



# Diocese of Eastern Newfoundland and Labrador

THE ANGLICAN CHURCH OF CANADA

The Right Reverend Samuel Rose, B.A, M.Div (Hon)  
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## Bishop's Letter to the Diocese Sowing Seeds – Growing Community January 13, 2025

Dear Beloved in Christ,

Today, I am excited to share an initiative that speaks to our faith and our call to serve those in need within our community: the **Sowing Seeds - Growing Community** farming initiative.

This initiative has been designed to provide fresh, nutritious vegetables to our local food banks and community outreach groups and strengthen the bonds of fellowship within our parishes and the wider community. As part of our Diocesan Strategic Plan, Set Sail, this program exemplifies our commitment to Engaging Partnerships. We invite you to play an integral role in addressing food insecurity and fostering sustainability in our local communities.



We seek people willing to lend their hands and hearts to cultivate these vital resources. Your involvement will make a significant impact, whether through planting, harvesting, or volunteering at local food banks. The time commitment is flexible, and we appreciate any amount of time you can contribute.

Attached to this letter is a description of **Sowing Seeds - Growing Community** from the Rev. Fred Marshall. It reports on the 2024 harvest season and ways to get involved in 2025. Please read this invitation and contact him at [fredjmarshall@gmail.com](mailto:fredjmarshall@gmail.com) or call 709-727-4346 if you need more information or are willing to help.

As we plant these seeds of hope, may we also witness the growth of our community in faith and love. The opportunity to serve those in urgent need is a gift we share as a diocese, and I invite you to reflect on how you can best contribute. Your participation in this initiative not only helps those in need but also strengthens our community and deepens your own faith.



St. Paul wrote:  
**“Remember this:  
Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”** (2 Corinthians 9:6-7)

Let us unite to sow seeds of compassion and grow a community rooted in Christ’s love.

Blessings in Christ,

*+ Samuel: Eastern Newfoundland; Labrador*

The Right Rev. Samuel Rose  
Bishop of Eastern Newfoundland and Labrador

## Sowing Seeds – Growing Community Planning for the 2025 Season

### Sowing Seeds – Growing Community is a Diocesan initiative.

In 2024, Sowing Seeds – Growing Community completed its first year with a bountiful harvest, which provided fresh produce to the plates of those who needed it.



#### **Gould's Community Food Bank**

Received 37 bags of potatoes + carrots & turnips – approx. 1,900 lbs. plus peppers, lettuce, tomato, and zucchini were delivered throughout the summer.

#### **Gathering Place**

Received 11 bags of potatoes + carrots & turnips – approx. 550 lbs.

#### **Choices for Youth**

Received 3 bags of potatoes + 1 crate of carrots – approx. 150 lbs.

#### **Community Food Sharing Association**

Received 15 bags of potatoes + 4 crates of small potatoes + carrots & turnips approx. 800 + lbs.

**Total distribution: Approximately 3,400 lbs. of potato, turnip & carrots plus peppers, lettuce, zucchini, tomato and strawberries.**

To date, we have partnerships with Goulds Recreation Association, Goulds Lions Club, Kilbride to Ferryland Family Resource Coalition, Goulds Community Food Bank, St. Kevin's Roman Catholic Parish, and the Diocese of Eastern Newfoundland and Labrador under the leadership of St. Paul's Anglican Church. We are incredibly grateful for funding from the Anglican Foundation of Canada and Goulds Lions Club, which made this project possible.

During this first year of growth, we had much to be grateful for and learned many lessons. One lesson we learned was the need for more partnerships and communication. In 2025, we hope to engage other church and community groups to participate and potentially increase the harvest. Your involvement is crucial to our success.

Are you interested? If so, you can take ownership of one or more drills. We have 34 x 90' drills. Each group can plant, maintain, and harvest its own area. In the Fall, it can donate the harvest to a food bank or community kitchen of its choice or combine it with others for

central distribution. Sowing Seeds—Growing Community will provide seeds and other supplies at no cost to interested groups.

**There will be NO COST for any group to participate!**



An advantage of smaller groups is that they will be better able to communicate among themselves to schedule times at the garden.

In addition to the main garden, we have twelve raised gardens and two higher planting boxes available to new groups for those with mobility issues. We have funding to double the number of raised gardens and high planter boxes.

**If you want to learn more, please contact :**

**Rev. Fred Marshall**  
[fredjmarshall@gmail.com](mailto:fredjmarshall@gmail.com)  
or call 709-727-4346.