

HeartBeat

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

June 24, 2018

Birth of St. John the Baptist



Dear Friends,

Can I say, here we are again, at the end of a school year, getting ready to enjoy the summer and hopefully take some time off to be with family and friends. Perhaps we'll travel or enjoy our cottage, (or a friend's!). Perhaps we'll get various jobs done around the house, and just gear down. As we enter into the summer months, we acknowledge that it is a time of "re-creation." No doubt we need this down time for our bodies, souls, and spirits, as we seek a break from the constant 24/7 demands life in 2018 puts on us.

Multi-tasking, for example, is a fact of life, and many of us are used to being constantly interrupted by texts, emails and so on. There is even a branch of cognitive psychology that is called "interruption science!"

It used to be (many years ago!) that our house phone (usually a lovely 1970s green or gold, hanging on the kitchen wall with a 25' long extension cord) didn't even have an answering machine and people would just figure out when you were home and try you then. Imagine!

Some of you may be familiar with Ted Talks.

Pico Iyer, an essayist for the New York Times and travel writer, wrote a Ted Talk book called, "The Art of Stillness: Adventures in Going Nowhere."

"Almost everybody I know," he writes, "has this sense of overdosing on information and getting dizzy living at post-human speeds ... All of us instinctively feel that something inside us is crying out for more spaciousness and stillness..."



On June 3rd, as part of the homily, with the help of Old Testament scholar Walter Brueggemann, we discussed the way the gift of Sabbath can be re-claimed by us in a 24/7 nonstop world. We can think of the summer as a kind of extended Sabbath, a gift of time. And it is not just for our own health and well-being but for that of our neighbours as well, and for society as a whole.

The age of 24/7 information overload is upon us. As there may be benefits to this to be sure, how can we remedy the toll it takes on us?

As Iyer says, "In an age of speed, I began to think, nothing could be more invigorating than going slow. In an age of distraction, nothing could feel more luxurious than paying attention.

And in an age of constant movement, nothing is more urgent than sitting still."

Slowing down, paying attention, sitting still..

The practice of silence and stillness is very much a part of our Christian spirituality.

"Be still and know that I am God." says the Psalmist.

If you recall the story of Elijah, while hiding out in the wilderness to escape the wrath of Queen Jezebel, he hears God – not in the earthquake, not in the fire, but as a still, small voice. (*1 Kings 19:11-13*)

Jesus had to remove himself from the constant demands of the crowds. As the Gospel of Mark (1.35) states, “In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.”

The practice of silence and stillness is essential not just so we can remain sane amidst the busyness of daily life, not just so we can have a healthy life balance, which are no doubt important, but so we can be reminded of and reclaim who we are - beloved sons and daughters of God, so that we can hear the voice of the Spirit in our inmost being, and so live from the inside out, not the outside in.

And, when we take time to be silent and still, there is no stopping us! It is a paradox that action and contemplation are two sides of the same coin.

Our action will come out of the stillness and silence, and so be authentic and life-giving to ourselves and others –

it will not drain us of energy, but give us energy.

This is a good thing to remember as Church, as we can very easily get burnt out.

Here is a prayer from Fr. John Main that may help you enter into silence and stillness:

Heavenly Father,
Open my heart to the silent presence
Of the Spirit of your Son.
Lead me into that mysterious silence
Where your love is revealed to all who call.
Maranatha, Come, Lord Jesus.

So, in these lovely summer months, wherever you may be, I hope you will be able to take time for silence and stillness, and be refreshed and renewed.

Have a safe and blessed summer,

Rev. Julie +

An Important Message from the Treasurer and the Wardens

We are a vibrant community but our financial situation is becoming very serious.

In the 5 months ending May 31, the Treasurer and Wardens have restrained expenditure over the budgeted amount by \$2,333. However our income is about \$12,260 below what we had planned.

We had expected our expenditures to be about \$5700 more than income, but they are over \$20,000 more — and that’s for 5 of the 12 months. If this pattern continues, we will be so deeply over-spent by the end of the year that we shall have to rethink the kind of church we want. There are many churches with shared priests; organists only on Sunday, answering machines only, and so on. If we want more than that we have to pay for it. Here are some of the details — more is available from the Treasurer.

Please keep your donations in your prayers and actions — and remember - the lights and heating are on even when we’re not there.

