

# HeartBeat

Church of the Holy Family (Anglican), Heart Lake, Brampton

December 16, 2018

Third Sunday in Advent — Gaudete Sunday — Rejoice!

## Dear Friends

On this final week of Advent our gospel readings move from John the Baptist's fiery proclamations to Mary's triumphant song, the *Magnificat*. "My soul magnifies the Lord, and my spirit rejoices in God my Savior..." And on Christmas Eve, because there is no room at the inn, Mary gives birth to Jesus in a lowly stable. There are angels, and shepherds, and a mother, father, and baby. In this simple scene we encounter the mystery of God's love.

Pope John Paul II states, "Mary, Mother par excellence, helps us to understand the key words of the mystery of the birth of her divine Son: humility, silence, wonder, joy." (John Paul II, *Angelus*, December 21, 2003)

It was Mary's humility that enabled her to say "yes" to God's plan for her life.

Indeed, many of our Christmas carols speak of these very qualities:

The humility of Jesus we see in the carol *See Amid the Winter's Snow* - "Lo within a manger lies, he who built the starry skies."

Of course there is *Silent Night* and *O Little Town of Bethlehem* - "How silently, how silently the wondrous gift is given!"

We sing *Joy to the World!* and *All My Heart This Night Rejoices*.

It is this invitation to humility, silence, wonder and joy in celebrating the birth of our Lord and Saviour that we can treasure in the midst of all the hustle and bustle the season brings.

The birth of Jesus is not something that was just long ago and far away. As German mystic Meister Eckhart said, "If Christ is not born in our hearts today, what matters that he was born 2,000 years ago? We are all meant to be mothers of God."

Just as Mary made room for Jesus in her life, so we are to make room in our hearts for Jesus.

Just as Mary bore Christ to the world, we, too are to be bearers of Christ to the world.

The Incarnation is a mystery that calls forth joy from both the deepest silence and in the most exuberant proclamation.

"Joy to the world! The Lord is come. Let earth receive her King.

Let every heart prepare Him room, and heaven and nature sing,"

Wishing you and your loved ones a blessed Christmas,

Rev. Julie +



## Christmas and New Year Dates for the Calendar

|             |   |             |   |
|-------------|---|-------------|---|
| December 23 | 10 AM Family Service with Children's Instant Christmas Pageant. | December 30 | 10 am Meditation on the Nativity Choral Eucharist & Patronal Festival |
| December 24 | 9 PM - Choral Eucharist with Carol Singing from 8:30 PM         | January 6   | Epiphany<br>10 AM Choral Eucharist                                    |
| December 25 | 10 AM Holy Eucharist  |             |   |

## Meet our New Youth Minister

Sarah Layman has master's degrees in theology from the Atlantic School of Theology in Halifax and from Regis College in Toronto. She has also been a member of the Ontario College of Teachers since 2015. She has two children, Peter and Agnes, and was received into the Anglican Church this year.



Sarah says: "We meet weekly on Thursday nights, and alternating Sundays. We've walked a prayer labyrinth, made stress balls with balloons and Ooblek, prayed with salt, played some crazy Minute-To-Win-It games, and shared a lot of laughs while tackling some of the big issues teenagers face including loneliness, stress and worry, how to be the feet of Jesus and how to 'Bigger Up' someone else's life.

In the New Year we'll be looking at the Primate's call to form Conversation Circles, getting out into the community for some outreach activities, and participating in the World Vision 30 Hour Famine in March.

## Sarah has sent these recent photos from Youth Group activities



If you don't know what's going on — ask one of the young people!

## Come From Away



On 9/11 the world was shocked by terrorist attacks. All airports in the United States were closed, and all aircraft were diverted to other airports. 38 planes with 6,579 passengers were stranded in Gander, Newfoundland, which opened their hearts and homes, and hosted this international community of strangers for a week — spurring unexpected camaraderie in extraordinary circumstances. That hospitality led to a great musical show.

