

# NEWS

Have I Got e-  for You!



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



No 32

February 2026

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## *Message from Your Editor*

What a great winter! I am sure many of you will disagree but I much prefer the snow to rain and ice. I understand the provincial ski hills are having a good winter. Talked to someone who went to Revelstoke, BC to ski and they are having a snow-drought!

The end of December, the Clifton Pastoral Charge said goodbye to The Reverend Phillip Kennedy who has retired from full-time ministry. We wish him and Valerie a restful retirement filled with family gatherings.

The first of February, we paid tribute to Glenda Kent with a concert featuring Highway 236 and Friends. The Clifton area is blessed with many talented musicians. Thanks to all those that attended and all those that donated to the "Glenda's Kids Breakfast Program" at the elementary school in Old Barns (Cobequid Consolidated Elementary School).

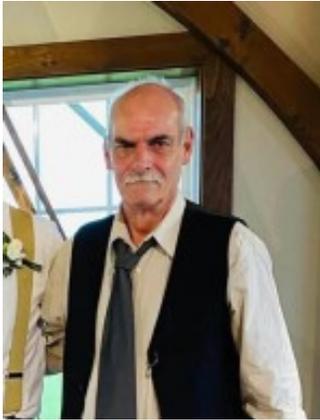
Enjoy each day, regardless of the weather, and be kind to one another.

~ *Leslie*

*Below: One evening in Green Oak*



## Good Bye, Dear Friend



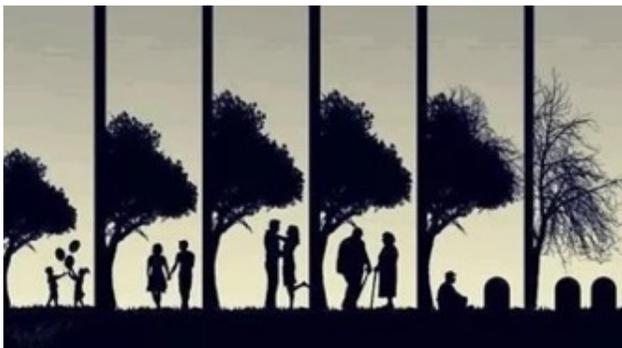
Dana Ray Stewart  
August 8, 1959 – October 26, 2025  
Old Barns



*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.*



## Mozart – Child Prodigy

*“The music is not in the notes, but in the  
silence between.”*

## Happy Days!

### 80 + Birthdays:

February Bob Wynn (H)  
Wayne Smith (H)  
Mervyn Dickie (H)

April Beth Saunders (OB)  
Irene Johnson (H)  
Doug Bets (H)  
Margie Bruce (H)

May Mary Starrett (H)

### 90+ Birthday:

February Jean Burris (OB)



### 50 + Anniversaries:

November Sandy & Debbie Yuill  
March Garry & Sandra Matthews  
April Merle & Carol Collins  
May Gordie & Barb Miller

### 60 + Anniversary

February Marnie & Wayne Smith



*“You cannot swim for new horizons until you  
have courage to lose sight of the shore.”*

*William Faulkner*

## Babies



Wyatt Gary Grant McDowell  
Born September 6, 2025 in Edmonton, AB  
son of Nathan and Taylor (Giddens) McDowell  
Grandparents Gary & Christa Giddens

## Up-Coming Services

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](http://cliftonpastoralcharge.ca)

- February 22      10:00 a.m.  
Joint Service in Hilden  
Led by The Reverend Brewer
- March 1            10:00 a.m.  
Joint Service in Old Barns  
led by  
Leslie Burrows/Karen Archibald-Waugh

First Sunday of each month starting in April:  
9:30 a.m. in Old Barns  
11:00 a.m. in Hilden

Remainder of Sundays of each month starting March 8<sup>th</sup>:  
9:30 a.m. in Hilden  
11:00 a.m. in Old Barns

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*That's what I love about Sunday  
Sing along as the choir sways  
Every verse of Amazing Grace  
And then we shake the preacher's hand  
Go home into your blue jeans  
Have some chicken and some baked beans*

*Song by Craig Morgan*

## Old Barns Choir at Christmas



## Progressive Club Members



Kathie Chisholm, Sybil McCurdy, Debbie Rutherford,  
Lynne Miller, Gerry Loughead



Glenda Kent (Secretary), Leslie Burrows, Sandra  
Matthews

# A 90<sup>th</sup> Birthday Party

submitted by James Kelleher

Painter, writer, forester and educator Gary Saunders turned 90 in November 2025. His family and many friends and admirers gathered at the Old Barns United Church hall to honour him with a community potluck and a mini Maritime musical festival featuring performances by The McCready Brothers, ReJOYce (helmed by Gary's daughter Joyce), and Highway 236.

