



# HeartBeat



*St. Michael and All Angels*  
*Sunday, September 27, 2015*

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

## Dear friends,

**W**e have just begun the fall season and no doubt everything is back in full swing – school is well underway, extracurricular activities have begun, perhaps part-time jobs, and people are back from holidays, hopefully re-energized for the days ahead.

Holy Family, too, is back in full swing. ChurchKids, youth, and the Dorcas group are engaged in learning and worship. The choir is back, and with Sergei's fine direction and a new piano to accompany them will no doubt continue to provide excellent and inspiring music. The children's choir is growing under the capable leadership of Justine.

We have had our fall kick-off Corn Roast, organized by the Altar Guild, and look forward to our "Denim and Diamonds Dance" in October. Pizza and Praise will continue this year. Young at Heart has gotten off to a great start with Joan Jackson inspiring and energizing everybody. The Food Bank is up and running, as is the craft group. Ian McHaffie continues to put out fine editions of Heartbeat and is the one who inspired our digital photo frame in the main hall.

The downstairs is being painted and freshened up thanks to Dave Winfrow and Stan Holder. And as always, the wardens, Dennis, Faith, Tunde, and Craig, June our treasurer, and Susan Winfrow our envelope secretary, are working very hard on your behalf.

We are ever grateful for Deacon Judy's skillful and loving pastoral care and liturgical support.

More people are finding their way to Holy Family – drawn by the Spirit and welcomed by you. What they find is a church "with heart" – a community of faith who cares deeply about one another, who desires to know and love God more deeply, a community who lives out the good news of Jesus in their daily lives.

Please pray that our new website and Facebook page may connect with those who have a hunger for meaning and fellowship.

Because of the busyness of our lives it is all the more important to carve out time to be attentive to God – to pray, to read Scripture. We are very good at "doing" – not so good at "being" – being silent, still, and open to God's presence. It is not just a matter of

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## Dates for the calendar

Food Bank	October 3 & November 21	Christmas Bazaar	November 14
Bible Study Registration (p.3)	October 11	Lessons and Carols	December 6
Denim and Diamonds Dance	October 17	Next HeartBeat	December 6
Bible Study Sessions (p. 3)	October 18 & November 15	Youth Play	December 12
Pizza & Praise	October 23 & November 8	Comfort & Strength Service	December 13
		A Christmas Carol	December 19

## 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.

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balance, although that is important. It is that the quality of our action arises out of the state of our hearts- what we choose to do, whether we do something willingly, generously, openly.

“Regain the experience of being and you will be amazed how much more you can do and how much more satisfyingly you will do it” says John Main, a Benedictine monk who taught silent, contemplative prayer.

We are called to act in the world. In June we rang our church bells every Sunday to call attention to the over 1,000 Aboriginal women missing or murdered since 1980. The Truth and Reconciliation Commission has published 94 recommendations. What is God calling us to do for our Aboriginal brothers and sisters?

The photo of young Alan Kurdi on the beach in Turkey shocked us all into awareness of the plight of refugees. What is God call-

ing us to do for our refugee brothers and sisters – as Christians, as Canadians, and as the Church?

And more locally, what is God calling us to do for our brothers and sisters here in Brampton?

We need not feel overwhelmed by the needs that present themselves, not be frozen into inaction, but rather offer these needs to the heart of God, who by his Holy Spirit will stir in our hearts and direct our actions.

We have much to be thankful for. I look forward to an exciting and Spirit-filled year with you,

Blessings,

Rev. Julie +

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## “I was a stranger, and you welcomed me.”

*Matthew 25:35*

The photo under the article is of children playing at the Zaatari refugee Camp in Jordan — which houses about 80,000 refugees and is now the fourth largest city in Jordan.

**C**anadians and many others around the world want to respond compassionately to the current refugee crisis. Here is an excerpt from Archbishop Johnson’s letter from September 8th, right after the photograph of Alan Kurdi was seen.

“The Canadian public must also (with the government) step up and reaffirm our commitment to offer assistance to those suffering in this conflict. Remember that it was only after private citizens organized and advocated for a more compassionate response that the government’s approach to the Southeast Asian refugee crisis of the 1970s and 1980s shifted. As Anglicans, we can come together with fellow parishioners and our neighbors to create networks which offer direct support to Syrian refugees through private sponsorship. We need to advocate with our communities and with our government for action and compassion, both federally and internationally, in the face of a complex, dynamic situation. And we need to commit to welcome those who will begin to build new lives in communities across the country, far from the homeland and the lives they have known. This was how Canada was built.