The Social Committee is planning a coach-dinner-show event at the Elgin Theatre for Saturday, March 16, 2019. Through tragedy, a whole new world opened up of love, compassion, and camaraderie from a small community in Gander.

Details: Cost: \$175 pp. which can be paid in 3 installments. (Includes bus, meal and matinee show)

Deadline for confirmation: Mid-January

Let us know if you would be interested in going by signing up or talking to Margaret Lonergan (1-519-306-1222) or Helena Whyte (905-793-4474).

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## Christmas in Jamaica



Christmas is a very special time in Jamaica. Many people paint their houses and hang new curtains and decorations for Christmas. Families spend Christmas Day at

home with friends and family if they can.

Christmas Eve is also called *Grand Market* an exciting time, especially for children. In every town and city there is a cross between a festival and a market.

The evening part of *Grand Market* can last until the morning. The streets, shops and many houses are decorated with lights; street vendors sell food like jerk chicken, boiled corn, candy canes and sugarcane.

From the *Grand Market*, some people will go to Midnight Mass while others party all night.

The Christmas Day meal, usually prepared on Christmas Eve, features fresh fruits, sorrel and rum punch and meat. Dinner is usually served in the late afternoon and this may include chicken, curry goat, stewed oxtail, rice and peas. Jamaican red wine and rum fruitcake is traditional and is eaten in most homes.

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### A Christmas Blessing

from *The Book of Occasional Services*  
May Christ,

who by his Incarnation

gathered into one

things earthly and heavenly,

fill you with his joy and peace...

### Wonder Woman

by *Thomas John Carlisle*

Mary the wonder woman

In whose womb

The galaxies are knit

And God emerges

As a peasant child whose word and wounds

Doom all the powers of darkness.

## Missional Coaching Project

On November 24th Paul and Pat Fisher, Norma Deacon, Samson Marcus, Ashar Noel, and Maggie Greenough met with other Anglicans at St. Bride's Clarkson as part of the York-Credit Valley Missional Coaching Pilot Project. They discussed Children's Ministry, Faith-Sharing Groups, and Missional Groups.

The idea is to seed missional thinking throughout the parish.

**Children's Ministry:** What are our core values? What is our vision for children's ministry, and for supporting families in their faith journeys? Do we need to rethink them? It was encouraging to hear that being faithful does not necessarily mean being "big" in numbers.... but nurturing faith in the ones who do come.

**Missional Small Groups:** Mission must be a part of all small group work. An Altar Guild might host a gathering to outline and teach about church seasons and colours to the church and greater community. A choir might host a concert for the community for Remembrance day or another occasion. A property committee might clean a park or school ground in the community or help on a Habitat for humanity build. The session sought to encourage everyone to serve beyond the doors of the church building in the small groups in which they meet.

### Sharing Your Faith

by *Maggie Greenough*

A group from Holy Family participated in a diocesan workshop on sharing your faith with others. I would like to share with you a few central ideas.

First was getting out into the neighbourhood or community around the church. Something as simple as going for a walk together and seeing who we can smile at, who can say hello to and who we can have a genuine conversation with can make a major difference in peoples' lives.

Sharing our faith in a loving way, where we are not seen as demanding the attention of others but inviting and encouraging others to join in our family. Holy Family is a wonderfully diverse and fascinating group with lots to share. Let's keep sharing the love of Jesus.



## Theology of the Candy Cane!

“J” is for Jesus

The shape is a shepherd’s staff: Jesus is the Good Shepherd.

Hard candy: Jesus is our rock - dependable and strong.

Red stripes: representing the blood Jesus shed on the cross for us

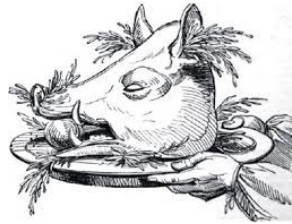
White: representing the holiness and purity of Jesus

Sweet: How sweet the name of Jesus sounds to a believer’s ear!

Gift: The candy cane was made to be given as a gift, as Jesus is God’s gift of love to us.



