

# HeartBeat

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

September 30, 2018

*St. Michael and All Angels*



**Dear Friends,**

*Season of mists and mellow fruitfulness...*

So begins the poem "To Autumn" by the English poet John Keats. As we move into October the season of autumn is upon us and with it the beauty of fall leaves, the freshness of cool, crisp days, and the promise of a bountiful harvest.



One week from now we will be celebrating Thanksgiving, and singing the hymn "We Plough the Fields and Scatter" — "All good gifts around us are sent from heaven above; Then thank the Lord, O thank the Lord, for all his love."

Indeed we have much to be grateful for.... Meister Eckhart, the medieval German mystic said if the only prayer we ever say is "thank you" that will suffice.

Thanksgiving is a time to count our blessings – and they are many indeed. We are grateful for so much – as Canadians - for this country's natural beauty and

**... count our blessings ...**

abundant resources, for our freedoms, privileges, and opportunities. For three meals a day and a warm bed to crawl into every night. For schools and jobs to go to, for friendships to enjoy and families to cherish.

As Christians in Canada we are thankful for the freedom to worship, and as a community of faith, Holy Family has much to be thankful for. This will be highlighted next year as we celebrate our 40th anniversary.

We are thankful for those who laid the foundations of faith here who are no longer with us. Recently we said goodbye to Sylvia Cloete, David Daniel and Larry Edwards, three longtime and beloved parishioners.

This summer we also celebrated the marriages of Jamal Seaton and Zainab Godwin, and of Rehan De Silva Wijeratne and Nishani Alutwatte.

In August, Lucas Soranno, son of Antonette Williams and Christopher Soranno, was baptized and welcomed into the Church.

Every parish experiences seasons of change and this is no less true of Holy Family.

Demographics change, attendance rises and falls, new events replace former ones, and our finances are not immune to these ebbs and flows.

Our stewardship campaign has raised our awareness of how our generosity is only a giving back to God of all that God has given and continues to give us. I am grateful to our Stewardship Committee for all their work. I have no doubt that it will bear fruit as Holy

**... giving back to God ...**

Family has always been a generous community, aware of its blessings and eager to continue its mission and ministry here in Heart Lake.

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In her book *Radical Gratitude*, Mary Jo Leddy, a Toronto activist, theologian, and founder of Romero House for Refugees, states that gratitude involves a radical satisfaction with life, with oneself, and with the world. This gratitude is rooted in the awareness that we have already been given the most fundamental necessity, the gift of life. When we stop taking for granted this gift of life itself, we can begin to experience the radical liberation of gratitude.

To acknowledge that just this gift of life itself is enough – when we can accept the gift of our own being – transforms us at a deeply spiritual level and begins to touch other levels of our lives as well. I'm sure we've all been out on a beautiful day and experienced an overwhelming gratitude for everything – the trees, the sky, the people around us, the fresh air

***... transforms us at a deeply spiritual level ...***

breathed into our lungs. And the beauty of the fall season brings this to bear even more.

When we know we are created by and rooted in a God of love, it changes everything. .... It is a kind of liberation – liberation from a culture that tells us our value lies in our possessions, our achievements, or our status.

Gratitude for the gift of life God gives us pushes us to move beyond ourselves, to seek the Kingdom of God and to direct our energy and resources generously towards that end.

In the Kingdom of God, the economy of grace supplants the economy of scarcity, in which we are

***... the economy of grace ...***

always worried there won't be enough. The economy of grace says there is more than enough, more than enough food, more than enough clothing, more than enough love...and that God's power working in us, "can do more than we can ask or imagine."

Every Sunday we gather here to celebrate the Eucharist – which is Greek for "Thanksgiving."

In our Eucharist we come together to give thanks for the gift of life, for the gift of Jesus who dwells in and among us as light and life, and for the gift of one another.

As the hymn puts it, "For the wonders that astound us, for the truths that still confound us, most of all, that love has found us, thanks be to God."

Blessings,

Rev. Julie +

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## **International Corner — Milk Rice — *A Sri Lankan Favourite***

*from Corinne de Silva*

*One of the strengths of Holy Family is that we draw our congregation from all corners of the world. This is the first in a series celebrating our diversity. Please send next edition's item to The Editor. We shall publish in December, so a Christmas favourite would be most welcome.*

This is a very traditional Sri Lankan breakfast dish, prepared for almost every occasion... birthday, wedding, first day of school, first day of the month, a must for the first day of the year, Easter Sunday, Christmas Morning, etc...

