

LONG POINT BAY PARISH

WEEKLY NEWS

FRIDAY January 14 - 2022

Could you go phone-free for a whole weekend at adult summer camp?



If the persistence of the little red dot on the top corner of the email, Facebook or any app on your smartphone has become a point of stress, a digital detox might be in order. According to 2017 data from Media Technology Monitor, the average Canadian spends 24.5 hours a week on the internet, with 18- to 34-year-olds bending the neck and raising the thumbs for an additional 10 hours.

Industry experts agree: We are obsessed with our tech.

Larry Rosen, professor emeritus of psychology at California State University, Dominguez Hills, has been studying the impact that technology has on the brain and psyche for 34 years.

“We can’t seem to put it down. All of the data show that the vast majority of smartphone users are accessing it for many, many hours a day,” he says. “Our latest data, which is a year old now, shows that the young adults, college students who are in their mid-twenties, are using their smartphone 262 minutes a day on the average.” That is an increase of 19 per cent year over year, he says, and while Mr. Rosen is still studying the 2018 data, he estimates that the average time spent on cellphones will increase to somewhere between 280 to 300 minutes a day.

The heavy use of tech devices and obsession over social media is something that Negin Sairafi and Hima Batavia recognize is an issue impacting Canadians. Ms. Sairafi and Ms. Batavia are two of the eight founders of Reset, a tech-free summertime getaway in Southern Ontario where participants put down their phones for an entire weekend in order to reconnect with themselves, their peers and their surroundings.

“We were inspired by things that were happening to the south of us in the United States. We saw a lot of adult summer camps for grown-ups, and thought that we could bring something to Canada that had this get-off-the grid, detox component, as well as a play component, to it,” says Ms. Batavia.

There are a few guidelines for attendees of Reset – not rules, but principles that set the tone for the three-night excursion. These include no smartphones or cellphones of any kind, no cameras, no work talk and no real names.

Upon arrival, each person at Reset chooses a nickname as a way to embrace a different identity and be imaginative while away from the outside world. The first year, attendees took a Last Selfie, posing with the person standing next to them, a final snap before dropping their device into a plastic Ziploc bag and handing it over to a staffer for safe keeping.

January/February Readings



| | | | | |
|--|---------------------------|---------------------------|-------------------------------|------------------------|
| Second Sunday after the Epiphany January 16, 2022 <i>ART – PRAYER</i> | Isaiah 62:1-5 | Psalm 36:5-10 | 1 Corinthians 12:1-11 | John 2:1-11 |
| Third Sunday after the Epiphany January 23, 2022 <i>ART – PRAYER</i> | Nehemiah 8:1-3, 5-6, 8-10 | Psalm 19 | 1 Corinthians 12:12-31a | Luke 4:14-21 |
| Fourth Sunday after the Epiphany January 30, 2022 <i>ART – PRAYER</i> | Jeremiah 1:4-10 | Psalm 71:1-6 | 1 Corinthians 13:1-13 | Luke 4:21-30 |
| Presentation of the Lord February 2, 2022 <i>ART – PRAYER</i> | Malachi 3:1-4 | Psalm 84 or Psalm 24:7-10 | Hebrews 2:14-18 | Luke 2:22-40 |
| Fifth Sunday after the Epiphany February 6, 2022 <i>ART – PRAYER</i> | Isaiah 6:1-8, (9-13) | Psalm 138 | 1 Corinthians 15:1-11 | Luke 5:1-11 |
| Sixth Sunday after the Epiphany February 13, 2022 <i>ART – PRAYER</i> | Jeremiah 17:5-10 | Psalm 1 | 1 Corinthians 15:12-20 | Luke 6:17-26 |
| Seventh Sunday after the Epiphany February 20, 2022 <i>ART – PRAYER</i> | Genesis 45:3-11, 15 | Psalm 37:1-11, 39-40 | 1 Corinthians 15:35-38, 42-50 | Luke 6:27-38 |
| Transfiguration Sunday February 27, 2022 (Last Sunday before Lent) <i>ART – PRAYER</i> | Exodus 34:29-35 | Psalm 99 | 2 Corinthians 3:12-4:2 | Luke 9:28-36, (37-43a) |

