

Jan's Journal



Living Water

Season of Creation 2026

Welcome Back!

Happy September! This week we begin the Season of Creation. Each year, the World Council of Churches establishes a theme for the Season of Creation. The theme for 2026 is "Living Water." You might like to spend some time in the coming weeks thinking about your relationship to water. Because water is so readily available to us -- at the turn of a faucet, perhaps we do not conserve water as others in the world do. Perhaps if we had to carry water from a well located some distance from our home, we might use water more cautiously. Do we take water for granted?

In 2023, during Creation Time, we focused on Celtic Spirituality and the relationship between Celtic traditions and creation. This year, I will focus on Indigenous culture and spirituality and its connection to Creation. I will base my reflections on a beautiful book I read this summer titled *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, by Robin Wall Kimmerer. Ms. Kimmerer is a scientist, a professor of Environmental Biology, an author, and a member of the Potawatomi First Nation in upstate New York. Throughout her career, she has worked to embrace the world of science in North American culture, while honouring the traditions of her Indigenous ancestors. I hope that you will enjoy her stories and insights.

On a personal note, the month of August has been challenging for Andy and I. As I shared with you earlier, the hip replacement surgery went well on August 6th. However, on August 7th I began to experience dizziness, lightheadedness, nausea and a feeling of being unsteady on my feet. I thought it was related to medication and so I discontinued the narcotic pain medications and relied only on Tylenol for pain control. Unfortunately, this did not solve the problem. A visit to my GP and subsequent bloodwork confirmed that my hemoglobin levels were low, probably due to blood loss during surgery. An iron-rich diet was prescribed. Within days of this diagnosis, Andy began coughing and feeling unwell. He very generously shared his germs with me! We have both been very sick with a respiratory virus for the past three weeks. It may have been Covid, because I lost my sense of taste, and the cough was relentless. There aren't any test kits available now, so we will never know, but all the symptoms certainly fit. We are both beginning to feel better, but my energy level is certainly not what it usually would be. I will need to pace myself for the next few weeks.

Consequently, I will delay the resumption of Coffee and Conversation Group on Tuesday mornings and Lunch and Lectionary Group on Thursdays, until I feel a little more like my usual self.

On a positive note, my hip recovery is very good. Pain is minimal. I am walking with a cane and forgetting it at times, in the house. I use the walker outdoors, but more for steadiness and stability than anything. In spite of all the challenges, I have kept up my Physio and have done my exercises three times every day!!

Thank you to Reverend Dr. Harold Wells for covering pastoral care concerns during my absence.

Thank you to all members of East Plains for the card and the beautiful bouquet of flowers which Brenda and Grace delivered, and which filled our home with colour!

Thank you to each of you who sent texts, cards, or left phone messages wishing me well in my recovery. Your kindness and your support are very much appreciated.

If you have any questions or concerns about anything you have read here, you can reach me at: revjanmcc@gmail.com or on my cell phone: 905-630-8202.

Blessings,

Reverend Jan