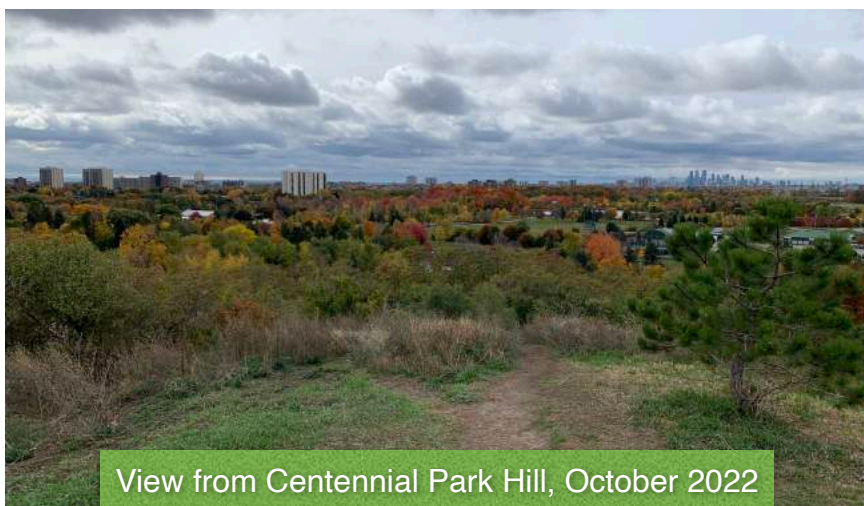


GRACEVIEWS

September/October 2023

Our mission is to worship God, to spread His word, and to serve communities near and far.



View from Centennial Park Hill, October 2022

Graceview Presbyterian Church
588 Renforth Drive, Etobicoke ON M9C 2N5

Minister's Message...

(Isn't it nice to finally have a Minister's Message back in this space!)

Beloved Graceview church family,



With hearts abuzz with both excitement and reverence, we are kicking off a new chapter in our shared spiritual journey. It is with deep gratitude and unwavering humility that I step into the role of your Minister, knowing that I am but a humble servant in the grand tapestry of God's divine plan.

From the moment I set foot in this welcoming sanctuary, I have been enveloped in the Christian love, warmth, and hospitality that emanate from each one of you. Your smiles have been like rays of sunlight warming my spirit, and your open arms have made me feel like I have found a second home. It is as if God's grace has taken form in the love you've extended, affirming the calling that led me here.

Life, dear congregation, is nothing short of miracle after miracle. Each day, as the sun rises and sets, we witness the divine hand at work. The very air we breathe, the people we meet, the circumstances that unfold, and the opportunities placed before us are no mere coincidence. They are the threads of the Creator's masterpiece, meticulously woven to integrate us into the story of His amazing plan.

Being your new shepherd, I am called not only to guide but also to learn from each one of you. For it is within this congregation that the beauty of God's creation unfolds in its most intricate forms, and every soul brings a unique colour to the vibrant palette of our community.

As we journey forward, let us find comfort in the assurance that Jesus and His grace are sufficient for us. When life's challenges arise and uncertainties loom, remember that the One who calmed the stormy seas and walked on water walks with us still.

With gratitude for the past, humility for the present, and trust in the future, we shall navigate the path of faith with unity, purpose, and an unwavering commitment to God's boundless love.

“My grace is sufficient for you, for my power is made perfect in weakness.” 2 Corinthians 12:9 NIV

Yours in faith and fellowship, Rev. Eric Lee

* * * * *

Walking Group - Tuesday, August 29



We had a crowd today, eight humans, three dogs. Our new friends Caroline and Godfrey joined the regulars, as did Norma and Davis, Eric, Iris, and Hondo. We walked 2.67 km through Centennial Park, walking at our own pace, and met back at the church to enjoy our bagged lunches together. All welcome!

God's Tabernacle Today

Submitted by Pastor Eric

(Eric would like everyone to read this.)

“This is what the Lord says: Heaven is my throne, and the earth is my footstool. Where is the house you will build for me? Where will my resting place be?” – Isaiah 66:1

What kind of dwelling place can we establish for God in our time? Is it the church building? Is it our ministry's workspace? And what about those who lack a physical structure, those whose ministry is not confined to an office?