Highlights included tributes (and a few gentle roasts) from Jeff Yuill and several of Gary's former DNR colleagues, including Don Cameron, congratulatory messages from local, provincial and federal lawmakers, a haunting Newfoundland-inspired harmonica piece from Jim McCready, and tasty garden-themed birthday cake baked by Jackie Waugh.



Councillor Laurie Sandeson, Gary, MLA Scott Armstrong

## Quotes

“The Present is but an instant between an Infinite Past and a Hurried Future.”

That phrase is a philosophical reflection on the nature of time, often attributed to various thinkers, but it most closely resembles sentiments expressed by French author Gustave Flaubert. The quote, in slightly different forms, speaks to the ephemeral nature of the present moment, which is constantly vanishing into the past as it gives way to the future.

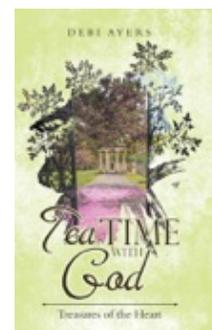


## Time for Everything

*To everything there is a time...*  
*A time to wind up, and a time to wind down;*  
*A time to make the call, and a time to unplug the phone;*  
*A time to set the alarm, and a time to sleep in;*  
*A time to get going, and a time to let go.*  
*A time for starting new projects and a time for celebrating victories;*  
*A time for employment and a time for retirement;*  
*A time for overtime, and a time for vacation;*  
*A time for making hay, and a time for lying down on a stack of it to watch the clouds go by.*  
*A time for making plans, and a time for implementing them.*  
*A time for seeing the big picture, and a time for mapping out details;*  
*A time for working alone, and time for involving others.*  
*A time for building morale, and a time for growing profits;*  
*A time for giving incentives, and a time for granting rewards;*  
*A time for giving advice, and a time for taking it.*

*No matter what your situation or environment, God has designed a rhythm for life that includes rest and exertion. If you maintain this balance, you'll likely find there is plenty of "time for everything" that will be truly beneficial to you."*

Debi Ayers, *Tea Time with God: Treasures of the Heart*



## Old Barns Christmas Tree Lighting

submitted by Barb Miller

On December 2, 2025 the Old Barns and Clifton communities gathered at Old Barns United Church on a SNOWY evening for our first Christmas tree lighting and carol sing. The Clifton 4-H club and Old Barns church families joined efforts to host this event which was very successful despite the inclement weather!

The 4H members and leaders prepared a lovely snack of hot chocolate and cookies in Fellowship Hall following the carol sing. This was enjoyed by all as we visited together in the warmth of the church hall. A great opportunity to connect with our friends and neighbours, which will hopefully become an annual event.

The tree was supplied by the Old Barns Men's Club, with solar powered lights donated by Bob and Sandra Francis, and secured by Anthony Waugh in a very sturdy, hand crafted tree stand. The lights operated on a timer, allowing our community to enjoy them throughout the Christmas season.

Thanks to all ... those who donated time, talent and treasures ... the organizers, and the participants. See you in December 2026 to do it again!



Some of the Tree Lighting Participants

### History Moment ~ Nova Scotia sends Tree to Boston



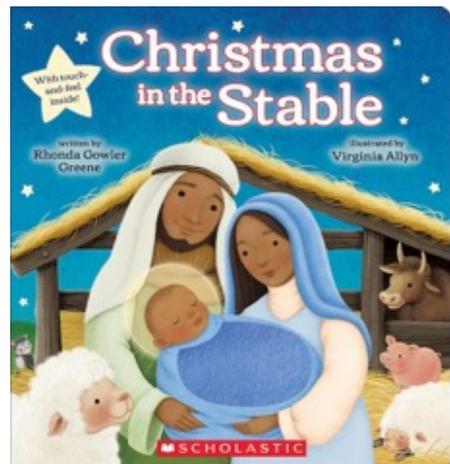
This gift marks the 108th anniversary of the 1917 Halifax Explosion, representing Nova Scotia's continued gratitude for Boston's immediate emergency aid. This was the 54<sup>th</sup> year that a tree has made this journey.