PAR (Pre-authorized Remittance) forms are available on the entrance table in the Narthex. PAR permits a monthly deduction to be taken from your bank account and credited to Holy Family. So, if you miss a couple of Sundays, you don’t need to remember to make up your weekly giving next time. And it helps us to budget.

	YTD Actual	YTD Budget	CHANGE
INCOME:	\$64,732	\$76,993	-\$12,260
EXPENSES:	\$85,010	\$82,676	\$2,333
NET	-\$20,277	-\$5,684	-\$14,594

FaithWorks: The Bridge Prison Ministry

by Joy Forrester

On Trinity Sunday, May 27, we heard Rev. Mark Stephen speak about his work with the Bridge Prison Ministry. We also had the opportunity to hear directly from Merle and Big Dave, two very grateful individuals who have benefited from the services provided through the Bridge program.

Reverend Mark is a Deacon at St. Joseph of Nazareth Anglican Church. Through his very engaging sermon he provided a window into his work with the Bridge Prison Ministry which has been the primary focus of his Christian ministry for more than 10 years.

Reverend Mark reminds us through the words of Isaiah that God calls us to go out into the world, to use our talents in service of others. He said, "Then I hear the word of the Lord say, whom shall I send?" Every member of our community, each and every one of us is God's hands and voice and through our work and contributions to Faith Works and the Bridge Prison Ministry, we are fulfilling God's mission and making a difference to many in need, to people like

Merle. "I am thankful for the Bridge, when I got out, I had nothing and so I continue to thank the Bridge all the time, for as long as I check in; I know that I am going to be OK." Merle thanks everyone who donates to the Bridge and so does Big Dave. He spoke about his troubled upbringing and how when he was ready for change he discovered the Bridge program. "A place like the Bridge, is like family," said Dave. "Through the Bridge, we all have value and worth and can contribute to society," he explained.

The Bridge is a special kind of prison ministry; largely because the focus is on bringing those who have lived on the margins of society into fuller participation in the community. Reverend Mark encourages us to act upon the call of Isaiah, as he did and say, "Send me.".... Send me to volunteer, to provide services, to contribute and to continue to support the life-changing work of the Bridge Prison Ministry via Faith Works.

"People need that support, thank you!" said Big Dave.

Electoral Synod; Diocese of Toronto

by Paddy Ann McHaffie

On 9 June, 2018, Synod members of the Diocese of Toronto assembled in St. James Cathedral, to elect a Co-adjutor Bishop, Diocesan Bishop Colin Johnson having announced his retirement as of 31 December, 2018.

371 eligible clergy members were in attendance, with 364 eligible lay members. The Bishop of Ottawa chaired the event. Attending on behalf of Holy Family Church were the Rev. Julie Meakin, Deacon Judy Allen, Norma Deacon and Paddy Ann McHaffie, Lay members of Synod.

Six candidates were declared approved for election.

The Right Rev. Jennifer Andison
The Very Rev. Andrew Asbil
The Rev. Canon David Harrison
The Rt. Rev. Victoria Matthews
The Rt. Rev. Kevin Robertson
The Rt. Rev. Riscylla Shaw

After a service of Holy Communion, the Diocesan Chancellor explained the electoral process.

After the second ballot, four of the six candidates decided to withdraw their names, leaving The Very Rev. Andrew Asbil and The Rt. Rev. Victoria Matthews as potential choices.

After an excellent lunch, for which thanks are due to St. James Cathedral, the third and final ballot selected The Very Rev. Andrew Asbil, currently Dean of St. James' Cathedral, to become Diocesan Bishop as of January 1, 2019.



Bishop-Elect, the Very Rev. Andrew Asbil accepts the Election

Very warm thanks were extended to all six candidates for their courage and devotion in engaging in this process and their willingness to respond to this exceptional challenge. Anyone wishing to read of the responsibilities and gifts required of the Diocesan Bishop may ask Norma or me for a copy of the notes.

June is a very special month for Young @ Heart: it's Seniors' Month and our third anniversary. "Happy Senior's Month" to all our Seniors — just a reminder; you have earned your title be proud.

Young @ Heart is Holy Family's Seniors' Ministry. We are very active and meet twice monthly on Fridays. Our group is multicultural and age ranges from 65 to almost 90 years old.

Our membership and group activities have both grown. We have accomplished and pursued so much based on our four domains: Intellectual, Emotional, Social and Spiritual.