When God instructed Moses to construct the Tabernacle, enabling Him to dwell among the Israelites in the wilderness, He provided detailed instructions.

“Then have them make a sanctuary for me, and I will dwell among them. Make this tabernacle and all its furnishings exactly like the pattern I will show you.” – Exodus 25:8-9

God did not expect Moses to single-handedly erect the Tabernacle. Nor did He require Moses to travel from tribe to tribe gathering funds. God explicitly communicated to Moses His requirements for building the Tabernacle; He presented a blueprint of sorts. Then He directed Moses to approach the children of Israel, motivating them to contribute to the Tabernacle's construction.

It wasn't solely about monetary contributions; it involved a system of exchange and barter. Each individual offered their skills, abilities, and talents. In those days, if one person had an abundance of eggs from raising chickens and another person had an excess of milk from raising cows, they could exchange eggs for milk.

During the Tabernacle's construction, each person contributed based on their individual skills. Some excelled in weaving and sewing, contributing to the Tabernacle's fabrics.

Others raised goats and provided their skins. Some were adept at metalwork and supplied metals, and so forth.

And what about today? God has gifted each of us with talents and abilities. He designed each of us uniquely so that we may reflect His image in a distinct way. Thus, the Tabernacle of God is constructed from people.

Within our community, we witness this principle in action. No single person bears the entire load. Some excel in organizing, some in handiwork, others in outreach, and some in the culinary arts and design. Each one possesses talents and gifts bestowed by the Lord. Collectively, we work together to fulfill God's calling in our midst.

This approach yields two remarkable advantages: Firstly, the burden is not shouldered on one individual. It is not a one-man show. Even Moses required assistance from judges to address the people's issues. No one is intended to manage everything by himself. Regardless of talent, leadership, or capability, attempting to manage everything single-handedly eventually leads to burnout. Sharing the workload among several individuals is far more manageable and pleasant.

Secondly, it nurtures a sense of unity and belonging. Envision a woman entering the Tabernacle and beholding the fabric she contributed. An immediate sense of ownership and belonging washes over her. Feeling belonging is a fundamental human need. When someone feels a sense of belonging, they invest themselves more wholeheartedly.

We all have gifts and talents, we all yearn for a sense of belonging, and we equally desire not to bear the burden alone. Therefore, the Tabernacle we erect today, the space for God's dwelling, thrives on the contributions of everyone.

Today, I invite you to ponder a few questions: What is unique about me? In what areas do I excel? How can I contribute to others? Where can others contribute to my mission and

provide assistance? What talents do my brothers or sisters possess that I lack?

Collectively, we assemble the Tabernacle. In unison, we extend an invitation for God to work. Together, we can reach new heights. In harmony, we more clearly reflect the image of Jesus.

Hymn Stories : Guide Me O Thou Great Jehovah

(from 101 Hymn Stories - Kenneth W. Osbeck)

During the early part of the eighteenth century a young Welsh preacher named Howell Harris was stirring Wales with his evangelistic preaching and congregational singing. One of the lives touched by Harris was William Williams, who had been preparing for the medical profession. Upon hearing a sermon from Harris, Williams gave his heart and life to God and decided to enter the ministry. After serving two parishes in the Anglican Church, where he never felt completely comfortable, he decided to take all of Wales as his parish. For the next forty-three years he travelled more than 100,000 miles on horseback, preaching and singing the gospel in his native tongue. Throughout the many hardships he suffered, he was affectionately known as the “sweet singer of Wales.” He wrote approximately 800 hymns, all in Welsh, most of which remain untranslated.

“Guide Me O Thou Great Jehovah” first appeared in a hymnal published by Williams in Bristol, England in 1745. It originally consisted of five six-line stanzas and was entitled “Strength to Pass Through the Wilderness.” In 1771 an English version appeared in a hymnal published by Peter Williams (no relation). Most hymnals today include only three of the original stanzas.