## Christmas in the Barn

submitted by Karen Archibald-Waugh

On December 21<sup>st</sup>, we held "Christmas in the Barn" for the 3<sup>rd</sup> year. Garry Matthews played guitar with special guest, son Andrew from Ontario. Meaghan McCurdy was our soloist, and we all joined in the singing of some special carols. Marett and her Grammy read "Christmas in the Stable." Amelia Brooks read "Through the Eyes of a Little Lamb on Christmas Night". The donkeys, miniature horses, goats, and the Archibald-Waugh family welcomed a few over one hundred community members for this special event. Hot apple cider and cookies were enjoyed by all. Thank you to everyone who helped and participated in any way. This has become a special part of our Christmas celebrations for families in our community.



## *Reverend Phillip's Retirement*

submitted by Barb Miller

December 28, 2025 was Rev. Phillip Kennedy's last church service for Clifton Pastoral Charge before his retirement. This was a combined worship service held in the Hilden United Church. It was well attended by both Hilden and Old Barns congregants, as well as Phillip's wife Valerie, their son and grandson, their daughter, her husband and granddaughter.

His message was centered around Love. Love of God and our love for one another, which will carry us forward on our journey as a Pastoral Charge. The Sacrament of Communion was celebrated, as well as a ceremony Marking the end of a Covenanted Ministry and Recognition of the Symbols of Ministry, in which the symbols that were presented to Phillip at his covenanting service in July 2020 were received back by members of both congregations. Special music by Hilden and Old Barns choirs, and Vicki Canton-Austin of Hilden choir, was also enjoyed.

Following the worship service, we gathered in the Church Hall to enjoy a hearty pot luck lunch and fellowship. Rev. Phillip was presented with a gift of appreciation from the Pastoral Charge – a framed print of a whale painting by local artist Alan Sylliboy, as well as a 2026 calendar featuring Alan's artwork. He was also given a cozy hand knit blanket by Karen Archibald-Waugh. Some reflections and memories of Phillip's time with us were expressed, as well as best wishes for his retirement.



Phillip and Family

## *Sunday, January 18, 2026*

Nancy Kent Smith spoke at a Joint Service in Old Barns about her trip to Zimbabwe, Africa in 2025 with the Canada Foodgrains Bank. Very interesting.



Glenda Kent read a story to the crowd of children who were at the service.



# The Twelve Days of Christmas

submitted by Barb Miller

I first heard the meaning behind the song "The Twelve Days of Christmas" a few months ago when Bruce Varner led a worship service in Hilden United Church. I asked him to share his message from that service with me and he graciously emailed a copy to me.

On January 4, 2026 the Session members of Old Barns led a joint worship service at Old Barns United Church and I reached out to Bruce to inquire about using parts of his message for the service. Again, he was happy to share his information. I did a bit of research on my own and added a few interesting tidbits. The following is the message I presented at that service on January 4<sup>th</sup>. Thanks to Bruce for sparking an interest at that service in Hilden.

## WHAT IS THE MEANING OF THE SONG THE TWELVE DAYS OF CHRISTMAS?

The religious wars in sixteenth century England made it dangerous to be a Catholic. Many people practiced their faith in secret. As the legend goes, Catholic families courageously developed unique ways to secretly pass the faith onto their children, like "The 12 Days of Christmas." The well-known song was used to teach children about the Catholic Church. Although the lyrics may sound like nonsense, the song actually contains hidden references.

The true love in the song refers to God. The 'me' who receives the gifts refers to every baptized person who is part of the Christian Faith.

### The First Day of Christmas:

#### A Partridge in a Pear Tree

A partridge is a bird that is known to sacrifice its life for its babies. In the song, Christ is symbolically presented as a mother partridge that feigns injury to decoy predators from her helpless nestlings, recalling the expression of Christ's sadness over the fate of Jerusalem.

*"Jerusalem, Jerusalem, how often would I have sheltered you under my wings, as a hen does her chicks, but you would not have it so ... (Luke 13:34)*

The pear tree symbolizes the Cross.

### The Second Day of Christmas:

#### Two Turtle Doves

Did you know that turtle doves often mate for life? Because of this, they are seen as symbols of love, fidelity, and connection. In "The Twelve Days of Christmas," the two turtle doves represent the Old and New Testament, which are deeply connected and meaningful.