“This is at the heart of our faith story: Abraham and Sarah, Passover and the Exodus, the Exile in Babylon, the flight of the Holy Family to Egypt, the pilgrimage to citizenship in the new Kingdom of God.

“In 1939, Canadian authorities refused permission to land to a ship carrying 937 Jews. A third of them subsequently died in the Holocaust. As a nation, that decision should weigh heavily on our conscience and continue to inform our commitment to be a more compassionate, welcoming place for those who seek safety from the very real threats they face in their homelands.

“There is still time for action by Canadians. I ask people in the Diocese to sponsor a family, if possible, or to contribute to a group that can; to advocate for better policies; to welcome the stranger in our midst; to pray for justice and peace. Look at the ways that we can help:

- “ Connect with AURA, the Anglican-United Refugee Alliance, to learn about sponsoring a refugee family or to volunteer your time.
- “ Support PWRDF to help provide food and emergency aid to displaced Syrians.
- “ Give to FaithWorks and designate AURA or PWRDF as the recipient. “

Note: We will be having a FaithWorks Campaign this fall at Holy Family.

Archbishop Johnson’s two letters to Anglicans are available at the back of the church, as is a Litany for Refugees you can use at home.

## How well do you know your church?

Each of these photos was taken inside the Sanctuary. Where are these objects located and what is represented by them? Answers at the foot of page 8.



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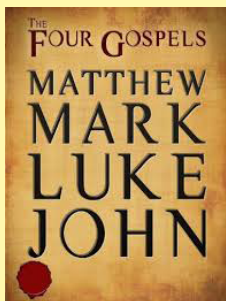
## Thanksgiving Apple Pies



The Craft Group will be taking orders for homemade, frozen, ready to bake, organic apple pies, just in time for Thanksgiving. Pick up will be Sunday Oct. 4th following the service. The pies are \$5.00 each. Order early as supplies are limited. Place your orders with Louise after the service or contact Debra at [42robinson@rogers.com](mailto:42robinson@rogers.com) or Louise at (905) 846 1452.



## Bible Study



We know that Matthew, Mark, Luke, and John are the four Gospels — but why four accounts of the life of Jesus? We will explore what each has to offer us on our Christian journey. Please register in the Narthex by October 11. Lunch will be provided for the study sessions.

Sunday, October 18: What are the Gospels? Part 1 — Matthew, Mark, Luke.

Sunday, November 15: What are the Gospels? Part 2 — John.

## Denim And Diamonds



Saturday, October 17, 2015

Holy Family Dinner Dance at 7:00PM

Tickets \$30 from the Social Committee

Cash Bar

## The Dorcas Youth Sewing Ministry is now in its 8th year

by SyMonae Buchanan-Bruce

Dorcas is a fun sewing group created and led by Pat Fisher. It shares its name with Dorcas: the woman in Joppa who was known for her acts of good works (including sewing) and charity. In this group, we make quilts that are donated to orphanages in different parts of the world. I have been a part of Dorcas for over 4 years now and I absolutely love it. Not only have I gotten to sew, but I have also made many friends.



SyMonae with her quilt.

Dorcas is always open for new members and anyone is welcome to join. It is a great place for those who want to learn a new skill and for those who want to practice an old one. Youth can even earn their volunteer hours!

**NEW** - Dorcas will be resuming October 4th, 2015 for youth 13+ and on October 18th youth aged 9-12 years of age have their class (ably assisted by some of the older youth!) **Pick up a Dorcas flyer for details. Come check us out and then register.**

## Painting Thanks

to **Dave Winfrow**, who, with the help of **Stan Holder**, spearheaded the painting at the church.

## Christian Meditation: silence, stillness, and simplicity

by Rev. Julie

*The important aim in Christian meditation is to allow God's mysterious and silent presence within us to become more and more not only **a** reality but **the** reality which gives meaning, shape, and purpose to everything we do, everything we are.*

John Main

John Main was a Benedictine monk who came to Montreal in 1977 to teach contemplative prayer to both clergy and laypeople. They met once a week for a talk and 20 minutes of meditation. He died in 1982 but the seeds he planted have grown and the practice of meditation has enriched many lives.).

If you are struggling with your prayer life, with trying to find words or knowing what to say, or if you want to deepen your prayer life or learn another way to pray, come and experience this way of silent prayer that has been part of Christian spirituality from the beginning. When we meditate we are not thinking about God or speaking to God. We are simply being with God in the silence and stillness of the present moment. We move from the mind to the heart. It is a prayer of silence, stillness and simplicity.

Please see the Rev. Julie or call the office for upcoming meeting dates and times, which will be announced in church and *Happening*.

