

Lay Pastoral Visiting Training Seminar

Four of us, Jodi, Angela, Deacon Judy and I attended a lay pastoral visiting training seminar.

Our educators for the day were Kathleen McGill (a long time pastoral visitor who has been teaching this course for over 10 years) and Deacon Heather Westbrook of Trinity Aurora and Chaplain in Long Term Chartwell Aurora .

The seminar was very well taught and organized, with both facilitators very knowledgeable and passionate about this ministry. Some of the topics covered were aging, listening, elder abuse and

Joy is hidden in compassion. The word compassion literally means “to suffer with.” It seems quite unlikely that suffering with another person would bring joy.

Yet being with a person in pain, offering simple presence to someone in despair, sharing with a friend times of confusion and uncertainty ... such experiences can bring us deep joy. Not happiness, not excitement, not great satisfaction, but the quiet joy of being there for someone else and living in deep solidarity with our brothers and sisters in this human family. Often this is a solidarity in weakness, in brokenness, in woundedness, but it leads us to the centre of joy, which is sharing our humanity with others.

Henri Nouwen in *Solidarity in Weakness*

by Sheila Paul

confidentiality.

Lay pastoral visiting is parish-based and functions under the supervision of the parish clergy.

It is a ministry of reaching out, showing love and compassion, using ordinary skills of listening and communication.

Visitations are done on a regular basis as requested and needed in private homes, nursing homes, hospitals or seniors' residences.

We look forward to this ministry and ask for your prayers and support as it is new to three of us.

Love one another, as I have loved you.

In brief

The Lenten handouts

Each Sunday in Lent there was an extra hand-out, which discussed some aspect of the observance of Lent. The handouts were intended to be informative and to assist parishioners observe a Holy Lent. Were they worthwhile or helpful? Please let us know.

A note to the office — signed or anonymous as you prefer — or an email to Rev. Julie (who developed most of the “spiritual” content) or to Ian McHaffie (who handled the layout and prepared some of the content) would be much appreciated.

Young Peoples' Corner

This is the first contribution to the Young People's Corner, a regular feature in future edition. Keep your eyes open for future items. For this edition, there was an invitation to answer the following questions:

1. How are you involved at Holy Family?
2. How does your Christian faith connect to your everyday life?
3. How can the church attract more young people?

Here are Shane Tissera's answers:

1. Currently I am part of the Children of Peace Youth Choir and have been a member of it for over 5 years. I am a server and reader during masses. You may not see me as often during mass because I am usually helping out in Church Kids, our Sunday school program. I also volunteer at our monthly Food Bank whenever I can.

2. Life can be tough with school and Extra-Curricular activities, so it always gives me hope to know that God is with me. Christian faith is important to me, it gives me a goal to achieve

and a way of life. I find myself feeling safety in God and I feel as if I can become a better person by expressing my faith through my actions at school, home or in the church.

3. The church has a great program for youth already and there isn't much I would add. However I feel as if it could be possible if we could have a youth bible study for older youth and even a small program for the younger children similar to the children's talk.

Thank you, Yvette!

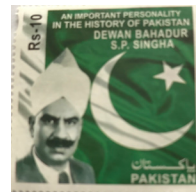
After many years serving as Sidesperson and Greeter, Yvette is taking a sabbatical. Thank you for the contribution you have made to our congregation.

Thank you, David!

On his own time (and when no one else was around!) David Winfrow painted the men's washroom, a thankless task, but thank you anyway!

Stamp Note - Did you know?

The grandfather of Sabrina, wife of James Samuel Zia, served as speaker of the Punjabi Assembly. He was recently honoured by being featured on a 10 Rupee Pakistan postage stamp. This is a particularly unusual honour for a Christian in a largely Muslim country.



Retirement

Those who remember the Incumbency of Fr. David Brinton will be interested to know that he is retiring from the position of Sub-Dean of the Cathedral at the end of May. The 11:00 AM service on May 28 will include thanksgiving for his many years of ministry. Unfortunately that clashes with our own Sunday morning service. A Happy Retirement card will be available at the back of the Church for those who wish to send a message.



Dear friends,

Let us purify our senses, and in the unapproachable light of the Resurrection, we shall see Christ shining forth, and we shall clearly hear him saying, "Rejoice!"

John of Damascus 676 – 749 Paschal Canon

Today, we begin the 50 day celebration of Easter as we proclaim with millions of Christians around the world, “Alleluia! Christ is Risen – the Lord is Risen indeed, Alleluia!”

