



HeartBeat



Sunday, June 26, 2016

6th Sunday after Pentecost

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

Dear Friends

Summer is upon us! Families are about to go on vacation, students have graduated, young people are beginning summer jobs, children will be going off to camp and Canadians will be enjoying the gift of time and this beautiful country in many ways.

We are well into the Season of Pentecost during which many people will be working on and enjoying their gardens. In this way the liturgical season dovetails with the season of nature, for Pentecost is also a time of growth.

A wonderful sign of growth at Holy Family was the confirmation of 20 people by Bishop Poole on May 31st. It takes courage to stand up publicly and affirm one's commitment to Christ – especially in a culture where the church is marginalized and it is so easy to not commit to anything at all. Our adult group had lively discussions on a variety of topics, including baptism, Bible, Eucharist, and prayer as four pillars of Christian practice. The youth learned about the Bible, about prayer, and serving others, while enjoying a few games along the way. Check out the bulletin board in the Narthex for some of their “take aways.”

This season of spiritual growth can be seen as one in which we cultivate the soil of our hearts to enable the fruit of the Spirit to flourish.

As St. Paul tells us: the fruit of the Spirit is love, joy, peace, patience, kindness, gentleness, fidelity, self-control. Where do you see the “fruit of the Spirit” in your life?

If it seems lacking, give some attention to cultivating the soil of your heart. We do this by being grateful for all the blessings God gives us – our family and friends, our work, our community, our country of Canada, our faith.

We cultivate the soil of our hearts by giving to others.

We also cultivate the soil of our hearts by our spiritual practices of prayer, of Scripture reading, of partaking in the Eucharist.

The season of Pentecost also gives us an opportunity to reflect on the presence of the Holy Spirit in our lives. Where do you see the Holy Spirit guiding you in your life? In your relationships with your spouse, your children, your siblings and parents? In your work life?

In this season of Pentecost we finish the Sunday Scripture readings with “Hear what the Spirit is saying to the Church.” How is the Holy Spirit leading and guiding us here at Holy Family? In what ways are we being called to serve our neighbour? The refugee crisis has not gone away, and we can pray for discernment about the ways in which we can help.

There is always lots happening at Holy Family and in our Diocese as well.

In March we enjoyed a visit from Bishop Torto, the Bishop of the Diocese of Accra in Ghana, who preached and presided at our Eucharist. We have had a number of visiting clergy from the Caribbean as well. It is wonderful to have our brothers and sisters and leaders of the church from around the world join us in worship. There is a real bond of unity in diversity here at Holy Family and that is a witness to the unity the Holy Spirit brings us as we seek to grow in the knowledge and love of God.

May 31st was Bishop Poole's last visit with us as he retires in September. On September 17th there will be an Episcopal election in which 3 new suffragan bishops will be elected. You can go to www.toronto.anglican.ca and there will also be a Townhall Meeting on Tuesday, June 28th from 7 – 9pm at St. John the Baptist, Dixie to meet the nominees. Please keep this important election in your prayers.

This summer I hope you have the opportunity to take it easy and to enjoy time with family and friends.

Blessings,

Reverend 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. Email to: info@holyfamilybrampton.ca. The Incumbent is Rev. Julie Meakin. The Editor of *HeartBeat* is Ian McHaffie who may be reached at mchaffieian@mac.com or 905-846-0567. The Assistant Editor is Faith Henry-Mayers who may be reached at faith5684@hotmail.com or 905-495-8031.

Young@Heart



The Young @ Heart group meets every other Friday evening — but its meetings do not always involve stretching in the Parking Lot — and the group includes a number of men, not in this photo as they were in the kitchen! However, maintaining a healthy life style is an important part of living, especially as we age and healthy living one of the focuses of Young@Heart.

In addition to the physical side of life, Young@Heart has programs that look to the spiritual and emotional sides as well.

“This Day in History” provides a great range of interest items.

A recent meeting featured Karen Phair, a visitor from the Peel Alzheimer’s Society. In her presentation she cover a wide range of topics, including “What is Dementia”, current research topics and how to be a good caregiver. Those present learned much about this debilitating condition

More information from Joan Jackson (905-608-9087) or joanjackson10@hotmail.com.

Did you miss contributing to the Garage Sale?

