



# The Winged Ox

Easter 2017



*Palm Sunday procession with visiting Winnipeg Boys Choir participating*



## *From the Rector*

We set aside forty days in Lent to prepare for the Paschal Mystery. We are preparing our hearts and minds by seeking conversion for ourselves. Conversion is about a change in perspective: moving away from focussing on ourselves to turning to God and living for others. It is a struggle to express the movement from self-centred living to God-centred living. The Christian disciplines we practice open us up to grace and the Holy Spirit, so we can turn our lives around. It is not something we do on our own. We change by the grace of God and with the help of the Holy Spirit. The community has a lot to do with this process. We need each other and Jesus commands us to love one another, even the ones we find hard to love. Love God and love your neighbour as yourself. As yourself. Love

thyself and learn to love others. Love others and so learn to love yourself. Thus we love God.

We set aside fifty days to celebrate the Resurrection. Forty days to prepare, and fifty days to party! The resurrection changes everything for the disciples who followed Jesus during his earthly ministry, and the resurrection changes everything for us. We can choose to see the world through the prism of our tears or through the lens of the resurrection. The return of the Lord with the resurrection meant that the disciples could follow the Lord *again!* The passion and crucifixion of Jesus is not a dead end. The tomb becomes a gateway of new life and

second chances. We also celebrate the resurrection every Sunday, but the challenge is to recall and remember to live it out each and every day. You are a temple of the Holy Spirit. How then shall we live? In love.

*Peace, love and joy be with you always.*  
Paul+

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### St Luke's Haiti Ministry

Thank you to all parishioners who kindly donated to the Haiti Ministry. It is with great pleasure that we wish to share with you our delight that we can fund approximately seven students to attend school in Haiti for 2017-1018. We are hoping some students will graduate this year, as we have supported them for several years and it will be a wonderful achievement for our church.

The Charity Navigator has assessed God's Littlest Angels with a very high score. This means that our donations are being administered responsibly with students benefitting from the money sent to GLA.

	Score (out of 100)	Rating
<b>Overall Score &amp; Rating</b>	87.91	★★★★
Financial	82.91	★★★
Accountability & Transparency	100.00	★★★★

These are the overall figures for operation of the orphanage. The funds directed to education go directly to students and administrative costs are absorbed in general operation. Our funds are helping students in Haiti receive an education. The following article has been taken from the GLA website.

*There are 4 million children under the age of 18 in Haiti and only 1 out of 3 of them are able to attend school. This means that a lot of children are being deprived of an education. Here at GLA, we truly believe that providing Haitian students with an education will not only change the life of one student, but will also directly impact the future of Haiti. In a country where the average income is only a few hundred dollars per year, and school costs upwards of \$610 USD per student, it is nearly impossible for a poor family to send even one of their children to school for the year. For \$460 USD per year, you can sponsor a student's tuition for an entire year.*

It is really good news that we can all help to make a difference in the future of many Haitian students. Thank you so much for your continued interest and support.

*Respectfully submitted*  
Colin & Elizabeth Briggs

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### “OUR CHILDREN” In Central Buganda

What is a blessing? Some would say a special favour, mercy or benefit, or a gift from God,

March 19<sup>th</sup>, 2017 was simply *the essence of a blessing*. At the 8:15 and 10:30 services, Sean Carlson, Chair of the diocesan Parish Link Committee, gave the homily. He knows the Diocese of Central Buganda as if it were his neighbour. He helped us better understand the history, geography and general workings of our sister diocese.

Following the 8:15 service, at Second Cup, coffee, slides and conversation were shared. After the 10:30 service came more fellowship and a scrumptious

lunch. A loop of photos taken in 2017 was projected on the stage wall while we ate. Nineteen people had instantly agreed to assist in various parts of preparing, setting up and clean up. More blessings.

One parishioner said. "After today, I do feel more connected to our sister diocese." One more blessing.

The donations at the time of writing are \$1628.25. This total sends 11 orphaned children to school with proper supplies and an increased sense of confidence. Equally important, schooling secures a better future with self-determination, especially for young girls. Blessings without number.

Schooling is not an option for thousands of Ugandan orphans.

Donations can be placed on the offering plate or sent to the church office throughout the year. Gift cards can be used on birthdays, anniversaries etc. Information sheets are at the back of the church.

On March 19th, 2017, the doxology "Glory to God whose power in us can do infinitely more than we can ask or imagine" gave voice to a blessing!

