



# HeartBeat



December 6, 2015

*The Second Sunday in Advent*

*HeartBeat* is the Quarterly Newsletter of  
The (Anglican) Church of the Holy Family,  
Heart Lake, Brampton, Ontario, Canada

## Dear Friends,

We are beginning the second week of Advent already, and it seems before we can blink Christmas will be here. Around us there is much hustle and bustle, lots of noise and excitement, and planning and decorating and baking and shopping and sharing and buying and giving and receiving and much good will happening, too...

These few weeks before December 25th need not create a whirlwind of busyness in our spirits. We can be intentional about spending a few minutes a day with God – in prayer, in Scripture reading, by lighting the advent wreath with our family. This will give us a calm centre amidst the busyness and also open our eyes to see God in all the activity and people and events the season brings.

The Church in her wisdom has given us four weeks to prepare for the birth of Jesus, and then 12 days to celebrate this wonderful gift. When the gift of Emmanuel, God with us, finally arrives, it is “more than we could ever ask or imagine.”

You will note how the readings in Advent do not mince the reality of life – they name our brokenness, our sinfulness, how we live with anxiety and fearfulness, how we long for security. They ask us to get in touch with our deepest longings, both for ourselves and for the world.

But they also present the reality of God – that God comes to redeem, to save, to bring new life. “The days are surely coming...” the prophet Jeremiah proclaims. Our readings declare that God’s power is greater than any other and that God’s word, God’s promise will not pass away.

Advent asks us to watch, to wait, to expect God to come into our lives, indeed, to see where God is already breaking in.

As we light the candles of the Advent wreath over four weeks, the light gradually takes over the darkness – something is happening and we trust that more is yet to come. We light the candles of hope, peace, joy, and love, and on Christmas Eve the Christ Candle, signifying the light that has come into the world, “full of grace and truth.” (John 1:14)

We have found the one in whom we place our hope, and He has found us. In this we rejoice and give thanks.

Wishing you all a Happy and Blessed Advent and Christmas,

*Reverend Julie +*

## Dates for the calendar

*Please note the times*

Lessons and Carols	December 6	@ 7:00	Christmas Eve Services	Family Service	@ 7:30
Comfort & Strength Service	December 13	@ 7:00	December 24	Carol Singing	@ 9:30
A Christmas Carol	December 19	@ 7:30		Candlelight Service	@ 10:00
Youth Play	December 22	@ 7:00	Christmas Day	December 25	@ 10:00
Title: <i>This is NOT How It Happened</i>			Meditation on the Nativity and Patronal Festival	December 27	@ 10:00
			(followed by a Potluck Lunch – details in Happening)		

## Contact points

The Church of the Holy Family is located on the west side of Kennedy Road in Brampton, just south of Sandalwood Parkway. The phone number is 905-846-2347. The website is [www.holyfamilybrampton.ca](http://www.holyfamilybrampton.ca). Email to: [info@holyfamilybrampton.ca](mailto:info@holyfamilybrampton.ca). The Incumbent is Rev. Julie Meakin. The Editor of *HeartBeat* is Ian McHaffie who may be reached at [mchaffieian@mac.com](mailto:mchaffieian@mac.com) or 905-846-0567. The Assistant Editor is Faith Henry-Mayers who may be reached at [faith5684@hotmail.com](mailto:faith5684@hotmail.com) or 905-495-8031.

## A New Look!

Holy Family has a new website! You can access it at

[www.holyfamilybrampton.ca](http://www.holyfamilybrampton.ca)

Many thanks to the Diocese of Toronto (Our-Faith Our-Hope) for its funding and also to Anders Carlen who did such a beautiful job designing it. You can find Anders at [www.carlencommunications.com](http://www.carlencommunications.com)

.....and Facebook too! Please give us a "like" at Holy Family Heart Lake Brampton on Facebook.

## Year End Message from the Treasurer, June Cannavicci

In order to close the books for 2015 all monies and expenses must be finalized by January 10, 2016. The 2016 budget will be presented at the January Advisory Board (January 19, 2016).

If you would like to be involved in the financial planning for 2016, please attend this meeting or email me at [junecanna@rogers.com](mailto:junecanna@rogers.com).

