

# HeartBeat

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

December 22, 2019

*Fourth Sunday in Advent*

**Dear Friends,**

One of my favourite memories from childhood was being told the story of the Nativity – usually it was on the living room couch with my sister, while my father read from a fairly large, beautifully illustrated book. We would have the Christmas creche set up on a table as well, with all the key figures taking their places.

In the Godly Play story of the Holy Family, the storyteller places figures of the nativity in front of the children, who are seated in a circle. First the Christ child, then Mary, then Joseph, and so on. As the figure of the shepherd is placed, the storyteller says, “When the shepherds saw the light in the darkness, they were afraid. I would be, too. Then they heard singing. That scared them, too, until they heard the words. The angels sang that they came to bring peace on earth and good will to all people. ‘Run. Hurry. Go to Bethlehem. Something has happened there that changes everything!’”†



Indeed.

In the words of John Main, “the importance of the Incarnation is that the mystery of God in his eternal creativity is not only brought closer to us but really united to us. God’s love is present as the light of supreme reality in our hearts. The humility of the child Jesus is our guide and teacher. In his Light we have Light. In his Love we have Love.” (Letters from the Heart)

The gift of Jesus, Emmanuel, God with us, changes everything.

The holy work of Advent prepares us to receive this incredible gift, as we wait and watch in expectant hope for God to break through in our lives and in the world.

“The wilderness and the dry land shall be

glad, the desert shall  
rejoice and blossom”

This passage from Isaiah speaks a word of hope. In that, whatever desert or wilderness place you or I may be in, whatever the state of the world, take heart, God is working to transform that place into one of joy and gladness.



Last Sunday was the 3rd of Advent – “Gaudete” Sunday, from the Latin word “rejoice” – anticipates the joy that comes with the birth of Christ – and not only 2,000 years ago in a stable in Bethlehem, but in our hearts each and every day.

Such a gift evokes the paradoxical responses of both silence – “Silent Night, Holy Night” – and one of exuberant proclamation – “Joy to the World”!

When we are in touch with the joy that comes from knowing God is with us and for us, nothing can shake that joy.

How does the gift of Jesus ‘change everything’ for you?

Perhaps after the Christmas gifts are opened, the dishes put away after the big family feast, you can take the 12 days of Christmas to ponder this question in the silence of your hearts.

Wishing you and your loved ones a Happy Christmas!

Reverend Julie +

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†Jerome Berryman, *The Complete Guide to Godly Play*, 2012, p. 25.

or:

<https://www.youtube.com/watch?v=arZJPdXrEV4>

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## The Reverend Canon Judy Allen

In the opinion of those who know her, no one is more deserving of the title “Canon of the Diocese” than Judy Allen.

Born in Jamaica, several decades ago, she has spent 50 years in Canada, most of it as a nurse at St. Michael’s Hospital, Toronto, from where she recently retired.

It has been Canada’s good fortune, (to say nothing of Heart Lake’s) that Judy has become such an important part of our medical, church and diocesan community.

20 years ago, long before she retired, she decided to embark on the voyage that would make her our Vocational Deacon, a position to which she was ordained in 2002. While continuing her nursing career at St. Mike’s, she also served the parish in the evenings and weekends.

Somehow Judy has also found time for family too. Tony and Judy’s 50th wedding anniversary is just over the horizon and they take great delight in their three

children, and six grandchildren.

Before her ordination she served Holy Family as a Churchwarden, Choir member, and Vestry Person but she is best known as a Pastoral Visitor. Virtually everyone in the parish who has had the misfortune to fall ill or require surgery has known the comfort and support of her presence.

In addition to her work at Holy Family, Judy has been active in the religious life of the Diocese. She is an Associate of the Sisters of St. John the Divine, and has served as Deacon at many services at St. James Cathedral.

We are delighted that her service to Holy Family and to the diocese have been so suitably recognized.



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## Children’s Spirituality

by Rev. Julie+

When talking about children’s spirituality, there are three areas we can develop: “knowing” i.e. learning Bible stories, who the disciples were, etc. ; “doing” i.e. ethical behaviour, learning right from wrong, etc.; and “being” which is experiential, a kind of “knowing” that involves the heart, the spirit. Godly Play and Christian Meditation are two of these experiential approaches to children’s spiritual formation.

At the Children’s Ministry Conference on Nov. 2, 47 people attended my workshop on Christian Meditation with Children. Participants learned about the practice of silent prayer and how they could teach this and

incorporate it in their church school environments, at home, or at a Christian school.

