

Have I Got e-for You!



News from the Communities in and around the
Old Barns and Hilden United Churches



No 30

June 2025

Message from Your Editor

Where does the time go? This issue marks the end of the 10th year for this newsletter. What will the next ten years look like? Thank you to everyone who has sent in the bits and bobs that have kept us going.

*Where does the time go?
I don't want this to end
Where does the time go?
Let's hang on to the moment we're in.*

“Time is the continuous progression of existence that occurs in an apparently irreversible succession from the past, through the present, and into the future.”

Outside of the familiar phrases – What time is it? How much time do I have? I have run out of time! – who every really thinks about what time actually is, where does it come from and where does it go?

“Better three hours too soon than a minute too late.” — William Shakespeare

“Take care of the minutes and the hours will take care of themselves.”— Lord Chesterfield

~ *Leslie*



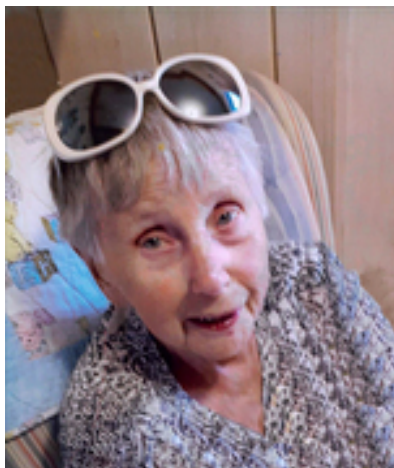
Good Bye, Dear Friends



Carol Ann (Reid) Betts
May 28, 1934 – March 22, 2025
Hilden



Scott Creelman
April 17, 2025 – Aged 62
Beaver Brook



Ruth Jessie (Monk) Watson
April 23, 2025 – Aged 96
Hilden



Gerald M. "Jerry" McLellan
June 1, 2025 – Aged 84
Old Barns

*When we lose someone we love
We must learn not to live without them
But to live with the love they left behind.*

*Sympathy is extended to those community
members who have lost family and friends
from within and outside our communities.*

Always missed, forever remembered.

Happy Days!

80 + Birthdays:

June	Frank Arseneau (H)
August	Fred Blois (OB)
	George Creelman (H)
September	Grant Fancey (OB)
	Noreen Ellis (H)
	Donna Dickey (H)
	Francis Gale (H)

90 + Birthdays:

July	Jack Johnson (OB)
September	Eveline Whitehead (OB)

101st Birthday:

June	Ruth Sandeson
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50 + Anniversaries:

July David & Carol Baird (OB)
Stephen & Mary Ann Yuill (OB)
August Arlene & Wayne Fisher (H)
Phillip & Valerie Kennedy
Dan & Laurie Gunn (OB)



Grade Twelve Graduates from the Clifton Area

Emma Bunch	Kelsey Oakley
Keenan Gordon	Ellen Rudderham
Olivia Kent	Adrian Ssedyabule
Christopher McCurdy	Connor Stewart
Will McEwing	Mitchell Tremblett
Eve Monk	Bauke Zijlstra



Up-Coming Services

June 22 10:00 a.m. Joint Service in Old Barns
Led by Garry Matthews

June 29 10:00 a.m. Joint Service in Hilden
Led by Arlene Fisher

There will be no services during July and August.
You are encouraged to attend a church of your choice.
Truro Churches:

First United – all Sundays at 10:30 a.m.

Brunswick St – July only at 10:00 a.m.

St. Andrews – August only at 10:00 a.m.

September 7 10:00 a.m. Joint Service in Old Barns
Led by Garry Matthews

September 14 10:00 a.m. Joint Service in Hilden
Led by Barb Miller

September 21 10:00 a.m. Joint Service in Old Barns
Led by Old Barns UCW

September 28 10:00 a.m. Joint Service in Hilden
Led by Hilden Worship Committee

Information about our churches, and when our services are, can be found on our website. Most Sundays, the Old Barns services are either live-streamed or taped and can also be found on the Charge website:

cliftonpastoralcharge.ca

Song: May Each Day by Andy Williams

May each day in the week be a good day
May the Lord always watch over you
And may all of your hopes turn to wishes
And may all of your wishes come true

May each day in the month be a good day
May you make friends with each one you meet
And may all of your daydreams be memories
And may all of your memories be sweet

The weeks turn to months, and the months into years
There'll be sadness and joy, there'll be laughter and tears
But one thing I pray to Heavens above

May each of your days be a day full of love
May each day in the year be a good day
May each dawn find you happy and gay
And may all of your days be as lovely
As the one you share with me today

May each day of your life be a good day
And a good night

Good Neighbours

My husband and I had the good fortune to purchase a home on Carriage Lane, Lower Truro, in February 2022. We loved the house and the fact that it was in the country, with beautiful vistas and close proximity to town and an added bonus of the Cobequid Trail right across the street which I visited twice daily with my energetic goldendoodle. What we didn't know was that the biggest fortune was yet to be discovered – and that was our wonderful neighbours and the caring community we were living in.