## Thank you, Joe

To mark Joe Menard's 72nd birthday, the congregation presented him with a framed photo of the Church. It gave everyone an opportunity to say thank you to Joe for the many ways over many years that he has been helping Holy Family.

Joe is sometimes described as Holy Family's "Energizer Bunny" — he just keeps going and going.



After the service, a number of the Young At Heart group got together. They share Joe's age (and more) but not always his incredible energy.

## Young People at Holy Family

a message from Pamela Emmatty (Youth Coordinator)

I hope everyone had a restful summer soaking in the heat: I know I did. This is a friendly reminder that Youth Group will be starting up again on October 1st. We will be meeting every other week on Thursday evenings from 7:15-9:00 PM. During youth group meetings we will be discussing areas that we

struggle with day to day, current culture issues, and outreach. If you would like to receive more information about youth group, or add your name to the mailing list, please contact me at holyfamilyyouth@gmail.com. I would be more than happy to answer any questions or concerns you may have.

## A New Piano!



Thanks to Sergei (whose hands and reflection you can see at the right!), we have a superb new piano —at a very reasonable price. It is a great improvement on the old piano.

We were able to call on some of the strong male arms in the parish to move the old piano out.(left).

Contributions are being sought (of \$75 for each of the 88 keys). This will cover the cost of the piano and also provide money for the purchase of music for both the junior and senior choirs. There are envelopes available at the back of the church for contributions.



## Why Holy Family?

*by Paddy Ann McHaffie*

I been asked to write about why I and my family, chose to come to Holy Family, and why, 28 years later, we are still here. Two central reasons are “music” and “friendship.”

Within a week of moving to Heart Lake in 1987, my daughter Jane, who was engaged to Rod, and I drove about looking for the local Anglican church. As we arrived at Holy Family, Louise O'Connor was just leaving and, when told we were planning to attend, she offered to show us around. She asked about my interests and I told her that I “sing in choirs.”

The next Sunday, I was met at the door by Charles Thorne, then music director, and was told I was in the Choir. 28 years later I am still there.

Less than a year later my husband, Dave, died in a car accident.

For the rest of our lives, my family and I will know that the Rev. David Brinton, our priest, and dear friend, together with Judy Allen, the choir members and others of the congregation gave us support and friendship with unceasing generosity and thoughtfulness. It continues to this day.

Dave's funeral was, of course, at Holy Family, as were Jane and Rod's wedding and Justine's baptism. In 1990 Ian and I were married there: all these ceremonies were accompanied by the Choir.

Now, as most of you know, Justine is our youth choir director and Sergei, for 15 years our much loved music leader, is an “inspiration” — to use Justine's term.

I have been privileged to serve Holy Family as Advisory Board Chair, as Lay Member of Synod (for seven years), and as Warden (I think three times), as Screening-in-Faith Coordinator and as a Flower Arranger.

Arising from all this, I've been a long time member of the Toronto Synod, three times a member of General Synod and Chair of the Toronto Synod's Community Ministries Board.

Such skills and talents as I possess have been used as appropriate and will continue to be on offer as long as I remain *compos mentis* and physically able.

Thanks be to God.



## Parents' Corner — Recalling our Baptism

### an idea for Home Prayer

On a table place a white candle, Bible, a bowl of water, and a small bowl of olive oil.

Have someone read about Jesus' baptism from Mark 1:9-11

Pass the bowl of water around the group. One by one, dip your hand in the water and make the sign of the cross on your forehead. As each person does this, everyone prays: “May these

waters renew the grace of your baptism in you.”

Pass the bowl of olive oil around. One by one, dip your finger in the oil and make the sign of the cross on your forehead. As each person does this, everyone prays: “May Christ strengthen you with his love and power.”

Close by reading Psalm 23 or saying the Lord's Prayer.

## Young @ Heart

*by Joan Jackson*

I am very humbled to announced our newly formed group, Holy Family Young @ Heart (YAH)

Young @ Heart launched their first meeting in June, celebrating Seniors' Month. In June, we set up a booth at the Church Community BBQ. We met people within the community, and were able to provide information about such services as the Region of Peel Community Care Access Centre, the Region of Peel Health Services, Public Libraries, Seniors' Information, etc.

In July we were very fortunate to visit Cross Road Cathedral in Burlington, Ont. (100 Huntley Street). The day was a fun-filled one, including, being the live audience for their television show, having a tour of the building, and topping off the day with a beautiful lunch.

