

SPIRITED SUMMERLEA

Summer Edition 2023



Editorial

Although things are quieter at Summerlea during the Summer, there are lots of fun things to do in the community. If you are having a staycation, I have put together some ideas of outings that won't hurt your budget. If you are doing any canning this summer, why not set aside a few jars of pickles, jams, etc. for the Summerlea Bazaar? Your contributions would be most welcome!

Have a wonderful summer!

Jane Cowell

A Message from Our Minister

I do not understand why but from one year to the other, I never totally remember how the previous year's Spring or Fall was - or any other season.

How was Spring last year? All I can remember is the terrible ghost of Covid. Never again dear God I pray...



Not being able to remember last years' Spring is a good thing for me: it is all new again! I am very much impressed by nature, not only physically as I feel the warmth of the sun and see the beauty of everything blooming and birds nesting but I feel it emotionally as well and maybe stronger: the Easter season triggers my vigilance and attention to everything coming back to life. Well HOW ABOUT ME?

Am I coming back to life as well? Is there anything in myself, little Christine, child of God and of the Universe, that is being born again? Oh yes, and many of them! At this time of year, more than Christmas, Easter and Pentecost give rise in my spiritual life to a sense of being fully alive and I see the Summertime coming with much joy.

I pray and care for our congregation and I pray for Southwest as well. It is like if one of my children had brought back a friend to our house and asked if they could stay for supper! In this spirit of Easter and Pentecost, I wholeheartedly say: "But of course!"

In peace, I carry our group in my heart and hope with all my might that God will keep us together and bring us many more Spring seasons.

Blessings,

Rev. Christine

Summer Worship Schedule

July – Summerlea will be closed for summer vacation. Sunday services will resume on **August 6th at 10:00am**.

Even though Summerlea is closed, you can attend joint services with the West Island Cluster in July. **July 2nd – Cedar Park, July 9th Ste Genny's, July 16th Beaconsfield United (also Affirm United AGM), July 23rd Riverside, July 30th Valois. All these services at 10:30 am. Summerlea will host the cluster on August 27th.**

Also, St. Stephen's Anglican Church, (25 – 12th Avenue, Lachine) has kindly invited us to join them for their Sunday Service, **at 11:00am**, during the month of July when we are closed.

Outreach

The last four months have been busy for Outreach as we have been hard at work organizing our major fund raisers for the year. There is so much need in our community and the wider world! A big thank you to all those who contributed to the success of these events either by the giving of their time and energy or by coming and spending their money. You play an important part in all we do!

March saw a showing of the National Film Board's documentary "Boxing Girls of Kabul" at Summerlea. This film raised money to support 3 Afghanistan refugees that are siblings of the star of the film and who are stranded in Pakistan waiting for visas to come to Canada. \$700 was given to Sheila Laursen to go towards the renewing of visas for two of the siblings and towards their monthly expenses for May.

Our popular Artisan Fair and Used Book Sale was held in April and approximately \$6,400 was raised. A herculean effort with amazing results! The Committee will meet shortly to discuss how these monies will be disbursed. We were grateful for the help of Girl Guides, Pathfinders, and their leaders for their partnership in this activity.

The Used Puzzle Sale was conducted in May. \$740 was raised and has been sent to 3 organizations to help underprivileged children go to summer camp - St. Columba House, Black Families Association of the West Island and Montreal City Mission's Camp Cosmos.

June brought back our Annual Plant Sale which raised approximately \$700.. Thanks to all the gardeners for their efforts.

By Susan Hawke



Mark these dates on your calendar:

November 17th & 18th 2023

Summerlea Annual Bazaar & Book Sale

Book Sale November 17th & 18th

Bazaar November 18th

Book Nook

I tend to have eclectic reading tastes. When I am on holiday on the beach, I tend to read trashy novels – they contribute to my ability to truly relax! The rest of the year, I lean towards biography, non-fiction and novels that have made the bestseller lists. Here are some titles I have read this past winter and spring that I highly recommend:

Biography/Autobiography/Memoir

Paul Newman *The Extraordinary Life of an Ordinary Man*

Alex Prud'homme *Dinner with the President*

Marlene Wagman-Geller *The Secret Lives of Royal Women*

Peter Mansbridge *Extraordinary Canadians: Stories from the Heart of Our Nation*

Katie Couric *Going There*

Hugh Bonneville *Playing Under the Piano*

Kati Marton *The Chancellor*

Non-Fiction

Jessica McDiarmid *Highway of Tears*

Bill Browder *Freezing Order*

Fiction

Jennifer Robson *Coronation Year*

Justin Richardson, Peter Parnell *And Tango Makes Three**

* This is a children's picture book. I read that it had been banned for "homosexuality" and found a copy to read. It's the true story of two male penguins at the Central Park Zoo who sit on an egg and become a family. I thought it was absolutely lovely and heart-warming!