If you missed contributing, there is an opportunity to contribute “treasures” to the church, later in the year — on November 12 at the Christmas Bazaar. In addition to Christmas crafts, made by The Craft Group, there will be tables for jewelery, “white elephants”, “treasures” and lots more.

So if you are tidying out storage closets or the basement, hold on to what you may be on the point of discarding: someone else may be longing to buy things that you no longer need.

Now is not too early to think of the bazaar, even though it is nearly 5 months away. Keep the bazaar in mind when you are

doing your **canning or jam-making**. Make some extra jars for the bazaar.

Also, think of joining the **Craft Group** in the Fall and have fun and, perhaps learn new skills.

If you need **craft supplies** to work on projects during the summer, get in touch with Debra or Louise.

Full details in the Narthex and in the next issue of *HeartBeat*. Further information about the bazaar from Louise O’Connor (905-846-1452) or la_oconnor@hotmail.com. Or from Debra Robinson (905-846-5006) or 42robinson@rogers.com.

“Ordinary Time” — Dates from July to September

The term “Ordinary Time” does not actually mean “nothing much happens” — but that is the case for the next few months. The term “ordinary time” refers to the two periods of the year — Epiphany to the start of Lent and from Pentecost (which marks the end of the Easter Season) until Advent. It comes from the word “ordinal” which means counted time (1st, 2nd etc.).

Lammas Day, August 1, was a mediaeval harvest festival when a loaf, made from the new wheat crop, was brought to the church and blessed: August 1 is a bit early for a harvest festival here.

The Memorial for **St. Benedict** (c. 480 – c. 543), who made a major contribution to early monasticism falls on July 11. We shall remember him on Sunday, July 10.

Holy Cross Day is actually Thursday, September 8. We shall recognize the Day on Sunday, September 11.

St. Michael And All Angels is actually Thursday, September 29. We shall recognize the Feast Day on Sunday, September 25.

The Memorial for **St. Augustine** (354 - 430), one of the most influential of the early Christian Fathers, falls on Sunday, August 28.

The Memorial for **Charles Inglis**, the first bishop consecrated in Canada (in 1787), on August 12.

The next *HeartBeat* is scheduled to appear on Sunday, September 25. Deadline for contributions is one week earlier, Sunday, September 18, but earlier is appreciated by the Editor

From Louise: advance notice of the **Bazaar** date: Saturday, November 12, 2016. More in the next *HeartBeat*. Also, see above.

Why Holy Family?

by Christina Sackeyfio



1. What brought you to Holy Family?

My family had been attending the same church for 25 years. Though we cherished our time there, after so many years we could not help but wonder how things are done differently from one church to another. Nearly two years ago we decided to explore the churches in our neighbourhood. We did not make it far – Holy Family was only the second church we visited that summer and as you can see, we are now active members!

2. What keeps you here?

Initially, I was most impressed with the sense of community at Holy Family. There is a difference between seeing the community, and feeling it, and I felt it from my very first visit. From Joe's cheerful handshake upon entering the church, to Deacon Judy's warm greeting to visiting parishioners at the end of the service, we immediately felt that we were being accepted into a rich and vibrant faith community.

Since then, my commitment to Holy Family has been much more spiritual. Through the inspiration and support of Rev. Julie and Deacon Judy, I am developing a deeper, more spiritual connection to the Word. It impacts my life, and in turn, it calls for me to impact the lives of others. This is a new and exciting experience for me, and it is one that keeps me coming back to further learn and grow.

3. What word or phrase best describes Holy Family?

Belonging, learning, reflecting, doing.

4. How does your Christian faith challenge and/or support you?

By its virtue, Christian faith is a challenge. It is a challenge to trust in God's unconditional love, it is a challenge to believe in God's unwavering protection, and it is a challenge to be confident that God's time is the best time—particularly when you don't understand His plan. At the same time, there is something powerful in knowing that God is in control. I do not walk my path alone, and if I take the time to pray and really listen, I will know that He is there providing gentle guidance.

5. What book are you reading?

I am currently reading two books: *Arrow of God* by Chinua Achebe and *The War of Art* by Steven Pressfield. I like post-colonial literature and classic mysteries when I want to relax, but I also enjoy books that explore creative thinking.

