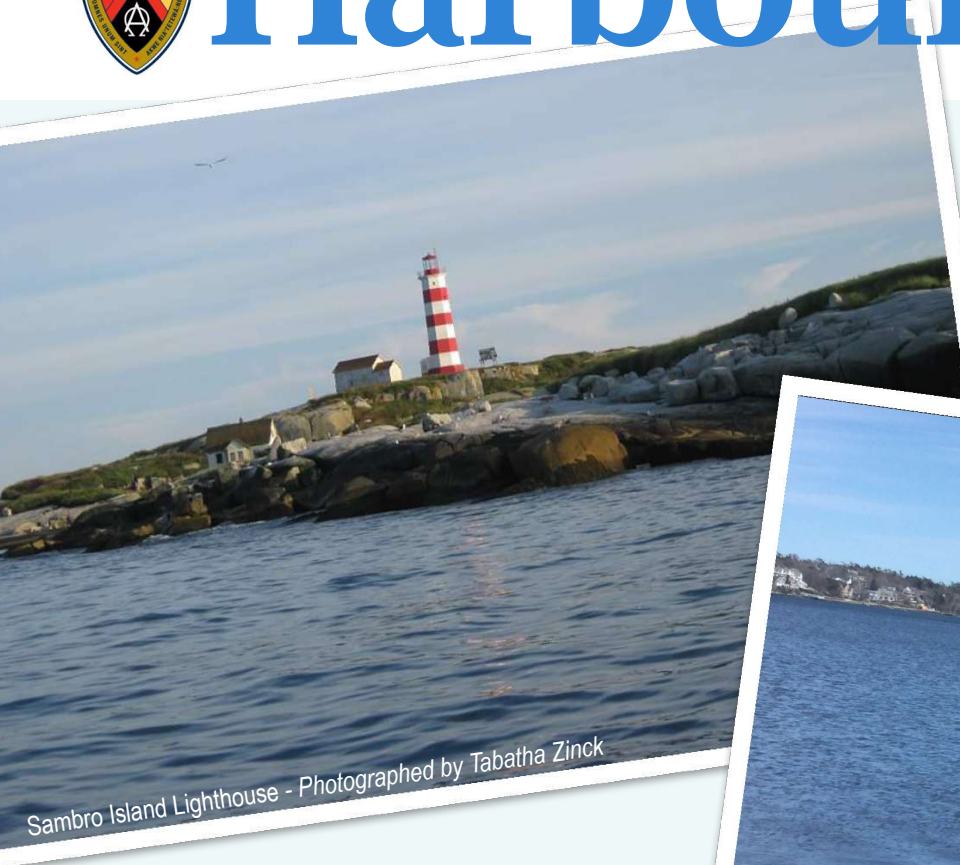




Harbour Views



Sambro Island Lighthouse - Photographed by Tabatha Zinck

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Jollimore, North West Arm of Halifax Harbour - Photographed by Hugh Kindred

Memorial Tributes at Parkhill Church to the Mass Shooting Victims

By Sheila Kindred

Friday morning, April 24 at 8:30AM was the chosen time for pipers across the province and beyond to play 'Amazing Grace' in tribute to the 22 slain Nova Scotians. Our neighbour, Tom MacKenzie, an accomplished piper who until the lockdown had been practising weekdays in the church, asked if he could come and play at the appointed time in the parking lot. When the moment came to play, he was not alone. More than 40 folk had approached the church coming up Kirk Road, and from both ways on Parkhill.

*Spring is sprung! The grass is riz.
I wonder where the birdie is.
They say the birdie's on the wing,
but that's absurd.
The wing is on the bird. -Anon.*



*From Rev.
Helene's Desk*

We have had quite a time since Spring officially was sprung in March, eh? Nothing like any Spring I've ever experienced. Oh, the weather's not new – same old wind, wind and more wind, snow and sleet combos, chilly temperatures, etc. But this situation of isolation, of being home most of the time unable to physically meet and worship together, even share a meal – this is just not natural, not for any of us.

Still, we have found ways of keeping connected. We've used social media and the telephone more than we ever have before (more for some of us anyway) and it has helped us cope with many things. This pandemic has resulted in such loss, of lives, of businesses, of jobs, of opportunities for love and laughter; the list goes on.

Sadly this pandemic has also been accompanied by tragedy – the shocking violence of that April 18-19 weekend in Colchester County; the sudden crash of a helicopter off the coast of Greece; the report of a little Truro boy missing with only his boots found. Such things are heart-breaking and hard to understand much less process, but it has helped that we stumbled our way through them, together, in Christian community.

