



HeartBeat

June 25, 2017

Feast of St. Peter and St. Paul

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



Dear Friends,

Summer is upon us - and none too soon we might say! It is the end of the school year – students are graduating, looking forward to beginning a new chapter of their lives – from grade 8 to high school, from high school to post-secondary studies, and some are graduating from college or university and stepping out into the world. Summer is a time when we can enjoy the beauty of nature, get some R and R, and take part in Canada 150 festivities and events.

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, which is why green is the liturgical colour.

A wonderful sign of growth at Holy Family was the confirmation of 10 young people and 2 adults on the Feast of Pentecost, by our new bishop, Jenny Andison. Bishop Jenny spoke about how it takes courage to stand up publicly and affirm one's commitment to Christ – that it is in fact a kind of “rebellious” (but in a good way!). She also commended parents for making faith a priority in their family's lives. Bishop Jenny sees huge potential for growth for our church and indeed for all Anglican churches here in Brampton, as do I.

Of course, after Pentecost the early church saw incredible growth – as we read in Acts, 3000 were baptized in one day after hearing the gospel proclaimed!

At Holy Family we have seen a steady stream of newcomers joining us this past year.

We are very pleased that Rev. Vinaya Dumpala has joined us to encourage and support Christian formation in our young people, and we hope our youth group will expand both in activities and in numbers.

We are endeavouring to reach out to more people via social media.

Of course growth happens both inwardly and outwardly. Inwardly when we are intentional about nurturing our inner life – through Scripture, prayer, worship, and helping others. Spiritual maturity is our calling as Christians, to grow into the full stature of Christ as Paul tells us.

And by nurturing our inner life, it is surprising what happens outwardly as well.

Between Ascension and Pentecost we participated in **Thy Kingdom Come** – the Archbishop of Canterbury's initiative to ask Christians all over the world pray for people to come to faith, to “know Jesus” – to say “yes” to God's invitation to friendship and fullness of life.

We have five Anglican churches in Brampton – Holy Family, St. Jude's, St. Joseph of Nazareth, St. James the Apostle, and Christ Church Brampton. On a Sunday morning there are about 700 people all together across these churches.

My friends, that is not enough, not in a city with a population of half a million and the fastest growing city in all of Canada! Of course, there are people of many faiths living here, but there are also people of no faith, people who are looking for meaning, purpose, to see their lives as being part of a larger story, people longing to be connected to others in a deep and meaningful way that goes beyond socio-economic status or race or what have you. They are looking for unconditional love and acceptance.

I ask you to consider what is your vision for our Christian witness and ministry here in Heart Lake? What are the opportunities you see for connecting with the community around us? How do you see the Holy Spirit leading and guiding us, equipping you and me to proclaim the gospel? Jesus told the disciples: “You will

Contact points

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receive power when the Holy Spirit comes upon you.”

Are you open to this power, working in and through you as you go through your daily tasks, as you encounter both joys and challenges? Are you willing to step out in faith and invite people to come to Holy Family?

I ask that this summer you reflect on the incredible treasure we have been given, friendship with God through our Lord Jesus, in the power of the Holy Spirit, a treasure meant to be shared.

I leave you with some thoughts from Father John Main:

A group of Christians who meet together to meditate, to pray, to worship is not, then, just a mere social gathering. It is a group aware of its power: a power that arises from the

transcendent reality of the presence of the Lord Jesus in their midst. The purpose of their meeting is, before anything else, to attend to the reality of this presence, to deepen their silent receptivity to it, to make it (what it already is) the supreme reality of their lives. So, each member of the group is other-centered, turned away from him or herself towards the living Lord. And the group then becomes truly a community – like that described to us at the end of the second chapter of Acts: “A sense of awe was everywhere...all whose faith had drawn them together held everything in common...with unaffected joy.” (Acts 2:43-4)

John Main - Letters from the Heart

A safe and happy summer to all!

Rev. Julie+

Welcome, Rev. Vinaya Dumpala

We welcome Vinaya (pronounced “VINay”) Dumpala who will be leading our Young People’s Ministry and serving as deacon and preacher from time to time. We are invited to address him as “Reverend Vinay.”

Vinaya received his Bachelor’s degree in Commerce, and a Bachelor and Master’s degree in Mass Communication & Journalism from India prior to his completion of Master of Divinity (Honours) at Trinity College, University of Toronto.

His professional career in Advertising, Public Relations, and Media Research spans over twenty eight years in India, the Middle East, and Canada. He represented major global agencies as Director and CEO.

