



# HeartBeat

December 18, 2016

*The Fourth Sunday of Advent*

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



## Dear Friends,

We are beginning our final week of Advent...we have been watching and waiting, alert and awake to the ways God comes to us in unexpected ways in the ordinariness of human life. We began Advent on a grand scale, looking towards the end times, to the fulfillment of the Reign of Christ, when all will be made new, deserts will bloom, swords will be beaten into ploughshares, the blind receive their sight, the poor have good news brought to them....and we will soon focus our gaze on something on a smaller scale and quite familiar – a mother, father, and new baby.

We never tire of this scene, because it is at once so profound and yet so ordinary. Profound because we know that this child is Emmanuel, God with us, that in him is found our salvation and that of the world. As the early Church Father Gregory of Nazianzus puts it:

*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;*

And yet the scene is one of utter simplicity – new parents gazing on the incredible gift of a child. We never get tired of this story because it speaks to the deepest desires of the human heart.

It tells us something about God and God's love.

This story tells us of the humility of love. The king of love is born not in a palace, with attendants and

fine linen, – not a relative or friend's home, not even the local inn, but a barn with noisy, smelly animals. The infinite has taken on the finite, has been enclosed in strips of cloth. The message of the angels came not to earthly powers, nor influential people, but to shepherds, rough, and dirty – people on the fringes of society. It speaks to the humility of Joseph – who loved Mary and who trusted God.

It speaks of the self-giving of love. Three times in this story the manger is mentioned – in that feeding trough lies the one who is the Bread of Heaven, the Bread of Life, the one who gives himself to us that we might have life in all its fullness.

This story speaks of the joy of love.

There is joy all around – John the Baptist leaps for joy while still in his mother's womb, Mary bursts out her Magnificat, the heavenly hosts sing for joy, the shepherds return to their fields, expressing their inner joy by glorifying and praising God...There is a quiet joy as well in Mary as she treasures these words in her heart.

I hope this Christmas you will find time to be still and allow the gift of the Christ Child to sink into your very being – that you will know the hope, peace, joy and love that he brings.

A blessed Christmas to you and your loved ones,

Rev. Julie +

## 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.

## Into this silent night

Into this silent night  
as we make our weary way  
we know not where,  
just when the night becomes its  
darkest  
and we cannot see our path,  
just then  
is when the angels rush in,  
their hands full of stars.

Ann Weems  
*from Kneeling in Bethlehem*

## Consecration of Bishops

The Consecration of three Bishops-elect will take place at 10:30 AM, on Saturday, January 7, 2017, at St. Paul's, Bloor Street, Toronto.



Of special interest to Holy Family will be the Consecration of Bishop-elect Jennie Andison, who will become Bishop of York-Credit Valley.

The Service of Installation for Bishop-elect Andison will take place at St. Matthew, Islington on Sunday, January 22, 2017 at 2:30pm.

Saturday morning parking in the vicinity of St. Paul's will be very difficult. A bus will be arranged — details to follow.



## Offertory Envelopes and PAR (Pre-Authorized Remittance)

*by Susan Winfrow, Envelope Secretary*

Each Sunday, many families and/or individuals use church issued envelopes for their offerings. Others use PAR to contribute automatically each month. There are advantages to using both methods of contributions.

Envelopes are issued at the end of December for use beginning in January. There is no cost to the user, although there is an Initial Offering envelope which may be used to defray the cost of the envelopes. Each week, the envelope offerings are recorded by the Envelope Secretary, and an Income Tax receipt is issued the following January. The number on your envelope may be used for flower donations or special fund-raising such as was done for the new doors and Faith Works. All contributions are confidential. Envelopes may be issued to a family, or to individuals within the family, or both.

PAR is an automatic deduction from your bank account. You determine the amount deducted each month. If you wish to have a separate deduction for

Faith Works or another fund each month, in addition to your regular offering, that can also be arranged. The advantage to you is that you no longer need to have cash or a cheque ready on Sunday morning. You are also assigned a number which can be used for special contributions. When calculating your monthly contribution, please take into consideration that there are 52 Sundays, the equivalent of 13 months, not 12. An Income Tax receipt is also issued in January.

Anyone who already has envelopes or PAR does not need to do anything in order to receive envelopes for 2017. If you would like to switch to PAR, forms are available in the Narthex. If you would like to begin using envelopes, please complete the form found in the Narthex, and envelopes will be ready for you the following week.

If you have any questions about envelopes, please speak with Susan Winfrow. Questions about PAR can be answered by Moly Emmatty.

## Notes from The Holy Land:

During a short visit, I formed many impressions from a combination of reading and being there. Here are a couple:

Not a new idea, but being there makes it more vivid. Jesus must have had a very strong and authoritative voice.