## Young at Heart

The Holy Family group for those past the first flush of youth

*by Joan Jackson, Y. A. H. Coordinator.*



### Summary of Recent YAH Activities:

During the month of September, we were very busy with various activities. Members were engaged in a special craft. Using shoe boxes, along with other craft supplies, "harvest baskets" were created for presentation at the Thanksgiving Sunday Service.

The shoe-box craft represented the four seasons of the year, spring, summer, autumn and winter. This special activity was done to remind us of the importance of giving God thanks for all he has provided for us during the year.

Members gathered non-perishable food items and filled the baskets which were subsequently donated to Holy Family food bank.

Young @ Heart continues to meet biweekly, with a very diverse group.

Membership continues to grow; age ranges from sixty five to ninety plus.

### Future Events

On December 12 at 4:00 pm: Christmas pot-luck dinner at Joan's place. To include a Kris Kringle gift exchange and entertainment.

In January: Educational night with the City of Brampton Fire department.

In February: Devotions with Rev. Julie.

In April/May: Crime Prevention with Peel Region Police.

All 2016 dates will be confirmed later.

On behalf of the Young @ Heart we wish you all a very Merry Christmas & a Healthy 2016.



Fitness is not forgotten and we keep moving, to the extent that we can!

## Foodbank

by June Cannavici

The Thanksgiving Food drive was a huge success. Thanks to the Young and Heart and all the individuals that contributed to the event.

As you can see (right) the cupboard was overflowing. There was not an inch of space left.

For the month of December we do not hold a food bank as we support the families through Caring and Sharing.

If everyone in the parish selected one item on the wish list (published in *Happening*) we would have no problem supporting all the families in need.



## Childrens' Ministry

by Olwen Needham-Brooks

On November 7, 2015, I attended the Children's Ministry Leadership Conference at St. John's York Mills. It was a day filled with interesting presentations and an opportunity to network and share what different persons were doing in their churches.

The biggest takeaway from the conference was that parents should be included in children's ministry. The key note speaker gave a very intriguing presentation entitled "Why Your Ministry to Children & Families Matter."

The main message in this presentation was based on four key things that help to nurture faith in children. These are:

1. Loving exemplars: Parents and caregivers whose lives are shaped by spiritual discipleship and whose behaviour is consistent with what they profess to believe.
2. A Master story: A Bible story that will capture the children's imagination.
3. Meaningful Practices: Christian practices in the home tie the family to the practising Christian community.
4. A Language of Faith: Telling family faith stories will help faith formation in children.

I pray that we as parents, caregivers and leaders at Holy Family will continue to nurture our children into Christians with the knowledge and love of God.

## Welcome!

We welcome Margaret Lonergan as our new Parish Administrative Assistant. She will normally be in the office from 9:30 AM to 1:30 PM, Tuesday through Thursday. She looks forward to knowing everyone in the parish, so please say hello!



## Baptisms!

On the Feast of All Saints, November 1, Holy Family welcomed three new little Christians into our midst: Athena Maria Davis, Kianna Venessa Peredi, and William Douglas Fry.

As many of you as were baptized into Christ have clothed yourselves with Christ.

*Galatians 3:27*

## A 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.



# Caring and Sharing at Christmas 2015

**From November 22nd through to December 13th**

Here is our opportunity to help provide a real Christmas to financially disadvantaged families by presenting gifts, stuffed stockings and food items that will go towards a complete traditional Christmas dinner for the family. Cash donations are also welcome and if you provide an envelope number or your name and address, a receipt can be issued. Sign up sheets will be found at the back of the Church every Sunday following the service. Gift and food suggestions will be listed beside the sign up sheets along with forms to record your commitment to serve as a reminder.

**On the evening of Friday December 18th after 3 PM**

Please bring the items that you have signed up for to the Church hall to be gathered and prepared for distribution the next day. Please bring only those items that are on the list and which you have committed to. Please remember to wrap all gifts in seasonal paper and to label each gift with the name of the recipient and the family number.

**Caring and Sharing Day: Saturday December 19th, 2015 between 9 AM and 11 AM.**

Items will be distributed and placed in boxes which will be delivered to the families. Please come out and help!

Thank you again for your generosity, Holy Family!

In the love of Christ Jesus,

Peter Fisher



Peter, complete with Santa hat, helps people sign up. Thanks for your work, Peter.

## An Advent Prayer

*by Henri Nouwen*

Lord Jesus,  
Master of both the Light and 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!"