*submitted by Jo Tapscott*

*Mission and Outreach Ministries*

*Ugandan AIDS Orphans*

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Atheism is a non-prophet organization.

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### **Your New Vestry**

At the AGM held on Sunday, March 12, the following people were elected to vestry

#### Members at Large – *Elected this year to a two-year term*

Roberta Bishop            Claire Reis  
Peggy Eastwood          Anne Rennie  
Carolyn Mosher

#### Members at Large – *Elected last year to a two-year term:*

Ian Dark                    Liam Naughten  
Susan Gandier            Randy van Vliet  
Lomalanga Mkhabela    Sheila Welbergen  
Sara Sakowski

All 12 Members at Large positions on the Vestry are now filled.

#### Synod Delegates

Lomalanga Mkhabela – *Elected this year to a two-year term*

Elected last year to a two-year term:

Richard Whidden  
Reinhold Pauls

#### Alternate Synod Delegates – *Elected last year to two-year term*

Terri Ashcroft            Ray Kohanik

#### Rector's Warden

Manasah Mkhabela – *Appointed last year to a two-year term*

#### People's Warden

Arnold Goetz – *Elected this year to a two-year term*

#### Deputy Warden

Bill Brant, as last outgoing warden, automatically assumed this position last year. His term will continue until one of the present wardens leaves office.

#### Chancel Guild

Elizabeth Briggs – *Appointed this year to a three-year term*

Richard Whidden – *Past Warden Member (two years left of a three-year term)*

Irmy Friesen – *Past Warden Member (one year left of a three-year term)*

#### Treasurer

George Baldwin

### The Rev. Dr. Jane Barter Moulaison

Dr. Jane has found it necessary to conclude her time as an Honorary Assistant at St. Luke's Church. With her recent appointment as Priest-in-charge at St. Peter, Dynevor, coupled with her full time 'day job' and a loving family, there was not enough of 'Jane' to go around! The parish already misses her contribution to the life of parish, but we understand the need to limit her responsibilities.

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### Spring Rummage Sale

The Spring Rummage Sale will be held Saturday, April 22 from 9:00 a.m. to 1:00 p.m. We are now accepting donations. Please, no TVs, old appliances, computers, etc. Items can be dropped off in the downstairs hallway outside the boardroom between 9 a.m. and 12 noon, Monday to Friday. Volunteers are needed. Please contact:

Sara Sakowski [saraesakowski@gmail.com](mailto:saraesakowski@gmail.com)

Barbara Calder [bccalder@mymts.net](mailto:bccalder@mymts.net)

There will also be a bake table. We are looking for home-baked goods. Please see Stella Douglas or Janice Van Vliet.

If you have access to a truck that we could use the week of April 22 for the pickup of items for the rummage sale, please let us know or call the parish office.

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### 100th Anniversary of the Battle of Vimy Ridge Observance – Sunday, April 9, 2017

*The following article and collect were read out at the end of the Palm Sunday 10:30 Service*

The Battle of Vimy Ridge, during World War I, is Canada's most celebrated military victory, sometimes mythologized as a symbol of the birth of Canadian national pride and awareness.

The four divisions of the Canadian Corps – the Canadian Expeditionary Force – fought together for the first time, attacking the ridge starting on this day in 1917 – 100 years ago. They were successful in capturing the ridge from the German army after many allied failures. More than 10,500 Canadians were killed or wounded in the assault.

Today, an iconic massive white memorial stands atop Vimy Ridge, commemorating the battle and honouring the 11,285 Canadian soldiers who lost their lives in France throughout the war who have no known graves.

The Vimy Ridge Cross you see here today is made of oak from Carency, France and originally stood on a plinth built from shell cases – the wooden crates in which artillery shells were shipped. It was erected on Vimy Ridge by the officers and men of the 78th Battalion, Winnipeg Grenadiers, where it stood for two years on the edge of the *Winnipeg Grenadiers Crater* named in honour of Sergeant S. St. C. Lloyd, who, on February 19, 1917, discovered an enemy mine and blew it up, inflicting heavy losses on the enemy and sacrificing his own life.

The cross was brought to Winnipeg in 1923 and placed at St. Luke's where it stood outside, facing the west entrance. The plinth eventually succumbed to harsh weather conditions and the cross was moved inside after a significant restoration.

The colours of the 100th Winnipeg Grenadiers hang here in the nave.