Vinaya migrated to Canada in 2010 with wife Geetha and their two sons, Yohan and Aaron, both gifted musicians. They have been active church members, planting thirty plus home groups,



and, before arriving in Canada, launching ministry opportunities in extremely challenging environments.

Vinaya spent three years at St. Andrew’s Parish on Victoria Park, Scarborough, both as a student and, later, as a Postulant. He has contributed to the development of Mission, Outreach, Youth, Communications, and Contemporary Worship.

He is passionate about congregational development, stewardship, and social justice, also reconnecting with the un-churched & those de-churched, and most of all helping individuals to become brand new disciples of Christ.

Vinaya enjoys the outdoor life, photography, music, and old English bikes. His favourites being, Brough Superior & Vincent. He also plays the guitar, flute, harmonica, and the drums.

Vinaya belongs to a fifth generation of loyal followers of Christ from Colonial India. He speaks seven languages, including Urdu, Hindi, Malayalam, Sanskrit and, of course, English!.

Music in the Anglican Tradition

Those who went to Fr. David Brinton’s last service at the Cathedral before retirement, which was Choral Evensong, at 4:30 p.m. on Sunday, May 28, were reminded of two things: what a wonderful service Choral Evensong is and what a great choir sings regularly at St. James’ Cathedral.

Every Sunday at 4:30, one can take part in a service, that is completely different from our beloved Holy Family eucharist.

You will hear superb music at the Cathedral, sung by the Cathedral choir. If you’re down town on Sunday afternoon, make a detour to the cathedral. It’s even worth a special trip if you’re a music lover.

On the subject on Choral Music, there is an opportunity to hear one of the world’s greatest choirs at the Cathedral on Saturday,

July 22 at 4:00. The Choir of Trinity College Cambridge will present a concert of music that will include some of the great English composers including Tallis, Byrd, Purcell, Vaughan Williams and Bax. Tickets (Adults \$30; seniors and students \$20) are available on line or at the door.

For more information about the concert – and about the Cathedral as a whole - visit the Cathedral website:

<https://stjamescathedral.ca/>

Also, of interest to those who follow Cathedral matters, Fr. David Brinton’s successor as Vicar of the Cathedral will be Rev. Louise Peters.

For more information about her, go to the Cathedral website.

Young @ Heart

by Joan Jackson

The month of June is Seniors' Month, and I am delighted to pass on greetings to all our Seniors. Be proud of your title — "Seniors": you have earned it.

Young@Heart is the Holy Family's Seniors' Club. We are very active and meet every other Friday. Like Holy Family we have a multicultural membership, with ages ranging from 65 to almost 90 years old.

As the group coordinator, I am pleased with our growth in membership and activities. We have accomplished and pursued so much based on our four program emphases: intellectual, emotional, social and spiritual.

We have hosted educational nights with The Peel Branch of The Alzheimer's Society and Home Instead Senior Care.

Members enjoyed Trivia, Group discussions, Musical Tributes & Memories, Assorted Games, Rise & Shine Exercises, Stations of The Cross with Rev. Julie and Deacon Judy, Monthly Birthday Celebration for all members, a visit with Larry Edwards, Craft & Creative Activities with the youths and our Christmas Celebration Party at The Mandarin Restaurant.

For the month of June (Senior's Month) we hosted the Peel Region Police for an Education Night on Fraud Prevention. On June 25 we are holding our Seniors' Anniversary Service. For our summer closure we will have BBQ on Friday, July 7th. During our summer months, several members, along with myself, have volunteered to visit Larry Edwards again.

Wishing you all a safe summer,

Joan



Home Instead made a presentation to Young @ Heart outlining ways in which the provision of services can enable senior citizens, who need some help, but who are not totally in need of 24/7 care, to stay in their homes, instead of going to a Seniors' Residence.



Games Night is a popular event at Young @ Heart.

The Linden Kirkland Scholarships

When Linden Kirkland passed away, nearly three years ago, his many friends in the congregation wanted to be sure that he, and the contribution he made to our community, would not be forgotten.



Accordingly a Linden Tree was planted on the church grounds and a scholarship was established in his honour, to be awarded to young people graduating from secondary school and proceeding towards further education.



This year, Yvette Kirkland, Linden's widow presented the scholarship to four young people: Talia Tissera, Leanna Estwick, Jaiden Laurent, and Sy-Monae Buchanan-Bruce.



Calling all Cricketers

Whether you are an aspiring Viv Richards (perhaps the greatest batsman of all time) or just enjoy watching — come out on July 22 to Erindale Park, 1695 Dundas Street West for the Diocesan Cricket Match and Picnic.

More details closer to the event.

