



HeartBeat

Church of The Holy Family
Heart Lake, Brampton
Sunday, December 7, 2014

Advent Reflections

It is Advent, and this may bring mixed feelings to some of us. We may be looking forward to the beautiful music and stirring readings of the liturgy, and the sense of joy and expectation this time of preparation before Christmas brings. We may look forward to getting together with family, the excitement of children, the outpouring of generosity in church and community to those less fortunate.

We may also be feeling a general sense of dread – that in these four short weeks, (now 3!) as the days get shorter and colder, meals, travel arrangements, shopping, wrapping, office parties, Christmas cards or emails, trees, decorations, family visits, and so on need to be attended to.

On top of all these expectations, we may be experiencing our own darkness – loneliness, illness, loss, grief.

We may also lament the loss of the religious sense of Christmas in the culture – no more Nativity plays in schools, no “real” Christmas music in malls, everybody saying “Happy Holidays” instead of

“Merry Christmas”. We may sigh about the commercialism of the season. While one cannot blame businesses for taking advantage of the season, nor expect an increasingly secular, multi-faith society to affirm Christianity, at the same time there is a dissatisfaction we feel about getting swept up in it all ... a feeling that there is more. We don't want yet another Christmas, when we feel emotionally and physically exhausted and somehow spiritually empty.

But what is the good news? The season of Advent is distinctly counter-cultural. It teaches us to slow down, to be silent, and to be awake and aware of what the coming of Christ means. Advent calls us to prepare inwardly for the coming of the light, to move from surface to depth, from what is passing to what endures.

Advent is very counter-cultural because it is about waiting. We know about waiting – in line-ups in stores, in traffic, on the phone, and this waiting is usually a source of frustration and impatience. Often while

continued on page 2

Advent and Christmas Dates

There are lots of things going on this season.

For details see the coloured flyer at the back of the church. Here are a few of them

Advent Carol Service - **TONIGHT** - Sunday December 7 at 7:00

Advent Meditation - 4 Saturdays in Advent: Coffee at 9:30; Session at 10:00

A Christmas Carol - A Dramatic Reading- Saturday December 13 at 7:30

Saviours and Spaceships (Youth Group Play)- Saturday December 20 at 7:00

continued from page 1

doing one thing we are thinking ahead to the next thing on the list. Life passes us by because we are not attentive to the present moment. But Advent is a kind of holy waiting and a holy longing for that which is lasting, satisfying, and meaningful. As Christians we know this meaning is to be found when we place our hope in Christ – God with us.

Advent is a time that acknowledges the darkness but waits in expectant hope for God to bring about a new thing. Sometimes we ache for something new to happen in our lives....for some part of our lives to be transformed and move beyond the boundaries of what we've experienced. We get in touch with our longing, aching, not only for ourselves but for the world.

No doubt this season of preparation will be busy on one level. But, on a deeper level, ask yourself, how can I build in quiet spaces in the day – 5, 10 minutes even, to reflect on the ways God has been present to me this day? How can I prepare my heart to be more receptive to the meaning of the coming of Christ? Having an advent wreath at home and lighting each candle and saying a prayer is a way to ground ourselves and take in the deeper meaning of this time.

As we light the candles over the four weeks the light gradually takes over the darkness...something is happening and more is yet to come. On Christmas we light the Christ candle, signifying the light that has come into the world, "full of grace and truth." (John 1.14)

I leave you with this Advent prayer by Henri Nouwen, and wish you a Holy and Blessed Advent and Christmas.

Lord Jesus,
Master of both the Light and the darkness,
Send your Holy Spirit upon our preparations for Christmas.
We who have so much to do seek quiet spaces
to hear your voice each day.
We who are anxious over many things
look forward to your coming among us.
We who are blessed in so many ways long for the complete joy of your kingdom.
We whose hearts are heavy seek the joy of your presence.
We are your people, walking in darkness, yet seeking the light.
To you we say, "Come, Lord Jesus!"

Rev. Julie +

A Note about *HeartBeat*

In 2015, *HeartBeat* will appear every other month — in February, April, June, August, October and December — usually on the first Sunday. The deadlines will appear in *Happening*.

A Note about *Happening*

In 2015, *Happening* will appear every Sunday, prepared and printed in the office. Deadline for material is first thing Wednesday. It is normally printed on Thursday.

All Saints/All Souls Quilt

by Pat Fisher

This quilt has several sources of inspiration.

Last Fall, a quilt shop in Brantford sent out a challenge to quilters to “put away the ghosts and goblins, what about All Saints/All Souls?” I was intrigued by a quilt shop owner looking for quilts with this theme. For \$5 I was sent an 18”x22” piece of fabric, 50% of which had to be visible on the front of my quilt. I was sent a very thought-provoking piece of fabric by designer Terrie Mangat of New Mexico. This fabric gave the images of the saints and some of the angels which I used.