### The Third Day of Christmas:

#### Three French Hens

The three French hens signify the three theological virtues: faith, hope, and love (or charity).

### The Fourth Day of Christmas:

#### Four Calling Birds

The four calling birds symbolize the four Gospels: Matthew, Mark, Luke, and John, which spread the good news of Jesus' life and teachings.

### Powerful quotes from the Gospels

*Matthew 11:28: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."*

*Mark 8:34: "Jesus called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me.'"*

*Luke 1:30-3: "The angel said to her, 'Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus.'"*

*John 14:27: "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."*

### The Fifth Day of Christmas:

#### Five Golden Rings

The five golden rings represent the first five books of the Old Testament, also known as the Pentateuch or the Torah. These books include: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

### Powerful quotes from the Pentateuch

*Genesis 1:31: "God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day."*

*Exodus 20:3: "You shall have no other gods before me."*

*Leviticus 26:12: "And I will walk among you, and will be your God, and you shall be my people."*

*Numbers 6:24-26: "The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace."*

*Deuteronomy 6:4-5 "Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might."*

### The Sixth Day of Christmas:

#### Six Geese A-Laying

The six geese a-laying symbolize the six days of creation, emphasizing God's power as the creator of the world.

### The Seventh Day of Christmas:

#### Seven Swans A-Swimming

The seven swans a-swimming represent the seven gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, giving, and compassion.

### The Eighth Day of Christmas:

#### Eight Maids A-Milking

The eight maids a-milking symbolizes the eight Beatitudes preached by Jesus in the Sermon on the Mount:

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*Blessed are those who mourn, for they shall be comforted.*

*Blessed are the meek, for they shall inherit the earth.*

*Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*

*Blessed are the merciful, for they shall obtain mercy.*

*Blessed are the pure in heart, for they shall see God.*

*Blessed are the peacemakers, for they shall be called children of God.*

*Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

### The Ninth Day of Christmas:

#### Nine Ladies Dancing

The nine ladies dancing represents the nine fruits of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

### The Tenth Day of Christmas:

#### Ten Lords A-Leaping

The ten lords a-leaping signifies the Ten Commandments, which provide guidance for how to be the-best-version-of-yourself:

#### The Ten Commandments:

1. *I am the Lord your God: You shall not have strange gods before me.*

2. *You shall not take the name of the Lord God in vain.*

3. *Remember to keep holy the Lord's day.*

4. *Honor your father and your mother.*

5. *You shall not kill.*

6. *You shall not commit adultery.*

7. *You shall not steal.*

8. *You shall not bear false witness against your neighbor.*

9. *You shall not covet your neighbor's wife.*

10. *You shall not covet your neighbor's goods.*

### The Eleventh Day of Christmas:

#### Eleven Pipers Piping

The eleven pipers piping represent the eleven faithful disciples of Jesus: Peter, Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James son of Alphaeus, Simon the Zealot, and Judas son of James. The list does not include Judas Iscariot who betrayed Jesus to the religious leaders and the Romans.

### The Twelfth Day of Christmas:

#### Twelve Drummers Drumming

The twelve drummers drumming represent the twelve points of doctrine in the Apostles Creed, which summarizes the core beliefs of Christianity.

#### The Apostles Creed

*I believe in God, the Father almighty, creator of heaven and earth.*

*I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary.*

*He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. (the grave)*

*On the third day he rose again.*

*He ascended into heaven, and is seated at the right hand of the Father.*

*He will come again to judge the living and the dead.*

*I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.*

*Amen.*



## *Clifton from the Past - The Train Station*

submitted by Reg Henderson



"The Old Marsh Hen" travelling past the Old Barns Church. You can see the Clifton Station, the McCurdy House and the Old Barns United Church. This photo was taken in July 1954.

(Photo submitted by Andrew Blackburn)



Photo taken from the train tracks behind the Old Barns Church (Church not shown in photo but was located just on far right) .

In the photo you can see the McCurdy House (torn down mid-1960's) on the right, Clifton Train Station on the left. Also, in the background you can see Isaac Yuill's barn, Clifford Surette's barn, and the new Church Manse. Estimated date of photo early to mid-1950's. This photo was taken before Reg Henderson's house was built in 1959.

(Photo submitted by Sybil & Lori McCurdy.)



Photo taken of the tool shed behind the Old Barns Church. Two unknown workers and two children, perhaps from the community. Can anyone name these unknown workers and children?

