



HeartBeat

Sunday, October 1, 2017

Feast of St. Michael and All Angels

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



Dear Friends,

As the writer of Ecclesiastes states, “To everything there is a season.” It is October already, and by now many of you have settled in to the various rhythms of the fall, whether it be a new school year, sending little ones to their first experience of kindergarten, or teenagers to their first year of college or university, or perhaps as new retirees, eager to enjoy newfound time. Some of you may be continuing your working life, raising children. Some of you may be coping with aging and realizing that you are moving into your own “autumn” of life.

To quote American teacher and author (and Quaker) Parker Palmer, “Autumn is a season of great beauty, but it is also a season of decline: the days grow shorter, the light is suffused, and summer’s abundance decays toward winter’s death. Faced with this inevitable winter, what does nature do in autumn? It scatters the seeds that will bring new growth in the spring – and scatters them with amazing abandon.” (Let your Life Speak, p. 98)

As Archbishop Colin Johnson noted in his letter to parishes, it has been four and a half centuries since the first Anglican Eucharist took place in what is now Canada in 1578. Many seeds were sown by those who came and faithfully lived the gospel over those centuries, and we continue to sow those seeds, even now, although so much has changed.

Last spring, five Anglican churches formed a “Team Brampton” to work on being more visible in the community. After all, there are over half a million people in Brampton and the surrounding area and no reason our churches cannot be filled!

Bishop Jenny is eager to hear from Anglicans in York-Credit Valley and held an Open Forum Sept. 19th. She will also be teaching a Christianity 101 course.

The Diocese will be holding its bi-annual Synod Meeting on Nov. 24th, 25th.

In our own parish of Holy Family, over these past few months, some of you have also been dealing with difficult things – illnesses, caregiving for aging parents, and also the deaths of loved ones. Holy Family said goodbye to two longtime and beloved members: Jessie Salmon on June 4th and Lodrick Bonardy on June 14th. Both Jessie and Lodrick were people of strong and abiding faith who contributed much to the life of the church. They witnessed to the love of God through their words and deeds and by their very presence with us. We are grateful to God for the gifts of Jessie and Lodrick, and continue to keep their families in our prayers.

On September 10th Jodi Price and Angela Bateman were commissioned as lay pastoral caregivers. There are many people coping with illness, loneliness, being caregivers for aging parents, and so they will be reaching out to give support.

Holy Family saw two couples tie the knot this summer: Jamessa Johnson and Mark Duke, and Shemika Nwaubani and Joshua Burfield. Congratulations!

On August 27th we had the joy of seeing Ryley Harlow Hart baptized. Ryley is the son of Janelle Jackson and Ryan Hart, a new grandson for Joan, great-grandson for Salome, and great-nephew for Deacon Judy! Little Ryley will be residing in Leicester, England with mom and dad, but we hope they’ll come back often!

Seeds are being sown and watered in many ways here at Holy Family – we look forward to Rev. Vinaya and his ministry with the youth of the parish.

We give thanks for the ministry of Pat Fisher regarding her Dorcas sewing group, for the wonderful Christian teaching she has given so many young people over the past 10 years, and of course valuable sewing and life skills!

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. Website: www.holyfamilybrampton.ca. Email: 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. Member of the *HeartBeat* team: Joy Forrester 647-205-6581 or joyforrester@icloud.com.

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October 31st is the 500th Anniversary of the Protestant Reformation and as the emphasis on Scripture was one of the key principles of that movement, we will have a 5 week series on Scripture after Thanksgiving....stay tuned!

The life of a parish also moves through various seasons. Inevitably they will encounter farewells when people move away. Long-time and beloved parishioners Dave and Susan Winfrow will be moving to Cobourg the beginning of November to be closer to family. Join us on Oct. 29th as we thank them for their many

years of service and fellowship here at HF. They will be missed very much!

The fall will continue to be "busy" for many of us, and soon we will be reflecting on the abundance of God as we celebrate Thanksgiving. One way of keeping ourselves grounded and centred in the midst of all our busyness is to be thankful – to get up each morning and thank God for some blessing or gift in our life, and to do the same before retiring for the night.

