



NEWSLETTER

Queen's College Faculty of Theology

October 2021

This Newsletter is distributed electronically, it has links to more information on our website
www.queenscollegenl.ca

Note from the Provost

Life continues to be busy at Queen's College. By now you should have your course listings for Winter and I hope that you have made your course selections. Please share the information about Queen's widely and encourage your friends to join you in registering for a course.

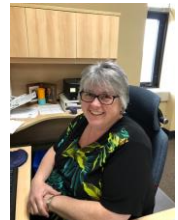
We have two (2) new courses this winter and other courses have been revamped and have new texts and/or new professors. The Rev Robert Cooke will be joining us in January as a full-time faculty member and we are looking forward to having him with us on a daily basis. A full course listing can be found on our website: <http://queenscollegenl.ca/wp-content/uploads/2021/11/2022-Winter-Course-Offerings.pdf>

We are also preparing for our Association of Theological Schools virtual visit November 22 and 23 as a part of our accreditation process. There is lots to do as we continue in the second half of our semester.

Please mark December 3rd in your calendar. It will be our last Day of Awareness for this semester and it will be an Advent Morning Retreat led by myself and the Rt Rev Sandra Fyfe, Bishop of Nova Scotia and PEI. Join us in preparing for the season.

And if that wasn't enough, in the midst of all of this activity we have been preparing to say good bye to Dana Bishop, our Administrative Assistant, Office Manager and all-around organized person!! Dana has been an incredible resource in the short time I have been here and we will miss her tremendously. But as much as we hate to see her go, we also wish her the very best in her new job. Thank you, Dana, for all of your leadership (and baking, and cooking, and jams and jellies and laughter and hockey stories and....) during your time with us. You will be greatly missed.

Joanne



Access to Queen's College: Our building, like many others on MUN campus are open to the public but with restrictions still in place. Admission should be for matters essential for academic and administrative continuity.

Changes to Mask Policy: As part of MUN's policy, Queen's will be following the same protocols concerning mask wearing. More information can be found at [Change to mask requirements \(mun.ca\)](http://Change to mask requirements (mun.ca))

Congratulations to those celebrated priestly anniversaries: the Ven Gerald Westcott his 25th on October 8th; the Rev Hugh Fudge his 40th on October 23rd; and the Rev Russell Osmond his 30th on October 28th.

Are you celebrating a diaconal, priesthood or episcopate anniversary (5, 10, 20, 25, 30 etc)? Help us keep up to date by emailing the editor

jjcourage@mun.ca with your ordination dates for inclusion in the Newsletter.

Congratulations to the Rev Sandra Roberts who



was ordained a Deacon in Christ Church, Bay d'Espoir on October 13th, to the

Rev Terry Loder who

was ordained a priest in St Nicholas Church, Cox's Cove on



October 25th and to the Rev Cynthia Haines-Turner who was ordained a priest in the Church of St Mary the Virgin, Curling on October 28th.

We express our Sympathy to the Rev Gerald Giles (Chairperson of Corporation) and family on the death of his brother George on September 30th, to Alice and George Short (Diploma Program) of Port aux Basques on the death of her brother Aaron Kearley on Oct 30th, and to the Rev Karen Loder and family on the death of her sister Bertha Hunt on Oct 31st in ON. May they rest in peace and rise in glory!

Corporation Note: Tuition at Queen's College is less than it was some 10 years ago. In 2010-11 the tuition for a 3 credit hour course was \$420 and it is now only \$275. This puts us far below the tuition rates of other theological schools in eastern Canada. This is not sustainable. At the October meeting of the Corporation the following tuition increase was approved beginning January 2022:

- 3 credit hour degree course – \$300
- Associate courses - \$210
- Diploma - \$220
- VDS - \$100
- SPM - \$1500

The Corporation also approved the forming of a committee by the Provost and the Student Association to create a schedule for future tuition increases.

Winter 2022 Semester registration is ongoing. Deadline to order ATH textbooks is Friday, Nov 12. Course offerings and relative information can be found at: http://queenscollegenl.ca/?page_id=406

Our second Day of Awareness of the semester took place October 1st beginning with an Iona Morning Prayer. Following a short recess for a fire-drill, the day resumed with the Rev Jenna King-Poirier and the Rev Scott Parsons, both clinicians with Eastern Health, on the topic of "Mental Wellness in Ministry" with a three- fold purpose:

The first was an interactive session on what "self-care" means, which is different for each person and the response for each person is very individual. When we take the time and effort to care for ourselves, we are more productive, creative and effective in our work and ministry. This benefits us but more importantly, it benefits the very people



we want to serve. They each shared various ways to 'Self-Care' i.e.: enjoying the environment around us, setting limits, asking for help, turning to family and trusted friends, doing things which interest us, regular exercising, getting a full night sleep, and watching our diet were some suggestions.