IN CHURCH

Suspended until further notice



ONLINE

SUNDAY January 16 2022

Anytime

Service of the Word



<http://www.parishoflongpointbay.com/events.html> or
<https://www.facebook.com/parishoflongpoint/>



1. What is the first book in the Bible?
2. Who was the first king of Israel?
3. Who baptized Jesus?

Find the answers in this newspaper and read the bible



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By **Jim Pepper**

More Ramblings of a Cluttered Mind

Since it's bound to happen to me, and Blondie would say that it already has, senility is a fact of life... It'd be great to have just enough of it (ie senility) to forget the people I never really liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference... It's soothing and a bit nostalgic to be able to sit back and think about your friends past and present - especially at these holiday times if they're the ones in the past...It's great to remember Johnny and I whizzing down a ski hill or having a "Pepsi" in the heated pool after a hard day on the slopes in Vermont or Karl and I getting the wives so angry when they were losing at cards... We may have lost from time to time, but I choose to forget... See, senility has it's advantages...

Others lament about getting forgetful... I forgot something once... or maybe it was twice... Now I can't even remember if I forgot... What was I talking about?... Where was I going with this anyway?...

Next... ➡



For the week beginning Sunday January 16, 2022, we will be praying for our Long Point Bay Parish, specially for our family of the church of Memorial, Port Ryerse.

Jack Addison, Jack Beamer, Susan Drayson, JoAnne and Bob Easton, Philip and Maureen Hinton, Lori and Bill, John and Gayle Kindurys, John and Dorothy Koorn, Rodney McLeod, Leona Milne, Mabel Mulkins, Bob Perks.

For our Bishop Todd and Rev. Rick and family, Rev. Jack Cox and family, Rev. Paul Sherwood, Fr. Enrique and Family.



What's coming

| Day | |
|---------------|--|
| Sunday Jan 23 | Vestry meeting St. John's Port Rowan 10 A.M. By Zoom |
| Sunday Jan 30 | Memorial, Port Ryerse Vestry Meeting 10:30 AM. & St. John's Woodhouse vestry meeting 1:00 PM |
| Tuesday Feb 2 | BRANT-NORFOLK CLERICUS All Saints – Mt. Pleasant 9:30 AM |

Fr. Enrique

It has also been said that money can't make me happy.... Just wondering if I could get some and check that one out for sure... On that topic, I recently got an 800 phone call offering me a free gift... Aren't all gifts free?... When I asked, they hung up on me... Not very nice of them, was it?... Pat said I shouldn't be so gullible to even answer an 800 call, and I thought about it for a bit, but it's too much fun to jerk their chain... Kind of like when we were young rascals in Port Dover, and we delighted in putting someone else's parking ticket on another car's windshield... That wouldn't work so well anymore since computers got involved... The fun of the '50's!...

Did you find out a real truism last week when the hydro went off due to the high winds?... I did... A flashlight is not much more than a cylindrical case to hold dead batteries... I also discovered that it's not a smart idea to flick on the wall switch so you can see where the spares are... It's just great to be asleep when the hydro comes back on, and that same light you needed in the darkness is now shining brightly in your eyes... Shucks! ("Shucks?" - Church letter)...

I've decided that I belong to that new club sweeping the nation in popularity what with staying at home to avoid Covid.. You know the one; it's called "I'm not chubby, I'm vertically challenged"... NFVC for short!... On the topic of eating, is it just my imagination, or do Buffalo Wings taste a lot like chicken?... What does a buffalo's wing taste like?... Do they even have wings?... I guess if they did, we wouldn't have a place called Buffalo Jump in Montana...

Is it a misnomer to have such a thing as a "self-help group"?... Another thing that makes me wonder is when the "Self Esteem Group" meeting is asked to use the back door... Or the TOPS Club meets next door to McDonalds...