Blessings,
Rev. Julie +

Mark your Calendars for the Bazaar — November 18, 2017 — 9 to 2

The Bazaar features what you bring: books, jewelry, white elephants (mainly metaphorical), bottles (suitably filled —adults & children), baked goods & preserves, candy cane draw (donations please) lots of other features

We appreciate gifts of: ornaments, table linens, china, glassware, good-as-new toys, picture frames, paintings, table lamps, clocks that still work, perfumes and lotions (unopened), and anything else you can think of.

We need lots of people: donors, contributors, crafters, bakers & other cooks, advertisers, helpers for set up, helpers for take down, helpers for the children's area, church tour hosts, servers (in the kitchen or tea room).

For more information or to offer your help — please contact Louise O'Connor — 905-846-1452 or Debra Robinson — 905-846-5006

Above all — we need buyers



Not our bazaar, actually, but very like it — come and enjoy

Dates for the Calendar

All Saints' Day	10:00 AM	Sunday, November 5
All Souls' Day	7:30 PM	Tuesday, November 7
The Fall Dance	Tickets from the Social Committee	Saturday, October 21
The Bazaar	From 9:00 AM to 2:00 PM	Saturday, November 18
First Sunday in Advent		Sunday, December 3
Next HeartBeat Publication	Deadline December 3	Sunday, December 17
Christmas Eve	Services at 10:00 AM & 9:00 PM	Sunday, December 24
Christmas Day	10:00 AM	Monday, December 25,
Vestry	After the Service	Sunday, February 11, 2018

Capsule Financial Report

by Carolin Hwozdyk, Treasurer

This summary is based on the Report I gave to the September Advisory Board.

For the 8 months January to August 2017, our income was \$120,859, of which about 88% came from Envelope Offerings, the balance from all other sources.

Expenditure for the period was \$115,877.

This means that our income has exceeded our expenditure by \$4,983, which is better than both our budget projections and last year's results.

Time to say good bye

by Ian McHaffie

Church life is full of Hellos and Goodbyes — and at the end of this month we shall be doing one of the hardest of these tasks.

We shall be saying goodbye to two parish members, Susan and David Winfrow, who have more than pulled their weight over many years, starting with the construction of our building in 1985 and continuing without interruption for the 32 years since.

David has served on the Parish Tribunal, as member and chair of the property committee. And it is not only informal roles that he has made his presence felt: who can forget Dave directing traffic at funerals —helping those not familiar with our church to feel at home, or contributing his photographic skill to the production of our Photo Directory .



Susan has served as Warden, Lay Member of Synod, Chair of the Advisory Board, and Envelope Secretary. For the past 30 years hardly a year has gone by that Susan has not been elected or appointed to one position or another making a great contribution to the life of the church.

In addition to the positions they have held, they have done a lot of things “under the radar” — such as fridge and

file clean out. We have all appreciated their insight, friendship and advice on an immense variety of topics of concern to the parish.

David and Susan are moving to Cobourg to be closer to their children and grandchildren.

No doubt they will become as closely involved in the life of St. Peter’s Church, Cobourg as they have been here.

We hope their ties to Brampton are strong enough to bring them back from time to time and that we shall see them on some Sundays for many years to come.



They have both been very active gardeners, doing their utmost to ensure that our property is attractive and well kept-up.

Lay Pastoral Caregivers

by Deacon Judy Allen

The lay pastoral caregiver is a person who imparts hope and who brings the spiritual dimension into a situation and is also one who offers a ministry of presence and prayer during times of need. The pastoral caregiver touches another’s pain at a profound level, and is one who listens and represent God’s faithfulness and love when it cannot be felt.

We are very happy to have Angela Bateman and Jodi Price as new lay pastoral caregivers. Both Angela and Jodi have had training from the Anglican Diocese. They were commissioned by Rev Julie for this ministry on Sunday Sept. 10th.