3 things about Christianity in Ireland

by Rev. Julie

Early Monasticism

Monks lived in these stone huts from the 6th to the 12th century on the rock island of Skellig Michael off the western coast of Ireland. They were perched 600 feet above the sea and built by a technique called "drystone" architecture - no mortar was used - yet even today these stone huts are still perfectly watertight.



The Book of Kells

The Book of Kells is an illuminated manuscript from the early Middle Ages containing the Four Gospels. It is an incredible work of art and considered Ireland's finest national treasure.



Two Cathedrals

Oddly enough, Dublin has two cathedrals – Christ Church (1028) and St. Patrick's (1191) which are both Anglican. Both churches shared the role of cathedral, but after the Reformation the Church of Ireland (Anglican) became the official church and took control of most church property. The Catholic Church has not had a cathedral in Ireland's capital city since then. In my humble opinion why not give one cathedral to the Catholic Church – do we really need two?!



Being Good Stewards of the Earth

By June Cannavici

Celebrant: Will you strive to safeguard the integrity of God's creation, and respect, sustain and renew the life of the Earth?

People: I will, with God's help.

Source: The Baptismal Covenant — BAS on-line edition at www.anglican.ca/about/liturgicaltexts/ (p.159)

At the level of what-to-do on a daily basis, some parts of our Baptismal Covenant may boil down to proper recycling. After several recent events at Holy Family I have noticed that we do not seem to have as good a grasp of what is allowed in our blue bins as we might. For example, a water bottle that is put in the blue bin with the lid still on will be sorted at the recycling plant into the garbage stream. It cannot be recycled with the lid.

Recently, Holy Family has put up some notices and they should make sorting our garbage easier.

We need to be good stewards at home too. Peel Region has a fantastic web site that is easy to use. Either Google "Peel Region Waste" or go to this URL:

<http://peelregion.ca/scripts/waste/how-to-sort-your-waste.pl>

Please use the provided link to search any product. Here are some examples:



"Paper plates" show up as a Green Bin item. Unfortunately, we do not have a Green Bin at Holy Family; therefore, paper plates go into the regular garbage. That is one of the reasons we invested in a commercial dishwasher — to dissuade paper plate use at events. I encourage you to look at how you can reduce and recycle at church so that we can implement the recent

Vestry decision.

You may line your organics cart (or the kitchen collector) with newspaper, paper bags or certified compostable (BPI or BNQ Certified Compostable Approved) plastic bags.

Recycle: Plastic water bottles (250 ml - 4 litre sizes): Empty and clean, then flatten the item. Remove the cap and place the cap in

the garbage. Crush large plastic bottles and beverage cartons to save space.



Paperboard cans/Frozen juice container/Puff Pastry containers: Rinse/clean the inside. Do not flatten cans. If there is a foil or plastic seal, stopper or tear-away tab, remove it and place that in the garbage.

Plastic sandwich bag, food packaging: Cut off any zippers and dispose of the zipper in the garbage. Place all recyclable plastic bags in one tied plastic bag.

Takeout coffee cups: The coating on the inside and outside of coffee cups and other take-out beverage cups makes this container non-recyclable and non-compostable within the Region of Peel.

Cookie bag/chocolate bar wrapper/food wrap: This packaging is not recyclable.

Coffee cup lids: These items are too small to be recycled at the Region's Material Recovery Facility.

Plastic utensils or cutlery: plastic cutlery is too small to be recycled at the Region's Material Recovery Facility.

Shrink Wrap/Saran Wrap/Cling Wrap: This item is not recyclable. Put this item in the garbage.

Plastic cereal and cracker box liners: Plastic wrap/bags that hold instant noodles, rice, pasta and other dried food/cracker items are not recyclable. Other types of non-recyclable plastic wraps or film include bacon packages, cheese wrappers, vacuum sealed meats, soy or soy protein products etc.



The "Green Team"

Holy Family has a "Green Team", led by Dennis Tissera. It is looking at ways in which Holy Family can become a "greener" community.

If you are interested in joining the team, please call Dennis at 905-799-1420.

Amazing how much went on in the last three months!



We had a **Community BBQ** in mid-June — sponsors, steel band and snacks; face-painting and fire engines - an opportunity to explore the latter —as close as many of us want to get. Thanks to

Deacon Judy Allen for organizing and to our sponsors for their support. Please patronize our sponsors to show appreciation.