Milestones

In the last three months, Holy Family has had a large number of major milestones. We have had two funerals for much loved members, we have had 12 people confirmed, several baptisms, a 50th Wedding Anniversary and the first visit from our new bishop. The period between Easter and Pentecost in 2017 is one we shall long remember.

Jessie Salmon

On Saturday June 10th we said goodbye to Jessie Salmon in a truly moving and a joyous celebration of her life. She passed away on June 4th, the day of Pentecost, after a brief illness. Jessie was affectionately called Mom Jessie by many beyond her actual family.



Jessie migrated to Canada from Jamaica in July, 1980, and lived in Brampton until the time of her death. She started to attend Holy Family in 1986 along with daughters Bonita, Marjorie and Nicole. She was an active member of the Altar Guild, Craft Group, a Reader, and a Cantor at Morning Prayer. She attended

faithfully, until her health began to fail.

She embraced the community of Holy Family which she loved so very much. She received in abundance as much as she gave

She was a woman with strong faith, a beautiful heart. Wise, forgiving, humble, considerate, always encouraging, she was never at a loss for words. She had an infectious laughter and was an amazing story teller.

She was the glue that kept her family together and she loved them dearly to the end. It was evident that love was also returned. It was typical of Jessie that during her last days, it was she who kept up the morale of her family.

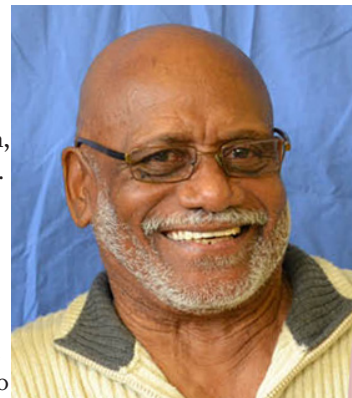
Rest in Peace, Jessie, in the arms of the Lord. You will be sorely missed.



Lodrick Bonardy

Lodrick Bonardy passed away on June 14, at the age of 80. His funeral was held on June 21. Lodrick came to Canada from Trinidad in 1969. He was the second of 10 children. He is survived by Shirley, his wife of 55 years, and by siblings Dudley, Lucille, Olive, Betty, Don and Selwyn.

Trained as a mechanic, Lodrick worked as a cable technician for 35 years, but he was even better known among his family and friends as a superb cook — his bread-making skills being amongst those for which he was best known — and he was a great music lover — enjoying a wide range of musical genres from steel pan, calypso, popular and classical.

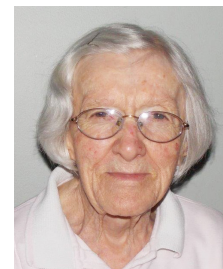


After Lodrick returned recently from a hospital visit, Shirley had bought the bread-making ingredients. Lodrick said "Leave them on the counter," and proceeded to make his sweet bread, which he and Shirley enjoyed. That night he passed away.

Mourning his passing and missing him deeply are Shirley, his siblings and his many friends.

In addition to the two congregation members who passed away recently, we have lost two former members of the congregation in recent months. Sharon Cochrane was very active in hospitality and the Food Bank during her time with us. She moved away several years ago. She had been ill for some time before her recent passing.

A member until very recently was Bernice (Bea) Jarvis, who passed away in April in her 91st year. Bea was a nurse for many years. She moved to Brampton to live with her daughter, Jean. She was active in the Altar Guild at Holy Family and was also a member of Anglican Church Women (ACW).



Bea's family was large and she leaves three daughters, four grandchildren and four great-grandchildren.

A few of the "older" members of the congregation went to Fr. David Brinton's last service at the Cathedral before his retirement — choral evensong on May 28.



David and Jamuna Daniel celebrated their 50th Wedding Anniversary with their relatives - and, of course, a cake!



"Receive the light of Christ, to show that you have passed from darkness to light." (BAS). Deacon Judy gives Mom a candle while Dad holds the newly baptized.



Bishop Jenny Andison, with Rev. Julie and Rev. Vinaya, who acted as Bishop's Chaplain during the visit.



A hand on the bell rope is always welcome!



The confirmation candidates, just after receiving their certificates. With the bishop are: Ahlaab Grey, Eriyana Powell, Keziah Kayani, Mya Kaloczi, Joshua Johnson, Nyssa Duncan, Roldin Pabs-Garnon, Roniel Pabs-Garnon, Shine Haroon, Tia Laurent, Michael Murdock and Nathan Elmore

People and Places

by Sheila Lee

I met my husband while we were both students in England. He was studying at Oxford. I was studying nursing at Guy's Hospital, London. We were both far from home, only children, and a bit lonely! His home was over 4000 miles away in Georgetown, British Guiana (now Guyana), whereas I was only about 200 miles away from my home in Dorset.