*Let us pray.*

Collect:

Almighty Father,  
whose will is to restore all things  
in your beloved Son, the King of all:  
govern the hearts and minds of those in authority  
and bring the families of the nations,  
divided and torn apart by the ravages of sin,  
to be subject to his just and gentle rule;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.



*Vimy Ridge Memorial*

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### **St. Luke the Evangelist and DNA**

For years I have had a passion for genealogy and I loved teaching and running labs in Genetics and DNA in my high school classes.

I have traced my ancestry through ecclesiastical records and court records from my four grandparents to the sixteenth century, although I have a couple of road blocks in the late sixteen and seventeen hundreds. Last year, I decided to have my DNA tested on *Ancestry* when they were running a promotional deal. The results came to me in the late fall of last year when I was linked to my second cousin – at least something was correct. In December, I tried a more expensive and much more detailed test on *23 & Me*. The latter program gave me not only my genetic profile, but a health profile which infuriated Kerry-Jane, as she thought it should only be opened in the presence of a physician or counsellor.

The chemical structure for DNA (Deoxyribonucleic acid) was discovered by Watson and Crick in 1953 after a major contribution from Rosalind Franklin on x-ray crystallography. Sadly, she died of cancer before she could have been recognised as a Nobel Laureate and the award was not offered posthumously. From that period, research on the molecular level exploded and sixty-five years later DNA tests are offered to the general public. There are three types of DNA included in the tests:

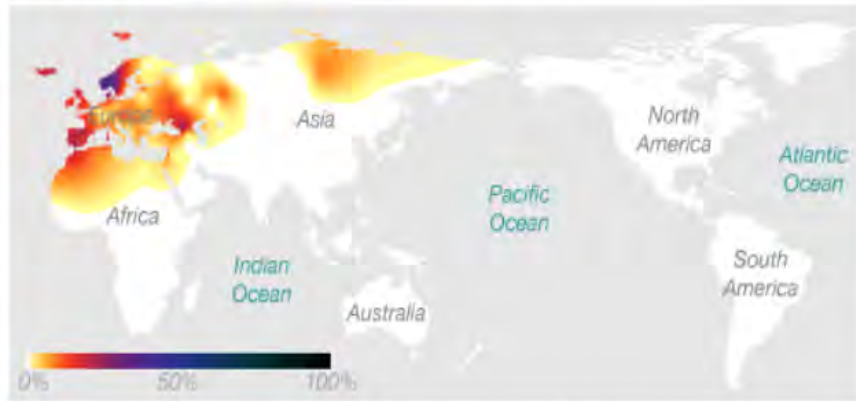
- autosomal DNA
- mitochondrial mtDNA
- Y-chromosome DNA

Autosomal DNA will be taken from the 22 pairs of chromosomes in the cell. It is more reliable for recent generations, as mutations and genetic changes occur within the nucleus of the cell. Y-chromosome DNA and mtDNA are passed down from generation to generation intact with little change. Y-chromosome DNA is passed from father to son with little or no mutation of the DNA, thus it can be used to identify relationship over many generations. mtDNA is derived from the mitochondria or powerhouses in the cytoplasm of the cell which are involved in the process of obtaining energy from food. There are a few chromosomes in mitochondria which are passed from the mother to her children.

From the information which I have searched on St. Luke I discovered he was born a Greek and a Gentile in Antioch. He died in the first century A.D. and is buried in Padua, Italy. In the late twentieth century, the present Archbishop of Athens requested that the remains of St. Luke be placed where the Saint is venerated today. The skeleton was located in the Abbey of Santa Giustina, Padua, the skull in the Cathedral of St Vitus in Prague and a rib closest to the heart from the tomb in Thebes. This activity prompted scientific analysis of what was believed to be the remains of St. Luke, using carbon-14 dating and DNA analysis. It was concluded that the skull and the skeleton matched and the age of both was from late BC and first century AD. Some people accept that these remains are St. Luke. Scientific evidence identifies the remains of a person of Syrian origin.

From the mitochondrial DNA, St. Luke belongs to Haplogroup H, which has Celtic roots in Europe. Some authorities proposed that St Luke's mother might have been a slave in Antioch. Inheritance of this group is through the maternal line. When the results of my DNA testing came through, it stated I belonged to Haplogroup H and linked me with the mother of St. Luke the Evangelist, and Susan Sarandon.