Godly Play is an approach to faith formation in which a sacred story is presented and the children are given time and space to “play” i.e. to work with the figures, act out the story, draw, sculpt etc. We’ve had two workshops introducing Godly Play at Holy Family, using “The Holy Family” nativity story.

Not only do these approaches honour the innate spirituality of children, but adults find them spiritually enriching as well.

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## Young @ Heart — a reminder

by Joan Jackson

Holy Family’s Seniors’ Ministry continues to be active. We usually meet twice a month on Fridays. The group ranges in age from 65 to over 90. We are glad to welcome Charmaine Bruce and Allison Ayeni to the group as helpers.

We made harvest baskets in September for the Thanksgiving Service. We thank Lynn Edwards and Norma Deacon for their contributions to our meetings. On movie and popcorn night we enjoyed *One Special Night*.

During the church’s 40th Anniversary service we sang our signature song *Will Your Anchor Hold*.

At our annual Christmas lunch on December 14, we exchanged gifts and entered into the Christmas spirit.

Birthday Celebrations are very special to our members, but we try to remember what Mark Twain said:

**Age is an issue of mind over matter. If you don’t mind it doesn’t matter.**

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## Who were the real St. Nick and King Wenceslas?



St. Nicholas, who became, over the years, “Santa Claus” was born (probably) in 270 and died in 343.

We actually know very little of him, historically, but there are many legends about him, that stress his generosity and the miracles attributed to him.

One legend was that after his wealthy parents died, he gave generously to the poor.

A bishop in the early church, he was made a saint shortly after his death.

The real “King Wenceslas” (who was not in fact a king but the Duke of Bohemia) lived from about 911 to 935. He was also known as “Václav the Good”.

He was declared a king after his death (by murder in which his brother was complicit). He was revered in his lifetime for his fairness and generosity.



He is remembered today in Prague where a prominent public square bears his name and where his statue can be seen.

## Messiah

For many people Christmas isn’t really Christmas without a performance of Handel’s *Messiah*.

Many of the words such as *Behold, a virgin shall conceive and bear a Son, and shall call his name Emmanuel, God with us* and *There were shepherds abiding in the fields* remind us vividly of the Christmas story.



*Handel's Autograph on the cover*

And yet much of the oratorio is centred on the Easter story of the crucifixion and resurrection: *Behold and see if there be any sorrow* and *The trumpet shall sound*.

The oratorio is more than 275 years old, having been written in 1741 and first performed in the following year in Dublin. It seems as timeless as ever.

Most Christmas performances of *Messiah* take place in early December, but it is still not too late! One can always buy a CD or DVD!

Or you can watch it free on YouTube — go to:

<https://www.youtube.com/watch?v=JH3T6YwwU9sf>

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## Children’s Ministry Conference

*by Olwen Needham Brooks*

On Saturday November 2, Helena Whyte and I had the opportunity to attend the annual Toronto Children’s Ministry Conference held at Tyndale University. It was a very informative series of workshops that were geared not only towards Sunday School teachers or Children’s Ministry Leaders, but also to parents and grandparents.

It was great to have key note speakers and other Leaders share information and their own experience on various topics. These included such topics as “The Big Bible Story” which informed us how to help children read and understand the bible and “Helping Children Cope”, which informed us how to help children who may be facing difficulties in life by connecting spirituality and resilience. I would

encourage as many persons as possible to attend this wonderful and informative conference that is paid for by the church. With over 400 people attending, the event also allowed for individuals to meet people from other parishes (churches). The conference also helped individuals to develop spiritually as well as prepare them to help their children or grandchildren or other children know more about God

*Helena adds:* My biggest take away from the workshops and as a grandmother/parent is that it is never too late to learn that “It is easier to build strong children than to mend broken adults”.

We are looking forward to the November 2020 Children’s Ministry Conference.

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## Christmas in Kerala



Visitors to India or those returning to their homeland, will enjoy Christmas in Kerala. The festival has many of the elements of Christmas anywhere in the world, but there are some special Kerala touches.

Although Kerala is the most Christian state in India (18% of the population as opposed to 2.5% in the country as a whole), there are more Christmas stars in the window than one would expect to see: many people join in the festivities.

Lights, Christmas trees and many varieties of Christmas decorations — and much familiar food will be found. But then there are the important differences. Many different curries will be part of the celebration.

Some familiar foods are prepared in new ways: potatoes and fish, lentils and pumpkins — food that are known well in Canada, are prepared in Kerala in their own special way. Don't miss Appam (a flat soft bread made from rice flour) and Chicken Stew.