We didn't see much of each other during term time, but we did get to phone or write – no email in those days. While in London I attended Southwark Cathedral, near London Bridge.

After graduation we decided that two could live together more economically than separately (married of course), because he then started his studies in law.

Here we were – a nurse and a barrister at law with jobs hard to find: he was a “colonial”. So we decided to go to Georgetown. It was hot! We were 3 degrees north of the equator.

Our two sons, who had both been born in England, loved all the new and sometimes strange local fruit, but then they were only 18 months and 3 years old so they would try almost any new additions to their diet!

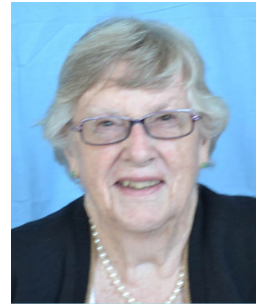
I was honoured when my name was put before the Queen and was given an award as a “Serving Sister of St. John of Jerusalem.”

Unfortunately the Georgetown Eden ended. Colonies were beginning to seek independence after WW2. Bitter in-fighting ensued in several such colonies around the world.

We arrived in Canada in July, 1971, together with 3 children, by then aged 18, 17, and 6 (2 boys and a girl) and we have lived in Ontario since then. Sadly, my husband died in November 2008 and my older son died in 2015, so my family now is made up of two children, spouses and lots of grandchildren.

I will always be grateful that we chose to come to Canada. Since moving to Brampton in 1999, I have once again renewed my faith in my church, aided by my many friends that I have made at Holy Family. Though I will be soon be moving to Oakville,

I hope to keep in touch, at least in summer: winter may be more difficult!



Pentecost

The Sunday of Pentecost was even more special than usual. In addition to the Bishop's visit and the confirmation, we remembered the story in the 2nd Book of the Acts of the Apostles, hearing the story of the coming of the Holy Spirit read in different languages - in English by Compton Burke; in Malayalam by Betty Kanjirappallil; in Yoruba, by Tunde Ogunleye; and in Urdu by Samson Marcus. (left)

At the end of the service we enjoyed a song in Urdu. If you look closely at the picture below you can see our Urdu-speaking choir member James Samuel Zia joining the visitors.

Also at the end of the service — which was enhanced by lots of red clothing — the church was filled with red balloons as symbols of the Holy Spirit among us.



Congratulations to Deacon Judy on the 15th anniversary of her ordination to the Diaconate!

by Rev Julie Meakin

We at Holy Family and the Diocese as a whole have been greatly blessed by the ministry of The Reverend Judy Allen over the past 15 years and more. I too am so very grateful for the support and encouragement she gives me as your priest.



Rev. Judy, surrounded by some of her family, cuts the celebration cake — so the rest of us could join in the party!

If any of you were wondering what she does, here is a short list of what Deacon Judy does here at Holy Family! “Short” because she does this and so much more!

- Liturgical participation
- Assists with liturgical planning (in general and for Feast / special Sundays):

- Trains and schedules crucifers, acolytes, thurifers
- Performs diaconal role during Eucharist
- Cantor for Exsultet at Easter Vigil and other occasions
- Assists at funerals, committals, and weddings
- Preaches
- Pastoral visits
- Oversees pastoral ministry
- Visits those in hospital/ at home
- Exercises palliative care ministry
- Applies nursing skills to pastoral needs
- Assists with ministry of healing and anointing
- Leads lay pastoral team ministry
- Supports and offers counsel, insight and spiritual friendship to Incumbent
- Co-ordinates liturgy and special events for Black History Month
- Is a major contributor to Parish Outreach
- Coordinates annual Community BBQ
- Makes a major contribution to Community Life
- Helps coordinate Newcomers ministry
- Helps coordinate social activities e.g. potlucks
- Assists with baptism and confirmation preparation
- Participates in advisory board meetings
- Offers insight as to church vision and growth and, above all, makes Christ and his redemptive love known by word and example.

Thank you, Deacon Judy, from the bottom of our hearts and continued blessings to you and your family!

Youth Corner

I Can't Stand It Anymore.

by Talia Tissera

God's messages can come from unexpected places, and I'd like to share one from Popeye (the kid's cartoon character, not the fried chicken). In case you don't remember, or weren't around for the violent slapstick cartoons of old, I'll paint a picture for you. Popeye had a girl friend named Olive Oyl, and there was a big bully called Brutus who would kidnap her in every episode. He would try to kiss her, maybe beat up Popeye, and end up tying Olive Oyl to the train tracks when she rejected him. All of this would make Popeye so upset that he would say "That's all I can stand - I can't stand no more!" Then he would pop open a can of spinach, giving him the super strength to save Olive Oyl.