In December we celebrated our last Christmas with Dr David Daniel at The Mandarin Restaurant. He was a very dedicated member of our group, and will be missed. May his soul Rest In Peace.

Members continue to enjoy Trivia, Group Reminiscing & Spiritual Reflections, Musical Tributes & Memories, Assorted Games, Rise & Shine Exercises, Monthly



Birthday Celebrations and & Creative Activities / Crafts. We are celebrating Senior's Month with our third Anniversary Service on June 24th. Our summer closure will be a BBQ on Friday, June 29th. Our doors are open for new members both now and in the fall.

A big thank you to Jodi, Susan and Burnadette for keeping things going, while I recuperate from surgery.

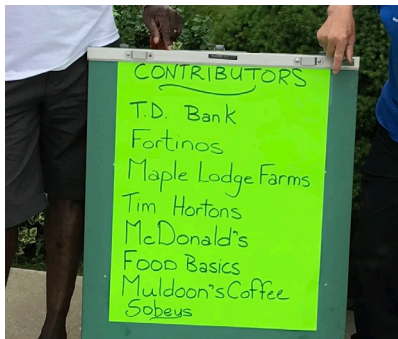
The Community Barbecue

On June 2, Holy Family, under the leadership of Deacon Judy, held a Community Barbecue. The aim was to show Holy Family off to our neighbours, so that they know us better.

Many volunteers took part — including face-painting and telling people about who we are and what we do.

Many thanks to Deacon Judy for pulling it all together and to our sponsors and supporters

The rest of this page shows a few of the scenes from the afternoon. Although the sky and the weather forecast looked rainy, we were in luck the whole time!



Congratulations Dwight!

by Rev. Julie

On Tuesday May 8, Dwight Thomas graduated with his Master of Divinity from Trinity College, University of Toronto. Dwight has been a member of Holy Family since childhood where he served in various liturgical roles. Dwight chose to further this journey that has led him to this point. Dwight was accompanied by proud mom Helena, his father from St. Kitts, his Aunt, Rev. Leonard Leader and wife Felicity, Mr. and Mrs. Hughes, Dwight's godparents and Constance Kendall of St. Stephen.

Before the graduation ceremony Dwight was the gospeller at the Convocation Eucharist held in Trinity College Chapel.

At Holy Family we have enjoyed listening to Dwight's

sermons and continue to wish him all the best!

FYI: A Master of Divinity program consists of 30 courses which cover the areas of: Scripture, History of Christianity, Theology, Liturgy, Homiletics (Sermons), Pastoral Care, and 2 internships.

And...these are academic courses that are open to anyone! Plus there are other programs with fewer credits available. Check out the Trinity College website if you are interested! <http://web.trinity.utoronto.ca/divinity/>



In Memoriam: Dr. David Jayakar Daniel

by Rev. Julie

On May 12th much loved parishioner David Daniel was laid to rest after a funeral which celebrated his life as a husband, father, grandfather, friend, and faithful and committed Christian. Over 300 people attended the visitation and funeral and heard numerous testimonies to his warmth, generosity and wisdom.



One example of that generosity was during the 1998 ice storm

when he and his wife Jamuna opened their home in

Montreal for 5 days to 10 families who were without electricity.

David was active in the church all his life, at local, Diocesan and national levels, and at Holy Family he was a reader, did the prayers of the people, and was a chalice bearer.

After his good friend Linden Kirkland died, David began the Linden Kirkland Memorial Scholarship. David was actively involved in the Young at Heart group as well, and at his funeral they sang "Will your Anchor Hold" – one of his favourites. David always had a warm smile and a story to tell. We give thanks for his presence in our lives and for his faithful witness to the Gospel.

Please keep Jamuna and the family in your prayers.

"Send not to know for whom the bell tolls. It tolls for thee"

With these words, John Donne, Dean of St. Paul's Cathedral, 1621- 1631, reminds us we are all diminished by any death as we all share in humanity.

Recently our lives have been diminished by sharing in the loss experienced by Paul Fisher in the death of his mother, Azolyn, and in the loss experienced by Homer Batchelor in the death of his mother, Aldersia Iona Brivette, who died recently in Jamaica at the age of 105.

We also mourn the death of Daphne Henry, mother of Faith Henry-Mayers, who passed away just after the publication of the last *HeartBeat*.

Daphne was born in Jamaica and came to Canada in the 1970s. Life was not always easy for her — lots of hard work — but she spent her last years with her daughter, Faith, our Rector's Warden and Choir Member.