(Photo submitted by Andrew Blackburn)

## *Rail Line from Windsor to Truro*

submitted by Andrew Blackburn

The Midland Railway was incorporated in 1896, 57 miles long from Windsor to Truro. Construction began in 1898, completed 3 years later in 1901 due to the massive undertaking of the Shubenacadie Bridge at Green Oak. The bridges were constructed in the creek on the Green Oak side, loaded on barges and floated into place at high tide.

The Dominion Atlantic Railway (DAR) purchased the Midland Railway in 1905. Not long after in 1912, the DAR was leased to the Canadian Pacific Railway (CPR) for 999 years, but the DAR kept its unique identity. For many years, the line had daily passenger service from Windsor to Truro (except Sundays). This train was usually a mix of freight and passenger cars. Saturdays, the train (passenger) left Kentville (6:00 a.m.) for Truro (arriving 9:30 a.m.), leaving (5:30 p.m.), back to Kentville (9:05 p.m.). This was widely used by people along the line to do their weekly shopping – socializing in Truro. This line also carried most of the freight going to and leaving the Annapolis Valley. Many extra trains traveled the line, especially during the war years.

Changes were coming to the line and on April 25, 1959, the last steam locomotive left Truro for Windsor with the returning train being a diesel-powered locomotive. The DAR built its own station on Willow St, resulting in the trains from the valley no longer arriving at the CNR station in Truro. In the early 60's, all the small stations along the line were removed. The last station on the line, other than Truro, closed in 1971 (Kennetcook).

The Canadian Transport Commission allowed the DAR to discontinue the passenger service between Windsor and Truro on October 28, 1979. Many people from the community took a ride for the last time. The line then became freight only and operated three days a week. The railways were starting to abandon small lines, after a derailment on May 30, 1982, near Mantua, Hants County, the DAR diverted freight traffic through Halifax for the Valley. The last scheduled freight on the line left Truro June 21, 1982, with 2 locomotives and 17 cars. One last work train did a return trip from Windsor to Truro one year later to pick up 7 cars of railway ties for the Annapolis Valley. The DAR applied to abandon the Truro subdivision at mile 4.4, on January 16, 1985, this allowed the railway to continue to service the Gypsum Quarries near Windsor. The remainder of the line was removed in 1986.

## *Lobster Pots & Cheese Sandwiches*

by: Gary Saunders

“What have they in common?” you may well ask. Well, not much, I admit. What brought this to mind was an odd, shuddering racket behind our garage one morning. From an upstairs window I glimpsed, behind my row of planted poplar, a scarlet metallic something that wasn't there the day before.

Strolling over for a closer look, I found my farmer neighbour helping a burly guy hoist 12-foot hardwood logs onto the carriage of a portable sawmill powered by the burly guy's pickup truck. That done, they sliced four slabs from each log, leaving a square core about eight inches to a side. Junking that into four-foot lengths, they sliced each into thin narrow laths.

Those wooden strips reminded me of the sort used by old-time carpenters to plaster ceilings. But no, said my neighbour, the ones they were sawing were meant for lobster pots, a sideline he'd taken up when not busy with dairy farming. Although modern lobster pots are made mostly with wire and plastic, it seems older fishermen still prefer wood – and will pay good money for it.

For urban types who've perhaps never seen a lobster pot up close, they consisted of a roughly 2x4-foot wooden floor supporting three cross-wise, half-round hoops covered lengthwise with those laths. The two half-moon ends are filled with twine netting, one of which has a funnel-shaped, one-way opening. Inside, a small mesh bag dangles fresh-cut bait, usually herring or mackerel. Your lobster, scenting the oily bait, climbs in to feed on it – but can't because the bag is closed. Nor can it climb back out.

The wood my neighbour and his friend were sawing was mostly native white ash – sinewy and very tough underwater. Their other native wood was local cat spruce. Lucky me, I get to keep the slabs and edgings for free firewood and kindling. Thanks guys.

And those cheese sandwiches? Well, ever since my wife of 60+ years was placed in long-term-care last January. I have had to do my own cooking. Mostly I confine this to supper, as in bachelor-style soup or stew. For lunch I generally toast a cheese sandwich at our *Spectrum* woodstove's open door, adding onion and salad greens for variety.

