



# HeartBeat

Church of The Holy Family  
Heart Lake, Brampton  
February 15, 2015

## Dear Friends:

“Yet even now, says the Lord, return to me with all your heart.” Thus speaks the prophet Joel in our first reading of Ash Wednesday. The process of returning to God, of ever deepening conversion, is one of the themes of Lent. And note this is an invitation – God desires to have a relationship with us.

Lent can be described as a time of “spring cleaning” for our hearts, of stocktaking or as a kind of “spring training” for disciples. It is a time of self-reflection and penitence with the understanding that this will enable us to be more open to God, to allow God to give us life in all its fullness.

We engage in the spiritual disciplines of prayer, fasting, almsgiving, and Scripture in order to identify and offer to God those parts of ourselves that we are reluctant to let go of: our fear, our mistrust, our impatience, our anger, our pride, our woundedness. Why? So we can be healed, we can be whole, we can live that abundant life that God offers us.

It may be helpful if we see Lent as tied to our baptism.

In the early church, Lent began as a period of preparation for adults who would be baptized at the Easter Vigil. It was an intensive 40 days (imitating Christ’s 40 days in the desert) of instruction, purification, and preparation for their new life in Christ. It was a time of entering more consciously into the mystery of Christ’s Passover.

Being marked with ashes at the beginning of our Lenten journey is a reminder of our need to die to sin so that we may live in Christ.

The Church has encouraged prayer, fasting, almsgiving, and the reading of Scripture as Lenten disciplines.

How is your prayer life? Does it need a re-boot? The Lord’s Prayer, a favourite psalm, the Collect for Purity that we say every Sunday, and many other prayers are available to us. There is silent prayer that you can explore at muffins ‘n meditation. There is just talking to God about whatever is on your heart. Please see the “Praying Lent” sheets in the Narthex for other ideas.

By fasting we remember the poor who are forced to fast by their poverty and we give to them generously through various means. Lent is also a time to focus on justice or environmental issues.

We take on an attitude of “poverty of spirit” which is acknowledging our dependence on God alone. Giving up something for Lent needs to be seen not as an exercise in willpower, but a spiritual discipline that enables this poverty of spirit to take root in us.

The well-known Anglican writer and spiritual director Evelyn Underhill calls Lent “a collective retreat in the daily life of the whole church.” Our liturgy will be noticeably different during Lent – more

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subdued, more serious, more simplified. We will also have the Stations of the Cross every Friday evening at 7:30 pm, preceded by a time of silent prayer and meditation.

Lent is a time for us to think seriously about who Jesus is for us, to renew our

faith from the inside out, and to become refreshed and renewed as we continue to grow in the knowledge and love of Our Lord.

Wishing you a blessed Lent,

*Julie +*

## **Lent with Families and Children**

In preparation for the renewal of baptismal promises during the Easter season, children can research their own baptism: date, place, godparents, promises made, etc. This information can be put on a collage, in a booklet, or a drawing and displayed where it will be a reminder to the children to live out their baptism every day. Also discuss with children how they are living their baptismal promises.

Children and young people can be encouraged to “fast” from unhealthy food choices, or even texting. They might donate items to the food bank, a local thrift shop.

*Julie +*

## **Some February - March Reminders**

### **Social Committee**

The Social Committee is planning a social gathering and fashion show — but only if people are interested.

Please let Margaret Loneragan know of your interest. 905-970-9654 or [mloneragan2004@rogers.com](mailto:mloneragan2004@rogers.com)

### **Craft Group**

The Annual Spring Craft Sale will be held after the service on March 15, 22 and 29. Pre-orders for Easter baskets and chocolate crosses will be taken on March 15th.

Proceeds for supplies for the Christmas bazaar (November 14).

### **PAR Awareness**

The Pre-Authorized Remittance (formerly PAG) is a way to make sure our contribution to Holy Family is made every time, whether we are there or not!

There will be an awareness campaign starting shortly.

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## Black History, the Spiritual Tradition and related topics.