*The Sea of Galilee*

Standing where the Sermon on the Mount was delivered, within sight of the Sea of Galilee, where Jesus spoke to “crowds”, the impression is very strong. We don’t know the size of the “crowds”: 20? 200? 2000?



*The Church of the Beatitudes*

Matthew (5:1) says Jesus sat down. Presumably it took some time for the “crowd” to settle down. Jesus, about to give a major message, would want to be seen and heard

*a reflection by Ian McHaffie*

by everyone, so, depending on the size of “the crowd”, although Matthew does not say so, it seems likely that he stood to deliver what we call today the Sermon on the Mount starting with The Beatitudes (“Blessed are the poor in spirit. . . .”)

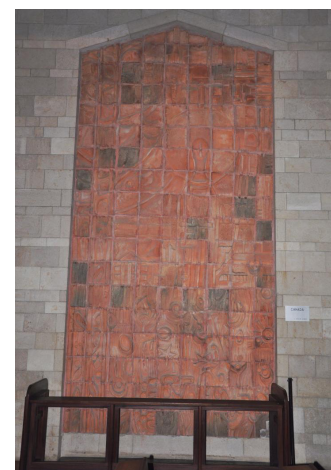
Marking the spot today is a church, a monastery (with guest house) and a quiet garden (or as quiet as the hordes of tourists permit).



*The Basilica of the Annunciation*

says that Mary was drawing water from a well when the Angel appeared.) The Basilica of the Annunciation is built on the site of the family home, in Nazareth, where tradition says Mary’s parents, Anne and Joachim, lived. Their names are not recorded in the Bible, but the tradition is very old. This was one of the architecturally most impressive buildings we saw. Consecrated in 1964, in the presence of Pope Paul VI (the first papal visit ever to Israel), the building features mosaics from virtually all countries in the world.

Near the Sea of Galilee is the town of Nazareth. We know the story (from Luke 1) of how the Angel Gabriel came to Mary and told her (in “The Annunciation”) that she was to become the mother of Jesus. But I had not thought, until now, of where Mary was living at the time. She was living with her parents: for an unmarried young woman she could live nowhere else. (Greek Orthodox tradition



*The Canadian mosaic in the Basilica of the Annunciation.*

## Food Bank - a thought

When you’re out doing your Christmas Food Shopping, think of putting an extra item or two in the shopping cart for our Food Bank. We support several families who come regularly for our “open house” on every second Tuesday. Please come and help! The

next session will be on January 10. The most useful contributions are non-perishable food items, as well as toiletries, and dish-washing detergent. Various forms of protein are welcome — but apparently we have enough pasta just at present!

## Wonder Woman

Mary the wonder woman  
in whose womb  
the galaxies are knit  
and God emerges  
as a peasant child  
whose word and wounds  
doom all the powers of darkness.

Thomas John Carlisle  
from *Beginning with Mary:  
Women of the Gospels in Portrait*

## Baptisms

Baptisms are happy occasions, of which Holy Family has been blessed in abundance! We had five babies baptized on Sept. 18th: Nylah, Alexander, William, Jasiah, and Serenity.

Today we welcome Luke Griffin Marcus (below), son of Austin and Carolin, grandson of Samson and Alvi-na, into the household of God.

Congratulations to all!



## The Bazaar

by Debra Robinson and Louise O'Connor

On behalf of us both, we would like to thank everyone who made this year's bazaar a huge success. Total raised so far is \$3,667.85.

We will be having a wine and cheese party in January for all those who helped this year — will let you know the date in early January.

If you have any ideas to make next year's bazaar even better please join us.

Thank you again for all your love and support.



## Our Annual Corn Roast

The Corn Roast represents, for many, the beginning of a New Year. At Holy Family this is how we have recognized the "back to normal" season.



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## Holy Family Newcomers' Dinner

by Norma Deacon

All organizations need new life in order to sustain growth. Holy Family is no different. During the last couple of years, we have received new individuals and families. In order to get to know the new people, we hosted our Third Newcomers' Dinner on Friday, December 3rd at 6:30 PM.



The evening began with cocktails then we had dinner, and finally dessert. We played an "Icebreaker" in which everyone was involved.

Information was gathered in the days leading up to the event, and then the interaction as the answers

A lot of planning took place prior to the event. We invited individuals who are fairly new to the parish. Then we selected a number of established members to join us, to share the evening and to represent Holy Family parishioners at the dinner.