I thought a quilt on this theme could be used for a lesson for the Dorcas Youth Sewing Group. This group of young quilters, together with the enthusiastic helpers in this ministry, continues to inspire me to learn more and share more.

I am always amazed that God speaks to me through his Word and is interested in my sewing. I think He is stitching lives together. A further source of inspiration was a hymn from my childhood called, “When He Cometh, When He Cometh, To Make Up His Jewels” by W.O. Cushing. My prayer was/is that God would be glorified through this project.

My quilt is like a family picture taken – the family of God. The Trinity symbol at the centre represents the presence of God (enhanced with sparkly Swarovski crystals). He is in relationship with and surrounded by his people, the saints of the church. Some of the saints are well known, others less known and, perhaps, known only to God. The saints’ lives and witness are an encouragement to us on our spiritual journey. On All Saints’ Day we witnessed the baptism of the newest saints – Arya, Kalianne and Nehe-miah. In my

quilt, the saints are often represented only by beads as precious jewels, or coloured blocks of beads set in a golden crown. A crown of thorns has been glorified and superimposed on the gold crown reminding us of the cost of our redemption. The glorified crown will show up better when

more beads are added on either side of the crown of thorns to give more contrast. Of course, this quilt will never be completely finished because the Kingdom is still open to all who believe.

This was a very fulfilling project to do.



Food Bank



The next food bank will be Saturday, January 10. We do not have one in December due to the Caring and Sharing program. The cupboard is in need of Peanut Butter, Baked Beans, Juice, Cereal, Toiletries and Cleaning Products. Please keep a lookout for great deals on these products when you are doing your shopping. Thanks for all the donations at Thanksgiving and your continued support. June Cannavici, cannavici@rogers.com



On November 4, several members of the parish attended The Bishop's Company Dinner. The Bishop's Company raises funds to permit the bishops to assist clergy and their families in emergencies, and, from time to time, to provide funds for programs that strengthen the life of the Diocese. Enjoying the occasion were (l to r) Susan Winfrow, Paddy Ann McHaffie, Deacon Judy Allen, Earl Forcey, Rev. Julie Meakin, and Dave Winfrow. Also there were Tony and Ian.



The Food Bank did very well at Harvest Festival time — thanks to many volunteers.



The Bazaar was a great success, due especially to the energy of Sherril Freund and the many volunteers.

Charles Dickens'

A Christmas Carol

A Dramatic Reading

Come and hear some of our best readers reading this timeless Christmas favourite.

Saturday, December 13 at 7:30 PM.

Carols for all and refreshments. Come and get into a holiday spirit!

News in Brief

Linden Kirkland Scholarship

We are happy to announce that a parishioner at Holy Family has given a generous donation to establish a Linden Kirkland Scholarship for young people entering post-secondary education. Details on the scholarship will be forthcoming in the new year. This a wonderful way to connect the life of the church with our young people as they enter a new phase in their lives. Thanks be to God.

Rev. Julie

Fr. Greg in Rome

In case you didn't notice it, the Rt. Rev. Gregory Kerr-Wilson, Bishop of Edmonton and our former Incumbent was in Rome recently and met The Pope. The article and photo are posted in The Narthex.

Advent and Christmas Dates

There's a lot going on this season. If you haven't picked up the schedule of events

and services from the back of the church, please do so — or consult the church website (www.holyfamilybrampton.ca). There's a link on the opening page.

Caring and Sharing

This is an opportunity to show we care by providing help to disadvantaged families with gifts or other cash donations at Christmas. There are sign-up sheets at the back of the church. Please choose to bring a gift for one or more members of a family or you may even want to buy for the whole family!

The final sign-up opportunity is next Sunday, December 14th. The following Saturday, December 20th, please bring your gifts the church between 9 AM and 11 AM to be sorted and delivered to recipients.

Volunteers for sorting and driving on the day are still needed. Please see me.

Peter Fisher



An unusual view of our font. We recently admitted 3 babies to our congregation. Can you spot them?

Moving Forward

On Sunday November 9th after the service a meeting was held with regard to the stained glass windows which have been in storage for the past few years. The purpose of the meeting was to bring everyone “up to speed” with regard to the history and current status of the windows.

Please see the yellow sheet outlining the history as well as a poster display of potential sites for windows available in the Narthex for this background.

Also, please see below the updated approximate costs of each set of windows.

At the meeting on November 9th it was agreed that any consideration of the “stained glass windows” should take place in the context of discussions of other major projects that will further the life of the parish.