Locations of haplogroup H1 before the widespread migrations of the past few hundred years.



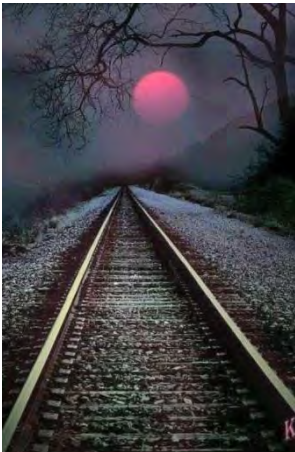
Haplogroup H1 is widespread in Europe, especially the western part of the continent. It originated about 13,000 years ago, not long after the Ice Age ended.

Well, it is an entertaining outcome!

*Elizabeth Briggs*

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### **The Train**



At birth we boarded the train and met our parents, and we believe they will always travel by our side. As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of your life. However, at some station our parents will step down from the train, leaving us on this journey alone. Others will step down over time and leave a permanent vacuum. Some, however, will go so unnoticed that we don't realize they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because, when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel on the train of life.

Have a joyful journey.

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### **How Amazing Life Can Be**

You have no idea how amazing life can be.  
You never know how blind you have been until you see the alternative.  
People in our world have such flawed perceptions of happiness.  
We search for happiness in escapes from our world, instead of truly embracing the things within it that really matter.  
There is nothing like waking up every day just to hear the sounds of the morning,  
like they should be;  
so much louder than the city,  
but a loud that you cannot complain about;  
birds singing so joyfully  
with a freedom that can only be found in the wild,  
singing praises to God on behalf of all of creation,

insects buzzing with the excitement of a new day,  
the sound of the wind rippling through the leaves and making the trees dance.  
There is nothing in comparison to being able to watch the sun wake up with you and bless the world with as many colours as it can muster, poking its head out from behind rolling mountains that fade off into the distance.  
There is nothing better than being able to wake up before the sun and walk down to a glassy River that never sleeps,  
trickling and pushing its way through stones, stones that have been shaped and rounded by the same flowing waters over time.  
Where one huge rock has stood its ground, allowing the small humans to climb on its back with their small limbs, and sit and watch the sun wake up,  
and watch the constant river flow through the rocks towards the only place it has ever desired to go.  
Facing the waters in the middle of the river that try to move it, but cannot prevail,  
this huge rock is content where it is.  
Standing tall, its head is in line with that of the cliff on the opposite shore,  
a shore filled with countless paths, adventures waiting to be had, and memories waiting to be made  
This shore is home to so much unknown,  
a place where wild cattle wander free,  
roaming with such liberty,  
where survival is the only goal.  
This makes life so much simpler.  
One goal, one destination to reach.  
The vegetation here shares the same goal, interacting with one another to create one united forest,  
winding around each other,  
grasping on to anything it can reach,  
with roots traveling deeper into the surface than many of us are brave enough to venture,  
roots forming connections that sadly are stronger than anything beneath the surface that you can find in our world.  
In our world, so much is only skin deep.  
This is a place of utmost beauty and majestic awe,  
a rare quality only found in the most raw places, unchanged over time by the hands of humans, just appreciated.  
Appreciated so much, especially by us, travellers that came for a purpose,  
but take advantage of every free second we have to take in every sight that we can see, every new sound or smell that takes over our senses.  
Every second is important.  
Over twelve days, every second must be lived up to its fullest potential,  
filled with happiness and new experiences. There is no time to dwell on the negative,  
The things and feelings that will pass within a day,  
the time runs away from us too quickly.  
So we must catch it.  
Catch it, and hold on as tightly as we can  
Hold on to the people we love,  
the ones we meet and never want to let go of, the people who make our days so much better, who understand and appreciate the same things.  
The people who inspire us to keep going,  
to keep working and mixing the cement and prevent it from hardening no matter how it persists,  
to keep digging and picking away at the earth,  
because we know we only have five days.  
Five days to make these people's lives a little bit better,  
A little bit easier.  
Five days to push ourselves to work harder, because we know it is for a better cause,  
for the people who need and deserve it.

*Gabriella Lampman*

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### **When is Easter?**

The date of Easter is the first Sunday after the first or Paschal full moon occurring on or after the March equinox, which for these purposes is set as March 21. Now you know.