The imagery of the hymn is drawn directly from the Bible. It compares the forty-year journey of the Israelites to the promised land with the living of a Christian life as a pilgrimage “through this barren land”. Many symbolic phrases are used: “bread of heaven” (manna), “fire and cloudy pillar”, “verge of Jordan”, “Canaan’s side”. The music for this text was written in 1907 by John Hughes, a noted Welsh composer, especially for the Baptist Cymnfa Ganu (singing festival) at Capel Rhondda.

Hence the name of the tune in our Hymnbook, Cwm Rhondda.

A Diary of a Not-so-Wonderful Trip Italy and Malta, August/September 2022

Kathy Twynam

Many of you know that in August/September 2022, Bob and I took a trip to Italy, a country that we love and have visited several times before. These trips are not commercial trips like Insight or Globus, where every detail has been carefully curated and the itineraries have been successfully repeated many times. It was organized by a friend who has planned and organized many such trips and with whom we travelled a dozen times. These trips have opened the world to us and have introduced us to some wonderful people who are now beloved friends. Thanks to our friend and his trips, we have been blessed to have seen the world, and we are grateful. A few years ago we decided that we had had enough of group travel and were experienced enough and confident enough to travel in Europe on our own, and we have done so often.

So why did we decide to sign up for another group trip, when we should have known what to expect? In August of 2022, there was a trip to Italy planned that some of our travelling friends had signed up for months earlier. We had not been planning to join them, until one day in June, reflecting on the two pandemic years we had just been through and how difficult they had been, we were talking about the possibility

of a European trip and where we might go.

There was something to be said for joining a trip that was already planned, where we would be with friends, where all we had to do was show up, where any problems that arose would be fixed by someone else, not us. We liked the itinerary. It



The beach at Cinque Terre

included no big tourist centres such as Rome, Florence, or Venice, but concentrated on smaller cities, the five quaint seacoast villages that comprise the famous “Cinque Terre”, and the islands of Sardinia, Sicily, and Malta. One thing led to another, and next thing you know we were calling to see if there were spots available. There were, and we signed up.

The trip to Italy that followed turned out to be very disappointing, compared to the other Italian trips we have done. It was a three-week trip, and halfway through we were ready to come home.

Below are excerpts from some of the notes I was making as we went along. The first few days of the trip were fine, it was exciting to be travelling abroad again and to be in beautiful sunny Italy, and we were quite able to ignore the few minor glitches that cropped up early. But as time went on, conditions with the Italian part of the trip kept getting worse, not better - until the last two days, which were spent in Malta. There, things suddenly and markedly improved, and our time in Malta was great. Except for the oppressive 100° heat!

August 23: *2:00 PM. Sitting at the airport four hours before take-off. We expect a very long day and night before we land in Milan tomorrow.*

August 26: *We are on a boat travelling across Lake Como, which you would think would be the most wonderful thing in the world. Only it isn't. The views are beautiful. We are surrounded by the Alps and lovely little towns and villas, but there are too many people on this boat for the number of seats. We couldn't get seats outside but we and some of our*



friends were able to get a table inside. This boat ride is about three hours long and it's not much fun for the many people who have to stand or sit on the floor...

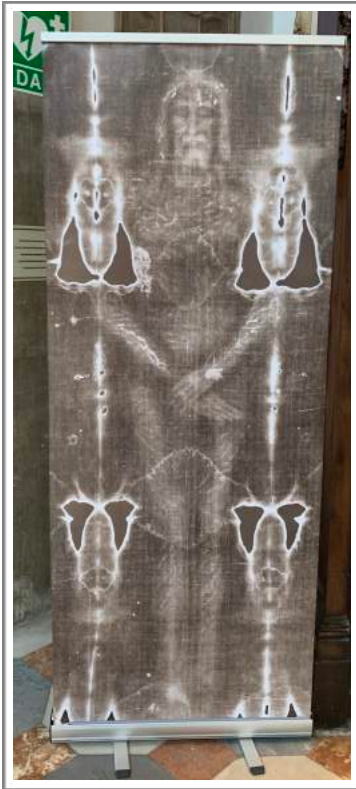
...This morning we were informed that the overnight ferry we were supposed to take to Palermo in a few days has been cancelled and other arrangements had been made. We are now flying to Palermo and spending an extra night in a hotel. That may not be a bad thing, as we have heard that these overnight ferries aren't great. Fortunately, the cancelled ferry is someone else's problem to deal with, not ours.