## The Bright Field

*by R. S. Thomas 1913-2000*

I have seen the sun break through  
to illuminate a small field  
for a while, and gone my way  
and forgotten it. But that was the pearl  
of great price, the one field that had  
treasure in it. I realize now  
that I must give all that I have  
to possess it. Life is not hurrying  
on to a receding future, nor hankering after  
an imagined past. It is the turning  
aside like Moses to the miracle  
of the lit bush, to a brightness  
that seemed as transitory as your youth  
once, but is the eternity that awaits you.

## The Bazaar

by Sherril Freund, Bazaar Co-ordinator



Our Annual bazaar was held on Saturday November 14. Setting up on Friday night was very easy — thanks in most part to Debra and the Craft Group. — The tables were all set up when I arrived at 5 p.m.

Saturday started with a prayer circle led by Suzanne Mader and we were all good to go.

The weather was pleasant and according to our “candy cane greeter”, Carolyn, we enticed over 150 people to come and check things out!

Several people kept trying to win at the Candy Cane Draw - vowing to try “one more time” especially for the Chef’s knife, Kitchen Shears, Luggage Set and Blender.



Many thanks to all of you who contributed time, energy, baking, crafts, jewellery, books, stuffed animals, prizes, treasures, international foods and cafe supplies. (If I’ve forgotten anything—apologies) The photos give some idea of the variety!

All much appreciated.

**See you next year!**



## In the beginning was the Word

He who is without flesh becomes incarnate; the Word puts on a body; the Invisible is seen; by whom no hand can touch is handled; the Timeless has a beginning; the Son of God becomes Son of Man - Jesus Christ, the same yesterday today and for ever. ... O strange conjunction! The Self-existent comes into being; the Uncreated is created. He shares in the poverty of my flesh, that I may share in the riches of his Godhead.

*Gregory of Nazianzus c.320–c.390  
Oration 38, quoted from  
Readings for the Daily Office from the Early Church,  
J. Robert Wright, ed.*

## Two Special Visitors in recent weeks



Ian McBride is the Executive Director of AURA, the Anglican United Refugee Alliance. AURA represents the Anglican Diocese of Toronto and the Toronto Conference of the United Church of Canada as a Sponsorship Agreement Holder with Citizenship and Immigration Canada. Parishes sponsoring refugees work through AURA. Although the current refugee crisis given AURA's work more prominence, it has been around for about 30 years.

More information at: <http://www.auraforrefugees.org>



Susan McCulloch is the Campaign Manager for FaithWorks, the main outreach fundraising arm of the Diocese. In the nearly 20 years since its establishment in 1996, FaithWorks has raised more than \$24 million. This money goes to support 17 Anglican affiliated ministries in such fields as support for at-risk women and children, the homeless and recently released prisoners. Assistance is also provided to AURA and PWRDF. Holy Family has recently conducted a campaign to continue and expand our FaithWorks contributions:

More information at: <http://faithworks.ca>



### Archbishop's Levee

As announced in the December edition of *The Anglican*, the Archbishop and the College of Bishops invites parishioners to join them at the Cathedral on

January 1, 2016

Timing:

Holy Eucharist at 12:30 PM

Receiving Line and Reception with ringing of the Bells of Old York 1:30 to 2:45 PM

Choral Evensong with presentations of The Order of the Diocese of Toronto 3:30 PM.



### Theology of the Candy Cane!



"J" is for Jesus

The shape is a shepherd's staff: Jesus is the Good Shepherd.

Hard candy: Jesus is our rock - dependable and strong.

Red stripes: representing the blood Jesus shed on the cross for us

White: representing the holiness and purity of Jesus

Sweet: How sweet the name of Jesus sounds to a believer's ear!

Gift: The candy cane was made to be given as a gift, as Jesus is God's gift of love to us.



## Synod 2015

The 156th Regular Session of Synod was held November 13 and 14 in Richmond Hill, Ontario. Holy Family was represented by Rev. Julie, Deacon Judy, Norma Deacon, and Susan Winfrow.

The theme for Synod was *Treasures Old and New*, encouraging the best of traditional expressions of the church and of Fresh Expressions.

