
ANGLICAN CHURCH

Edited by Joy Peters

521 Broadway
Winnipeg, MB R3C 1B9

204.786.4765

allsaintswinnipeg.ca

office@allsaintswinnipeg.ca

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