We enjoyed Milan. We had been there before but last time only for an afternoon and only saw the Duomo and the Galleria, which is right across the street from the Duomo. If you are in the market for stuff from Prada or Gucci, the Galleria is the place to go. Milan is considered to be the fashion capital of the world. This time we were there for two nights and found it to be a beautiful, modern city, with a great Metro system and trams and busses everywhere.

August 27: *So far this trip has been very busy. We stayed in Stresa on Lake Maggiore last night and again tonight. Today we crossed the Swiss border, which isn't very far away, and visited two lovely towns in Switzerland, Locarno and Lugano. Beautiful places, resort towns right on the lake. We have never been to Switzerland, and it's a thrill for me because it is Heidi and Sound of Music country, surrounded by the Alps. Tomorrow will be another early morning. We are headed to Torino and Genoa and will be staying in Genoa tomorrow night.*

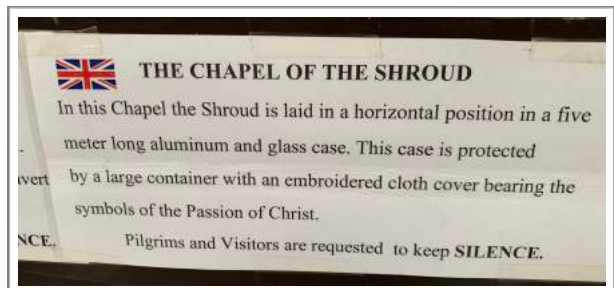
August 28: *...After the boat ride which we did not enjoy, we had a nice few hours in Bellagio, a lovely little resort town on Lake Como, very touristy but fun. The trip back to Como by boat was much better. It was a different boat, with enough seats for everyone...*

...This hotel in Stresa is not up to much - very small rooms, pieces of soap the size of postage stamps, no shampoo or body lotion which are usually provided in Europe, bathrooms you can barely turn around in, very narrow beds. If you want to turn over, you have to do it carefully so you don't fall out!



August 29: Yesterday we drove to Torino and from there to Genoa for last night and tonight. A highlight in Torino was, of course, visiting the Turin Cathedral, which houses the Chapel of the Holy Shroud wherein lies the famous Shroud of Turin. I have researched its authenticity, and they have carbon-dated it from the Middle Ages, not from the time of Christ. In 1988, scientists at three separate laboratories dated samples from the Shroud to a range of 1260–1390 AD, which coincides with the first certain appearance of the shroud in the 1350's and is much later than the burial of Jesus in 30 or 33 AD. But this information is conveniently ignored by the folks who run the cathedral, who clearly accept it as the actual shroud that Jesus was

wrapped in after the crucifixion. Whenever it originated, 30 AD or 1300 AD, its antiquity is not in question, and it is appropriately protected and treated with reverence.



This morning we had a guided tour of Genoa. I expected that much would be made of the fact that Christopher Columbus



Carrefour grocery store in a palace. Note the pillars and the fancy ceiling.

was born here in 1451 and set sail from here in 1492, but nothing at all was said about that. It is, however, quite a big city with a huge and important port and a well-preserved medieval section.

There is even a grocery store, a Carrefour, housed in a building that was once a palace, so inside it has big pillars, carvings, frescoes, lots of marble, etc. Only in Italy...

Group tours like this have their advantages and disadvantages. One disadvantage is the washroom situation. Probably two thirds of the 40 people in our group are women, and every time we stop for a washroom break, which is often, there is a big line up at the women's washroom. Seasoned travellers know that when there is a bathroom available, you go, whether you need to or not. In many cases there is only one or two toilets and it takes quite some time for everyone to get through, while the rest of us stand around in the heat. No problem for the men, they are all in and out in a matter of minutes. It's that way all over the world. Nobody gets it. Some of the washrooms, however, are unisex, and that's just fine – at those, the men have to line up, too!