The easiest way to learn more about Black History Month is to look at the posters in the Narthex and in the Church Hall at coffee time. The next easiest way is to Google the topic of your choice and see where the search takes you. The following notes, which your Editor found fascinating came from the Internet. Thanks to Rev. Judy Allen for pointing the way. The music in the services this month draw partly on the Spiritual Tradition.

*The tunes and the beats of Negro Spirituals and Gospel songs are highly influenced by the music of their actual cultural environment. It means that their styles are continuously changing. The very first Negro Spirituals were inspired by African music. Some of them which were called "Shouts" were accompanied with typical dancing including hand clapping and foot tapping.*

*Spirituals or Negro Spirituals are religious (generally Christian) songs that were created by enslaved African People in the United States. As Negro Spirituals are Christian songs, most of them concern what the Bible says and how to live with the spirit of God. Spirituals were inspired by the message of Jesus Christ and His Good News. (The Gospel) That God would not leave them in slavery, but would lead to freedom.*

*Although Spirituals were originally unaccompanied (unison) songs, they are best known today in harmonized choral arrangements. It was a way of sharing religious, emotional, and physical experience through song, and for cheering one another. So even at work slaves could sing secret messages and codes. ( This was one of the most important uses of Negro Spirituals, especially in the early 19th century) which were sung at church, in meeting at work and at home.*

*The meaning of these songs was most often Covert. Therefore only Christian slaves could understand them. And even when ordinary words were used, they reflected personal relationship between the slave singer and God.*

*The codes of the first Negro Spirituals are often related with an escape to a free country. For example a "Home" is a safe place where everyone can live free so, a home can mean heaven, but it covertly means a sweet and free country a haven for slaves. The ways used by fugitives running to a free country were riding a chariot or a train. ( Example the Negro Spirituals The Gospel Train and Swing low Sweet Chariot were directly referring to the Underground Rail Road, which was an informal organization designed to help many slaves escape to freedom.*

*Spirituals were " tones" loud, long and deep, breathing the prayer and complaint of souls boiling over with the bittersweet anguish. Every tone was a testimony against slavery and a prayer to God for deliverance from chains. Spirituals gives a voice to those who are exploited and oppress. It gave people strength and hope and courage and encouraged unity.*

*As a former slave once said, "The hearing of those wild notes of the Negro Spirituals always depressed my spirits and filled my heart with ineffable sadness. To those songs I trace my first glimmering conceptions of the dehumanizing character of slavery. Those songs still follow me, to deepen my hatred of slavery and quicken my sympathy for my brethren in bonds."*

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## Mothers and Daughters

*Starting in this issue is what we hope will be the first of a series of answers to such questions as why are you here and why are you still here!*

*For a start, let's hear from Carolin and Sarah Hwozdyk*

### *Carolin's answers:*

*What brought you to Holy Family?* Since I can remember I have had a faith life. I find it curious, however, that within my family, and as I grew, their faith lives seemed, over time, to have quietly slipped away somewhere, or become dormant due to lack of cultivation.

I suppose mine should have done the same, but it didn't. I think this is the reason that brought me to Holy Family – church has played a part in

the growth of this faith live and I long for now, more than ever before, a deeper experience of God's life within me. At church is where I hear God's voice more often.

As for our beginnings at Holy Family, when our first daughter, Emma, was born in 1995 my husband, Mike, and I lived with his parents in what was then North York but is now Toronto since amalgamation. We had bought a house in Brampton when we were first married and let it to tenants. When Emma was four months old we moved in.

I grew up in Montreal and my family attended St. Barnabas Anglican Church in the West Island. As an adult I continued attending church wherever I lived so it was not unusual for me to look around for an Anglican church once we had settled into our Brampton home. I discovered Holy Family was not too far away. My husband,