Jane Cowell

Cooking Corner

On a hot and humid summer day, the last thing you want to do is heat up the kitchen! For me, nothing is more refreshing than having gazpacho for dinner. It's healthy, fast and easy to make. The flavours improve with time - so whip up a batch in the morning, kick back in the shade with a book - knowing dinner is taken care of. This recipe from Martha Stewart is one of the best I have tried.



Gazpacho

Prep Time: 15 mins

Ingredients

1 large tomato, cut into chunks

2 -inch piece cucumber, peeled, seeded, and chopped

2 -inch-wide strip bell pepper, chopped

1 small garlic clove, finely grated

½ teaspoon red-wine vinegar

1 tablespoon extra-virgin olive oil, plus more for serving

Coarse salt and ground pepper

Toasted country bread, for serving

Shaved Manchego or Parmesan cheese, for serving

Directions

Step 1

In a food processor, puree tomato until almost smooth. Add cucumber, bell pepper, garlic, vinegars, and oil and season with salt and pepper. Pulse until mostly smooth.

Step 2

Chill soup in the refrigerator 30 minutes (or up to 8 hours). Adjust seasoning; thin with water if necessary. Brush bread with oil. Serve soup drizzled with oil and topped with cheese, with bread alongside.

Summer Ideas

Picnic Sites

Nothing says summer more than a picnic! If you have access to a car, there are lots of places off and on island to go for a picnic and a swim for the day! Virtually free except for the cost of gas and parking. Note that these places are often VERY busy on the weekend, so I recommend going during the week. Here are three I recommend:

Cap St Jacques (Pierrefonds) Picnic tables, a beach and lots of forest trails for a cooling walk

Kill Kare State Park (St Alban's Vermont) Picnic Tables, Grills, Beach & Fishing

Voyageur Provincial Park (Chute-à-Blondeau, ON) Picnic Tables, Beach, lots of shade

In and Around Montreal

Now that ALL Public Transport (Bus, Metro and Train) is going to be free for all residents over 65, this summer will be a great time to get around Montreal! Here are some interesting ideas for things to do fairly close to home:

First Fridays

Entry is free for all at Les Premiers Vendredis—a Montreal festival that brings together an enormous number of food trucks and is one of Canada's biggest gatherings of its kind. Head to Montreal's Olympic Stadium Esplanade starting on June 2 for a taste of Montreal's diverse culture and cuisine each month) on the first Friday from June to October—rain or shine. The food is some of the best cheap eats in the city, and the new “Rue Culturelle” offers visitors a (free!) opportunity to celebrate diversity through music and dance.

Parc Jean-Drapeau

Want to take a break from the island without really leaving it? Head to Jean-Drapeau park, a massive green space that lies in the center of a man-made island just south of Old Montreal. Home to the La Ronde amusement park, the famous Grand Prix F1 racetrack, the Montreal Casino and numerous summer music festivals, this space also has public beaches, pools, walking trails, art and the Floralie Gardens, where you can wander through 25 hectares made up of thousands of rose bushes, annuals and several varieties of perennials, trees and shrubs. Take the Métro, a picnic lunch and enjoy!

Live Opera in Little Italy

Little Italy and Jean Talon Market are always fun but every August, Little Italy closes off its streets to traffic for a week for businesses to set up stands and hawk their best food. This week-long event has got its gastronomic delights—pizza, pasta, espressos, cannoli—but hits its zenith with a free opera performance. Grab a seat at the large stage set up outside of the Notre-Dame-de-la-Défense Church and enjoy high art without its typical price tag.

Montreal Completely Circus

July 6-16

Circus is supersized in Montreal (which spawned Cirque du Soleil) and this July, that means 3 Giants: three enormous, 52-foot steel structures shaped like giants that will act as living stages for free circus arts performances in central Montreal. Each site features a completely different show by a different local circus troupe—Cirque Éloïze, Machine de cirque and 7 doigts—twice a day for 10 days, at 6 pm and 9:30 pm, **all free**.

[About - Montréal Complètement Cirque Festival \(montrealcompletementcirque.com\)](http://montrealcompletementcirque.com)

Read all About it at the Bibliothèque & Archives Nationales Du Québec

This downtown public library is the province's largest and most visited. Whiling away an afternoon here is easy when sifting through their millions of titles—30% of which are in English—or checking out thousands of albums, films, video games at their dozens of audio and visual stations. Membership for Quebec residents is free, but if you're just visiting, it's still worth exploring.

Free Museum Visits

The Fondation Phi pour l'art contemporain in Old Montreal has world-class exhibitions for free, full stop. Beyond that, there are tons of free museums to check out like McGill University's Redpath Museum of Natural History, a hidden gem worth visiting for the building alone. The Canadian Centre for Architecture is free if you're a student, and free to the public on Thursdays in the evenings and on the first Sunday of every month. Both the Montreal Museum of Fine Arts, The Montreal Museum of Contemporary Arts and the McCord Museum also have no entrance fees on the first Sunday of every month.



**"I'm not sure what religion my family is.
It's the one that forbids running with scissors.
And eating before dinner is the worst sin."**