## Can you identify these Christmas foods and traditions?



1. A boar’s head —Old English Christmas Dinner Treat.
2. Jul Bok (Christmas goat) - Swedish decoration.
3. Austrian Advent Bowl;
4. Polish Christmas Wafer.
5. Pannetone - Italy.
6. Serbian Christmas Bread.

## Several times each year we welcome infants — and sometimes adults — into the Christian family



On November 4th six infants were baptized: Abigail, Isla, Amayra, Jordyn, Kaiden, and Darius (pictured here).

Please continue to pray for these children, our newest brothers and sisters in Christ, and for their families!

# Memories and two special messages from the Christmas Bazaar

## From Co-chairs, Deb and Louise:

Louise and Debra would like to thank everyone involved in making the bazaar such a success. We raised over \$3800 and could not have done it without all of you. The craft group will resume meeting on Monday January 7th at 12:30. Please join us.

## From Lynn

A kind donor gave several books to the Bazaar and a kind purchaser (a lady from Holy Family) bought one. Later, the donor discovered he had, by mistake, given, a bookmark of special sentimental value inside one of the books. If anyone finds a bookmark inside a Bazaar purchase, please return it to Lynn Edwards who will return it to the grateful donor.



## Thanks and an Invitation

*by Paddy Ann McHaffie*

In most years since 2004, I have shown my paintings as part of Holy Family Bazaar and have much enjoyed positive responses to my work. I have frequently visited church members' homes and have been happy to see my paintings displayed and enjoyed.

This year several people (some Holy Family members and others unknown to me) commented favorably on particular paintings and indicated a desire to think about purchasing them at a later date.

Since Ian and I are in our mid-80s and find the heavy work involved in setting up the display is increasingly challenging, I shall probably not be participating in

future bazaars. I may well have a show at our home next summer and will let Holy Family friends know when. I have always donated 20% of the proceeds of sales made at Holy Family events and to Holy Family members and will continue to do so.

As long as I am able, I will also be delighted, as requested, to continue to create paintings as parish gifts to departing members and I will be happy to respond to commissions. I can be reached at 905-846-0567 or at [mchaffieian@mac.com](mailto:mchaffieian@mac.com).

Many thanks to the young people who helped with the Bazaar both set-up and getting things home later.

## Young @ Heart

by Joan Jackson



Holy Family's Seniors' Ministry continues to be very active: we meet twice monthly on Fridays. Our group is multicultural and ages range from 65 to 90 plus.

In recent months, our membership has grown: we welcome two new members, Dawn Saunders and Tulip Barnes. In our programs we have stressed our four activity domains: intellectual, emotional, social and spiritual.

We had a special movie night with popcorn: *War Room*, which reminded us of the power of prayer. Thanks to Carol Blackmore-Griffith for sharing.

Our Education Night on Fraud and Scams with Constable Jennifer Horner, was a great success. It was well attended and very informative. A special thank you again for all those that came out and supported us. Please stay tuned for our next Education Night.



We also celebrated Joe and Beth Menard's 40th wedding anniversary.

During the first week of November, we had a Spiritual/Devotion night. It was a night of praise and worship in which we remembered and honoured with a few minutes of silence those who fought for us during the World Wars. Members also spoke openly, and shared with others the goodness of our Lord.



*There's often a birthday to celebrate — Pearl, Salome and Thelma. .*

At a recent meeting, we started our new "Buddy Partnership Program". Members picked names and will exchange gifts during our Christmas Luncheon. The Buddy Partnership will continue for 2019: a step in the avoidance of loneliness.

## Four priorities identified by our New Diocesan Bishop

*These were four of the main points that the Right Reverend Andrew Asbil made in his speech at Synod*

1. To see Jesus and to make him known to others.
2. To walk together, supporting each other in our lives as Christians.
3. To care for and advocate for all creation. We must care for the environment
4. To imagine new ways of "being the Church" when a church building is no longer sustainable.