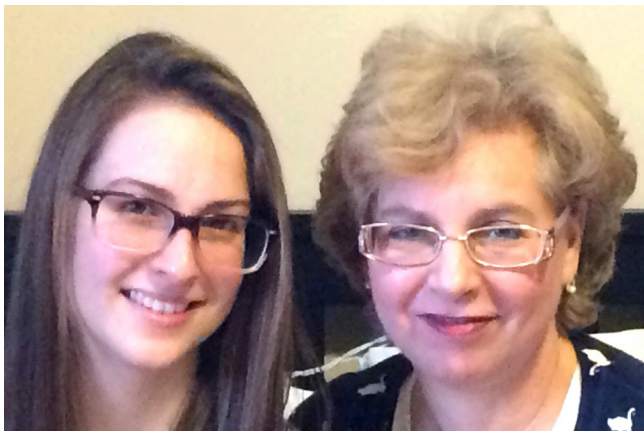
Mike, who is Catholic, also discovered St. Leonard's across the field from Holy Family and started to attend church there.

Emma was baptized at Holy Family

ly a few months later, and Sarah, too, shortly after her birth three years later. Reta Smith was our parish sponsor for both baptisms. I was always impressed with the interest she continued to maintain in our family over the years. She still remembers both of our daughters and always asks about them.

*What keeps you here?* It is a place of worship – I come to hear God's voice, and to lift my voice, and my heart to honour, worship and praise.

It is a place of community – I come to give love, and to receive love, and to learn to love.



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It is a place of belonging – God knows me here, as do my brothers & sisters in Christ. Church is our extended family.

*What word or phrase best describes Holy Family?* Family – the church is well named. Sarah and I, and even Emma, who now only occasionally attends, but one day will know how important church is to a believer's life, we are known to the community. We feel like we are part of a bigger family. There are so many in the church who have made us feel warmly welcomed.

*How does your Christian faith challenge and/or support you?* My Christian faith challenges me to dig deep and hold onto God's promises even when things get difficult and my mental, emotional and physical strength fail me. I have come to know that: God loves me, God will never leave me, I am never alone. In these is everything I need.

*What book are you reading right now?* For food for thought I am re-reading Caroline Myss' *Entering The Castle – Finding The Inner Path To God And Your Soul's Purpose*," Caroline's road map of Teresa of Avila's vision of the soul as a beautiful castle.

For sheer pleasure I am reading Diana Gabaldon's *Drums of Autumn*. It was Lynn Edwards who put me on to the "Outlander" time traveller series. It is a roller coaster series of impossible adventures – thoroughly enjoyable.

*Sarah's answers:*

What brought me to Holy Family was my mother. Or my parents I should say, because it was their decision to bring my sister and me up as Anglican Christians.

As a child I didn't have much of a choice when it came to going to church but as I got older it became my decision. There

was a point where I came to church simply to satisfy my mother but after some time she started giving me the choice, no longer trying to guilt me into coming. Since then I have had an off and on relationship with my attendance in church. It feels right to go. Spending one day out of seven to find peace and praise seems like so little. I go because then I don't I forget that the Lord is such a huge part of my life and that every beautiful thing I see, or hear, is because of him. Also, in going to church, in events such as meditation, I'm finding new ways to bring God into my everyday life and this is important to me.

The first word that comes to mind when I think of Holy Family is the word "Family". Walking into church I know that the people in their care for me just as I do for them. When someone is hurt or sick prayers are said and visits are made. When Reta Smith was in convalescence I went to visit her with my mother. During our visit, Bonnie came by as well, adding to the conversation and bringing treats for Reta to lift her spirits and help make a faster recovery. Reta told us of different people from Holy Family who had come to visit her and I realised how much people cared. Not just within the church walls when we prayed for her recovery but they also took time out of their lives to bring her company. That's when I realised the Holy Family didn't stop outside of the church walls it was something you were a part of. A family brought together by God.

The Bible I find often hard to understand. Many cruel things happen in it and are said to be God punishing his people yet all my life I have been taught that he is loving and forgiving. It is something I have not yet come to understand. Christianity has made its way into many conversations in my life, *continued on page 6*

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mostly commonly with a friend at school who is a practicing Muslim. I find more similarity's in our beliefs than differences, making our conversations more about finding God then about our different religions. Yes, we pray in different ways but both religions search for the same thing. To be with God.