In Matthew's account of the resurrection, Mary Magdalene and the other Mary leave the tomb quickly with “fear and great joy.” Fear because they have just experienced an earthquake, an angel as bright as lightning who rolls the stone away, fainting Roman guards, and an empty tomb. Great joy because they are told they will see their friend and master in Galilee. But he meets them before they even get there.

Life is often a mixture of fear and joy. As David Lose says, “Fear about the fate of a loved one struggling with illness; joy in the gift that person has been to us. Fear about the future amid problems both national and global; joy in the present moment surrounded by those we love.” The Risen Christ meets us in our own places of fear and joy and says, “Do not be afraid.”



HeartBeat

April 16, 2017

Easter Sunday

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



And, Jesus calls you and me in all of our fear and joy to “go quickly” and tell others. It is good news that cannot and must not wait. We are called to move away from our tombs of regret, disappointment, grief, and loss, and to go to Galilee – where Jesus healed the sick, cast out demons, brought good news to the poor, sight to the blind. We are called into our own neighborhoods where Christ meets us.

There we witness to the love and power of God in our lives, in all our fear and joy, for ultimately, the

resurrection is God's great YES! To life, to hope, to healing...to endless possibility and potential. Because of the resurrection, everything has changed.

In the words of the Orthodox hymn:

The day of Resurrection, let us be radiant, O peoples! Pascha, the Lord's Pascha; for Christ our God has brought us from death to life, and from earth to heaven, as we sing

the triumphal song. Christ has risen from the dead, by death he has trampled on death, and to those in the graves given life. Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

Alleluia! Thanks be to God.

A blessed Easter 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. 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. Assistant to the Editor is Talia Tissera who may be reached at 905-799-1420 or talia5395@gmail.com.

Why does Easter move around so much? or

How is the date of Easter determined?

by Ian McHaffie (with help from Wikipedia!)

Easter Sunday is the first Sunday following the first full moon after the vernal equinox (or the first day of spring).

and how it should be determined was taken in 325 at the Council of Nicaea, so it has been that way for nearly 1700 years.

The discussion about the Easter date was long and complicated, but a key factor

Easter from AD 325 to AD 2285

Easter Sunday in 2017 falls on April 16, which is relatively late in the

was this: since Jesus rose from the dead and appeared to his disciples on a Sunday, then Easter should be on a Sunday. Other proposals had it so Easter could fall on any day of the week.

34-day range of possibilities. The latest possible date for Easter Sunday is April 25. The next year that that will happen will be 2038, just 21 years from now.

The church decided instead to have Easter fall every year on Sunday. That decision (Easter on Sunday)

Easter Sunday can occur as early as March 22 which happened in 1761 and 1818. The next time will be in the year 2285, so we'll miss it!

During Lent, Young @ Heart members participated in Stations of the Cross. All our activities are based on spiritual needs, listening to gospel music with group interactions.

Remember June is Seniors' Month: — a good time to join Y@H
See Joan Jackson for details either in person or at 416 561 7558.

Farewell to Paul Williams

At the end of February we said farewell to a long time member of Holy Family. Paul Williams was a devoted member of our congregation, ever since he arrived, with Launa, in Canada from his native Jamaica in 1977.

Paul had suffered from various medical conditions for many years, but it is a tribute to his persistence that he never allowed his health problems to keep him down. It was during that long illness that he was able to serve as a Warden and few people knew that this entire time he was seriously ill.

Before he came to Canada, Paul served in The Jamaica Constabulary (Police). After settling in Canada, he joined the Chrysler Corp, from which he retired after 30 years of service.

He was a faithful member of Holy Family's congregation, but in the last years his illness prevented him coming as often as he would have wished.

At his funeral, in early March, more than 260 people came to remember him and to celebrate his life. The church has seldom been so full.

We will miss you, Paul, and we offer our prayers to Launa, his widow, to his family and friends, both within our church community and beyond.

"The Lord is my shepherd, therefore can I lack nothing."



Psalms — Come let us sing unto the Lord! Psalm 95

Every Sunday, a psalm is part of the service. We have enjoyed psalms in a variety of ways: spoken (with or without music), chanted to our own psalm tone (written by Sergei, our Music Director, which you will only hear at Holy Family), verses sung by a cantor, refrain sung by all, plainsong (where every line uses the same tone). Sometimes we sing a hymn-psalm (for example we recently sang The Lord's My Shepherd (a metrical version of Psalm 23) to the tune *Crimond* by Jessie Seymour Irvine).

One approach we have hardly used is "Anglican Chant", which typically matches speech rhythms - for non-metrical texts - to the melody. Typically, the

chanted tunes involve a simple four-part harmony, with the melody carried in the soprano line. Where a full congregation is singing the psalm using Anglican Chant, the congregation usually sings the melody (soprano) line.