Easter could occur as early as March 22, or as late as April 25. In 1943 Easter fell on Sunday, April 25. There was a full moon on Saturday, March 21. The first full moon *after* the vernal equinox, the paschal full moon, didn't happen until Sunday, April 18. Consequently, Easter was the following Sunday, April 25.

Western Christians follow the Gregorian calendar, while Eastern Christians still follow the older and less accurate Julian calendar, which is now thirteen days behind the Gregorian one. Most years, being based on the calendar date of March 21, the occurrence of Easter calculated from the Julian calendar is different from Easter calculated from the Gregorian one, as March 21 – the base mark for calculating – in real time occurs thirteen days later than with the Gregorian. This may well place it *after* the full moon used for the Gregorian calculation, rather than before it, and the date is calculated from the *next* full moon, resulting in a later occurrence of Easter. This year, both the Julian and Gregorian Easters occur at the same time. This will not happen again until 2025.

## Easter Eggs



*A display of Ukrainian Easter egg decorating*

The Christian custom of Easter eggs, specifically, started among the early Christians of Mesopotamia, who stained eggs with red colouring "in memory of the blood of Christ, shed at His crucifixion". The western Christian Church officially adopted the custom, regarding the eggs as a symbol of the resurrection of Jesus, with the Roman Ritual, the first edition of which was published in 1610, but which has texts of much older date, containing among the Easter Blessings of Food, one for eggs, along with those for lamb, bread, and new produce. The blessing is for consumption as a food, rather than decorated.

Painting Easter eggs is an especially beloved tradition in the Orthodox and Eastern Catholic churches where the eggs are still dyed red to represent the blood of Jesus Christ.

Easter eggs are blessed by the priest at the end of the Paschal vigil and distributed to the congregants. The hard shell of the egg represents the sealed Tomb of Christ, and cracking the shell represents Jesus' resurrection from the dead. Moreover, historically Christians would abstain from eating eggs and meat during Lent, and Easter was the first chance to eat eggs after a long period of abstinence. (Orthodox Christians continue to abstain from eggs during Lent.) Slavic peoples, notably Ukrainians, have become famous for their highly decorated Easter eggs, examples of which may be seen above.

Easter egg hunts and egg rolling are two popular egg-related traditions. An egg hunt involves hiding eggs outside for children to run around and find on Easter morning. Eggs are rolled as a symbolic re-enactment of the rolling away of the stone from Christ's tomb. In the United States, the Easter Egg Roll is an annual event that is held on the White House lawn each Monday after Easter.



On Saturday April 1, Gabriella Lampman (4<sup>th</sup> from left), with Julie and Libby Kautz (to Gabriella's left), gave a gift of The Good Shepherd materials to the Sisters of the Assumption, while in San Jose las Flores, El Salvador. The good shepherd, the wooden sheep, and the sheep fold are used to teach the children how much Jesus loves them.

<https://vimeo.com/212394783>

Gabriella would like to thank everyone who prayed for her and the students and teachers who went to El Salvador on the mission trip, and she would also like to thank everyone who contributed financially and in other ways to help make the trip possible.



### **John Wesley's Directions for Singing**

- 1 Learn these tunes before you learn any others; afterwards learn as many as you please.
- 2 Sing them exactly as they are printed here, without altering or mending them at all; and if you have learned to sing them otherwise, unlearn it as soon as you can.
- 3 Sing all. See that you join with the congregation as frequently as you can. Let not a slight degree of weakness or weariness hinder you. If it is a cross to you, take it up, and you will find it a blessing.
- 4 Sing lustily and with a good courage. Beware of singing as if you were half dead, or half asleep, but lift up your voice with strength. Be no more afraid of your voice now, no more ashamed of its being heard, than when you sing the songs of Satan.
- 5 Sing modestly. Do not bawl, so as to be heard above or distinct from the rest of the congregation, that you may not destroy the harmony; but strive to unite your voices together, so as to make one clear melodious sound.
- 6 Sing in time. Whatever time is sung, be sure to keep with it. Do not run before nor stay behind it; but attend close to the leading voices, and move therewith as exactly as you can, and take care not to sing too slow. This drawling way naturally steals on all who are lazy, and it is high time to drive it out from us, and sing all our tunes just as quick as we did at first.
- 7 Above all sing spiritually. Have an eye to God in every word you sing. Aim at pleasing him more than yourself, or any other creature. In order to do this, attend strictly to the sense of what you sing, and see that your heart is not carried away with the sound, but offered to God continually; so shall your singing be such as the Lord will approve here, and reward you when he cometh in the clouds of heaven.