We invite you to consider the following:

- What is our vision at Holy Family?
- What should our priorities be?
- How do we want to spend our time? our energy? our money?

- What initiatives will further the mission and ministry of Holy Family?
- How will we respond to the growing population and demographics surrounding us?

This is a broad discussion, and the stained glass windows are a part of this.

With regard to capital projects, improving the accessibility of the church has also been brought up as an important item. The cost of a lift and construction would be a minimum of \$50 000.

On Sunday, January 18th we will have another meeting after the service to discuss some of these broader issues. However, a decision needs to be made with regard to the windows, and this will be done at our annual Vestry meeting on February 22nd.

Please let the wardens know your views and ideas concerning the above, and plan to attend the meeting on January 18th.

Rev. Julie +

Note on Costs

The last cost estimate was made in early 2011. In June 2014, we received a cost estimate to install the rose window. The increase in cost is approximately 25%, and that percentage was applied to the remaining windows. These costs do not include HST, and are working costs, which means there may be additional costs dependent on such things as electrical, scaffolding requirements, unforeseen costs, etc.

The posters in the narthex suggest the location of these windows.

Rose window: \$27 000 plus the cost of opening the wall

A1 – A2 Landscape windows (wing walls at front): \$32 000

A3-A4 Landscape windows (back wall): \$27 000 plus electrical for back lighting

Interior windows (4): \$25 500

Stairwell window: \$7500 plus scaffolding if necessary

Making the House Ready for the Lord

By Mary Oliver

Found by Rev Julie

Dear Lord, I have swept and I have washed but
still nothing is as shining as it should be
for you. Under the sink, for example, is an
uproar of mice –it is the season of their
many children. What shall I do? And under the eaves
and through the walls the squirrels
have gnawed their ragged entrances –but it is the season
when they need shelter, so what shall I do? And
the raccoon limps into the kitchen and opens the cupboard
while the dog snores, the cat hugs the pillow;
what shall I do? Beautiful is the new snow falling
in the yard and the fox who is staring boldly
up the path, to the door. And I still believe you will
come, Lord: you will, when I speak to the fox,
the sparrow, the lost dog, the shivering sea-goose, know
that really I am speaking to you whenever I say,
as I do all morning and afternoon: Come in, Come in.

Source: Thirst, by Mary Oliver. Boston: Beacon Press, 2006. p. 13

Family Advent Prayer

O God,
as light comes from this candle,
may the blessing of Jesus Christ come to us,
warming our hearts and
brightening our way.
May Christ our Saviour bring life
into the darkness of this world,
and to us, as we wait for his coming. Amen.

Pray for hope, peace, joy and love for the four weeks of Advent.

- How did I bring light into someone's life today?
- What person or people do I think needs a special light in their lives? How could I bring that to them?
- Name a light someone brought into my life today

A letter to the Editor - *when you read it you will know why the author wanted to remain anonymous*

In church recently (Nov. 30), during the Prayers of the People we prayed for “baby Sam and the medical Staff that saved his life”. Sam is now 8 weeks old. He does not live in this community. You have never met him and I have never met him. He is the son of a friend of my son.

Sam was born healthy but had a catastrophic incident when he was 5 weeks old. He required extensive neurological surgery and was in the Children’s Hospital of Eastern Ontario for 2 weeks. My son hadn’t heard from his friend since his birth and phoned one day to see how she was doing. When she told him to meet him at CHEO (the hospital) he knew that something was wrong. Sam had been mauled by the family pet. The pet thought it was helping Sam.

To say my son was devastated would be an understatement. One of the first things he did was seek out a church (it happened to be a Roman Catholic Church) and pray for him. He next phoned his mom

and asked that Sam be mentioned in our weekly *Prayers of the People*.

The point of this message is two-fold.

The first, we might not recognize the name of those we pray for but they are important to someone in the parish.

The second is my son. He started attending this church when he was 2 years old. Many of you know him, many don’t. When he went away to University, like many young people, his church attendance declined rapidly. He probably hasn’t been in a church for 6 months, and then only because it was a family wedding.

But think of it, he had a foundation set for him. In a time of need he turned to two of the most important things he knew, his family and his church.

Sam’s prognosis is good. The doctors believe he will make a full recovery. My son still believes in the church.

Glory to God, Whose power working in us

Browsing

If you have time, here are some online Advent Resources

For those with an artistic bent:

<http://adventdoor.com/>

Social Justice Resources for Advent

<http://www.kairoscanada.org/order/kairos-advent-resource-2014-building-reconciled-relationships-download/>

And don’t forget our own website and that of the diocese:

<http://www.holyfamilybrampton.ca>

<http://toronto.anglican.ca>