We had an end-of-summer celebration party in Mississauga, which was well attended and enjoyed by all. YAH Members participated in Daily Chronicles, read by Rev. Julie, charade games, along with celebrating Joe Menard's birthday with music and lots of good food.

We continue to meet every other Friday each month. We now number 23 members and three volunteers assistants.

As the Coordinator, I have enjoyed working with the group, and I will continued to implement programs to meet the needs of our YAH members.



*Pearl Knights, Beth Menard, Elaine Walcott, and Juliana Ogunleye in the make-up room at 100 Huntley Street.*



*Ron Mainse (centre), Chief Ministry Officer for Crossroads Global Media Group, and a host of 100 Huntley Street, met with the Holy Family group.*



*George Bascom, Sherril Freund, Joan Jackson, and Imogene Baker at the Community Barbecue YAH booth.*

## ChurchKids!

*By Rev. Julie*



Our ChurchKids program is well underway this year with the dedicated leadership of Debra Robinson and Olwen Needham-Brooks. There are two groups: pre-readers and readers. The children learn Bible stories, sing songs, do crafts, and are given the opportunity to express their thoughts and feelings in a safe and welcoming environment. New this year will be the introduction of a few of the stories and activities of Godly Play.

The passing on of the faith, the planting and nurturing of those seeds, is a sacred task. If you feel called to share in this important ministry, please be in touch with Debra, Olwen, or myself.

## Our Finances

*by June Cannavici, Holy Family Treasurer*

The audited financial statements from 2014 are available in the Narthex. There is no change to the financial report presented at vestry as a result of the audit.

Envelope Offerings are up over \$10,000 compared to last year.

Our Diocesan debt is now only \$3,300, down from over \$30,000 four years ago.

## Transmission of The Faith

by Ian McHaffie

In these days of email messages, photocopies, downloadable Papal Encyclicals (see p. 4), instant communication (via Twitter, Facebook and other “social” media) and a plethora of printed material of all kinds, it is easy to forget that for about three quarters of the time that separates us from the time of Jesus, reproduction of texts was done by hand and the ability to read was not universal.

Until elementary education became universal, within the last 200 years or so, there was no expectation that everyone, especially the poor, could read.

So, for 1500 years, the Christian community depended on oral transmission, either reading aloud from hand-copied texts, or memorized or read texts. The Letters of St. Paul and the others in the New Testament, were typically read aloud to the congregation. Seldom were they read privately, as we might choose to do as part of our devotional reading. A well-handled text might last 50 to 100 years, before it had to be recopied, and each succeeding scribe might inadvertently add his own “typos”. Hand-written texts from the first 15 centuries of our tradition are very rare.

It is for this reason, among others, that the few manuscripts that survive on papyrus, vellum or early paper have such value, both for the light they shed on how the church “worked.”



One of the best-known of the early manuscripts is the Book of Kells (probably written about 800 AD). The Book contains the Gospels, in the Latin version of St. Jerome. It is a work of art as much as a manuscript and it is thought that it may have been used as a ceremonial document, while the “reader” was in fact reciting from memory.

So, as some of us embark on “Bible Study”, let us remember that, for most of the past 2000 years, Christians would not have had bibles of their own.

### Footnote

The word “reading”, as we use it today, has two meanings: “reading silently” as we do when reading a book to ourselves; and “reading aloud” as when we read a bed-time story to a child. Reading, in ancient times, nearly always meant “reading aloud.”

The story is told that Cicero, while speaking in the Roman Senate, was handed a note which he read (silently) before continuing with his speech. Observers were amazed as “reading” to them meant “reading aloud”. To do what Cicero did was unheard of at the time!

## Computer Alert

by Ian McHaffie, with advice from Ozell Walcott

Most emails that reach our inboxes are probably just fine: personal messages, ads from sources we know about, newsletters (like this one) that we expect and so on.



However, some messages are fraudulent or even malicious! Some parish members (including your Editor!) have had their computers “hacked”. Software exists that will raid your computer, steal the email addresses from your address book, and then send email messages to all your addresses — messages that **seem** to come from you.

Imagine a message that **seemed** to come from me that said, “Dear friend (or even your name): Have I ever got a good cause that you should support too! Click here for more information. Ian.”

If you “click”, you are taken to a site that **MAY** ask for your credit card number or other personal information.

There are several things you can do:

1. NEVER click on a link in an email you don't recognize or which looks strange.
2. Let your mouse hover (without clicking) over the suspicious link: you will see where you will be taken if you **DO** click.
3. DELETE such emails right away.
4. Make sure you have current anti-malware software installed.
5. If you get a strange email from someone you know, ask them if they really sent it. They may thank you for letting them know that they have been “hacked.”