On our first week at our new home, every single neighbour stopped by to say hello and welcome us, some even helped us move items into the house. This was not something we were accustomed to in our former Province of Ontario. I mean, we have heard of the generosity of the Nova Scotian's hospitality, but experiencing it was incredible.

My new next-door neighbour, Shirley, stopped by almost every day, bringing us pamphlets on the local community; the "where to go" and "how to do" which were greatly appreciated. She even hosted a "welcome to the neighbourhood" get together for us.

Our first fall at the new house brought an unwelcome visitor – Hurricane Fiona – but our neighbours were right there again, offering us to share their generator until the power was restored – a full week later.

Shirley continued to look after us, making sure we were fitting in, and inviting us to attend gatherings. I soon joined the local "Clifton Page Turners" book club and began to get acquainted with new neighbours who welcomed me into their homes and shared good conversation. After that became my acceptance into the Progressive Club – more neighbours, more involvement in the community. As I drove down Hwy 236 I could point out the homes of my new neighbours and my new friends.

Early 2025, we decided to move back to Ontario (for personal reasons). I don't know how to explain how fortunate it was to live in such a caring, tight-knit community, full of history, family ties, and love. I will miss all of my good neighbours, including Shirley, Leslie(s), Glenda, Karen(s), Lynne, Sybil, Barb, Charlene, Terri, Cathy/Kathy(s), Laurie/Lori, Sandra, Donna(s), Debbie(s), Gerry, Fran, the 3 Mikes and so many others.

Thank-you for being such good neighbours, and continue to take good care of each other.

Sincerely, Cindy Spencer

The Kitchen Table

By Jo Harjo

The world begins at a kitchen table.

No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human.

We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers. Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror.

A place to celebrate the terrible victory.

We have given birth on this table, and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

A Chance to Connect

Submitted by Barb Miller
on behalf of the Old Barns Session



I recently attended a United Church retreat called Rural Routes Through The Holy. The theme was Pilgrimage and it included presentations by Rob Fennell, author of a book called Camino Close To Home, How to Plan and Thrive on Local Pilgrimages.

We learned a lot about pilgrimage...including something called a micro-pilgrimage...which caught my attention!

You may or may not know that Clifton Pastoral Charge has decided, for a number of reasons, not to hold worship services at Old Barns United and Hilden United churches for the months of July and August this year.

So....we would like to invite folks from our churches and communities of Old Barns, Hilden, and beyond, to join us for a micro-pilgrimage on the Sundays of **July 13th and 20th**.

We will meet at the Spirituality Circle on the Old Barns church property at 9:45 a.m. for a short prayer or reading, then proceed at 10:00 a.m. to the Cobequid Trail at the end of Shore Road, for a slow paced, contemplative walk on the trail for approximately 20 minutes, returning to the

Spirituality Circle as a group for a snack and drink of water or juice. Or if you'd like to be environmentally friendly you can bring your own water bottle with you.

Everyone is welcome, so feel free to invite your neighbours, to join us for this opportunity to stay connected with our church and community friends during the summer.

*Amidst nature's grace,
Footsteps tread upon the earth,
Walking brings peace home.*



Fisher Creek Cemetery Clean-up Crew
Jim, Stephen, Levi, Nancy, Phillip, Linda, and Barbara



Food Bank Garden in Old Barns being planted by men from the Old Barns Men's Club and the Knights of Columbus

The Clotheslines - The Sequel

By Beth Saunders

Christmas 2011, I received a poem from my next-door neighbour Beth Saunders. The poem was about herself as a result of a summers afternoon conversation we had about hanging out clothes on the clothesline. – submitted by Joanne Forbes

The old one over 'cross the way
She's hanging clothes again
May as well put the tedder in
It's surely going to rain.

The corn so high, it hides the sky
You can't see 'cross the bay
I'll cut it down, the wind will come
And blow the clothes away.

A lovely sunny day today
The wind it hardly blows
Time to clear the cow dung shed
Haul in that line of clothes!

I see they're back from Newfoundland
From fishing in the brine
What are those silver things
She's hung upon the line?

There must be trouble over there
So call the fire truck
No – never mind, Gary climbs the pole
To get the wheel unstuck.

What are those things in colors bright
The clothes have lost their tags
A scruffy unmatched bunch of stuff
She's drying old mat rags.

Whatever comes whatever goes
There always will be time
For boiling up a pot of tea –
Or making up a rhyme.