Within the next few weeks, the choir will sing a psalm, as an anthem, using Anglican Chant, with four part harmony; the following week the congregation will be invited, as part of the service, to sing the same Psalm (as prescribed for the day) using Anglican Chant. It should make an interesting change and bring back memories to those who miss this musical form.

News from the Children of Peace Youth Choir

by Margaret Potvin

The Children's choir under the direction of Margaret Potvin has been busy singing many new songs of praise with great enthusiasm. Some of their favourite pieces performed were *Kwake Jesu Nasimama* and *Mary, Did you Know*. Also, a new name (above) was voted on by the choir. It was created by Jason Nneji, one of our loyal choir members.

Talia Tissera is working on a web page for the choir that will be linked up to the Holy Family website. It will contain performance and rehearsal dates. It will also include the future songs with the words included so that the choir can practice their music at home.

It is still not too late to join the choir as all are welcome. The ages range is from 8 to 17. We rehearse from 12:15 to 1:15 pm on Sundays and we look forward to all new members.

In addition to the above, Margaret will be teaching a song in the Sunday School for part of the time about once a month.

We would like to thank all parents of Junior Choir members for their patience and support for waiting for their children and picking them up after their rehearsals..



God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. *Hebrews 6:10*

The First act of liberation (between death and) resurrection

God goes to search for our first parent, as for a lost sheep. Greatly desiring to visit those who live in darkness and in the shadow of death, he goes to free from sorrow the captives Adam and Eve, he who is both God and the son of Eve. The Lord approached them bearing the cross, the weapon that had won him the victory. At the sight of him Adam, the first man he had created, struck his breast in terror and cried out to everyone: "My Lord be with you all." Christ answered him: "And with your spirit." Then Christ takes him by the hand and raises him up, "Awake, O sleeper, and rise from the dead, and Christ will give you light."

"Ancient Homily" quoted from Triduum, LTP publications, vol. 1



Jesus liberates Adam and Eve, The Harrowing of Hell, Chora Museum, Turkey

Exsultet

Exult, let them exult, the hosts of heaven,
exult, let Angel ministers of God exult,
let the trumpet of salvation
sound aloud our mighty King's triumph!

Be glad, let earth be glad, as glory floods
her,
ablaze with light from her eternal King,
let all corners of the earth be glad,
knowing an end to gloom and darkness.

Rejoice, let Mother Church also rejoice,
arrayed with the lightning of his glory,
let this holy building shake with joy,
filled with the mighty voices of the
peoples

continued from page 5

The last Sunday of celebration the 26th, Brother Reginald was our guest preacher. His Sermon was also inspirational, and informative, created an awareness of Black History in Canada.



Our thanks —

To: Rev Julie for her support and contribution and to Sergei for including in the preludes and postludes beautiful Spirituals.

To Margaret and the Children's Choir, and our Senior Choir for the lovely Anthems.

To the working committee and everyone for their contribution in helping to make this year's celebration successful.

We give thanks to God for the gift of our rich and blessed diversity.

Deacon Judy.



Eriyana, Alana, Mary, and Mya performed a Liturgical dance which related to the mood, struggles and triumphs of Slavery. They did a great job, and the Congregation really enjoyed their performance.



Kowesie Hypolite, and his Steel Pan

Ask not what your church
can do for you,
but what you can do
for your church

"But I haven't got the time!"

So often we hear that when we ask people to do something. But there are many jobs that take a very short time and we have perhaps not isolated how many small jobs there are.

In the past few weeks it has been very gratifying to see the way in which parishioners rallied around to direct traffic, act as Sidespersons, and generally support our visitors during the funeral for Paul Williams.

Here are a few tasks that are under half an hour and are "one offs":

- Repair a dozen hymn books
- Ditto for prayer books

- Tidy the Nursery.
- Tidy the Meeting Room.

There are a few more slightly bigger jobs that could be handled either as a "one-off" or a repeated job.

In addition, there are, of course, a number of jobs that have to be done repeatedly sometimes on a regular basis and sometimes on occasional basis

In order to give everyone an opportunity to fit the parish's needs into busy schedules, two "Ministry Fairs" will be held on April 30 and May 7.

June 4 is a Red Letter Day — for more reasons than one — Pentecost, Bishop's Visit and Confirmations

There are currently 10 young people and 2 adults who are preparing to be confirmed on Sunday, June 4th – Pentecost: Nyssa Duncan, Ahlaab Grey, Shine Haroon, Joshua Johnson, Mya Kaloczi, Keziah Kayani, Tia Laurent, Roldin Pabs-Garnon, Roniel Pabs-Garnon, Eriyana Powell, Nathan Elmore, and Michael Murdock.