How long has it been since you've seen or even heard from your high school friend who signed your yearbook BFF?... Maybe it really meant Better Forget For keeps... Just wondering...

Have you ever had a grocery bill for \$23.15 and you give the cashier a Twenty, a Five and 15 cents hoping for a Toonie back because you need one for the Tooth Fairy?... Panic!!!... Plus a lesson Inflation for us all at once... My brother would get my dime because once I fell asleep, he'd put my tooth in the water glass next to his bed... Another lesson... Don't fall asleep first when guarding a precious tooth...

It's been said that one of the good things about not wishing you were younger happens when you think back about high school and specifically algebra and/or trigonometry... Many people joke that another day went by, and they didn't use algebra or trig once... That may be true unless you happen to have a grandchild in high school... Boy, that clears out the cobwebs pretty quickly... And you know what, I don't have to use a calculator to know that 9 times 7 equals 63... That shocks 'em!...

Solve for X if Y = 8

$$9X = 7Y + 7$$

$$9X = 56 + 7$$

$$9X = 63$$

Get out the calculator Taylor...

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G I P S Y S J C H J V T S I D
 N J G R E M U W X E X I E H I
 I T S Z O L D S Z O R R R A S
 D Q E D S P P R E S F I V I C
 D Y S V R A H I A J H P A S E
 E I M Q W Y L E C W M S N S R
 W H S I W E J V C S E C T E N
 E E L I L A G Q A Y I T S M M
 S P S N A G A P C T Y D S T E
 N A G I F T S A M T I E Z G N
 A U I P I J N W S Z N O O J T
 M L J D K A O I E I Q D N N M
 O M O T H E R H W O H O L Y S
 W J R F E H K L N N Y U K A Y
 V P L K C D R O L I L Q I O R

| | | |
|-----------|----------|-------------|
| Cana | Christ | discernment |
| disciples | Galilee | gifts |
| God | Holy | Jesus |
| Jewish | John | Lord |
| Messiah | mother | pagans |
| Paul | prophecy | said |
| salvation | servants | Spirit |
| steward | wedding | wine |
| wisdom | Woman | Zion |

Salmon Chowder

1. Cook the bacon:

- Place bacon in a thick-bottomed 5-to-6-quart pot. Heat on medium-to-medium high heat.
- Cook until lightly browned and the fat mostly rendered out of the bacon, about 5 to 6 minutes.
- Remove all but 1 Tbsp of the bacon fat. (Do not put bacon fat in your sink drain, it will clog the pipes.)

2. Add the celery and leeks to the bacon:

- Cook on medium heat until softened, about 5 to 6 minutes.

3. Add diced potatoes, chicken stock, water, 1/2 teaspoon salt, bay leaves, and thyme to the pot:

- Increase heat to bring to a simmer. Then lower the heat to maintain a gentle simmer. Simmer for 10 to 15 minutes, until the potatoes are cooked through.

4. While the potatoes are cooking, prepare the salmon:

- Place salmon in a bowl, sprinkle with flour and black pepper. Toss to coat. Melt 1 Tbsp butter in a non-stick skillet on medium high heat.



INGREDIENTS

- 4 ounces bacon, chopped
- 2 cups cleaned, sliced leeks (see How to Clean Leeks)
- 1 cup sliced celery
- 3 cups cubed Yukon gold potatoes, 1 1/2-inch pieces (about 3 medium potatoes, 1 1/2 lbs)
- 2 cups chicken stock
- 2 1/4 cups water
- 1/2 teaspoon salt
- 2 bay leaves
- 1 sprig thyme
- 1 tablespoon butter
- 1 to 1 1/4 pounds trimmed, skinned, salmon fillet, cut into 1-inch cubes
- 1/2 cup corn (optional, use when in season or frozen)
- 2 tablespoons all-purpose flour (use rice flour if cooking gluten-free)
- A pinch ground black pepper
- 3/4 cup (6 ounces) heavy cream
- 1/2 teaspoon lemon zest
- Chopped fresh chives for garnish

5. When the potatoes are cooked through, use a slotted spoon to transfer the salmon to the pot with the potatoes, bacon, leeks, and stock:

- Stir in corn if using. Cook gently for 5 minutes then remove from heat. Stir in the cream and lemon zest. Add salt to taste.