And our shared online worship? What a revelation! From last fall's desire to provide live stream worship for a local church member, to a Facebook Christmas Eve service seen across the country, to our current worship shared with people far and wide – we have come a long way in broadcasting our Sunday services. More than half of the 50-70 plus people who join us on

Sunday are new to our services and continue to attend regularly.

People have told us that the music and message of our worship have been comforting during this time of isolation. Many of you have extended heart warming comments and best wishes to everyone during and after the services, reaching out with virtual smiles. We are blessed with the wonderful music ministry of Susan Feltmate; she will be joined by other gifted singers/musicians as time and physical distancing guidelines allow.

I am grateful for the role that Greg Reinhardt, Susan Feltmate, John Stewart and Bill Stewart have each played in getting us to this point. Our new way of worship will, I think, forever affect our collective ministry and how we include our virtual friends, neighbours and loved ones in our worship services.

So here we are, welcoming Spring and longing for its beauty, song and promise. From isolation we will soon emerge from our cocoons, carefully, considerately, and continue our life of faith together. It calls to mind lines from a hymn, "In the bulb there is a flower; in the seed, an apple tree; in cocoons, a hidden promise: butterflies will soon be free! . . . there's a dawn in every darkness, bringing hope to you and me; from the past will come the future; what it holds, a mystery, unrevealed until its season, something God alone can see."

Happy cocoon bursting, dear people!

With love,

Rev. Helene



Wild Song

By Gary Burns

**I wait and listen
to the wind that plays
poplars like rain-sticks
as they dance and sway.**

**The comical jays
flashing blue and white
add their strident voice
from the spruce's height.
From pine scented copse
these phrases are heard
the cheeseburger plaint
of chick-a-dee bird.**

**In aerial pastures
trained singers chime in
songbirds and thrushes
grosbeaks and robins.**

**Evening's recital
of doves, owls and loon
lead me to slumber
that comes all too soon.**

**Gladly I'd forfeit
rest for my bones
to list to wild song
in my woodland home.**

Fishing Trip

By Gary Burns

The wind keens as the approaching clouds come burdened with moist gifts from the sea. My line goes taut as a different gift takes my proffered fly and struggles into my net. So many dancers on the floor, what made him tap mine on the shoulder? I stride home from the cool gray wrinkled lake with the bejewelled and gilded trout in my pack. The air rushes to envelope me in earthy blankets of fetid and flowery moistness. Sea salt aroma reaches my nose as the familiar songs of Sparrow, Flicker, Robin, Dove and Gull meet my ear, calming my spirit. The short trek back erases weeks of worry and weariness and is a salve for my soul: fortune found in such an unlikely place, bought at so meagre a price, gracing one so unworthy. My family will appreciate the delicate flavour of the trout and perhaps marvel at his speckled coat, but only the Fisher will be moved in heart by the splendour of his sacrifice and be humbled by it.

Springtime by Faith



The Light shines in the darkness, and the darkness has not overcome it. John 1:5

Easter at Parkhill United Church 2020

By Sheila & Hugh Kindred

Easter Sunday service is a celebration of renewal and new life, but this year would be different. Parkhill Church was shuttered and dark, due to the COVID-19 pandemic. Yet this situation provided the opportunity to take the joy of Easter outside the church building to the community of Jollimore at large. For decades we have had a custom at Parkhill of bringing masses of yellow flowering forsythia into the sanctuary for Easter worship and hanging the blooming branches with coloured eggs made by the children in Sunday school. Again this year, the branches had been harvested early and carefully nurtured to come into bloom on cue, except by then the church building was closed indefinitely.



But all was not lost. The forsythia found a new site where it could be shared and appreciated by every passing neighbour. And there were lots of them. Closure of Fleming Park and confinement to home environs meant a great many more folk than usual were walking the local streets for fresh air and exercise.

As an additional Easter salutation, our church bell, which ordinarily rings at 9:30AM to announce morning worship, signalled the special day in a special way. Members of the Anderson family, Andrea, Cam and Molly rang the former railway bell 68 times, one stroke for each of the 68 Easter Sundays that have been celebrated at Parkhill.

There is a sequel. So many neighbours passed on comments of appreciation for the forsythia that we thought: why not share the promise of spring and new life in a direct way? So, for ten days into May, budding branches on the bushes around the church were pruned and put out for passers-by.



They were invited to take home some sprays to enjoy indoors as they broke into bloom, and then to root them outside in their own yards. In this way, in the future we hope springtime around Jollimore will be heralded by many more bursts of yellow forsythia blossom, with the happy reflection that they root back to Easter Sunday 2020 when we had to find an alternative way to celebrate.