The churches (probably 8,000 in all!) are central to the celebration of Christmas there as everywhere, and the familiar stories are told there as they are here: in Kerala or Brampton, the basic story is the same.

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## Christmas in Jamaica

*by Joy Forrester*

Christmas in Jamaica, makes me think of church, sight, sound and smell. All senses are awakened with the excitement and anticipation of celebrating the birth of Christ and being with family and friends throughout the holiday.

Christmas there was never about gifts. The church is at the centre of our celebration — as Jamaica, mostly Christian, has more churches per square mile than any other country in the world (over 1,600).

Homes are made spotlessly clean. 'Sunday best' clothes are pressed for church and food including black cake, curried goat, rice and peas, salads, ham, fried or jerked chicken, roasted pork etc. are cooked and set aside for the family or friends who will be dropping by. And one can always guarantee that sorrel, rum punch, ginger beer and soft drinks will be flowing.

Decorations in churches and schools are much like everywhere else, but Jamaicans add their own cultural practices to the mix and the warm weather makes it easy to travel around and enjoy the festivities.

Music is always a big part of any celebration in Jamaica and the reggae flavour is added to most of the

Christmas carols played on the radio.

The sounds of activities that are unique to a Jamaican Christmas Eve: the hustle and bustle of last minute shopping at the *Grand Market*; every community buzzing with music. Some towns close street to traffic to facilitate shopping. You may even catch a parade of Jankunu dancing and parading in the streets - much to the delight of all.

At dusk on Christmas Eve, people head to town squares where street dancers, stage shows, and shopping are still in full swing: stores are open beyond midnight. Food vendors come out with jerk pans, soup & hotdog stands, roasted corn and more — lasting until the wee hours of Christmas morning.

On Christmas morning, Jamaicans look forward to entertaining family and friends — homes become revolving doors with people dropping by unannounced to partake in the prepared hospitality. And on the Sunday or Saturday following Christmas Day churches are full as Jamaicans reverently worship in services across the island remembering the birth of our Lord Jesus and celebrating the true meaning of Christmas.

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## Our 40th Anniversary Celebrations

The highlight of our 40th Year came on October 27, with a special service and a celebration lunch. The energetic committee of Norma, Judy, Nicole and Kenwyn has reported separately on the occasion. This account picks up some of the highlights and shows a number of pictures from the occasion.

### HOLY EUCHARIST

Over 200 people attended the service including past parishioners and clergy. Bishop Jenny Andison was the Celebrant and the Rev. Canon David Brinton was the Homilist. The church was beautifully decorated due to the excellent artistry of the Altar Guild team!

### CELEBRATORY LUNCHEON

Lunch was served after the service: over 250 people were there, including Mayor Patrick Brown.

### COMMEMORATIVE BOOKLET

A 40th Anniversary Commemorative Booklet was published: a few copies are still available for \$10 each.

### A COMMUNITY PROJECT

The success of the project depended on many people, including those who attended the service and lunch.

### A FINANCIAL SUCCESS TOO!

Thanks to the fundraising energy of the committee, the celebration was a financial as well as a religious and social success.

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## A few of the many photographs from the Anniversary



*The altar party and some of our former clergy gathered for a photograph after the service.*



*The Reverend Canon Judy Allen, The Right Reverend Jenny Andison and The Reverend Julie Meakin,*



*The young people entered into the spirit of the occasion with their own message.*



*Accident or design? The Rt. Rev. Greg. Kerr-Wilson and the Rev. Canon David Brinton (Fr. Greg and Fr. David to most of us) were chatting with halos!*

## Making the House Ready for the Lord

by Mary Oliver

Dear Lord, I have swept and I have washed but  
still nothing is as shining as it should be  
for you. Under the sink, for example, is an  
uproar of mice — it is the season of their  
many children. What shall I do? And under the eaves  
and through the walls the squirrels  
have gnawed their ragged entrances — but it is the season  
when they need shelter, so what shall I do? And  
the raccoon limps into the kitchen and opens the cupboard  
while the dog snores, the cat hugs the pillow;  
what shall I do? Beautiful is the new snow falling  
in the yard and the fox who is staring boldly  
up the path, to the door. And I still believe you will  
come, Lord: you will, when I speak to the fox,  
the sparrow, the lost dog, the shivering sea-geese, know  
that really I am speaking to you whenever I say,  
as I do all morning and afternoon: Come in, Come in.