Angela and Jodi will be making phone calls and will accompany Rev Julie and myself initially, on visits to parishioners at home in

hospital or in the nursing home, as the need arises.

We thank God for their service and pray that He will empower them for the work of this vital ministry.



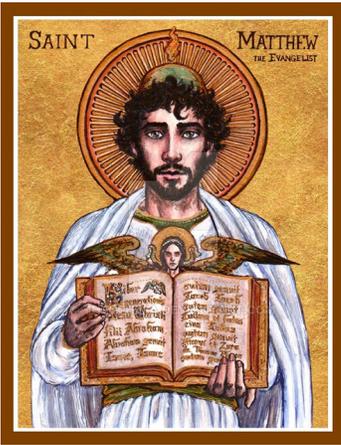
Autumn Lyrics

The leaves are falling, falling as if from far up,
as if orchards were dying high in space.
Each leaf falls as if it were motioning “no.”

And tonight the heavy earth is falling
away from all other stars in the loneliness.

We’re all falling. This hand here is falling.
And look at the other one. It’s in them all.
And yet there is Someone, whose hands
infinitely calm, holding up all this falling.

Rainer Maria Rilke



Saint Matthew

Some thoughts gleaned by Ian McHaffie from the Sunday Sermon

On September 21 each year, we remember Saint Matthew, the author of the first of our Gospels.

At Holy Family, we celebrated his day on September 17. The sermon that day has some useful reminders:

- St. Matthew was a Jewish tax collector (far from the most popular member of the community). Tax collectors were so suspect that they could not give evidence in court.
- Matthew was one of the twelve.
- The Gospel probably came from Antioch, then in Syria, the place where “Christians” were first so called.
- Many of our favourite stories and passages appear only in St. Matthew’s Gospel (The Magi, the Star of Bethlehem, the Sermon on the Mount, the Beatitudes, among others).

Some quotes from Sunday — a personal selection:

- The church is not a museum of saints, but a hospital for sinners.

- * By calling Matthew, Jesus shows sinners that he does not look at their past, at their social status, at external conventions, but rather, he opens a new future to them. I once heard a beautiful saying: “There is no saint without a past nor a sinner without a future”. This is what Jesus does. There is no saint without a past nor a sinner without a future. It is enough to respond to the call with a humble and sincere heart.

- Since biblical times, Christians have been called to carry out 6 acts of mercy, listed in St Matthew’s Gospel (25:35-66) giving food and drink to the hungry and thirsty, welcoming the stranger, clothing the naked, visiting the sick and the prisoners (see Matthew 25: 35-36)

In the Book of Common Prayer every Eucharist had the words: “Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.” (comfortable = comforting)

Come unto me all that labour and are heavy laden, and I will refresh you. *St Matthew 11. 28*

Some older folk are sorry to see the “comfortable words” omitted from in the BAS!

Commissioning of the Churchwardens



The congregation owes more to the wardens than anyone (except former wardens) knows. They work very hard on our behalf to keep the bills paid and the problems solved. In September, The Rev. Julie Meakin commissioned the wardens for the upcoming year: Faith Henry-Mayers, Tunde Ogulnle, Felix Ayeni and Premod Kanjirappallil.

Four Generations



Not every baptism gathers four generations! From the left, Janelle Jackson (mother), Joan Jackson, (grandmother) holding Ryley Hart and Salome Bryan, (great-grandmother).

Some Holy Family History

by Paddy Ann McHaffie

Our beautiful tapestry of the Holy Family, situated over the piano, hung for many years behind the altar, where the cross now hangs.

The image, both as a line drawing and as a coloured representation, have become a symbol or logo of our church. It has been on the cover of HeartBeat for many years - and in this edition, the line drawing has been replaced by a photo.

The hanging was a gift to the Church by Fr. David Brinton,



for whom Holy Family was his first incumbency (in the late 1980s and early 90s). The tapestry was presented in memory of his sister, Brenda Brinton van der Vecht, who died of cancer in 1982 at the age of 27.

In conferring with Fr. David about the tapestry, he reminded us of another bit of early Holy Family history.