Sambro Church Restoration Update

*By Greg Reinhardt, Treasurer of St. James United Church,
Sambro and member of the Board of Management*

As many of you know, the church was damaged during Hurricane Dorian and sustained just short of \$100,000 in damage. Beginning late May, our Board of Management will be working with Lindsay's Construction to complete the work. The first steps will include a full site safety plan, a comprehensive schedule, and a clear statement of work. Once all these artifacts are in place, we will begin the work with the safety of a congregation and community members first and foremost. Stay tuned for further updates as we start the construction and restoration.

Food For Thought

One Pot Pasta with Spinach and Basil - Serves 4 to 6

Ingredients

- 1 box 1 lb. long noodle pasta (like spaghetti, linguine, fettuccine)
- 1 onion peeled and thinly sliced
- 4 cloves garlic whole or thinly sliced
- 2 to 3 cups cherry tomatoes any kind; sliced in half
- 1 to 2 cups fresh spinach
- 2 handfuls of fresh basil + more for garnish
- 2 teaspoons kosher salt
- freshly cracked pepper
- 1/2 teaspoon crushed red pepper flakes + more if desired
- 2 to 3 tablespoons extra virgin olive oil
- 4 1/2 cups water
- freshly grated parmesan cheese optional

Instructions

- Place everything into your pot: the pasta, onions, garlic, tomatoes, spinach, basil, salt, pepper and crushed red pepper flakes. Add in the olive oil and then add in the water, starting with 3 cups and adding more (1 cup at a time) as you need it. 4 1/2 cups of water seems to work for me! You want your pasta to be covered in water. Don't worry about covering the spinach and basil, they will wilt down and cook just fine.
- Bring everything to a high boil and then, turn down the heat to medium and begin mixing everything up together using tongs. You need to continue mixing and stirring constantly, as the pasta is cooking so your pasta noodles don't stick together.
- Let the pasta cook for about 10 to 12 minutes (depending on what type of pasta you are using). Feel free to add more basil at this point if you'd like. Most of the water should be absorbed by the end of the cooking time and you should end up with a lovely pasta dish with amazingly great flavor! If you have a little liquid left, let cook for 1 to 2 minutes longer on low heat and feel free to add in some freshly grated parmesan cheese and stir together. Turn off the heat and mix together one last time.
- By the time you serve the pasta, all of the liquid should be gone completely. Season with more salt and pepper if desired and serve immediately. Enjoy!

Prep Time

5 mins

Cook Time

15 mins

Total Time

20 mins

From Jennifer's kitchen, recipe by Hip Foodie Mom

My Thoughts

By Doug Garrison

Chair of St. James Board of Management and
Co-treasurer of Sambro-Jollimore Pastoral Charge

My thoughts lately have been about Aerial and Lila Gray. Anyone who has been around Sambro very long knew Aerial and Lila. Lila was the driving force behind St. James Church as long as I can remember. She was for years the clerk of session and for even longer sang in the choir. She also sat on the board of stewards which became a part of the board of management and was the CGIT leader. Aerial also was active in the community and the church. He was a host for the royal visit of Princess Margaret and made a favorable impression on her. He sang in the choir at the fisherman's service and the church was decorated with his nets for the occasion. For years until his death in 2013 he greeted people as they arrived at the church service. They both played key acting roles in the dinner theater from the very start with Aerial's nets always decorating the walls.

The reason I have been thinking of them lately is that Lila had started legal proceedings to regain possession of her financial accounts and her home at 6 Government Wharf Road. These had been taken without her consent. Unfortunately, she passed away in 2016 before it got to court and her estate carried on with the case. The case was heard by Judge Gregory Warner in February and March of 2018 at the Lower Water Street courthouse in Halifax.

It was only last week that I received the court decision. Her home and over \$100,000 is to be returned to the estate. This will still take some time. There are, of course, estate expenses and probate fees to pay first and who is to pay for the estate's legal costs is yet to be decided.

In her will, Lila bequeathed 25% to St. James United Church, Sambro with no conditions on how it is to be used. It will be up to the board of management, as trustees, to decide where the money will go. The remainder is to be divided up between some neighbours, family and friends.

BLESSING FOR THE BROKENHEARTED

By Jan Richardson

*THERE IS NO REMEDY FOR LOVE
BUT TO LOVE MORE.*

— HENRY DAVID THOREAU

Let us agree
for now
that we will not say
the breaking
makes us stronger
or that it is better
to have this pain
than to have done
without this love.