This moment, the "I can't stand it anymore" moment, is one you've probably experienced. Maybe you witnessed a kid being bullied in the schoolyard.



Maybe you saw something terrible on the news. Something snapped, and you stopped accepting that bad thing as normal. You knew that things didn't have to be this way.

There are two ways to react when you reach this "I can't stand it anymore" moment: You can wait until the feeling passes, or you can channel that anger and frustration into positive change. While everything leading up to that moment feels awful, the moment itself is a gift from God. It's Popeye's boost of energy, it's the passion that fuels your choices.

So write down your "I can't stand it anymore" moment. And take it one step further: write down what you're going to do about it. Whether your plan is big or small, just remember that making any positive change is better than being stuck in a loop like Popeye. Take your big moment and run with it.

Protecting yourself in the Email and Internet world

by Ian McHaffie

Every year more and more people get new internet and email accounts. New users are the most vulnerable to on-line scams (some of which seem very plausible). Some of them are similar to telephone scams. There are internet dangers but they are reduced by taking precautions. Here are some tips.

If you are a new user, visit a site which has email security tips and then use the tips! Some will want you to spend money, but that's your choice! Search "internet security" or "email security".

As more and more purchasing transactions are conducted on line, the criminal element is doing as much as possible to separate you from your money.

Here are a few tips:

- Change your passwords often (This can be a real chore: I have nearly 200 of them!)
- Beware Of Phishing Scams ("Phishing" is the word used to get you to part with personal information)
- Be very careful before you click a link in emails and do not do so unless you know where you will go.
- Do Not Open Unsolicited Attachments.
- Scan For Viruses & Malware.
- Avoid Public Wi-Fi if you possibly can.

In an incoming email, it is possible to see where a message is **really** coming from: the person who seems to have sent it will either appear in bold or large type (sometimes both) or the message will say something like "From: John Smith". However, when you let the cursor hover over the name of the sender (or in some programs click on the Sender's name), a small, downward pointing arrow should appear. Clicking and holding the mouse button on the arrow will show where the email actually comes from— which may NOT be your friend John Smith, but something like "noreply1234@developer.com". Similarly letting the cursor "hover" over an invitation to "click here" will show where you will go if you DO click — and it may well be fraudulent.

So if a message appears to come from "Ian McHaffie", but your investigation shows it REALLY come from **noreply1234@developer.com**, delete it at once: the only thing it shows is that my computer has been hacked!

Similar situations apply to links in email. It may say [Click Here](#)

to go to Apple. Letting your cursor hover over the link will show where you will **really** go — and it may not be where you think!

Although a "spam" or "junk" filter will catch many of the fraudulent messages, it may mis-classify some, so it is worth checking from time to time to verify that what the filter thinks is junk is what **you** think is junk!

Here are some examples of things that have reached my computer recently — on some days I get more spam than legitimate email! The spelling has been preserved!

FedEx has tried to deliver a confidential message. Click here to receive it.

Your iTunes account has been suspended for unusual activity. Click here to reinstate it.

We noticed about you didn't use your iTunes account for along time. Therefore we are obligate to close your account according to our policy including your icloud email as well. But it's not too late, you can save your account and get the access back to our features and services.

Then a button View My informations. (This apparently from Apple) Note that the language suggests a "non-native speaker": "along" as one word; "we are obligate"; "Informations". The fact that it does not come from Apple but from "...@...de" should make you ask why Apple would be writing to you from Germany!

And, apparently (but not really!) from a parish member: "This site really made me laugh." and a link followed.

So, in a nutshell,:

1. If the message is unexpected, be very suspicious — even if it seems to come from an organization or an individual you know
2. Never click on a link in an email unless you are **sure** that the link is to somewhere you want to go.
3. Never give out personal information.

Many organizations (like the CRA) with a message for you will ask you to log into their websites and retrieve your message. It takes longer than clicking on a link, but it's safer.

If in doubt, delete! Or write an email to the party (without clicking on the link!) asking if they really wrote to you!.

A Thought for Today

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 I sow now will bear many fruits, here in this world and the life to come.

Henry Nouwen

Henry Nouwen (1932-1996) was a Dutch theologian and priest.

After 20 years of academic teaching, he moved to Jean Vanier's L'Arche Community in Richmond Hill