Hilden UCW Guest Speakers

On April 1st, Hilden UCW extended an invite to Old Barns UCW to join us in learning about the work of the Cobequid Wildlife Rehabilitation Centre, located here on the Irving Lake Road. 22 attended and enjoyed an informative presentation. This was followed by trivial re wildlife and prayer for animals and wildlife.

The Centre, being a non-profit organization with no government finding, was presented with a number of gifts cards for food for the birds/animals and transportation costs, as they must be released near to where they came from. Along with gift cards they received egg cartons, towels old sheets they can use in their care.

This was followed by lovely lunch and socialization time. Lovely spring afternoon was enjoyed by all.



Dance Recital

In May, several young people from the Clifton area were involved in a Dance Recital.

Adelaide Burris – Pre Ballet
Kori Blair – Jazz
Elsie Sheehy – Creative Dance
Zoe Blaauwendraat – Primary Ballet
Brooke Moore – Primary Ballet
Violet Burrows-O'Toole – Acro Grades 1-2
Molly Blois – Acro Grades 1-2
Marett Burris – Hip Hop Ages 5-6
Isabelle Petrie – Hip Hop Ages 5-6
Meaghan McCurdy – Ballet
Savaya Greener-MacLean – Primary Ballet
Addison Ash –



Kori Blair



Nola Blair



Brooke Moore



Meaghan McCurdy



Elsie Sheehy and Adelaide Burris



Violet Burrows-O'Toole, Marett Burris, Isabelle Petrie



Clifton Page Turner's Book Club Members with Author and Truth & Reconciliation Commissioner, Marie Wilson



Lynne Miller, Leslie Burrows, Marie Wilson, Terri Pook,
Karen Archibald-Waugh, Shirley Semple, Sybil McCurdy,
Charlene Blaauwendraat



Marilyn Foote and Janice MacLean
Janice was guest speaker at Old Barns on June 8th

Clifton Federation of Agriculture Members Luncheon



The Ladies in the Kitchen (Cobequid Fire Hall)

Rural Roots Through the Holy

Rest – Replenish – Re-Imagine

A gathering for those from rural faith communities seeking worship, learning, conversation, and celebration. Deepen your life in God and renew your connection to your community.

Theme: Life, Land, and Leadership: Loving with Your Feet

June 12,13, and 14 in Sackville, New Brunswick

Leslie Burrows, Karen Archibald-Waugh, Barb Miller, and Charlene Blaauwendraat from the Clifton area attended the event this year, the fourth time for Leslie and Karen, third for Barb and first for Charlene. There were about 35 attendees in all from Annapolis Royal to Inverness, from Halifax to Truro, from Prince Edward Island, New Brunswick, and Ontario.

With talks about pilgrimage, walking a labyrinth, care of the earth, care of our spirit, care of one another, we have lots to think about and how to share many of the ideas within our communities.

For a quick overview:

- **Theme Presentation** from the Reverend Doctor Rob Fennell and Shawna Lucas
“Camino Close to Home: The Gifts of Local Pilgrimage”
 - Motives to Pilgrimage: Life transitions; Adventure; Challenge; Health/Healing; Self-reconstitution; Discernment; Political/Ecological aspects; Non-violent protest or testimony; Desire for deeper spiritual connection
 - Self-Examination: Who am I, really?; What do I want/need?; Who do I love? Who do I need to forgive?; How can I be healed?; What are my gifts?; At this point in my life, what should I do with what I have?; How do I cope with struggle?; What will my legacy be?; How can I live more lightly on earth?
 - Goal: To Inspire and Equip
Where to Walk, When to Walk, Why to Walk
 - Pilgrimage: taking the act of slowly moving across a landscape and see it transformed into an embodied spiritual discipline that is rooted in the land.
 - How can walking connect you to self, others, land?
 - Pilgrimage: an opportunity to listen to what the land and others are saying
 - Pilgrimage does not have to be long or complicated
 - Be filled with curiosity, be prepared for change, be prepared to accept a gift.
 - Pilgrim Virtues (Strengths): Community, Sharing, Serving Others, Gratitude, Perseverance, Prayer, Reverence and Care for Creation, Patience, Simplicity

- **Taster Times** (*shorter presentations*)