Let us promise
we will not
tell ourselves
time will heal
the wound,
when every day
our waking
opens it anew.

Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart
so broken
can go on beating,
as if it were made
for precisely this —

as if it knows
the only cure for love
is more of it,

as if it sees
the heart's sole remedy
for breaking
is to love still,

as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom
but will save us
nonetheless.

Mickey Mouse Seen in Jollimore - By Hugh Kindred

Mickey and Minnie Mouse and a great crowd of their cartoon friends fortuitously gathered a few days before the COVID-19 emergency lock down in Nova Scotia took effect. Mickey and Minnie, Tom and Jerry, Pop Eye the sailor man, Elmer Fudd and Bugs Bunny, among many, came to Parkhill United Church on Sunday, March 8, 2020 for a celebration of laughter and

music in Jollimore for residents and friends. These celluloid characters were there by arrangement of our musical neighbours, Jack Chen and Eileen Walsh. They brought their professional colleagues with them to present a concert from the early days of film – six original cartoons with specially composed music to match.

The Fifth Wind Quintet, consisting of Jack Chen, flute, Suzanne Lemieux, oboe, Eileen Walsh, clarinet, Mary Lee, horn, and Ivor Rothwell, bassoon, were backed up by Mark Morton on drums and percussion. The original music was written by Christopher Palmer, who also conducted the ensemble.

We watched Mickey mouse make his debut in Plane Crazy, Jerry, the mouse outfox Tom, the cat, Bugs Bunny outgun the huntsman, Elmer Fudd, and Pop Eye get rebuffed by Olive Oyl regardless of his show of stupendous strength. Meanwhile the music soothed our nerves and quickened our laughter, or crashed and banged in exact time with the explosive events occurring on the screen before us.

It was a delightful afternoon of superbly executed entertainment and a happy social time afterwards over refreshments provided by the church as co-sponsors of the community concert. The occasion has become all the more memorable in being the last time we have been able to meet as a congregation or with friends for any reason whatsoever.

Parkhill Church is enormously grateful to Jack and Eileen and their colleagues for freely presenting this event in the occasional series of Meet & Greet concerts. Admission was by donation, in this instance for Chisholm Services for Children, a long-term program for children requiring care, based in Halifax. An audience of around 40, aged from four to eighty four, contributed several hundred dollars.

Because We Love, We Cry

Sometimes there is no sense to things, my child
Sometimes there is no answer to the questions why
Sometimes things beyond all understanding
Sometimes, people die.

When it hurts like this, my child
when you are scared, suffering, confused
Even if we are not together
Together, let us cry

Remember there is so much love
Because we love, we cry

Sometimes the sadness takes away your breath
Sometimes the pain seems endless, deep
Sometimes you cannot find the sun
Sometimes you wish you were asleep.

When it hurts like this, my child,
When you are scared, suffering, confused
Even if we are not together,
Together, let us cry

Remember there is still so much love
Because we love, we cry.

Pray that I had answers, child
Pray this wasn't so
There are impossible things, child
I cannot bear for you to know.

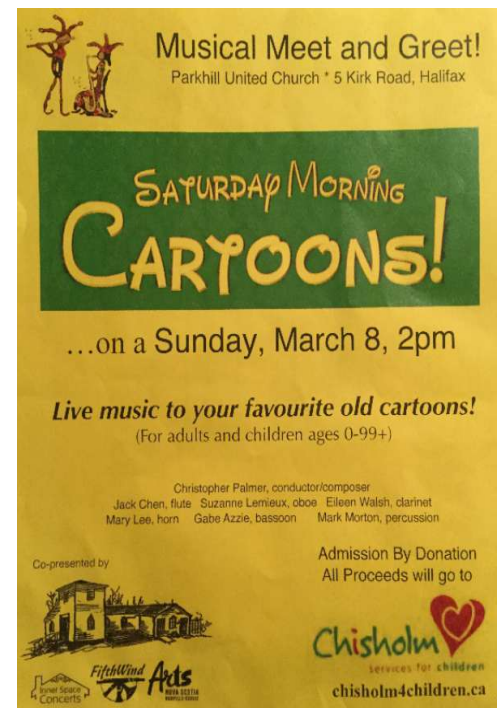
When it hurts like this, my child
When you are scared, suffering, confused
Even if we are not together
I am ever by your side

Yes, there is still
so SO SO much

LOVE

Because we love, we cry.

- Sheree Fitch
(printed with permission)



YOU'RE INVITED... ...TO STAY HOME AND STAY SAFE!

**We'll be thrilled to see you again
when we get the all clear!**



Until then... Many Blessings!