Sometimes too, this time of year, a hunter friend drops off welcome wild meat. Last month it was a moose steak, from Newfoundland I think. And last week, it was fresh deer liver from hereabouts. Fried on the woodstove with new potatoes and fresh peas from my garden, it was delicious. For dessert I usually dine these days on a fresh tomato – bumper crop from all that hot, muggy weather – or a couple of plums. And although I like cooked lobster, so far, I keep forgetting to bring one home.



### **Ode to a Lobster**

*They have layers of color  
and smell through their feet,  
and can re-grow their claws;  
Lobsters are neat*



## *“A Tale of Two Cities” by Charles Dickens*

submitted by Leslie Burrows

I recently decided I should read this book that was published in 1859. It is a classic that takes place between 1775 and 1793, the two cities being London and Paris. It was a slog to get through and I needed at one point to find a synopsis of the book to help me understand the plot. At its base, it is a story of love and sacrifice. I am sure many of you will recognize the opening words of the book as well as the final line. If you are looking for a challenge, pick up the book and give it a try.

### Opening Paragraph:

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way—in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.”

### Closing Line:

“It is a far, far better thing that I do, than I have ever done; it is a far, far better rest that I go to than I have ever known.”



And speaking of Mr. Dickens, a great quote from his book “Nicholas Nickleby” –

“They came to see that family need not be defined merely as those with whom they share blood, but as those for whom they would give their blood”.

## *“I am a Canadian, a free Canadian,”*

submitted by Leslie Burrows

This statement is found in the Canadian Bill of Rights, a piece of legislation which The Right Honourable John G. Diefenbaker acknowledged as one of his proudest achievements. The Canadian Bill of Rights was created in an effort to give Canadians of all backgrounds the same rights and privileges.

To this day, the saying “I am Canadian” invokes strong sentiments based on the understanding that Canadian law acknowledges the equality of all citizens.

*“I am Canadian, a free Canadian, free to speak without fear, free to worship God in my own way, free to stand for what I think right, free to oppose what I believe wrong, free to choose those who govern my country. This heritage of freedom I pledge to uphold for myself and all mankind.”*

(John Diefenbaker, House of Commons Debates, 1 July 1960)



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“Thinking accelerates the circulation of the blood; hence, literary pursuits are conducive to longevity.”

Upon finding that I had inherited an omnibus edition of the “Young Ladies Journal”, printed in 1872, I read this rather uplifting statement. I rather hope it’s true. Wisdom from the past, perhaps. sent in by Cathy Vallis

# *Haudenosaunee Thanksgiving Address*

## *Greetings to the Natural World*

*This ancient prayer of Thanksgiving comes from the Haudenosaunee (Iroquois) people. The prayer is used to give thanks, bless gatherings, and greet the day.*

### **The People**

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people.

Now our minds are one.

### **The Earth Mother**

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother, we send greetings and thanks. Now our minds are one.

### **The Waters**

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms – waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water. Now our minds are one.



### **The Fish**

We turn our minds to the all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks.

Now our minds are one.

### **The Plants**

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come.

Now our minds are one.



### **The Food Plants**

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them a greeting of thanks.

Now our minds are one.

### **The Medicine Herbs**

Now we turn to all the Medicine herbs of the world. From the beginning they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us those special few who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the keepers of the Medicines. Now our minds are one.

### **The Animals**

We gather our minds together to send greetings and thanks to all the Animal life in the world. They have many things to teach us as people. We are honored by them when they give up their lives so we may use their bodies as food for our people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so.

Now our minds are one

### **The Trees**

We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. Many people of the world use a Tree as a symbol of peace and strength. With one mind, we greet and thank the Tree life.

Now our minds are one.



### **The Birds**

We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds – from the smallest to the largest – we send our joyful greetings and thanks.

Now our minds are one.

### **The Four Winds**

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds.

Now our minds are one.



### **The Thunderers**

Now we turn to the west where our grandfathers, the Thunder Beings, live. With lightning and thundering voices, they bring with them the water that renews life. We are thankful that they keep those evil things made by Okwiseres underground. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers.

Now our minds are one.

### **The Sun**

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.

Now our minds are one.

### **Grandmother Moon**

We put our minds together to give thanks to our oldest Grandmother, the Moon, who lights the night-time sky. She is the leader of woman all over the world, and she governs the movement of the ocean tides. By her changing face we measure time, and it is the Moon who watches over the arrival of children here on Earth. With one mind, we send greetings and thanks to our Grandmother, the Moon.

Now our minds are one.



### **The Stars**

We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to the Stars.

Now our minds are one.