Being Green

You may have seen in *The Anglican* that St. Cuthbert's, Leaside, won an award for Greening. Holy Family might consider participating in the Energy Benchmarking Project offered through Faith & the Common Good/Greening Sacred Spaces. It's free to participate and can help us to take action to reduce the environmental footprint of our building. If you're interested, please speak to Rev. Julie.



In May, we said farewell to Linda Janetakes who has been a faithful member of Holy Family for more than 25 years. She has moved to Toronto to be nearer to her family. Seen here with Rev. Julie and with Lynn Edwards who played a major role in helping Linda for many years.

International Diaconate Conference

by Deacon Judy Allen

I was one of 11 deacons sponsored by the Diocese to attend the International Conference on the Diaconate in Regina in May.

Co-sponsored by the Anglican Diocese of Qu'Appelle and Roman Catholic Archdiocese of Regina, we heard from a variety of speakers, networked with those in ministry and engaged in ecumenical dialogue.

This Conference also looked at the points of convergence as well as divergence of our Communion, in the context of the world – wide Anglican - Roman Catholic Dialogue.

Youth Update: May 2018

by Rev. Vinaya

Our youth group celebrated *Youth Sunday* on June 17 presenting a contemporary liturgy and some worship songs. The Emmaus Bible Study Part One is well nearing completion. The guitar workshop is now in development and more youth are showing keen interest in joining. In the coming months, we plan to take them to other events as planned by our area youth coordinator, in addition to St. Michael's Conference, and the Diocesan Retreat! The Table Tennis coaching has already begun drawing even young adults as well and we hope to have a competition for both youth groups sometime during summer.

It will soon be **Bazaar Time - Mark November 17** *in your calendars*

Please keep the Bazaar in mind during the Summer.

We shall need:

ornaments
china & glassware
good-as-new stuff

table linens
paintings
etc

The bazaar will also have:

books
white elephants(!)
bottle tables

jewelry
baked goods
etc.

We shall also need:

Helpers
Crafters
Tour hosts

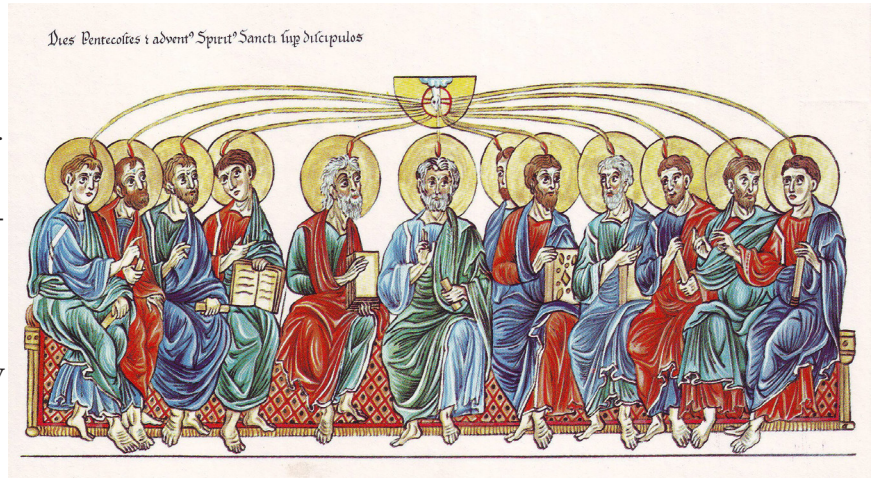
Donors
Set up helpers
Serving helpers

**If you find anything to donate during the summer,
hold on to it and bring it in the fall**

Some Basic Pentecost Facts

- Pentecost comes from the Greek for 50th
- Pentecost started a Jewish festival, known today as Shavuot — 50 days after Passover.
- Pentecost became a Christian Festival — 50 days after Easter
- Pentecost celebrates the coming of the Holy Spirit to the Disciples.
- Why Red? Clergy (and more recently lay people) wear red to remember Acts 2.3: “Divided tongues, as of fire, appeared among them, and a tongue rested on each of them.”
- Pentecost is also known (especially in England) as White Sunday or Whitsunday (often shortened to Whitsun). White for “joy”.
- Pentecost is often thought of as the Birthday of the Church — hence the balloons!.