It can be served savoury or sweet. Sri Lankans like it savoury served with a spicy fish or meat curry or our hot and spicy "Lunu Miris" (finely chopped onions, chili, lime and salt)

2 cups Basmathi Rice  
2 ½ cups water  
1 can Coconut milk (2 cups)  
2 tsp Salt or more (as desired)

Rinse/wash Rice once or twice or till water runs clear. Place washed rice in pan with water and cook on medium heat. Add Salt. Stir well and let cook. Once rice is cooked and while there is still some water add one cup coconut milk, stir, taste (add salt if necessary).

Add more coconut milk and let cook for five to ten minutes. Stirring occasionally so doesn't stick to bottom. It is ready to be plated when rice leaves sides of pan when stirring.

To serve... Spread flat about one to two inches high and cut in squares.

# Stewardship!

by Kenwyn Singh, for the Stewardship Committee

The word, *stewardship*, simply means managing someone else's property. For us Christians, as Scripture proclaims everything belongs to God, we manage the property of our Lord. Since everything belongs to Christ, we need to have the attitude and view that our things are His things, that all we could have now, all we have lost, all we will have, are His, including our spiritual gifts. So, our duty, as Christians, is to learn how to become responsible stewards of our Lord's resources entrusted into our care.

Stewardship can be an act of love, and even fun! It can be a response to His love, which will give us much, much greater comfort than any plans or ideas on our part. Many of us Christians want to give, but we don't know how. Maybe we just need to be told that all we have is not really ours to begin with. We are just temporary stewards of His treasures, time and talents. With such a view, we may see a pleasure in giving, and see the benefits as they help build the body of Christ.

- Stewardship enables us to give God gratitude for what He did for us and recognize His sovereignty, which is His control and ownership of all things. In this way we can honor Him with our worship as well as with our material goods and abilities.
- Stewardship is about being in community, working together and complementing one another's gifts, and abilities, and with what we can offer. It is the way we use the gifts He has given us to benefit the people in our church and those around us.
- Stewardship means giving in proportion to what we can. The poor person's small gift is just as important as the rich person's big gift! (*Mark 12:41-44*), Sometimes, we cannot give as much

as we would like to, due to economic realities, job loss, business not good, sickness, etc., so, we give honestly and efficiently whatever we can.

- Stewardship is the giving of ourselves and our resources with joy and gratitude for what we have been given. Giving should always be cheerful! If it is not, then we are not really giving—are we?
- Stewardship is focusing on God and not on the material things in and of themselves. We are always to view the material world with the perspective of being God's caretaker of it, not of its lust or greed.
- Stewardship is recognizing our gifts and abilities as well as opportunities, then exercising the responsibility of their care. It is also cooperation with other stewards, to work as a team.
- When we serve God and when we give, it is never in vain. It is never forgotten by the One Who counts!
- Stewardship is the glorification of our Lord and Saviour.

With this information in mind, how are you going to respond to Him with the time, treasures, and talent in your life?

As our stewardship campaign comes to a close, at Holy Family, we ask that you prayerfully decide on how you plan to implement God's desires and call to be a better steward of all the relationships, time, talent, money, and resources in your life!

Reference: <https://biblicalstewardship.net/why-is-stewardship-important/>

## Holy Family Theatre Night

**Next Sunday, October 7, is the last day to order tickets for the next Holy Family Theatre Night.**

Show: *The Hunchback of Notre Dame*  
Brampton Music Theatre  
Participating: Paul Barker (from our choir)  
Date/Time: Saturday, November 10 at 7:30  
Location: Rose Theatre

List Prices: \$42 Adult; \$35 Seniors; \$28 Children  
***BUT we hope to get group rates (much lower)***  
More info: Notice board in Narthex  
How to order: Send an email to [mchaffieian@mac.com](mailto:mchaffieian@mac.com) (best) or phone (905-846-0567)

## Who are the Wardens and what do they do?

by Ian McHaffie

Canon 15 of the Diocese takes four pages to describe the qualifications, powers, duties and manner of appointment of the Churchwardens. Not once do the words “gratitude” or “thanks” appear in the canon, and yet those are the words that ought to spring to our minds when we think of the Wardens and what they do on our behalf.



*Tunde Ogunleye  
People's Warden*

Technically the “Corporation” consists of the Incumbent, the Rector’s Warden and the People’s Warden. We also have two Deputy Wardens — Rector’s and People’s. For most practical purposes the two deputy wardens form part of the Corporation and meet with them, so we have a group of five people who look after the interests of the parish.