## The Enlightened Teachers

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring teachers.

Now our minds are one.

## The Creator

Now we turn our thoughts to the Creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator.

Now our minds are one.

## Closing Words

We have now arrived at the place where we end our words. Of all the things we have named, it was not our intention to leave anything out. If something was forgotten, we leave it to each individual to send such greetings and thanks in their own way.

Now our minds are one.



The Clifton Page Turners Book Club recently discussed two books by Robin Wall Kimmerer, "Braiding Sweetgrass" and "The Serviceberry". The Prayer of Thanksgiving was mentioned in "Braiding Sweetgrass" and everyone thought it a lovely prayer for our earth that we should share with others.

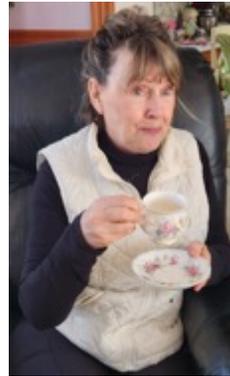
## Members of Clifton Page Turners Book Club



Cathy Vallis, Terri Pook.



Laurie Sandeson



Shirley Semple.



Charlene Blaauwendraat



Leslie Burrows. Sandra Matthews, Barb Miller



## Quote

"The Present is but an instant between an Infinite Past and a Hurried Future."

That phrase is a philosophical reflection on the nature of time, often attributed to various thinkers, but it most closely resembles sentiments expressed by French author Gustave Flaubert. The quote, in slightly different forms, speaks to the ephemeral nature of the present moment, which is constantly vanishing into the past as it gives way to the future.

## Country Music Cruise

submitted by Karen Archibald-Waugh

While many of you were shovelling snow and enjoying winter, Anthony and I were sailing the waters in the Caribbean. We spent the last week in January listening to country music from morning until night. This is the twelfth year that this theme cruise has taken place, the third time for us, and it has become so popular that they are moving to a larger ship next year to allow for a greater space. We met a couple who have tried to go for four years. We booked over a year ago. Priority is given to those who have attended previously.



Each evening we received a schedule for the next day and we decided who we would see and what we would do. There were live performances throughout the day and evening. There were also activities like Line dancing classes, Corn hole tournament, pickleball, Grand Ole Op'ry game show, and a Trivia show. There was a show on the main stage every evening. Some of these performers were Randy Owen from the group, Alabama, Shenandoah, Josh Turner, Patty Loveless, T. Graham Brown, Linda Davis, Brothers of the Heart, Neal McCoy, Gil Grand singing George Strait, The Malpass Brothers and Sister Sadie.

We stopped at two ports, San Juan, Puerto Rico and the island of St Thomas. You could sign up for day tours or just do your own thing. While in San Juan, we walked the cobble stone streets, strolled through the markets and walked up to the fortress that spans back 500 years of history.



Unlike the sky rises we saw at the pier in San Juan, St Thomas is a 31 sq. mile island that boasts some of the Caribbean's highest viewpoints. We took a Gondola to the top of a mountain and viewed the beautiful port below. The couple riding with us happened to be the road manager and bass guitar player for Moe Bandy.



The reality of this cruise was that those performing were often walking among us, lounging beside us at the pool or dining next to us. As one said, they are just ordinary people who live extra ordinary lives. Some happily recalled coming to a concert in Moncton, Halifax or Newfoundland.

We enjoyed all the performances and especially the interviews that took place in smaller venues. It was interesting to hear their stories about picking cotton, living in a small trailer working for tips and eventually having money to buy good Herefords. Randy Owen told of a poem he wrote for an English assignment in university. It later became a number one hit. When he returned years later to see the same professor she told him that she had said, "That boy will never amount to anything". Guess she was wrong.



Anthony with Jimmy Fortune from the Statler Brothers

We met many fellow cruisers, some familiar from before and some new acquaintances and some new friends we will keep in touch with. This trip was a 10/10 ..... the weather, the food, the entertainment, the servers at meals and those who looked after our rooms. Luckily our flights were between snow storms and also lucky that we have very good people to look after our responsibilities at home. There are so many places to see in our beautiful world. We were proud Canadian ambassadors on this one.



While knitting, I noticed the name of the yarn I was using – Tropical Breeze! Just perfect. Granddaughter Elsie is pleased with her “rainbow” blanket.



Two friends Karen met around a pool in Florida



Hungry Anyone?