The second purpose was to provide easy to use resources to assist participants in their professional lives. Learning to self-identify early signs of stress means interventions can be introduced which prevent stress from accumulating. Some simple yet useful resources outlined ways to cope with and prevent stress from building up. An inspirational video by Simon Sinek demonstrated that the work we do is measured over the course of a lifetime not over the course of a day. This means self-care is vital to ensure longevity in ministry. Other print and e-resources were highlighted for developing skills and to assist in caring for ourselves. The Professional Quality of Life (PROQOL) metric was introduced as an objective way to determine our level of job satisfaction and compassion fatigue. Jenna and Scott continued by sharing ways of 'unhealthy coping': avoidance, isolation, denial, avoidance of feelings, anger, risk taking behavior and substance abuse, the importance of setting boundaries. We can still be good people with a kind heart and still say 'no'. Taking care of our self is not 'me first!', rather 'me too!'.

The third purpose focused on the purpose for doing what we do. Using the example of Jesus in ministry, it was identified that while Jesus taught/preached and healed/performed miracles he also took time for prayer and to go off away from the crowds. Spending time alone with his closest disciples and friends was one of Jesus' methods for practicing self-care. A Time Management Matrix developed by Steven Covey was provided as both a time management tool but also to help participants remain true to their "Why" or true to their calling. Reducing time spent on less important work means more time to spend planning on more important areas. This translates into having more time and energy to invest into one's purpose or calling in life.

Suggested resources included: Mind shift app, Headspace app, Leadership books by Simon Sinek, Carey Nieuwhaf and Brene Brown; and for Self Compassions: 7 Habits of Highly Effective People' by Stephen Covey. Further information on this presentation can be found at this link:

https://docs.google.com/presentation/d/1PlwPBMambUYs4L5Ph3KOiye10ralg3EcK9F1OTlrCZg/edit?usp=sharing_eil_m&ts=6144618b

This was a timely Day of Awareness and we thank Scott and Jenna for facilitating. The day ended with a Eucharistic Liturgy from the Anglican Church of Canada for the National Indigenous Day of Prayer and Reconciliation.

The next Day of Awareness takes place this Friday, November 5th on Mental Health Exercises

Agenda:

- 9:00 Morning Devotions (Iona)
- 9:30 Session 1 (Choose one: Outdoor walk - Fr John or Improvisation - Morris)
- 10:15 Break
- 10:30 Session 2 (Choose one: Yoga – Dr Michelle or Crafting (needle felted poppy) – Sue Squires and Dr Joanne)
- 11:20 Mid-Day Devotion (Iona)
- 11:30 Appreciation Gathering (Dana's last day as Office Administrator)

<https://us02web.zoom.us/j/81152971775?pwd=eWVjWEI0dFdPTUdpaHZQWmk2VVhaQT09>

Meeting ID: 811 5297 1775 Passcode: 082882

Experiencing Prayer and Spiritual Conversations: To celebrate prayerfully the Advent-Christmas-Epiphany season of Light, we are offering **five weekly sessions on line** designed to help participants develop one's relationship with Christ Jesus by praying with the Sunday scriptures of Advent. Fr. Earl Smith SJ and Fr. Charlie Pottie, SJ., both seasoned Jesuits and Ignatian spiritual guides, will lead the sessions and help participants to encounter Jesus through prayer forms such as reading of scriptures (lectio divina), reflection, Ignatian imaginative contemplative prayer and sharing. Each session will include a short instruction on prayer, reading and pondering scripture or guided imaginative prayer, and spiritual conversations. **It will begin with a focus on Christ the King on Thursday, Nov 18 at 7:00 pm to 8:15 pm - Atlantic Time, 7:30 pm to 8:45 NL time and will continue the following 4 Thursdays of Advent.** There is no charge. For more information and to register contact: experiencingprayer@gmail.com

Online Christian Meditation Groups and Courses:

The Rev Dr G Wayne Short is offering courses that will begin on Nov 17th and 18th. A Registration Form to express your interest can be obtained by emailing gwshort555@gmail.com

Two Youtube videos with more information:

1. Meditation Group and Courses [VCM Video 1](#)
2. Introductory courses [VCM Video 2](#)

From the Chaplain: The daily offices are now being led by our students. Please join us on our chapel link at

<https://us02web.zoom.us/j/89891865583?pwd=N0tKM25TaEo2eFdNbJErenphYjRPUT09>

Meeting ID: 898 9186 5583 Passcode: 897453

The Student Association: This year, due to COVID-19, the Student Association is rebuilding in terms of what we do and why we do it, from scratch. That in itself has blessings and it also has challenges. We want to encourage all students who are able to attend our weekly Tuesday meetings that take place following Mid-Day Prayer. Hearing from all students about things that we can be doing or even things that we can improve upon will make the College a better place for all students.

Joshua (Chairperson)

Eastern Chaplaincy is seeking expressions of interest from those wishing to fulfill the role of **Offshore Chaplain (Casual)**. This chaplaincy provides pastoral care and support to the employees of the Newfoundland Offshore Oil Industry and their families. For further information, please contact the Executive Officer of Eastern Chaplaincy, the Rev Christopher Fowler at reverendchristopher@icloud.com

A Note from the Editor: Among the many duties of Dana, our Administrative Assistant, is completing the final details of our Queen's College Newsletter with efficiency and eye to detail, On behalf of our readers and myself as the editor we wish Dana 'all the best' as she prepares to move to other opportunities. Dana's last day in the College is Friday, November 5th. THANK YOU Dana!

The Newsletter: The next Newsletter will be distributed November 25th.