Fr. David wrote:

I cannot remember if I spoke to you about Donna Mandar whose funeral I took in Barrie earlier this year. She would have been gone from HFC before you were active there. The bell in the tower was given by her in memory of her husband who died before the building was finished in my first year at Holy Family...so many memories.

What would September at Holy Family be without a Corn Roast?



The Corn Roast is an annual celebration of back to school and back to church after the summer. Quite a bit of preparation is needed. When Norma announced that helpers were wanted and that activities would start on the dot at 10 o'clock exactly, the congregation burst out laughing, to the mystification of visitors. The occasion was a gastronomic and financial success!



Susan and David Winfrow enjoy their last outdoor meal at Holy Family, surrounded by a few of their many friends.,

Meet our new Warden

Premod Kanjirappallil is our new Deputy Rector's Warden.

When he is not at Holy Family, Premod is Director of Operations at Ryerson — not the Toronto based university, but the international distributor and processor of industrial metals.

Trained as an engineer, Premod has lived in Brampton since he immigrated from Kerala, India, in 1986.



He met Betty (whom you may have met on the Welcome Team and leading the Prayers of the People) in India before leaving for Canada.

Premod returned to India in 1988 to get married.

Premod and Betty have one daughter, who lives in Kingston.

The Anglican Tradition

by Rev. Julie Meakin

Matins
Evensong
The via media
Bishops
Word
Sacrament
The Book of Common Prayer.
Lex orendi, lex credendi
The 39 Articles
The Archbishop of Canterbury
Morning Prayer
.....tolerance, openness, liturgy, reason,
mission, service.

When exploring what exactly the Anglican tradition is, the list can get very long indeed, and the above is just a small sample of what may come to mind and in fact each of the above would merit its own article at the very least! The following is a very brief overview of some of these aspects of what it means to be an Anglican Christian.

The word “tradition” means that which is passed on or passed down. For us as Anglicans it means a way of being Christian that is both rooted in the past but also open to the future. It means a certain understanding of Scripture, of worship, of our faith, of the church.

One of the best known descriptions of the Anglican tradition is that it is a “middle way” or *via media*. When the Protestant Reformation swept across Europe, and then later came to England, there was much negotiating as to how far the Church in England would reform – what of its Catholicism would it keep? What would it abandon?

The result was this middle way in which Anglicanism has elements in common with both Roman Catholicism and Protestantism: emphasis on both Word and Sacrament, the three-fold order of Bishops, priests, and deacons, but who would not be required to be celibate. In contrast to other Protestant reforms, vestments would be kept and more than just the Psalms could be sung in worship. In terms of doctrine for example, purgatory (an intermediate stage of purification before one entered heaven) was rejected. Infant baptism was retained, while other Protestant churches rejected it. The historical creeds (Apostle’s, Nicene, Athanasian) were kept, while other denominations drafted a confessional statement.

Lex orendi, lex credendi –what we pray is what we believe – Anglicans do not have a confessional statement other than the historic Creeds and to some extent the 39 Articles, which are part of the Book of Common Prayer, – but you will know what Anglicans believe by what we say in the liturgy.

The 1662 Book of Common Prayer unified Anglicans in terms of worship, liturgy, and doctrine. This book is a great treasure of the church, and has seen a number of revisions throughout the decades.

For centuries Matins and Evensong were the staples of Anglican Sunday worship. In fact, only in the last 30 years has the Eucharist become the central act of the Sunday liturgy. The two daily offices of Morning and Evening Prayer have also been Anglican staples of worship both for corporate and individual worship and discipline.

The Anglican “tent” is very wide. Often when Roman Catholics come to an Anglican service today they note how similar it is to their own. One could also find within an Anglican church a worship style that is “evangelical” or “pentecostal.” There could be a praise band, a sermon that uses power point, or worshippers speaking in tongues.

In terms of authority Anglicans have maintained a balance between Scripture, tradition, and reason, sometimes called the “three-legged stool.”