A mediaeval image



Pentecost at Holy Family



Birthday! Red balloons everywhere. Speaking in tongues — at least in Afrikaans, English, Yoruba and Spanish. Singing in Urdu. And a children's talk — in English.



Baptisms

On May 6 we welcomed:

Daniel Benjamin Marcus,
Weston Joseph Fraser Vitale,
Jace George DeMendonca, and
Chidimma Ijeoma Emelumadu
into the Christian Family.

As we say in the Baptismal liturgy:
“Let your light so shine before others
that they may see your good works and
glorify your Father in heaven.”



Missional Small Group Project

by Rev. Julie

This spring Holy Family, along with 5 other parishes of a similar size, from York-Credit-Valley were invited to be part of a pilot project in the Diocese co-sponsored by the Wycliffe Institute of Evangelism.



Eleven parishioners from Holy Family were divided into three groups who were asked to reflect on the ways Holy Family can move into more “missional” ways of thinking and acting.

What does it mean to be “missional?” It means we need to be more outward looking – letting people know we are here, why

we are here, and how they can become part of the Holy Family community. It means not assuming that those who walk through our doors are Anglicans, or even Christians, and to be oriented towards that reality in everything we do.

The 3 categories of parish life the groups discussed were: Parish Structures / Parish Communications / Community Connections.

The groups met and discussed questions that were provided by the Diocese, and then met on a Saturday at St. Bride’s Clarkson with the members of the five other churches to network and explore these themes with the help of a mentor.

Thank you to: Kenwyn, Norma, Allison, Jeremy, Natasha, Nathan, Samson, Asher, Joy, Kari and Tia for participating!

Here are a few of the ideas they brought back:

- Have an “Invite a friend” Sunday every quarter
- Organize a community/neighbourhood clean-up day (with t-shirts saying “Holy Family”)
- Reserve parking spots for first-time visitors
- Allocate money in the budget for mission
- Organize a clothes swap

I know they have lots more to share, and maybe you have some ideas, too! Feel free to talk to them.

If you have any Internet surfing time (!)

If you are ever in a position to spend some time at the computer keyboard, you will discover many websites towards things religious. Here are a few:

<http://www.holyfamilybrampton.ca> (our own site)
<http://www.toronto.anglican.ca> (the diocese)
<https://www.anglican.ca> (Anglican Church of Canada)
<https://www.archbishopofcanterbury.org>
<https://www.biblegateway.com> (lots of versions)

<http://bible.oremus.org> (several versions including the NRSV — our Lectern Bible)

One of Rev. Julie’s favourites is the website of the Rev. Margaret Bullitt-Jonas. Try it! <http://revivingcreation.org>
Also, Holy Family has a presence on *Facebook* and *WhatsApp*. To learn more about our social media presence, talk to (or email) Wardens Tunde or Felix tundeogunleye@gmail.com or fayeni@sympatico.ca

Music anyone?

Music for Young Children offers interactive group classes developing all facets of music (reading, ear training, rhythm, ensemble) all while singing, dancing, playing instruments, and having FUN!! Please contact Catherine Barker (ccsinger@live.com — 647-238-9903) for more information. Remember, music plays a big part in our church!

Young People (12 — 17) — think about ReCharge

ReCharge, the annual diocesan youth retreat, (for Sept. 21-23 at Muskoka Woods) includes music, inspiring worship, speakers and friendship in the great outdoors. The cost is \$90 per person until Sept. 1 (\$105 later) including all meals and dorm-style accommodations. A bus to and from North York: \$30. More info. at: <http://www.toronto.anglican.ca/parish-life/youth/> **and** <http://events.r20.constantcontact.com/register/event?oeidk=a07efai9jj0ed778b8a&cll=zulsehqab>. Please contact Rev. Vinaya if you are interested - vinay262@yahoo.com

Getting in touch The Church is located on the west side of Kennedy Road in Brampton, just south of Sandalwood Parkway. Phone: 905-846-2347. Website: www.holyfamilybrampton.ca. Email: info@holyfamilybrampton.ca. Incumbent: Rev. Julie Meakin. Editor, *HeartBeat*: Ian McHaffie - 905-846-0567 or mchaffieian@mac.com. Assistant Editor: Faith Henry-Mayers - faith5684@hotmail.com or 905-495-8031. *HeartBeat* team member: Joy Forrester 647-205-6581 or joyforrester@icloud.com. Most photos by Norma Deacon.