- Care and Creation in Rural Settings with Marion Lucas-Jeffries
- Being Rural: Being Affirming – Kate Jones
 - Affirming Ministries are Public, Intentional, and Explicit (PIE)
- Green Burial – Elisabeth Bachem-Jennings
 - Everything that dies feeds something else
 - Becoming more common
- Jesus, Glue, and Glitter – Catherine Stuart
 - A resource for children
 - <https://www.jesusglueandglitter.ca/>
 - <https://biblewoolies.ca/>
- Pilgrimage Within – Dawn-Lea Greer
 - The further your outward journey takes you, the deeper your inner journey must go.
 - Prayer: Thank you Father/Mother/Creator for this reminder that I need to take care of my mind, body, and spirit. When I am at my best, I can better love others. Amen
- Labyrinth Under Our Feet – Jane Doull
 - Be Open, Be Present, Stay on the Path
 - Mirrors of the soul, spiritual watering holes
 - A labyrinth is a path for prayer and meditation
- Interfaith Chaplaincy – Ellie Hummell (Chaplin at Mount Allison U)
 - Learn from a person who is “different”
 - Every faith group talks about “Hospitality”
 - Have compassion, gratitude, and peace build
- Your Personal Scriptorium at Home: writing out the Bible by Hand – Martin Dawson

- **Workshops**

- A Micro Pilgrimage on the Trails of Sackville with Rob Fennell
 - A 90-minute spiritual walk-a-bout ... followed by ice cream!!!
- The Spirituality of Aging with Catherine Smith
 - Look at aging through a positive lens
 - Freedom comes with aging
 - Imagine your life as a trellis – what different events or emotions are growing on your trellis
 - Value aging as we value youth
 - Recognize who you are and what you have to offer
 - Be careful of who’s story you are telling
 - As we are dying, how can we seed another (especially true for a dying church)

- **Songs**

- O Spirit Guide Me Now by Sara Thomsen
- In My Heart is the Road by Richard Bruxvoort Colligan
- Turn Me Earth by Peter Mayer
- Come With Me the Journey is Long – Wild Goose Collective (Spotify)
- Camino Overture by Oliver Schroer

- **Quotes** *(from the various speakers)*
 - God is the centre of church; church is not the centre of church. (focus should be on God/Jesus and their teachings, not the institution)
 - We are more than we know. – Marie Wilson
 - Attraction rather than promotion. From the AA program: benefits through personal experience and positive outcomes, rather than actively promoting or advertising the program.
 - Do doable things first when faced with many. Doing one thing is better than no thing.
 - Caring for each other by caring for God's creation
 - Offer our gift without expecting recompense
 - God made me a blessing so I may be a blessing to others
 - Sometimes, you need to step outside, get some air, and remind yourself of who you are and who you want to be.
 - We are made for loving. If we don't love, we will be like plants without water. – Desmond Tutu
 - The great thing about getting older is that you don't lose all the other ages you've been." – Madeleine L'Engle

- **Things to Ponder On**
 - How do we commune "in" nature within our worship services?
 - Put your feet on the floor, relax and think of something for which you are grateful
 - How do you develop a pilgrimage gift in your community? Be creative, exercise your gifts, offer an experience to feel spirituality, to share the experience in a Christian way.
 - What is your meaning in life?

- **Grace**
 - Be present at our table Lord. *(tune: Doxology)*
 Be here and everywhere adored.
 These mercies bless and grant that we
 May spend our lives in serving Thee.

 - Thanks be to God, Creator, Redeemer. *(tune: Windy)*
 Thanks be to God who gives us our bread.
 Thanks be to God the Spirit Eternal.
 Thanks be to God forever.

 - Ohhhhh the Lord is good to me, *(tune: Johnny Appleseed)*
 And so I thank the Lord,
 For giving me, the things I need,
 The sun and the rain and the apple seed,
 The Lord is good to me ...
 JOHNNY APPLESEED, AMEN!

- Thank you, Lord, on this day,
For our many good blessings,
Thank you, Lord, on this day
For our many good friendships.
Glory to God, may you hear our prayer.
Guide us on forever,
Thank you, Lord, on this day
For our blessings and friendships.

(tune: Edelweiss)

- **Poem**

- Rest And Be Thankful! – At The Head Of Glencroe
by William Wordsworth

Doubling and doubling with laborious walk,
Who, that has gained at length the wished-for Height,
This brief this simple wayside Call can slight,
And rests not thankful? Whether cheered by talk
With some loved friend, or by the unseen hawk
Whistling to clouds and sky-born streams that shine,
At the sun's outbreak, as with light divine,
Ere they descend to nourish root and stalk
Of valley flowers. Nor, while the limbs repose,
Will we forget that, as the fowl can keep
Absolute stillness, poised aloft in air,
And fishes front, unmoved, the torrent's sweep,
So may the Soul, through powers that Faith bestows,
Win rest, and ease, and peace, with bliss that Angels share.

- **Book Suggestion**

- Every Place is Holy Ground by Sally Welch

Thank you for the opportunity to attend this Retreat. If you have any questions regarding any of what you have read in this report, please do not hesitate to contact me or any of the other participants.

Leslie

*... the point of travelling is not
to arrive, but to return home
laden with pollen you shall work up
into the honey the mind feeds on.*

R.S. Thomas
from his poem, "Somewhere"