Anglicans uphold the authority of Scripture: as “containing all things necessary to salvation.” Anglicans also value the accumulated wisdom of 20 centuries of Christian experience and tradition. We also believe in loving God with our minds – applying reason to our interpretation and the insights of Biblical scholarship to Scripture. God is the source of all truth, and therefore the church has nothing to fear in using our common sense and critical faculties.

Anglicans also believe in worshipping God “in the beauty of holiness” – this means beautiful architecture, stained glass, communion vessels, altar frontals, vestments, flowers, beautiful music, and beautiful words. The act of worship involves the whole person – body, mind, spirit, and the senses!

And, Anglicans also desire to share the good news of God’s love in Christ –we do this through missionary work, service to others and the daily living out of our Christian vocation.

All of the above fit into the following three hallmarks of the Anglican Church as expressed by the Diocese of Toronto:

Godly worship	Intelligent faith	Compassionate service
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The Anglican tradition/church has much to offer people today. We are not perfect by any means, but trying to follow Jesus the best way we know how. As Anglicans we are but one branch of the “one, holy, catholic, and apostolic church” and we continue to discern where and how God is calling all of us to be his servants and faithful bearers of the good news.

See also a summary on page 8 of some key points.

500 Year Anniversary of The Protestant Reformation

by Rev. Julie Meakin

October 31st marks 500 years since Martin Luther pinned his 95 Theses on the door of the Castle Church in Wittenburg, Germany. This was the spark that ignited the seismic shift in the Western Church known as the Reformation. And because church and state were so intertwined it affected not only the church but the whole political landscape of Europe and England as well.

On that day Luther posted objections to certain church practices – namely, the selling of indulgences. This meant that one could buy pardon or lessen one’s punishment in purgatory by giving money to the church.

Two of the theological pillars of the Reformation were “sola scriptura” – that Scripture alone was the final authority and that interpretation by the church was subject to it. Luther said, “a simple layman armed with Scripture is greater than the mightiest pope without it”. The second was “sola fides” that we are justified by grace alone, through faith, and not through works (i.e. things like indulgences etc.)

The impact of Renaissance humanism and issues of corruption in the Papacy helped lay the groundwork for the Reformation, and there had been attempts in previous centuries to reform the church.

The advent of the printing press meant that the Bible and any commentary on it could be disseminated widely and also in the

language people spoke. It was the 15th century equivalent of the Internet. Up until that point the language of the church had been Latin. Now, it was argued, the truths of the faith did not have to be mediated by the clergy or the church, but one could sit with one’s Bible and depend on the guidance of the Holy Spirit.

The Reformation came a bit later to England, and many people know of King Henry VIII and his break with the Pope. One of the results of the Reformation was that an English Bible would be placed in every church. For more on how the Church in England navigated its way between Catholicism and Protestantism as the “via media” see the article on Anglican Tradition.

Luther was not the only reformer, as there was also Calvin and Zwingli and then the Anabaptists who pushed the reforms even further.

The Roman Catholic Church responded with its own Council of Trent in which it debated the challenges of Luther and the reformers. It had its own “Counter-Reformation” in which the new order of Jesuits played an important part.

Because there was no central authority anymore many denominations came into being and thus today we have such a wide variety of “Protestant” churches ranging from Quakers to Baptists to Presbyterians to Pentecostals!

The Ministry According to Dorcas

Acts 9 : 36 - 42 tells the story of Dorcas. She was famous in the town of Joppa for “tunics and other clothing that Dorcas had made” in the words of Scripture.

For 10 years, Pat Fisher, whose sewing skills can be seen in several of our altar frontals and in the church’s funeral pall, has been passing on those skills to young people. Perhaps the best known projects of the young



people have been the quilts sewn to keep young children in various countries warm at night.

During her sewing sessions Pat taught the young people about the faith - the Bible, the liturgical seasons, and so on, all the while interweaving her own personal testimony of faith.

Pat also helped teach the confirmation class and every Black History Month she explained the symbolism of the altar frontal she designed and made to the congregation.



