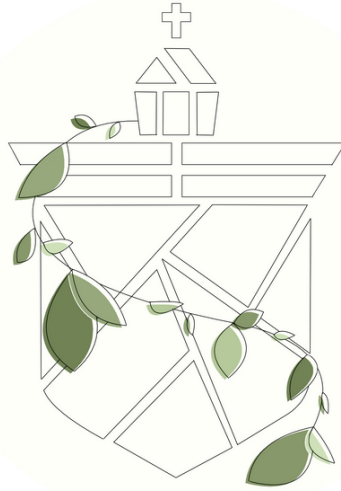


# NEW LEAF

## A CREATION CARE AND STEWARDSHIP NEWSLETTER



### *Team Introductions*

First we want to thank you for responding to the survey we circulated in September and October. We received some excellent feedback and look forward to using it to guide the work we do as a team. As such, we thought we should introduce you to our team members. Over the next two issues we'll be asking them some questions to give you some insight into how they approach the work of Creation Care and Stewardship.

#### **Rev. Canon Jotie Noel**

What is one thing you do in your personal life to promote sustainability?  
*Before I purchase, buy or obtain, I ask myself: Do I really need this? How will I use it? Will it replace something I already own?*

What event or experience served as a catalyst for you in your commitment to creation care?

*Reading the Daily Principles of the Third Order, Society of St Francis, which emphasizes all creation is a gift. I attempt to live into that understanding.*

What are you most interested in learning still about climate change?  
*I am interested in learning how my at-risk worldwide friends address this issue. Think globally, act locally!*

What would you most like to see in our Diocese when it comes to Creation Care and Stewardship?  
*I believe providing resources for listening, conversation and action might be a vehicle for the Diocese to facilitate.*

#### **Amy Rose**

What is one thing you do in your personal life to promote sustainability?  
*I've been trying to reduce personal wastage by buying less, or when I can, buying second-hand or products made from recycled or sustainable materials.*

(Continued on page 2)

### IN THIS ISSUE...

Team Introductions

Food Preservation 101

Scripture Meditation

Upcoming Events

Growing Boxes of Hope

What event or experience served as a catalyst for you in your commitment to creation care?

*Back in 2018, when the Fridays for Future campaign began, it definitely opened my eyes to how crucial climate crisis is. Seeing people across the globe, particularly people my age, having such a significant impact on changing the discussion around the topic really inspired me to take action in my own way.*

What are you most interested in learning still about climate change?  
*Most of what I've heard about climate change is the environmental impacts, and less about how to deal with it. I'm really interested in learning about the solutions people are coming up with or technologies are being developed to combat it.*

What would you most like to see in our Diocese when it comes to Creation Care and Stewardship?  
*Personally, I feel like it would be great for the Diocese to focus on initiatives that'll benefit our local community and environment, like community gardens or upcycling programs.*



## Food Preservation 101

By: David Morgan

God provides, but sometimes His bounty comes all at once, and we don't know what to do with it. A few basic food preservation skills can go a long way to taking advantage of what nature and our local farms have to offer.

### Freezing

Let's start with the least complicated – freezing. Wrap it in something

airtight, throw it in the freezer, and it will keep for quite some time. Some things freeze better than others.

Stocks/sauces and berries – awesome. Meats – pretty good, as long as they are airtight. Tomatoes – they'll burst, but if you just plan to make sauce or salsa, go for it.

### Jarring/Canning

Jams and the ol' pickled beets. Can't go wrong there. But you can take it further. The key to jarring/canning is to use the right (safe, that is) technique for the food you preserve. Get it right, and things will be shelf-stable darn near forever. High acid foods (salsa, most jams) can go in a boiling water bath. Low acid foods (turkey soup, bottled seal) need a pressure canner to kill the microorganisms. A great resource is the *Bernardin Guide to Home Preserving*.

### Dehydrating/Curing

What, aren't these different things? Sure, but they are closely connected when it comes to food preservation. Dehydration is just letting stuff dry out. You can do it quickly – throw some apple slices or salted meat strips in the oven on low – or you can do it slowly (curing). Curing typically involves some (or lots of) fermentation and you will need to control the microorganisms with salt/sugar and temperature. There's a bunch of books and online resources for curing food. There are some other food preservation techniques like confit, smoking, and brewing. Any of the above methods go a long way in reducing food waste, which in turn reduces the impact we have on our environment.

## SCRIPTURE MEDITATION

### **Read:**

Matthew 6:9-13

### **Ask:**

How much “bread” do we need to support our body/life?

How much is enough “daily bread?”

How does this passage encourage you to consider your relationship with those who do not have enough?

### **Pray:**

Go to your pantry, give thanks for having enough and choose one item to give away to share with others who may not have enough “daily bread”

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## UPCOMING EVENTS

**Pilgrimage in the Park** - St. John the Evangelist, Topsail - Join them for a prayer walk monthly at 10:30am in Chamberlains Park. Contact Rev. Jotie Noel for dates.

If you are planning any Creation Care events in your parish, or there are relevant community events you believe our parishes should know about, please email the team at [creationcare@anglicanenl.net](mailto:creationcare@anglicanenl.net).

# Growing Boxes of Hope



Community Garden, St. Peter's, Upper Gullies

Food insecurity has long been an issue facing people in Conception Bay South. St. Peter's Anglican Church in Upper Gullies was a founding member of the Conception Bay South Food Bank. This food bank gives food hampers to approximately 400-450 families every month. The Parish collects nonperishable food items weekly, and teams of volunteers directly help at the facility up to three days each week.

This year they joined with the Parish of St. Paul in the Goulds and St. Mark's in St. John's to grow some vegetables to help with the cause and create more awareness of the need in the community. In June, they planted carrots and potatoes in two growing boxes provided by the Town of Conception Bay South.

Volunteers from the Men's Service Club made weekly visits to the Community Garden to water and weed as required. This was all done organically without insecticides.

A small harvest was made in October, and they hope that this gesture will inspire similar projects among the gardening community. They plan to continue in 2024 to help others address the needs of those who face hunger.

Their motto is: Come to Worship  
Leave to Serve.



*If there is a project or initiative happening in your parish that you think others should know about, please reach out to our team.*

*Include the name of your parish, a description of the project or initiative, the names of any people you'd like to highlight, as well as a picture that represents the project or initiative.*

*We can't wait to learn about all the fantastic things happening in the Diocese!*

FIND OUR MORE  
ABOUT **GROWING  
BOXES OF HOPE BY  
CONTACTING REV.  
WILLIAM STRONG**



## CONTACT US

CONTACT THE CREATION CARE AND STEWARDSHIP TEAM:  
[CREATIONCARE@ANGLICANENL.NET](mailto:CREATIONCARE@ANGLICANENL.NET)

FIND CREATION CARE RESOURCES AND THE LATEST TEAM UPDATES AT:  
[HTTPS://WWW.ANGLICANENL.NET/CREATION-CARE-STEWARDSHIP/](https://www.anglicanenl.net/creation-care-stewardship/)