Following Eucharist and lunch, the business of Synod began with the Archbishop's charge. "We are called to be in uncomfortable places at the edge of chaos," he explained. The full charge of the archbishop can be viewed at: <http://www.toronto.anglican.ca/about-the-diocese/corporate-information/synod/2015-regular-synod/>

The first of two major Constitution and Canons changes were discussed. This motion would change the makeup of Regular Synod, by reducing the number of both Lay members and clergy who would be members of Synod. The motion included the following changes:

Lay membership to be determined by average Sunday attendance:

1-249	1 lay member
250-499	2 lay members
> 499	3 lay members

This motion was defeated.

The second motion removed all reference to mandatory retirement age (70 years) for all office holders, including clergy. This would align with the policy in Ontario. The motion was approved. (88%)

There was networking and socializing at the sponsors table outside the main hall. There were Bibles and books on sale, and pamphlets were distributed. We greeted priests who served at Holy Family in the past, and greeted former parishioners who are now priests. We made new friends.



We accomplished a lot. The missional moments highlighted our church in action reaching out to others who are outside the box: community breakfasts; a thrift shop; a youth drop in; Mandarin ministry; to name a few.

The convening circular which has all of the details discussed at Synod can be viewed at:

<http://www.toronto.anglican.ca/about-the-diocese/corporate-information/synod/2015-regular-synod/>

## Liturgical Assistants



Jodi Price-Baker and Homer Batchelor were commissioned as liturgical assistants on November 22 at the Feast of Christ the King. We thank them for offering themselves to this important ministry in our Sunday worship. Congratulations!

## In Memoriam

Marcus Cloete, a dear member of Holy Family, passed away on Monday November 9th at the age of 96. Marcus will be missed by Sylvia, his wife of 67 years, his daughter Louise O'Connor and many family and friends, and of course all of us here at Holy Family.

Bishop Peter Fenty, formerly the Incumbent at St. Joseph's of Nazareth, remembered the great theological discussions he had enjoyed when Marcus was a parishioner there.

Marcus never missed a Sunday here at Holy Family until his final few months when he was too ill to attend. That in itself is a witness in faith to all of us.

We will miss seeing Marcus but know that he continues to join us in our prayers and praise as part of the communion of saints. May he rest in peace and rise in glory. +

---

## Two great Christmas events

There is more than century between them (1742 and 1843); so they are both very old and are still two of our Christmas favourites.

Handel's oratorio, *Messiah*, is still, 270+ years after its first performance in Dublin, the most well-known and best-loved major Christmas musical work. Listening to it, or, even better, singing in the chorus, is a major Christmas delight. Here are some of the performances

TSO - December 15 to 20. Check times — a mega production

If you would like a sing-along version go to Massey Hall and mark December 20 on your calendars.

Orchestral Highlights can be heard on December 19 at the Living Arts Centre at 8:00 PM.

The Headwaters Concert Choir can be heard on December 19 at 2:30 PM at Claude Presbyterian Church, 15175 Hurontario Street, Caledon, Ontario

To be safe, check times and dates before you set out.

Charles Dicken's *A Christmas Carol* was an instant success when it was first published 170+ years ago.

Written as a short novel, Dickens himself toured with readings: they were always sold out.

Such is its appeal that it has been converted into stage shows, movies (both live action and animated), radio dramas and TV shows — about 30 versions are listed in Wikipedia.

A dramatized version, with carol singing between the "staves" will be presented at Holy Family on Saturday, December 19, at 7:30 PM.

If you would like to take part, call Ian McHaffie (905-846-0567) or email him at [mchaffieian@mac.com](mailto:mchaffieian@mac.com)

---

## Two great Holy Family activities — Quilts and Soccer



Prepared under the leadership of Pat Fisher, the Dorcas Group sews colourful quilts which will soon be on their way to keep less fortunate young people warm at night! The quilts were dedicated, as others have been, in a service to speed them on their way.



A sunny day in September saw the first annual soccer game. It attracted many young (and a few older) people. At times more than 30 people were on the field. There may have been a winning side, but, more important, everyone had fun and exercise.

---

### *A couple of thoughts from Rev. Julie*

## 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.

## Just Browsing — some online Advent Resources

Lovely series of meditations on Byzantine icons:

<http://www.edgeofenclosure.org/invitationwelcomeretreat.html>

Social Justice Resources for Advent

<http://www.kairoscanada.org/product/seeking-shelter/>