We planted a “**Linden Tree**” (an actual Linden tree) in honour of the late **Linden Kirkland**. Also, the first **Linden Kirkland Memorial Scholarship** was presented by his widow, Yvette, to Anthony Pelay.

We worshipped in the **Sanctuary** and down in the **Church Hall**, we enjoyed many banquets. Our **Pot Luck Lunches** are famous, at least in our community, for the variety of our cuisines and the generosity of our cooks. The editor notes that many of the photos he gets are of eating!

Who do you recognize? Some of the usual kitchen crew preparing the Strawberry Social!



We said “thank you” to **Olwen Needham-Brooks** and **Debra Robinson** for the fine work they have done with ChurchKids. Thanks also went to **June Cannavicc** who also helps with ChurchKids.

Kemi Ayeni a member of the Junior Choir visits **Sergei Zhukowsky**, our organist and choir director, to present a Fathers’ Day carnation.

In addition to the regular Sunday services, at times, especially during Lent, we have **Quiet Eucharists** that provide reflection time during sacred seasons.

Easter Vigil Baptism

at Easter we welcomed five of our parishioners into the Christian family

Ken Ramdhannie, Lilly Ramdhannie, Balram Ramdhannie, Chaitram Ramdhannie, Joshua Burfield.



At the **Easter Vigil Service** we lit a new fire.

From the Saskatchewan Anglican



Parishioners at Holy Family Anglican Church in Brampton, Ont., display quilts that will be donated to Montreal Lake First Nation and an orphanage in Uganda. Photo by Norma Deacon

Quilts donated to forest fire victims

By Munden Coates

PRINCE ALBERT — For nine years, Holy Family Anglican Church in Brampton, Ont., has committed itself to a sewing ministry.

Modeled after the good deeds of Dorcas (Acts 9), this outreach teaches youths they

can make a difference in this world by using their talents to address a social need.

They have completed over 40 quilts which were donated to an orphanage in Uganda.

But when members heard about the horrible forest fire losses in northern Saskatchewan last summer,

they decided to send some of their quilts to our diocese.

Bishop Arthurson, gratefully received the gift of six quilts that were given to families in Montreal Lake who had lost their homes to forest fires.

Pat Fisher, a member of the Holy Family sewing

ministry, explained her group will accept the challenge of our need. Committing oneself to serve is not always convenient, Fisher even works on her quilts during her summer vacation in Newfoundland!

Young People's quilts and Norma's photo!

Garage Sale

Now that we have tenants using the church on Saturdays, some of our usual Saturday Activities are difficult to organize. So special thanks and congratulations to Joe Menard who held a "church" Garage Sale at his home, which raised \$800 for the church. As the host, he had much of the work — set-up, BBQ & clean-up.

But it was a team effort, with thanks due to Johnson (BBQ), Louise (set-up, pricing & sales), Jane (set-up, pricing, clean-up & sales), Debra (set-up), Opal (clean-up & sales), Beth (set-up, pricing, sales & clean-up), Linda (set-up, pricing, sign-making & onions), Joseph and Joel (all round help) and Norma (our picture taking gal).

But above all, thanks to Joe!



Holy Family Privacy Policy

It is our aim to provide as protected a climate as possible for all Parish Members, especially those who are vulnerable — children and the handicapped elderly above all.

In *HeartBeat*, we publish photos as we feel that they add to the interest of our community life. *HeartBeat* is available to Parish Members in hard copy and by email, and it is also published on our website, which means that everyone conceivably has access to it.

If you have a concern about the use of your photo (with or without a name) in *HeartBeat*, please contact the office or get in touch with the Editor, Ian McHaffie. The photo above, for example, shows children, but they are not named individually.

A fuller discussion in the next *HeartBeat*: comments received will form part of the article.