**Reminder: Vestry — Sunday February 17, 2019**



## Icons

Icons played a significant part in the life of the early church, and do so today, especially in the Eastern Church. Like stained glass windows they played a special part in the devotions of those who read with difficulty or not at all.

Jesus is typically, as here, depicted with a blue outer garment and a red inner garment, symbolizing how divinity wraps his humanity.

Mary on the other hand is seen with a red outer garment and a blue inner garment, representing how she carried divinity (Jesus) within her humanity.

The colours of the clothing of the figure in an icon are a study in themselves. Often one can figure out from the colours how the painter intended the icon to be “read”.

However, although the colours have meaning, another factor may come into play. Blue, for example, was made from ground up lapis lazuli, a very expensive stone that may not have been available to the painter.

## Synod

*by Norma Deacon*

Representing Holy Family at Synod involved two sessions. Rev Julie and Norma Deacon attended a pre-synod town hall at St. Johns Dixie on October 20.

Then, on November 9 & 10, we were joined by Deacon Judy for a 2 day session in Richmond Hill.

Synod itself convened with Holy Eucharist, liturgical dancing, and the bishop’s charge. Business included a vote for delegates to attend General Synod in 2019; listening to presentations of Missional Moments (how the church is reaching out to people in non traditional ways). We heard how churches are reaching out to the poor, the marginalized, the homeless and vulnerable members of society. We greeted friends and acquaintances from other churches, purchased books, looked



at vestments, candles and many things that are relevant to church life. We looked at the balance sheets and voted on certain financial matters.

We had a number of discussions in groups of 3 to share our thoughts on the proposed changes to the marriage canon, by examining the following questions:

1. What would you like to say to the group about how you feel about the proposed changes to the Marriage Canon? What are your hopes and fears?

2. No matter the results of the vote, it will be met by both joy and hurt. How can we face this? What does it mean to be a diverse people of God?

Archbishop Johnson and Bishop Asbil summarized our ideas and reported to the assembly.

## The Twelve Days of Christmas

The origin of some Christmas carols is shrouded in mystery. This is one interpretation of the meaning of *The Twelve Days of Christmas*.

From many years there were restrictions on how Roman Catholics in England might to practice their faith. At some point during that era this carol was written as a catechism song for young Catholics. It has two levels of meaning: the surface meaning plus a hidden meaning known only to members



of their church. Each element in the carol has a code word for a religious reality which the children could remember.

- The partridge in a pear tree was Jesus Christ.
- Two turtle doves were the Old and New Testaments.
- Three French hens stood for faith, hope and love.
- The four calling birds were the four gospels.
- The five golden rings recalled the Torah or Law, the first five books of the Old Testament.
- The six geese a-laying stood for the six days of creation.

- Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit--Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy.
- The eight maids a-milking were the eight beatitudes.
- Nine ladies dancing were the nine fruits of the Holy Spirit--Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self Control.
- The ten lords a-leaping were the ten commandments.
- The eleven pipers piping stood for the eleven faithful disciples.
- The twelve drummers drumming symbolized the twelve points of belief in the Apostles' Creed.



Not every scholar accepts this interpretation, but it is one interpretation of some very curious words.

First published nearly 250 years ago, it may have had a oral life older than that.

*Illustrations: left: a stamp (one of a series) from the Faroe Islands which has its own version of the song; right: an illustration from the first published version.*

## Looking ahead to Lent and Easter, 2019

Mark your calendars!

|                       |  |                 |                               |
|-----------------------|--|-----------------|-------------------------------|
| Ash Wednesday         | March 6  | Maundy Thursday | April 18                      |
| Four Tuesdays in Lent | March 12, 19, 26 & April 2   | Good Friday     | April 19                      |
|                       | Lenten Evening Series - more in <i>Happening</i> & next <i>HeartBeat</i> | Easter Saturday | April 20                      |
| Palm Sunday           | April 14   | Easter Sunday   | April 21                      |
|                       |  |                 | Visit of Bishop Jenny Andison |

### Getting in touch

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