*reprinted from the Winged Ox, Lent 1999.*

*Submitted by Sheila Welbergen*

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### **If My Knees Begin to Buckle**

If my knees begin to buckle, may I take them out for a walk or a dance.

If I feel nauseated, may I brew some ginger tea.

If I feel overwhelmed, may I reach out to a supportive loved one.

If my mind won't stop racing, may I find a big enough stop sign to allow me some moments of stillness.

If my heart feels like it's breaking, may I open it up to giving and receiving more kindness and Love.

If there are butterflies (or bats) in my stomach, may I go outside and soar with the winged ones.

If I feel like I'm falling to pieces, may I find a puzzle to put together, a hole to patch up, a ripped seam to mend, or a broken appliance to fix.

If I'm holding my breath waiting for the other shoe to drop, may I take off my shoes, put my feet on the ground and draw the energy of Mother Earth up through me by taking many deep breaths.

If those who believe they hate me are already defeating me in my heart, may I take back my power. May I find a balance between remaining present while preparing for the future by working for peace and social justice, between protecting my safety and my sanity, between caring for others and caring for myself.

If I wonder if I'm strong enough, may I remember that I carry within me the courage of the suffragettes, trade unionists, civil rights demonstrators, Stonewall rioters, Wall Street occupiers, those standing next to the water protectors, and other activists at the forefront of every movement for freedom and equality in this country, and that, in the end, Love always wins.

*by Kohenet Ahava Lilith evershYne*

*(And yes, her name is correct.)*

*submitted by Sheila Welbergen*

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### **Can you hear the swan singing?**

This is my last issue as editor of the Winged Ox. When I started as editor, Barb Taylor and Monica Smith Harder, co-editors of the day, had talked me into taking over "just for a couple of years". That was *fifteen* years ago. During that time, the 'Ox' has moved from a one-sided Gestetner printing to the computer-generated two-sided hardcopy and the email PDF editions with photographs which we have today. I have enjoyed my years as editor, but I feel it is time to step back and let someone else take on the task. I leave you in the capable hands of Sheila Welbergen, who has graciously agreed to take over, commencing in the fall.

Don Seaton  
Editor

## **Book Reviews**

### **Tokens of Trust**

An introduction to Christian Belief.

by Rowan Williams

Canterbury Press.

Catalogue record for this book is available from the British Library.

ISBN 978 1 85311 803 6

ISBN13: 978 0 66423 213 9

This short book, only 158 pages, lists the following chapters: Who can we trust?; The Risk of Love; A Man for all Seasons; The Peace Dividend; God in Company; Love, actually.

I listed the titles of the chapters, because you might conclude from the sub-title and the name of the author, a former Archbishop of Canterbury, that this book is not 'Theology, Light'. Yet It is 'light' to read, no need to re-read a sentence, but it will stir questions, give some answers and rattle some assumptions.

Basically it looks at statements we make at every Anglican service in the Apostles' or the Nicene Creed. There is another Creed, the Athanasian, but it is so seldom used that it was left out of the BAS after having been relegated to the back of the Book of Common Prayer.

Some Creeds start with 'I believe' others with 'We believe'. The version we use at Baptisms is in question form: 'Do you believe..?', but each lists the fundamentals of what we believe about God, Jesus Christ, the Holy Spirit, our Christian life here and life after death. Those are the tokens of trust of which Williams speaks, not as 'some small token, a trifle', but 'as a solid expression of....'

'Love, Actually' provides one of the best explanations I have read of what to expect, "when my eyelids close in death".\* Maybe it is more correct to say when we open our eyes in our new life.

\*Hymn 51 in the Red Hymn Book.

Sheila Welbergen.

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## **Dates to Remember**

Spring Rummage Sale  
Choral Evensong

April 22, 9:00 a.m. to 1:00 p.m.  
May 28, 4:00 p.m.

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## **THE WINGED OX**

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The Winged Ox is published four times a year by The Parish Church of St Luke, Anglican Church of Canada,  
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*The opinions expressed in the articles published herein are those of their authors and do not necessarily reflect the views of either the editor or the Parish of St. Luke.*

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The next edition of the Winged Ox will be the Patronal Festival edition, available that Sunday.  
The deadline for submissions of text and/or photos is one week prior.