Thank you especially to Louis and Thelma Drakes, for their cooking expertise. The Social Committee was heavily involved this time, and we are grateful for their help; setting up tables, decorating the room, making invaluable suggestions, helping to serve the meal, welcoming our guests, and being at the event. Thank you also to Lorie Wilson for arranging the flowers.

were coaxed from each person. Then we had the Holy Family Quiz. I had help from the young people in attendance, Rividu, Chesna, Tatenda and Aamen. Thank you again guys! Thank you also to Mahesh and James for taking pictures. Of course we had speeches. Rev. Julie spoke, followed by parishioners and newcomers. They expressed their pleasure in attending an enjoyable and fun filled evening.

Thank you Rev. Julie and Deacon Judy for your support in facilitating this event.

Holy Family is a church which welcomes people to share our worship and join our congregation.

We plan to have another dinner in May. If anyone is interested in being part of Holy Family's Welcoming Team please let me know!

## 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.



## Dates for the Calendar

December 24	Christmas Eve	7:30 pm	Family Eucharist with Children of Peace Youth Choir
		9:30 pm	Carol Singing
		10:00 pm	Choral Eucharist / (Candle light service)
December 25	Christmas Day		Holy Eucharist
January 1	New Year’s Day		Meditation on the Nativity
January 7	Consecration of Bishops		
January 10	Next Food Bank (please come and help)		
January 27	Burns Supper		
February 19	Vestry		
March 1	Ash Wednesday		
Mid-March	Next HeartBeat		
April 9	Palm Sunday		
April 13	Maundy Thursday		
April 14	Good Friday		
April 16	Easter Sunday		
June 4	Bishop’s visit and confirmations		

## FaithWorks



Holy Family contributes to FaithWorks, the Diocesan Outreach program. Here Paul Fisher, Chair of Holy Family’s FaithWorks program is seen with Carol Reist, Executive Director of The Dam, an agency supported by the Diocese.

The Dam (“Develop”, “Assist”, “Mentor”) provides support for at-risk young people through its centres in Mississauga and Cooksville.

## Who was Robert Burns? Why is someone born nearly 260 years ago so important?



Come and find out at Holy Family’s Burns Supper. Be a Scot for an evening!

**Date:** Friday, January 27, 2017  
**Time:** Meet and greet from 6:30 PM  
 Dinner from 7:30  
**Tickets & info** In January (tickets up to the 22nd more info —we need numbers!)

Songs, Sing-along, Stories, Toasts, Music, Dinner with Haggis (yum), Scottish Dancing (no knowledge required!), Cash Bar

## What's App

WhatsApp is a free Smart Phone application that enables people all over the world to communicate with each other privately. WhatsApp uses your phone's internet connection (4G/3G/2G/EDGE or Wi-Fi, as available) to let you message and call friends and family.

For a full description of WhatsApp go to the website: <https://www.whatsapp.com>

The Church of the Holy Family has started a WhatsApp group, which is proving popular with the

28 members who have signed up already.

If you are interested, get in touch with either Tunde Ogunleye or Johnson Adapanamkandathil who will add you to the list and answer any of your questions..

There is a computer version, but it requires that a smartphone version be installed: they work together.



## Hello Holy Family,

You may know that for some time I have been involved in a writing project. The task is finally complete and has turned out two books about finding God in

everyday places (narrative non-fiction). Many of you contributed or were the underlying inspiration for what followed and I am grateful.

The next phase in this literary journey is to engage the notice of a literary agent and publisher. Their preference is for authors with established social media platforms. As such, by mid-December I will launch a blog writer website under the nom de plume: Carolin M. Paradis – Stories That Bridge. If when I throw

the switch on my website and nothing explodes but my head I invite you to visit <http://carolinmparadis.com>. It is my hope that we can engage together in our journey of faith – it is when we share our stories that we grow stronger.

I will soon issue an invitation newsletter for those who have already shared their email addresses with me. If you have not shared your email address but would like to receive an invitation kindly send me an email at: [cmp@carolinmparadis.com](mailto:cmp@carolinmparadis.com) and I will include you on the distribution.

Thank you for your consideration and God bless.

Carolin M Paradis (Hwozdyk)  
An Everyday Story-Teller

## The Doors

*by Faith Henry Mayers, for the Wardens*

Our entrance doors, which are 30 years old, are not opening or closing properly – an inconvenience and also a safety concern. They need to be replaced.

We ran a successful campaign in October which resulted in just over \$11,000 — this amount along with additional funds from the capital fund will cover the cost to replace the doors.

A down payment has been given to the Door Company and production of the replacement doors are in process. We anticipate that the doors will be installed by early in the New Year.

## A Challenge to the Church

In a recent article in the Toronto Star (and Star Touch), Michael Coren wrote an article describing a role for the church in today's world.

It was suitable for *HeartBeat*, but a bit long!

If you would like to read it, pick up a copy in the Narthex