Pat is giving up this ministry and the entire congregation — and especially the young people who learned so many skills from her — would like to say a very warm “thank you”.



And let us not forget Paul, who helped Pat bring in and take out the sewing machines every “Dorcas Day”.

Music at St. James' Cathedral

This summer the Choir of Trinity College, Cambridge, performed a concert at St. James' Cathedral in Toronto — a magnificent rendition of works, mainly by English Composers.

The Trinity College Choir (<http://trinitycollegechoir.com>) was established, in part, to sing Evensong in the College Chapel — at present on Sundays, Tuesday and Thursdays during the academic term. What is interesting for those with a passion for Christian music through the ages, is that the services are broadcast (sound only) over the website. The normal time for evensong is 6:15 PM (Cambridge time). As England is five hours ahead of us (and has nearly the same schedule for Daylight Saving as we do), the services are at 1:15 PM here, but check when the UK summer time starts and stops.

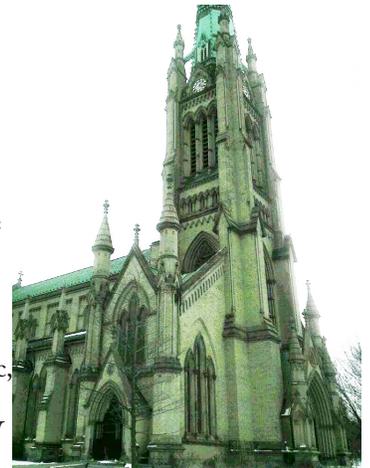
Also of interest is the fact that the services are available afterwards for hearing at any time. So if you are interested, go to: <http://trinitycollegechoir.com/webcasts/listen-again/browse/> and pick a service.

However, one does not have to go to Cambridge or a special website or wait for an international tour to hear evensong sung by

a great choir. So, after our own service, you might want to go down to the Cathedral. Every Sunday at 4:30 PM, St. James Cathedral presents a Choral Evensong, with the music differing from week to week. All the services are listed on the cathedral website: <http://stjamescathedral.ca>.

Of interest also to people wanting to hear Christian music, as previously mentioned in *HeartBeat*, those with Cable TV have access to Stingray Music (channels vary with the service provider).

You will find a wide variety of Christian Music on Opera Plus, especially on Sunday mornings. Try it out!



A cricket thank you

by Phil Duncan

I would sincerely like to thank all parishioners who came forward to participate and support our Holy Family Team, in our first ever entry into the Anglican Diocese Cricket Tournament.



I would especially like to thank Hiraj Mendis who helped me with all the planning process. Homer Bachelor for officiating as the square leg Umpire for the entire tournament and Jackie Tissera and all others who provided lunch for our team. Please take time out to see the September 2017 Anglican Journal (on our narthex notice board) to see some familiar faces. Thanks to all again and looking forward for full participation by Holy Family in bringing home the championship trophy next year.

Your Captain

Some thoughts on Anglicanism

1. Anglicanism is a way of being Christian, but not the only way of being Christian.
2. Anglicanism is pastoral (more than it is legal or moralistic).
3. Anglicanism is liturgical (more than it is confessional).
4. Anglicanism appreciates dialogue (it is dialectical).
5. Anglicanism is catholic: it affirms the great teaching tradition of the universal church.
6. Anglicanism affirms reason: an openness of mind, a toleration for diversity, a willingness to pursue truth without defensively claiming to possess it.
7. Anglicanism respects experience: a readiness to adapt to changing circumstances; a willingness to revise accepted norms in light of contemporary knowledge.

To help each other

A few years ago, we ran this feature in every issue —then we stopped. Perhaps there was not enough interest / response!

We are starting it up again, so if you have services or goods that you would like to tell the congregation about, tell the Editor!

It's a small feature, but it's free!

If you are interested in Amway products contact Opal Rainford in one of the following ways:

- in person on Sundays
- * by email at opierain@hotmail.com
- by phone at 416-837-2302
- * through Opal's Amway site: <http://www.amway.ca/GemmaRainford>