September 3: *The heat here has been merciless, and the trip has been extremely busy. There is no down time. By the*

time we get back to our hotel, or get checked into the next one after a day spent sightseeing, everyone is hot and tired and miserable. There are many people on this trip who are older and less mobile than we are, many with canes, one with a walker, and everyone is feeling it. It's been at least 35° C every day, going up to 40° (104° F) as we go further south, and the rain that was expected a few days ago did not materialize. Our bus is air conditioned, but although all our hotels are supposed to be, in many of them it isn't working very well, if at all. I don't think these old buildings with retro-fitted AC systems are a match for this kind of heat. Neither are we. Lots and lots of gelatos have been consumed!

A week ago, two members of our group got very sick, and it turned out that both tested positive for Covid. Since then, almost everyone else on the bus has been complaining of sore throats, congestion, coughs, headaches, etc., including us. I believe that what we all had was Covid. No one wanted to get tested because no one wanted to know for sure, and all the symptoms were fairly mild except for the original two. Masks, which we had been lax about wearing, came out again for a few days. Pretty much everyone is now recovering. The original two people had to stay behind in Genoa. We have heard that at one point they were sick enough to be taken to hospital by ambulance, but they are now back at the hotel in Genoa and have been isolated in their room for the past five days. The hotel has arranged for meals to be delivered to them. We have been able to keep in touch because one of the women is a friend with whom we have travelled in the past, and we have her email address. They are now recovering, but this trip to Italy for them will be memorable for all the wrong reasons.

September 5: *...None of the hotels we are staying in are up to the standard of the many modest European hotels where we have stayed over the years. Some of them have been changed from the original itinerary. It is possible that the cancelled ferry and the unexpected flight to Palermo, routed*

through Rome, was an unanticipated additional expense, which caused some of the hotels to be downgraded. There are issues with every hotel, from room entry doors that won't lock or even shut properly, dresser knobs that fall off when you touch them, tiny bathrooms without a single surface to put anything down on, air conditioning that doesn't work, only one tiny elevator which might hold two people - three if you really like each other. At this hotel, many are complaining that the Wifi doesn't work, and they can't get email. We are fine, we have Italian SIM cards in our phones and have data, but most others don't.

Speaking of tiny elevators, today we spent 35 minutes trapped in a 3x3 elevator with no AC - Bob and I and a woman from our group, who was becoming more panic-stricken by the minute. There was no phone or emergency system in the elevator to call for help, so we were banging on the door and calling out repeatedly to try and attract attention. Thankfully, the woman's husband came looking for her, heard our calls, and tried to get some help. From the sounds we could hear as they tried to open the doors, there was much handwringing and shouting - but nothing was happening. Finally, the furious husband, with his hand on the fire alarm, told the hotel manager that if we weren't out of there in ten minutes he would pull the alarm. That got some action and shortly thereafter they managed to free us.

September 7...*Everyone is very frustrated with the hotels, because...something is always missing. Tonight, our bathroom has a bathtub with a shower, but no shower curtain. So there will be water all over the bathroom tomorrow when we both shower. Their problem, not ours. I know this is Europe and we can't expect Hampton Inns, but many of these aggravations are an easy fix. Provide a shower curtain. Put more than one drinking glass in each room. (Seriously, some rooms contained only one glass.) Provide more than one pillow per bed. Fix the lock so you can lock your door. Put blankets on the beds, or at least in*

the room somewhere. In most places they are making the beds with just a sheet, probably due to the summer heat and the faulty air conditioning. In one of the few places that had decent AC, several of us asked for blankets and were told they didn't provide blankets. I slept in my hoodie that night. What kind of a hotel doesn't provide blankets? It gets tiresome after almost three weeks. At this point, our people, all seniors, are exhausted, worn out from the heat and the pace. Everyone in the group is more than ready to go home. There is one couple who are so upset that they are considering leaving the group and heading home now, a week early. Six more sleeps...