Source: *Thirst*, by Mary Oliver. Beacon Press, 2006

## From the Social Committee

Many thanks to all who came to the Fashion Show and Tea Party on October 19. The clothes, modeled by fabulous models – our committee members – were supplied by The Bay. Everyone enjoyed it and we collected \$460



in donations for the church. For those who couldn't make it, you missed a wonderful time.



The occasion was such a hit that we are planning another for the Spring – more information soon.

Other events in the planning cycle include:

- Another Underground Railroad trip –to the Chatham area (including Dresden and Uncle Tom's Cabin).

Suggested date: June 13. We will be looking into some of the most interesting sites in the area to include in this trip.

- A Final 40th Anniversary Fund Raising Dance for Saturday, October 24, 2020, to be arranged jointly by the Social and 40th Anniversary Committees.

## Our Liturgy – an appreciation of those who help

Every Sunday we may have as many as 20 lay people assisting the Reverend Julie with various aspects of the service.

Crucifers, servers, chalice bearers, liturgical assistants, readers, welcoming team members, vestreypersons, Powerpoint operators, thurifers all have a role to play in the services.

These duties are shared between about 90 people, so that they are shared evenly, thanks to the planning skills of Marjorie Myton, who prepares the schedule.

We particularly appreciate the contributions made by the following who have offered their services quite recently.

Welcome Team

Tricia Bloomfield  
Berkley Rose

Reader

Shantae Bloomfield

Servers

Rachel Needham Brooks  
Kyla Bloomfield  
Maddy Jim- Akaya  
Kevin Nneji

Vestrypersons

Okey Nnaobi

PowerPoint – a relatively new feature of our services.

Kemi Ayeni  
Michael Nneji

Youth reader

Kalan Nwaubani

Kalan Nwaubani

## The Bazaar

*by Debra Robinson and Louise O'Connor*

On behalf of us both, we would like to thank everyone who made this year's bazaar a huge success. Total raised so far is over \$4,000.00.

We will be having a wine and cheese party in January for all those who helped this year — will let you know the date in early January.

If you have any ideas to make next year's bazaar even better please join us.

Thank you again for all your love and support.



## Baptism — a montage of reminders

Every few months we welcome new brothers and sisters in Christ — baptizing them in water, as John baptized Jesus — and pass the light to them and welcome them to our family.





## The Bulletin Board

Every two weeks the Diocese publishes a “Bulletin Board” for parish leaders. The current edition is found at

<https://www.toronto.anglican.ca/2019/12/10/bulletin-board-dec-10/>

The primary audience is clergy and “lay leaders”. Although not all items are of interest to everyone, if you would like to keep up with what is going on at the diocese, subscribe. Instructions are given in each edition.

## Another Holy Family Theatre Night

If you have enjoyed our theatre visits (and if you can), and, keep the evening of Saturday, April 4, 2020 free for a Theatre Night.

More information in the New Year.



## Renewal of Wedding Vows

We all know Homer and we’re getting to know Haltia too: they have been separated by the Atlantic Ocean for some time.

On October 6, Homer and Halita renewed their Wedding Vows — part of welcoming her to Canada, Brampton and Holy Family.

## An idea: bring something from your ‘heritage country’ for the Patronal Festival on December 29.

Will it be Jamican Christmas Rum Cake? Or a Nigerian Jollof Rice? Or English Mince Tarts? Or Sri Lankan Love Cake or Bibikkan? Or the favourite Christmas goodie from — wherever! There are lots of Christmas recipes, from all over the world, on the internet, if you don’t have a favourite of your own.

## Dates for the Calendar

### 2019

Service and Children’s Pageant  
Christmas Eve @ 9:00 PM  
Carol singing from 8:30 PM  
Christmas Day @ 10:00  
Meditation on the Nativity &  
Patronal Festival

December 22  
December 24  
  
December 25  
December 29

### 2020

Vestry  
Shrove Tuesday  
Ash Wednesday  
Easter Day  
Underground Railway  
Dance  
  
February 16  
February 25  
February 26  
April 12  
June 13 (tentative)  
October 24 (tentative)

### 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. Editor, *HeartBeat*: Ian McHaffie - 905-846-0567 or [mchaffieian@mac.com](mailto:mchaffieian@mac.com). Assistant Editor: Faith Henry-Mayers ( [faith5684@hotmail.com](mailto:faith5684@hotmail.com) or 905-495-8031). *HeartBeat* team member: Joy Forrester 647-205-6581 or [joyforrester@icloud.com](mailto:joyforrester@icloud.com).