While we're on the subject of fraud, we have probably all received emails that say something like: “I have US\$20 million, received from the Government of Slobovia. Half can be yours: all I need is the number of your bank account.” If it sounds ridiculous, it probably is!

In conclusion, there is probably no way that everyone can be completely secure (think of Ashley Madison) but, at least you can be cautious.

For a quick (but somewhat frightening) overview, try <https://en.wikipedia.org/wiki/Malware>.

### A thought for the day

from Henri Nouwen, a Dutch Priest.

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

## Laudato Si'



It is not often that the picture of The Pope appears in an Anglican Newsletter, but his most recent message is one that every one, Christian, Muslim, Hindu, or no faith at all should hear

The latest papal encyclical, which deals with the environment, can be read at several levels: it is a Roman Catholic document, to be sure, but it is also a document of wider appeal.

Indeed the Pope says he is addressing “every person living on this planet.”

The text is available for download at:

<https://laudatosi.com/watch>

Clicking on the arrow on that website starts a commentary which may be of interest.

An article about the encyclical is found at

[https://en.wikipedia.org/wiki/Laudato\\_si%27](https://en.wikipedia.org/wiki/Laudato_si%27)

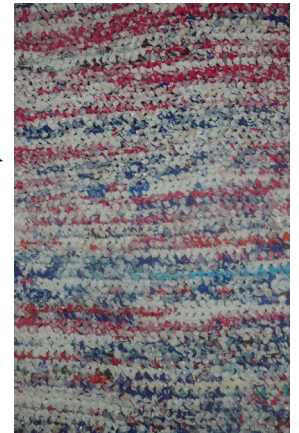
A search will reveal many more articles and sites.

At one point, the Pope says: “Each year hundreds of millions of tons of waste are generated, much of it non-biodegradable, highly toxic and radioactive, from homes and businesses, from construction and demolition sites, from clinical, electronic and industrial sources. The earth, our home, is beginning to look more and more like an immense pile of filth.”

## An amazing recycling project — from this to that



An amazing transformation through unusual recycling. A Brampton church takes outer milkbags and weaves them into sleeping mats for children in parts of Africa: harder than most Canadian beds — but better than the bare earth. Look at the sample in the Narthex, presented by Lorna, and bring your milkbags into the collecting box (also in the Narthex) so Louise can take them for recycling!



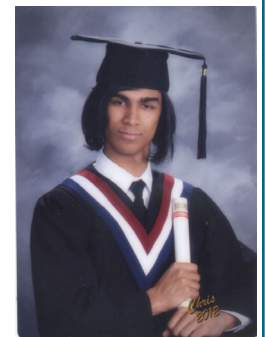
## Icon of The Trinity

Near the Font is a picture of the famous 15th century Russian icon by Anton Rublev – it depicts the three angels who visited Abraham and Sarah at the Oaks of Mamre in Genesis 18. This icon has become a well-loved image of the Trinity. The visitors are seated around a table with a chalice in the middle. They incline towards each other. Each one is clothed in blue, signifying the heavens, yet each has something distinctive - the Spirit wears a green robe, signifying creation, the Son, in the middle, wears a brown one, signifying humanity, a gold stripe showing his kingship...and the Father wears a transparent, ethereal robe – no one has seen the Father. All hold staffs signifying authority. All the faces look the same.

## Assistance required in Job Placement

Christopher O'Connor has completed 2 years in the Civil Engineering Technician/Construction Course. He requires a Co-op placement in his field to graduate. If anyone has connections or in a position to help him, it would be greatly appreciated. Christopher can be reached by e-mail:

[christopher-oconnor@hotmail.com](mailto:christopher-oconnor@hotmail.com); or phone 647-638-1276.



## Answers to Photo Quiz

1. Hanging behind the Font, showing Jesus baptising John (the Baptist).
2. Door of the Aumbry near the Font where anointing oils are kept.
3. The dove of peace from the Font.
4. Door of the Aumbry behind the Altar for the reserved sacrament
5. A cross from one of the Altar frontals, designed and embroidered by Pat Fisher
6. Plaque of The Holy Family near the door to the Narthex (Original is 7 inches high!)
7. An Icon showing the Virgin Mary with Baby Jesus, presented by a parish member, located above the presentation display case.
8. Scallop image from the Font. The scallop is a symbol of Baptism. It holds water and can be used in the ritual.
9. Icon of The Trinity —on the wall near the Font. See article above.
10. The large hanging behind the choir, presented by Fr. David Brinton, one of the early Incumbents at Holy Family.