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January



The official birthstone for the month of January is beautiful deep red Garnet and thus the January birthstone color is deep red.

Garnet is one of the Zodiac birthstones for both Capricorn (Dec 22 - Jan 20) and Aquarius (Jan 21 - Feb 19) star signs.

Other birthday symbols include the birth flowers for January which are the Carnation and Snowdrop.

Garnets are said to symbolize trust, loyalty and compassion.

January was named after the Roman god Janus who, not by chance, fittingly represented new beginnings.

Janus is known as the protector of gates and doorways who symbolize beginnings and endings, and he is depicted with two faces, one looking into the past, the other with the ability to see into the future. He presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety, where new beginnings and new resolutions could be forged.

The Romans would offer sacrifices to Janus and make promises of good behavior for the year ahead.

The months of January and February were not originally in the ancient Roman calendar?

This was because the winter months were considered "dormant", both in terms of agriculture but also in terms of making war.

Basically, this was a time of peace.

Anne Halls

These are just a few of the ways that Reset weaves its ethos of play, being present and making a profound connection throughout the weekend.

While Reset was originally branded as an adult summer camp when it first launched in 2015, it has since morphed into something more (though the lack of technology remains a core principle).

"Ultimately we found that the idea of a camp for adults was a trend," says Ms. Sairafi.

"But now, what we truly are is this experience of an alternative reality where people can drop into a completely different state and become a different person for a few days, or look at things from a different perspective and maybe make different decisions and feel differently about things."

This summer marks the fourth year for Reset, which will take place at Camp White Pine in Haliburton, Ont., from Aug. 30 to Sept. 2. Four hundred guests are expected to flock to the cabins along Hurricane Lake, an increase from last year's 250 attendees.

Programming for the weekend is divided into eight categories, which Reset calls "tracks," including traditional camp activities in the Sports and Games track, as well as more alternative experiences, such as Soundtrack, an exploration into audio and how it relates to well-being, and Sex and Sensuality, a dive into intimacy with oneself and others. Attendees participate in the tracks that are of most interest to them, like a real-life choose-your-own-adventure.

While Reset recognizes the need for a technology and social-media detox, Mr. Rosen warns that abruptly cutting out digital communication for an entire weekend might not be effective.

"It doesn't teach people how to deal with [their technology obsession or overuse] when they go home," says Mr. Rosen. "The problem doesn't disappear just because you go away for a weekend. In fact, it gets exacerbated because as soon as you come home from camp, and you're back into the now, you have 50 posts from people on social media that you need to catch up with. Your world still exists while you're away."

Instead, Mr. Rosen suggests easing into the detox, starting with 30 minutes or even two hours of phone-free time, rather than going cold turkey for an entire three days.

He also recommends designated "tech time" throughout the day, a concept in which a predetermined amount of time (to check e-mail, apps or even sports scores) is agreed upon by everyone involved. This can work in the home, for instance at a family dinner table, in a classroom, or even in a camp setting.

For Reset, the crux of the weekend has always been about "turning it off to tune back in," as Ms. Sairafi says, and its founders are convinced of its efficacy. Ms. Sairafi and Ms. Batavia hope that attendees will leave their carefully curated program with a greater sense of how, when and why they use their devices.

"For many, it's been a long time since they have participated in activities that are not disrupted or interrupted by tech," says Ms. Sairafi. "But when you acquaint yourself with the joy of profound presence, it is easier to make that choice again."

BY <https://www.theglobeandmail.com/life/health-and-fitness/article-could-you-go-phone-free-for-a-whole-weekend-at-adult-camp/>

Answers

1. Genesis.
2. Saul.
3. John the Baptist.

Fr. I