Please keep them in your prayers.

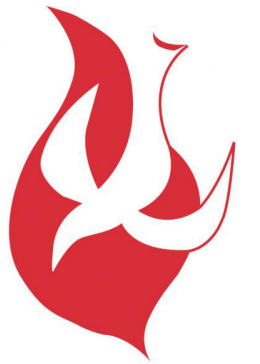
On March 28th the candidates and their parents, along with Rev. Julie and Deacon Judy, attended a meeting with Bishop Jenny Andison at the Church of St. Mary and St. Martha.

The meeting was facilitated by Rosemary MacAdam, the York –Credit Valley Area Youth Coordinator.

Bishop Jenny told the confirmands a little about herself and what it means to be confirmed. Rosemary

had the young people think about why they wanted to get confirmed and how they would prepare for it.

"Strengthen, O Lord, your servant with your Holy Spirit; empower them for your service; and sustain them all the days of their life. Amen." (BAS p. 628)



Bishop Jenny also met with the parents, commending them for making faith a priority in the lives of their families, and encouraging them to continue. The parents also shared why faith was so important to them.

St. Mary and St. Martha provided delicious snacks for everyone, and it was a great evening all around!

Oh! And wear something red for Pentecost!

Dates for the Calendar

April 30 and May 7	Ministry Fair (after the service)	June 11	Trinity Sunday Next HeartBeat deadline
June 4	Pentecost, Visit of Bishop Andison Confirmations	June 24	Community Barbecue
		June 25	Next HeartBeat published

Holy Family's First Lenten Outreach Lunch

by Talia Tissera

On Sunday March 26th, Holy Family had its first outreach lunch, focusing on the pandemic of youth suicide in indigenous communities. This lunch was a way for Holy Family to engage in the Lenten practice of almsgiving as a faith community. This issue is under-represented in Canadian media despite its severity, and the Anglican Church of Canada calls us to aid our indigenous peoples. Holy Family responded to this call to action with a full room and a full kitchen, totaling around 75 people.

Partway through the lunch, Rev. Julie had the assembly pause for a moment of silence, in solidarity with struggling indigenous youth and their communities. Afterwards, a 'spoken word' poem was shown, in the hopes that it would go beyond the statistics and show us the reality of people finding the courage to live through this crisis. The spoken word, a kind of performance art similar to a dramatic monologue, was written and performed by Helen Knott and filmed by Coty Savard. Helen, an indigenous woman herself, spoke passionately to indigenous youth

contemplating suicide, and her words translated into empathy for the crowd at Holy Family.

The simple lunch of soups, bread rolls and dessert squares brought in \$1400 in donations. The proceeds from the lunch will help support a social worker in an indigenous community, possibly preventing youth suicides. This is one of many steps taken towards a brighter future for indigenous youth. With open eyes and open hearts, we walk towards reconciliation with the indigenous people of Canada.

Rev. Julie hopes to make the outreach lunch an annual Lenten practice. Each time, Holy Family would share a meal and support an initiative that improves the local or global community. The awareness gained and the money raised at this first outreach lunch make it a success for Holy Family, and hopefully one that we will match – or improve upon – for years to come.

Helen Knott's spoken word can be viewed here: goo.gl/G9hKBM

Pat Fisher's Black History Altar Frontal, called *Freedom in Christ*

For freedom Christ has set us free. *Galatians 5:1*

One of the February highlights was Pat Fisher's description of her Black History Altar Frontal. The Frontal is based on the work of a renowned authority on American Quilts, and their History. The Frontal, like its major source book, is a combination of the story of slavery and the attachment of that story to the symbolic reminders of that experience.

Pat said "I used quilt historian, Barbara Brackman's book, *Facts & Fabrications: Unraveling the History of Quilts & Slavery*. The book is based on facts and fabrications. The historical facts are the story of American slavery, told through the words of people

who lived through that national shame. The fabrications are the symbolism she attached to traditional American quilt patterns to tell about various aspects of the story.

Top row —starting from the left: **Chained Star** recalls *Capture in Africa*; **Christmas Star** recalls *The Plantation Calendar*; **Aunt Dinah** recalls *Americanization*; **Jacob's Ladder** recalls *Buying Freedom*; **Charm** recalls *African Tradition*; **Creole Puzzle** recalls *Free Blacks*.