Sept. 12: *We are in Malta now. Arrived fairly late last night*



View from our balcony in Malta

after a two-hour ferry ride from Sicily. Finally, we are in a very nice hotel, beautiful room, decent air conditioning (it's very hot here, pushing 40C as it is everywhere in Southern Europe), a bathroom whose door actually closes, a shower that is large enough for people bigger than hobbits... and a Gelateria right next door! What more

could you ask? We were hoping to see an old friend who lives here, but he and his wife are not stupid. They spend their summers in Scotland to escape the heat!

So the trip did end on an upbeat note, on the beautiful island of Malta. We made our two days on Malta memorable and livable by taking matters into our own hands. It was still beastly hot and we had considered opting out of the all-day group tour that was planned, but decided that since it was

unlikely we would ever get back to Malta, we really should go. We started out at 9:00 AM with the group, and an hour later someone needed a bathroom. Our bus driver stopped at a small washroom accessed only from outside. Since the opportunity was there, everyone decided to use the bathroom, so we all piled out of the bus into the oven that was the outdoors. Forty minutes later we were still hanging around in the hot sun, waiting for the stragglers. We couldn't wait on the bus because it was unable to park there and had to park a few blocks away. At this point, Bob and I had had enough.

We decided to leave the group, figured out how to get back to our hotel on our own, and then spent a much-needed relaxing day by ourselves. We found a little pizza shop around the corner from the hotel and picked up a pizza for lunch, which we ate on our balcony overlooking the blue and sparkling Mediterranean. We spent an hour at the hotel's beautiful swimming pool; we walked down to the beach; we explored the area around our hotel; we especially enjoyed not being subject to the vagaries a group tour. It happened to be September 12, the day of Eric Medhurst's funeral, which we hated having to miss – but we were able to watch the live-stream, which was a bonus.

On reflection, the reasons this trip was so disappointing compared to other Italian trips were based on three things: the heat, the pace, and the hotels. This was our fourth trip to Italy, we are experienced with group travel and know what the trade-offs are, but this one just wasn't up to the standard we had come to expect.

No one could do anything about the heat. The way to handle that is not to go at that time of year, knowing that southern Europe had been suffering with extensive summer heat waves for the previous few years.

We have learned that the way to manage a group trip with a packed itinerary and no down time, is to opt out of some things and take the time for ourselves when we need it. We finally did that in Malta.

But the hotels, now – why were so many of them below standard from what we had experienced on other European trips? This is speculation, but I believe the pandemic had a good deal to do with it. Italy was extremely hard-hit by the pandemic, which in August of 2022 was not over. There had been absolutely no tourism for the previous two and a half years. The hotels had been all but empty and there may have been staffing problems. They simply hadn't got their acts together and were not properly prepared when tourism started to pick up again. Italy is a beautiful, culture-filled, ancient country, and many of the urban hotels occupy very old buildings that have been retrofitted to add air-conditioning, such as it was, and to provide a private bathroom for each room. Space to put that bathroom was not always conveniently available, so the bathrooms are often small and spartan.

If there is another trip to continental Europe in our future, we will go on our own or with our small group of friends, we will go for about two weeks, not three, we will stay in modest but well-functioning hotels (the chains, Ibis and Mercure, are pretty good), and we will definitely not go in August! We chose to travel at the wrong time of year and we chose to travel too early, before the pandemic had fully relaxed its grip and before the hotels were prepared to cope with the resumption of tourism. It was an expensive lesson learned.

Please keep the following in your prayers: Frank Ottewell, Irene Cherniak, Shannon Jarvis and the Jarvis family, Elaine (Anna Cherniak's friend) as well as Sharon, Elaine's sister, Charlotte Prentice, Christine (Carlile) Turcotte, Deb Thomas, Mary Dobson

Music and Worship

The Music and Worship Committee met on August 21, to discuss and plan for the Fall, Advent, and Christmas.

Committee members: Lynne Bishop, Susan Chopp (Co-chair), Joan Duncan, Nancy Green, Rev. Eric Lee, Kento Stratford, Kathy Twynam (Co-chair), Bob Twynam.