I am reading a book at the moment called "Forgive Me Leonard Peacock" by

Mathew Quick. It is not a book based on religion or faith but it does touch on an atheist's view of religion. On going to church he finds the appeal of being brought together as a community but finds it difficult to find the meaning behind the words that are said during the service. He doesn't try to see meaning behind the words and for it finds himself asking many questions that are difficult to answer.

## The Junior Choir

The Junior Choir invites young people of all ages to join. The choir practices after the service (not every week) and sings at services from time to time throughout the year.

The Choir Leader is Justine Rowbotham, a Voice Student at Humber College.

The choir enjoys singing both in rehearsal and in Service. Come and try -- you don't need to be an expert. Everyone can sing.



*The Junior Choir – left during a service; above during a practice.*

## A Lenten Reading Group

This Lent some of us will be reading *Being Christian: Baptism, Bible, Eucharist, Prayer* by Rowan Williams, former Archbishop of Canterbury.

We shall meet in the Meeting Room at 7:30 PM on the following evenings: Tuesday, February 24, Monday March 9, Thursday March 19 and Tuesday March 24.

While each session will be self contained, many people will wish to come to all sessions. Please sign up in the Narthex and indicate whether you would like to buy a copy of the book for \$12.



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## Lent and Easter at Holy Family

February 17	6:00 PM	Shrove Tuesday Pancake Supper
Shrove Tuesday	7:15 PM	Family Ash Wednesday Service
February 18	12 NOON	Said Eucharist with Imposition of Ashes
Ash Wednesday	7:30 PM	Choral Eucharist w. Imposition of Ashes
All Fridays in Lent:	7:10 PM	Meditation
F 20, 26; M 6, 13, 20, 27	7:30 PM	Stations of the Cross

### Holy Week Services 2015

March 29	10:00 AM	Procession with Palms and Holy Eucharist with Children's Choir
Sunday of the Passion		
March 30	7:00 PM	Meditation
Monday in Holy Week	7:30 PM	Stations of the Cross
March 31	7:00 PM	Meditation
Tuesday in Holy Week	7:30 PM	Stations of the Cross
April 1	7:30 PM	Holy Eucharist
Wednesday in Holy Week		
April 2	6:00 PM	Agape Meal followed by
Maundy Thursday:	7:30 PM	Sung Eucharist Foot-Washing and Stripping of the Altar
April 3	10:00 AM	Solemn Liturgy with Veneration of the Cross
Good Friday		
April 4	8:00 PM	The Great Vigil of Easter followed by Resurrection Party
Holy Saturday		
April 5	10:00 AM	Holy Eucharist with Children's Choir
Easter Sunday		

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**Brainstorming at Holy Family** — Here's a sample of what people wrote on the chart paper displayed in the church for the past month: The "red dot" count shows the number of people choosing that element as a top priority

Physical Plant: (20 red dots)

- accessibility
- roof repair
- graphic designer to update materials
- paint bathrooms
- new doors

Children and Youth: (6 red dots)

- have a learning centre
- get a youth band going
- more hands-on activities where adults share their knowledge and skills

Spiritual Growth: (22 red dots)

- Bible Study
- Prayer Group
- Parish Retreat
- small groups
- senior's club

Communication and Community Visibility: (3 red dots)

- have a newcomer's lunch/dinner
- go choir caroling
- hold more events in the front yard
- advertise in local newspapers
- invite neighbours
- choir presentations in public places
- participate in public policy discussions
- homework club

Outreach: (6 red dots)

- have ESL lessons
- volunteer for Knight's Table, Regeneration etc.
- learning help centre
- support for abused women

Note: results are not scientific!

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## Congratulations Baby Callan!



On February 1st, the Feast of the Presentation of Our Lord, Callan Forsythe Reid was baptized at Holy Family.

His proud mom, Cheryl, and dad, Calston, were on hand along with Cheryl's sister Catherine, mom Sue and dad Wayne, plus godparents Lisa Carruba and Jermaine Thames and a host of friends.

Callan seemed to enjoy the water and looked the handsome prince in his silk baptism outfit. Looking forward to more fun times with Callan and family!

Blessings!