Sunday Morning Music

by Ian McHaffie

If you are among those people who enjoy the great tradition of Christian Sacred Music, a new treat may be awaiting you on your TV Cable. The Stingray Channel “Opéra Plus” (Bell, 935; Rogers 981) selects mainly religious music on Sunday mornings and at other times too, on occasion. Don’t be put off by the “Opéra” — there is a lot of “Plus.” The following have recently been played:

- Arvo Part’s *Magnificat*
- Palestrina’s *Quem vidistis pastores*
- Orlando Gibbons’ *Nunc dimittis*
- Morten Lauridsen’s *O nata lux*
- Francisco Guerrero’s *Maria Magdalene*

- Robert White’s *Lamentations de la Renaissance*.
- Sweelinck’s *Psalm 150*
- Monteverdi’s *Mass for 4 Voices*
- Lassus’s *“And his crying was not a small spring”*
- Willan’s *Missa Brevis XI*
- Grieg’s *Ave maris stella*
- Victoria’s *O quam gloriosum*
- Byrd’s *Quis Est Homo?*
- Anon: *Puer nobis nascitur*

To find another Cable provider or to see what is playing or scheduled, go to: http://music.stingray.com/en_CA/

Confirmation — Bishop Poole’s visit

On May 29, Bishop Poole visited Holy Family, on what is to be his last visit before his retirement in September. It was an occasion to be remembered. He confirmed no fewer than 20 people, adult and youth — the largest number in the memory of our oldest members (see below for the names of those who were confirmed).

Who can forget the guitar-playing Bishop leading us in song? In his homily, among other topics, he praised Rev. Julie Meakin for her leadership of the congregation — praise that was warmly applauded. He also praised the work of Deacon Judy Allen — and this too received similar enthusiasm from the congregation.

After the service we enjoyed the usual lavish Holy Family pot- luck lunch. There were several speeches, with

best wishes for a happy retirement and thanks that Holy Family had been part of his Ministry. The speakers included Paddy Ann McHaffie, Tunde Ogunleye, Rev. Julie and, of course, Bishop Poole himself.

A great day!



Congratulations to those recently confirmed

- Christopher Bisram
- Joshua Burfield
- James Bovell
- Ty Kaloczi
- Peter Fisher
- Mary Jim-Akaya
- Michael Nneji
- Kalan Nwaubani
- Shemika Nwaubani
- Marlon Pelay



- Anthony Pelay
- Miranda Pelay
- Alana Pelay
- Jeremy Pelay
- Ken Ramdhannie
- Lilly Ramdhannie
- Balram Ramdhannie
- Chait Ramdhannie
- Kristian Singh
- Bruno Zaconeta

Thank you and a suggestion

by Lorie Wilson and Ian McHaffie



Vinters Exclusive Wines, a wine-making store in the west section of Heart Lake Plaza (near the Royal Bank), is the supplier, courtesy of the wine-making skills of Lorie Wilson, of our communion wine — at a very modest price.

Not only can you make Communion Wine there, but you can make your own wine — red or white — at a fraction of the cost of wine at the LCBO — and quite close by!

If you're interested, drop in and see Clayton Phillips or give him a call at 905-840-7011. Mention you're from Holy Family and are grateful for his support!



Web: www.exclusivewines.com

Email: vintnersexclusivewines@gmail.com

A Distinguished Visitor —The Bishop of Accra

During Lent we welcomed Archbishop Dr. Daniel Torto. Based in Accra, where he is the Bishop, he holds the title of Archbishop by virtue of being the Primate of the Province of West Africa.

Archbishop Torto presided at the Holy Eucharist and gave the Homily.

His visit gave those some of those members of Holy Family who look to Ghana as their heritage home a special opportunity to dress in traditional Ghanaian Dress for the occasion.

Archbishop Torto is Sam Sackeyfio's cousin.



An Evening with Larry



Recently a group of parishioners visited Larry Edwards, who is living in Burton Manor, on Sterrit Drive, just off Chinguacousy Road, south of Queen Street.

In addition to those pictured above with Larry — Marg, Ian, Paddy Ann, Louise, Corinne, Lynn and Dawn — Jackie brought her guitar and accompanied our singing (hymns and some old secular songs) as well as her camera — so she took the picture and didn't get into it!

The Milk Bag Project continues

Some months ago the picture of the sleeping mat, woven from milk bags was published in *HeartBeat*. The project is on-going and Louise O'Connor takes the milk bags collected in the Narthex and delivers them up to one of the weavers.

There is more weaving and sleeping mat activity going on than one might imagine. If you're interested in knowing more, Google "milk bag mats" and you'll find how wide the activity has spread.

If you don't want to start your own project, please feel free to contribute to Louise O'Connor's bag collection effort: just bring your milk bags (the 4-litre sort that hold three individual milk bags) in on Sundays, and put them in the collection box in the Narthex. Louise will take them to the weaver.