Here are some of the points of interest:

Prayer of Thanksgiving and Intercession

For months during our pulpit vacancy, elders and others have taken over saying the Prayer of Thanksgiving and Intercession (formerly Prayers of the People) which had always been done by the minister. This was very helpful to our guest ministers, who were not familiar with Graceview's people or our concerns. From comments I have heard, it was popular and beneficial to our congregation and has contributed much in terms of confidence and personal growth to the prayer volunteers.

Pastor Eric would like to continue this practice. As he gets to know us, he too will lead this prayer periodically.

It is not difficult. There is a suggested lectionary prayer for each Sunday in the year, easily accessible under "worship" on the PCC website, which can be printed and read as is, with the specific concerns of our people added. Or the suggested prayer can be used as a basis and the prayer can amend it as they choose, or use another source entirely, or compose the whole prayer themselves.

You don't have to be an elder to lead this prayer. If you would like to volunteer for this important and meaningful way to serve the Lord, please let your elder or Bob Twynam know.

Bible Study - A Bible Study on Season 2 of **The Chosen** will be held on **Tuesdays at 10:30 am, for eight weeks from October 10 to November 28**. Facilitators will be Lynne Bishop, Susan Chopp, Kathy Twynam, and Pastor Eric.

Remembering Tree - Our Remembering Tree Memorial service will be held on **Sunday October 22**.

Deck the Halls, our annual “decorate the church” evening of fun and laughter, will be held on **Friday, Dec 1, at 6:30 PM**. We will prepare the church for Advent and Christmas, followed by a Carol Sing and a fellowship hour with refreshments in the Adamson Lounge. All are welcome!

Advent Lunches will be held at noon on Tuesdays on **December 5, 12, and 19**. Bring your lunch and enjoy a social time and a brief devotional period. Everyone is welcome.

Christmas Eve and Christmas Day services will be held as usual.

Sing!Etobicoke! is happening again! Mondays, 9:30 AM from October 16 to December 11. More details to follow.

An invitation: Music and Worship would love to welcome one or two new volunteers to join our team and help make decisions and plans for our “worship” and “music.” It would involve about four meetings a year.. It is very beneficial to all of us if committees include members who are not elders, to provide a diversity of opinions and ideas.

Have Carry-On, Will Travel

Kathy Twynam

Our three-week trip to Italy, the more negative parts of which are described elsewhere in this issue, was accomplished for Bob and me with just carry-on luggage. This was so much easier, and gave us so much more mobility, that we are determined never to check a bag again when we travel.

It had never occurred to us that travel this way for other than a weekend might be possible until, during our trip to South Africa in 2019, waiting at a small airport, I got into a conversation with an Australian woman who wasn't part of our group.. Many Australian travellers have told us that since their country is "so far away from anything else" they want to make the most of their trip abroad, so they go for an extended period. My new friend, the chatty woman at the airport, was travelling with her husband in the fifth week of an eight-week holiday, through several countries and on several flights, and had yet to check a bag. I was intrigued...

She was delighted to show me the bags they were travelling with. They each had a legal-sized wheeled carry-on suitcase, and a matching small duffel bag which slipped over the handle of the suitcase and sat on top. None of the several airlines they had flown with so far had refused to let them take both bags into the cabin. The duffel bag counted as a "personal item" and was small enough to fit comfortably under the seat in front of them. She quite proudly told me that she had



"five pairs of pants in that bag!" The bags were from an American company called "E-Bags". We were interested enough to look them up when we got

home, and made up our minds to try to do our next overseas trip that way. We ordered a set of those bags for each of us, and because the company does not deliver to Canada, we had them sent to a company (CBI USA) in Niagara Falls N.Y. whose business it is to receive deliveries for (mostly) Canadians, who then drive to Niagara Falls to pick them up.

The bags proved to be wonderful, without a doubt the best set of luggage we have ever had, and we have had many. It is amazing how much you can get into these bags, and how much you find you can do without, without feeling deprived. Before our trip to Italy, we practiced packing them. Here are two important rules:

Nothing goes into the bag “just in case.” If you arrive at your destination and find that you are without something essential, you can almost always get it there.