Much of the Canon is concerned about money and finances: recommending the budget to Vestry and monitoring the results are an important part of the Wardens role. The Treasurer reports to the Wardens and, officially, the reports that the Treasurer presents to the Advisory Board from time to time and to the Vestry at the annual meeting, are the Wardens’ reports.

The Wardens are responsible for certain aspects of the Services, although the responsibility for the Service itself rests with the Incumbent. However, it is the Wardens who have to ensure that there is wine (and



*Premod Kanjirappallil  
Deputy Rector's Warden*

a chalice and flagon), and bread (and a paten or plate), plus linen, collection plates, service books and Registers for Services, Baptisms, Confirmations, and Burials. In fact many of those responsibilities are looked after by The Altar Guild.

However, there are some tasks that rest with the Wardens themselves.

All aspects of the church property are their responsibility, including arranging for insurance, all forms of maintenance, heating, ventilation and cleaning. They must also, in the words of the Canon not allow the church “to be used for profane purposes.”

The duties of the Wardens apply to **all** Wardens in **all** churches.

Here at Holy Family there are several things that the Wardens have done in the past year in addition to fulfilling their responsibilities under the Canon.

These include

- Purchase/replacement of water heater
- Annual Fire inspection
- Stewardship campaign
- On going efforts to streamline administrative processes



*Faith Henry-Mayers  
Rector's Warden*



*Felix Ayeni  
Deputy People's Warden*

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## Why Holy Family?

by Joy Forrester

Upon reflecting on each journey of my life, I have come to accept that everything that has happened to me – the joys, the challenges, the situations, the places

### *... God's direction and guidance ...*

in which I have found myself--- all happened due to God's direction and guidance.

I firmly believe that being at Holy Family is not an accident. God guided me here.

I have been a faithful, practicing Roman Catholic, very entrenched in that Christian community. I have dedicated the greater part of my life in service, volunteering and worship. Those who know me well gasp when I say I am attending an Anglican church! So, why Holy Family?

In Canada, I have lived in six cities and two provinces and have been a member of the church community

### *... six cities and two provinces ...*

wherever I have lived. However, it was not until the day I entered the house of worship at Holy Family that I truly felt I had found home, as in, a "home" — to worship comfortably and happily... a place where, I was not just a number and face in the pew.

From the day, I sat down in the church to the many days following; I have felt nothing but welcoming

open arms from the members of Holy Family. In particular, I was completely drawn into the fold, by

### *... nothing but welcoming open arms*

the proactive, exemplary leadership demonstrated by Reverend Julie, who went out of her way to engage my interest. Unknowingly, her calm friendly demeanor subtly encouraged me to stay and find out more about this church community.

I have not had that experience with a priest in Canada, not since I left my little parish church, of similar warmth in Jamaica. However, if I thought Reverend

### *... a compelling force of persuasion ...*

Julie was influential, I have come to realize that with the support and tenacity of Deacon Judy, they are a compelling force of persuasion. Deacon Judy has a quiet way of tapping into the heart of members, where it matters most on a personal level. The special gifts of these two leaders pull you in like magnet. They set the tone for a church community of caring, compassionate people that lives up to the name: "Holy Family" making you eager to be a part of the 'family' goodness that's here.

I am very happy to be a member of Holy Family. God brought me here because he knows that Holy Family

### *... God brought me here ...*

would be good for me and that I would, on my journey, be good for Holy Family.

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## Two Invitations from The Social Committee

### Bus trip to St. Jacobs Saturday, October 20

9:00 Leave church for St. Jacobs Farmers' Market  
1:00 Travel from the Market to the Village for shopping, sightseeing and (perhaps) eating.  
Cost: \$25.00 (bus only)

More details and sign-up sheet in the Narthex.

### Trip to see the Smash Hit *COME FROM AWAY*

Date: Saturday, March 16, 2019  
Theatre: Elgin (Yonge St.)  
Time: Saturday Matinée  
Cost: \$175.00 - Rear Balcony Seats  
Cost includes pick up at church by Luxury Coach, lunch at a down town restaurant & ticket to the show.  
Further details (timing, restaurant etc.) to follow.

## Those whom God has joined together let no one put asunder.

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Nishani Alutwatte and Rehan De Silva Wijeratne entered into marriage in a civil ceremony exactly an year ago.

On 28th August, 2018, at 2.00 pm, Reverend Julie conducted a renewal of vows for Nishani and Rehan so that they could receive a blessing in church, something that was missing from the civil ceremony.

About 20 friends of the family gathered informally to wish them well.