Sister Sadie

Karen's favourite Song from the Cruise

Josh Turner wrote this song when he was 21 years old and in college back in 1999

### Long Black Train

There's a long black train comin' down the line  
 Feedin' off the souls that are lost and cryin'  
 Rails of sin, only evil remains  
 Watch out, brother, for that long black train

[Verse 2]

Look to the heavens, you can look to the skies  
 You can find redemption starin' back into your eyes  
 There is protection and there's peace the same  
 Burnin' your ticket for that long black train

[Chorus]

'Cause there's victory in the Lord, I say  
 Victory in the Lord  
 Cling to the Father and His Holy name  
 And don't go ridin' on that long black train

+ one more verse!

## Tribute Concert

On February 6<sup>th</sup>, Highway 236 & Friends presented a concert in honour of Glenda Kent. The 250+ people who filled the Sanctuary of the church as well as Fellowship Hall where the concert was seen on the big screen, were all there as friends of Glenda.

Glenda, the Community Card Lady, received around 50 cards plus a card that was signed by all the students at the elementary school in Old Barns.

Money was raised for the “Glenda’s Kids Breakfast Program” at the school. This money will help to provide more breakfast “treats” each day to all students.

A wonderful time was had by all. The concert can be viewed on the [cliftonpastoralcharge.ca](http://cliftonpastoralcharge.ca) website by looking under “Worship” and clicking on “Service Recordings”.



As the Sanctuary was filling for the concert



Highway 236 and Friends



Reception following concert



Glenda with present and former students of the Cobequid Consolidated Elementary School in Old Barns



Glenda with “The Cliftones” who sang a couple songs in her honour – Kent Loughead, Garry Matthews, Reg Henderson, Beckie Burrows, Terry Mitchell



Glenda wants to

THANK YOU  
THANK YOU  
THANK YOU



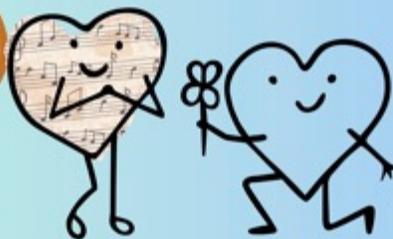
AWESOME



For an evening full of Love and  
Generosity with Family and Friends

LOVE

*Your generous  
donations will be  
enjoyed by the  
CCES Students*



## *Retirement*

On Saturday, February 21, 2025, the Cobequid District Brigade celebrated its annual banquet and with that, we want to share the following:

### **Honouring a Legacy: James & Pat Yuill Retire**

After decades of unwavering service, we are bidding a heartfelt farewell to two pillars of our brigade: James and Patricia (Pat) Yuill. Residents of Beaver Brook and dairy farmers by trade, the Yuills brought the same grit, early-hour dedication, and neighbourly care to the fire service as they did to their farm. Their retirement marks the end of an era for our department.

### **A Lifetime of Service**

James joined the brigade in 1978, followed by Pat in 1997. However, Pat's roots with us go back even further; before donning the bunker gear, she was a member of the Firemenettes, our brigade's women's auxiliary. Pat also served, for a time, as our brigade's Safety Officer, a crucial oversight position safeguarding the hard-working men and woman on the fire grounds.

James' impact on our brigade cannot be overstated. Recognizing the rapid growth in Truro Heights and Robie Street, James was instrumental in organizing future funding for our brigade. He knew that a growing community required modern trucks and advanced equipment, and his foresight ensured we were prepared for the challenges of today.

James's leadership culminated in 13 years at the helm, serving as Deputy Chief for 5 years and Chief for another 8. Together, they have been the backbone of our Beaver Brook substation.

On the scene, the Yuills were a well-oiled machine. Whether they were the first on-site at a structure fire—with James beginning the attack while Pat ran the pump—or responding to medical emergencies, they worked in perfect tandem.

They were the primary responders for the Beaver Brook area and constant backup for Truro Heights.

Time and again, they were the first faces people saw at motor vehicle accidents.

Whether they were providing life-saving medical treatment or offering quiet mental support in a ditch at 2:00 a.m., their presence brought a sense of calm to our community's hardest moments.

While they are hanging up their helmets, you may still see them on the open road. As proud members of the Red Knights Motorcycle Club, they continue to promote safe riding and camaraderie among fellow firefighters.

James and Pat, thank you for your combined 70+ years of dedication. Your boots will be incredibly hard to fill.