Roll your clothes, don't fold them. They take up less room and are less wrinkled that way. Use packing cubes to keep everything organized – one for outer clothes, a second smaller one for underwear, night clothes, and socks.

Re Toiletries: You know the rules regarding liquids and lotions. The size limit per container is 100 ml., and all your containers must fit into a 1-quart size plastic bag. You might be surprised to learn that what counts is the size of the container, not how much is in it. I once had confiscated a 150 ml. bottle of mouthwash that was almost empty. What mattered was the size of the bottle. That made no sense to me, but hey, you don't argue with the security people. You might also be surprised to learn that large zip-lock bags, which I had assumed were quart-size, were too big, so we purchased from Amazon regulation one-quart zippered plastic bags which held our liquids. Items related to toiletries that are not liquids or lotions, such as your toothbrush, hairbrush, and deodorant, can go in a separate bag so as not to take up room in your “liquids” bag. This method

worked great for us. If we ran out of something and had to buy it there, we would leave it behind rather than check a bag.

This is what I packed for Italy: 1 long pants (worn on plane) 2 capris, 3 shorts, 5 t-shirts, 1 week's supply of underwear, 1 nightgown, 2 prs. socks (never used on trip), 1 bathing suit, 1 bathing suit cover-up, 1 hoodie, Keen's sandals, running shoes, (which I never used and regretted devoting space to), Birkenstocks (worn on plane) 1 rain jacket (worn on plane), 1 hat, toiletries, prescription meds, ibuprofen, electronics and their chargers (iPad, iPhone, Apple watch, Air Pods, and hearing aids), noise-cancelling headphones, blow-up neck pillow, Italian SIM card for phone, travel clothesline and a few clothespins, spare eyeglasses, 1 small purse for sightseeing which went in the duffel bag until we got through security at the airport. I think that's it. It all fit in my carry-ons, clothing in the suitcase and other stuff in the duffel bag.

We knew we would have to do some hand-laundry along the way, so I purchased from Amazon a package of dissolvable laundry detergent sheets to avoid carrying liquid laundry soap. Great idea!

For our upcoming twenty-three day trip to Britain, we will do much the same, with adjustments to accommodate the cool, rainy weather we are likely to have. (Packable puffy jacket, umbrella, no swimsuit, etc.)

Several of our friends who travelled with us to Italy, impressed that we did it with carry-ons only, decided to try it themselves and are now hooked on carry-on travel. In May this year they spent two weeks in Japan, with carry-ons only, and managed just fine. These days many airlines charge up to \$75 to check each bag, which is reason enough not to do so.

Happy travelling, everyone!

Rev. Eric's Ordination and Induction, July 30, 2023



French Oven Stew

This is an easy, very tasty beef stew recipe, good enough for company. I adapted it from a recipe I clipped from the newspaper many years ago.

Ingredients

2 – 3 pounds lean beef – stewing beef, round or sirloin tip roast - cut into 1-inch pieces.

8 oz. sliced white mushrooms

3 large ribs celery, sliced

1 large onion, chopped

4 large carrots, cut in thick coins or sticks

1 ½ cups V-8 or Garden Cocktail

½ cup dry red wine or water

¼ cup quick-cooking tapioca

1 tbsp. salt

1 tbsp. sugar

1 tsp. dried basil or Herbes de Provence

¼ tsp. pepper

Method

Preheat oven to 300°

Mix all ingredients in a 3-quart oven-proof casserole dish or a small roasting pan.

Cover and bake, stirring a couple of times, 3 hours until meat is tender and sauce thickened. Serve over hot cooked noodles or, for gluten free, hot cooked rice. Serves 8.

Dear Graceview Family,

I hope you have enjoyed the September/October issue of Graceviews. The next issue will be available at the beginning of November. I am always looking for new material that might be of interest, and it is wonderful when someone submits an article they wish to share with their church family. Don't be shy - you never know what might strike a chord with people.

Susan's weekly newsletters are doing a marvellous job of keeping us up to date, but please don't hesitate to submit to Graceviews anything that you would like included in the next issue. God bless us, every one!

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