## The Annals

As we approach our 40th year, we begin to realize how difficult it is to remember just what we were doing in 1995 or even in 2010. Who were our Wardens? Who was our Incumbent? What were the major events of that year?

We are starting to fill in the blanks, but, even now, there will be gaps that our oldest parishioners can't remember.

So what we are planning to do in the future is the following: between Christmas and the New Year, The Incumbent and the Wardens, assisted by anyone else they want to involve, will look back over the year and write down, on one page, the significant events of the year.

## The Invitation

To make up for past years, we invite all those with good memories to see what we have down for the years since our founding and write down what they know in each year. **Holy Family's Annals** are located in a binder in the office for all to consult and enhance. Look and them and — older members especially — see if you can fill in some of the blanks.

## The Altar Guild at Work



Not all the work of the Altar Guild takes place at the Altar. Here they get ready for the early fall “Ketchup” and Feast. (Ketchup / Catch-up - get it?).

From the left, in the photo above, Margaret Lonergan, Joan Hutchins, Louise O'Connor, Lori Wilson, Yvette Kirkland, Launa Williams and Elma Hamilton.

Thank you all for this and of course, for making “the beauty of holiness” a part of our worship experience.



Above, Norma Deacon, also a member of the Altar Guild as well as being congregational photographer, leaves her camera for a moment to make sure that all is well on the barbecue.

Also helping are Joseph Johnson, Louis Drakes, and Joe Menard.

## It's nearly Bazaar time!

*Six weeks to the middle of November!*

Come to the bazaar on Saturday, November 17, 2018 — from 9:00 AM to 2:00 PM.

*It's a great way to get ready for Christmas.*

For a successful Bazaar, we shall need:

ornaments, table linens, china, glassware, good-as-new toys, picture frames, paintings, table lamps, clocks that still work, perfumes, lotions (unopened).

If you have **anything** that is in good condition for sale, please hold on to it and watch *Happening* for where and when to bring it.

The bazaar will also have:

- a book table
- a jewelry table

- a white elephant table
- a bake table (baked goods, preserves);
- bottle tables: (separate for adults & children);
- candy cane draw: can you donate something?

by **Special Invitation:**

Paddy Ann McHaffie will be selling:

- original paintings
- framed prints and
- greeting cards

20% of all her sales come to the church, so you can decorate your

home and make a contribution to the church at the same time! She will also give a painting for a raffle.

**Help Needed!**

- Donors / contributors
- Crafters • Advertising
- Church tour hosts
- Set up and take down
- Help in the children's area
- Serving (kitchen or tea room)

**and Guests!**

So — come on November 17 with money in your wallet and a Christmas List in your hand!

### A suggestion:

Join the Craft Group and work with friends. The group meets Mondays and Thursdays from 12:30 to 2:30 PM in the main hall. Contact Louise O'Connor (905-846-1452) or Debra Robinson (905-846-5006) for more information.

### Best wishes!



Zainab Godwin and Jamal Seaton (Pat and Robert Seaton's son) were married at Holy Family on June 16.

### Holy Baptism



*Several times each year we welcome new members into the Christian family, in August, Lucas Soranno, with the age-old ceremony at the font.*

**Youth service on  
Sunday October 28th!  
Stay tuned!**

## Nigeria for a Day



On September 2, Holy Family saw a special Nigerian celebration to mark Mother Juliana Ogunleye's 80th birthday. We enjoyed, in addition to the usual Birthday Prayer and Song, a delightful Nigerian Lunch, accompanied by Nigerian dances, and songs (in Yoruba).

Left top: Tunde Ogunleye (Juliana's son), Esther Opadiran, Juliana and Reverend Julie.

Left lower: The extended family at the party.

Right above: The diners won't forget Esther's poem (in Yoruba) and Mother Juliana's dancing.

## In Memoriam



Recently we said goodbye to a long-standing member of Holy Family who was a friend to many. Until a few years ago, Larry Edwards was always in the church on Sundays. He sang in the choir for many years, served as a Warden and coordinated our Christmas Outreach. We all remember his reading of Psalm 22 at the Maundy Thursday Service from the balcony. Until his retirement, Larry was the President of an office furniture company. For the last few years he was a resident at Burton Manor and it was not possible for him to come to Holy Family.

The sympathy of the congregation goes out to the whole family and especially to Lynn, who looked after him with loving devotion.

## 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](http://www.holyfamilybrampton.ca). Email: [info@holyfamilybrampton.ca](mailto:info@holyfamilybrampton.ca). Incumbent: Rev. Julie Meakin.  
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