The three central blocks on the left — from the top:

Birds in the Air recalls *Freedom*; **Beauregard Surrounded** recalls *the Civil War*; **Trip Around the World** recalls *Colonization*

The green Section uses the pattern **Slave Chain** which recalls the *Slaves Clothing* as a reminder the shackles worn by many slaves.



The three central blocks on the right — from the top:

Lost Ship recalls *Ocean Voyage*; **North Star** recalls *Abolition Fairs*; **Cabin Windows** recalls *Plantation Housing*

The inspiration for the large block at the centre around the cross was **Box Quilt** which recalls the Abolition Movement.

Bottom Row-- starting from the left: **Triple Link Chain** recalls *Family Ties*; **Underground Railroad** recalls the *Network of Help*; **Cotton Boll** recalls the *Slave Economy*; **Lincoln's Platform** recalls the *Emancipation Proclamation*; **Catch Me If You Can** recalls *Escape*; **Rocky Road to Kansas** recalls the *Exodusters*.

Vestry highlights

There are three main items on any Vestry Meeting agenda:

- Reports: the Incumbent and other parish leaders reported on 2016 achievements.
- Finances: the 2016 report and the 2017 budget were presented and approved.
- People: Churchwardens and other parish leaders were elected or appointed.

Of the appointments and elections made at the Annual Meeting, the Churchwardens are often considered the most significant. As

Meet the Churchwardens

It is appropriate that, in such a diverse congregation as ours, all four Wardens are from different countries — by coincidence, rather than design! Three are returning to their duties; one, Felix, is a new Warden. They all have busy careers in their "non-Holy Family" lives.

Tunde Ogunleye, the People's Warden, was born in Nigeria. He is a Real Estate Broker with Kingsway Real Estate. He has lived in Canada for more than 20 years



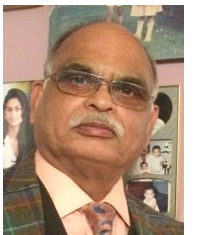
Faith Henry-Mayers hails from Jamaica. She is a Human Resources Professional with the Royal Bank of Canada. She is a graduate of the University of Toronto in Sociology and also of the Ryerson/Humber College Human Resources Management Program. She is a member of the Adult Choir and is currently the Rector's Warden.



a congregation, we owe a great deal to this group of four people. In the hope that we shall all get to know them better, their photos and brief bios appear below. Together with the Incumbent they form the "Corporation" making all major decisions on behalf of the congregation.

If there are any readers (perhaps new parish members especially) who would like to read the 2016 report or the 2017 meeting minutes, please ask Margaret in the office.

James Samuel Zia, from Lahore Pakistan, graduated from the University of Punjab, and was a member of Lahore Cathedral. James lived in Germany for 13 years, before coming to Canada in 1997. He worked initially as Security Director at the Toronto Congress Centre. From 2003 he has run his own security and investigation company, Orion Security. He is the Deputy Rector's Warden.



Felix Ayeni, the new Deputy People's Warden, was born in Ghana of Nigerian parents, who insisted he speak Yoruba and Twi. On arriving in Canada he worked for several years as a materials handler, before going part time to Humber College where he met his wife, Allison. From there he went on to Ryerson's accounting program becoming a professional accountant in 2005. He is currently a senior financial analyst with the 407ETR Highway in the treasury and tax department. Time available is spent with Allison and kids Darren and Kemi.



Remembering Black History Month February 2017

by Deacon Judy Allen

Stanley Grizzle, a Canadian Citizenship Judge, political candidate and Civil Rights and Labour union Activist organized the first celebration of February as Black History Month at Toronto's African Canadian Shaw Street British Methodist Episcopal Church in 1950. At that time no one could have imagined that it would grow to encompass the imagination of the entire country.

Here at Holy Family we have continued to create an awareness of achievements, successes, contributions and the legacy of Black Canadians, African Americans and Black Individuals and organizations around the world.



The Narthex, Hallways and the Hall were decorated with Posters depicting historical contributions and achievements.

Our celebrations commenced Sunday February the 5th with a procession of seventeen flags from African countries, England, Canada and the West Indies during the Processional hymn and at the Recessional. Some of the Flag Bearers were from the respective countries.

The 5th and the 19th we had guest Soloists Aisha Grant and Dione Rochester (who sang for us at last year's celebration) with their beautiful renditions of some Spirituals. They were very well received by the Congregation.

On the 12th Rev Leonard Leader was our guest preacher and Kowesie Hypolite, Music instructor and Performer was our Guest Musician. He played two inspiring Solos on the Steel Pan after the Eucharist and in the hall during our Pot luck lunch. See the photo on the next page.



continued on page 6