

HeartBeat

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

March 17, 2019

Second Sunday in Lent



Dear Friends

“Yet even now, says the Lord, return to me with all your heart.” Thus speaks the prophet Joel in our first reading of Ash Wednesday. The process of returning to God, of ever deepening conversion, is one of the themes of Lent. And note this is an invitation – God desires to have a relationship with us.

Lent can be described as a time of “spring cleaning” for our hearts, of stocktaking or as a kind of “spring training” for disciples. The well-known Anglican writer and spiritual director Evelyn Underhill calls Lent “a collective retreat in the daily life of the whole church.”

During Lent we engage in the spiritual disciplines of prayer, fasting, almsgiving, and engaging with Scripture in order to identify and offer to God those parts of ourselves that we are reluctant to let go of: our fear, our mistrust, our impatience, our anger, our pride, our woundedness. Why? So we can be healed, we can be whole, we can live that abundant life that God offers us. It is a time of moving from the surface to the depths – of self-reflection and penitence with the understanding that this will enable us to

be more open to God, to allow God to give us life in all its fullness.

It may be helpful if we see Lent as tied to our baptism.

In the early church, Lent began as a period of preparation for adults who would be baptized at the Easter Vigil. It was an intensive 40 days (imitating Christ’s 40 days in the desert) of

instruction, purification, and preparation for their new life in Christ. It was a time of entering more consciously into the mystery of Christ’s Passion.

At his baptism Jesus heard the words “You are my beloved, in whom I am well pleased.” He was then led by the Holy Spirit into the wilderness to be tempted by Satan. After withstanding those temptations, he began his public mission and ministry.

This is our pattern, as well. At our baptism God speaks these same words



Holy Week Services 2019

THURSDAY, APRIL 18

Maundy Thursday: Agape Meal

6:00 PM

Choral Eucharist with Washing of Feet, Stripping of the Altar and Gethsemane Vigil

7:30 PM

FRIDAY, APRIL 19

Good Friday: The Celebration of the Lord’s Passion

10:00 AM

SATURDAY, APRIL 20

The Great Vigil of Easter followed by a Resurrection Party

8:00 PM

SUNDAY, APRIL 21

Choral Eucharist

10:00 AM

Guest Celebrant and Homilist: Bishop Jenny Andison

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and engrafts them on our hearts: “You are my beloved in whom I am well pleased” These words have been said to us by our parents, grandparents, by our faith communities. Yet the truth of those words are constantly tested by our experiences as we encounter the world. We find ourselves in deserts and wilderness times, not sure of who we are or what our purpose is, aware of our failures and shortcomings and wondering if we truly are lovable. Our Lenten journey and indeed our life journey is to internalize that message,

that we are beloved sons and daughters of God, and to live out of that reality. Being strengthened in our identity through our various trials and temptations in life, we are able to continue Christ’s mission and ministry in the world.

May this Lent be one in which you hear that voice saying, “You are my beloved” resound from your deepest self.

Blessings, Rev. Julie +

Lent 2019

LENT at Holy Family 2019

prepared by Rev. Julie

Our own Lenten Series: *The Last Days of Jesus*

Join us as we watch and discuss this PBS special in sessions 1 & 2. (see box below — right)

When: Tuesday evenings: 7 – 9 pm

March 12, 19th, 26th and

April 2nd with special guest Rev. David Neelands

Christian Meditation: Silence, Stillness, Simplicity

Deepen your prayer life by learning this simple “prayer of the heart.”

Wednesday mornings in the meeting room from 11 – 12.

Stations of the Cross

If you’d like to observe this Lenten devotion, please come by the church when the office is open. (Tuesday-Thursday 10 – 4 or call) The booklets will be in the Narthex for you to use.

Lenten Devotionals, Bible studies, Resources

These will be available for families, youth, and adults at the back of the church on Sundays.

Lenten Reflection

How about on-line? Society of St. John the Evangelist has 4 separate programs of faith formation for Lent:

Meeting Jesus in the Gospel of John

Five Marks of Love

Growing a Rule of Life

It’s Time to...

Visit: <https://www.ssje.org/2019/03/04/faith-formation-for-lent/>

The Lenten resource of PWRDF (Primate’s World Relief and Development Fund), *Our Lenten Journey through the Waters of Baptism*, provides an opportunity to pray, act and give while deepening your understanding of the work of PWRDF and partners. Available for download as a PDF file or by daily delivery to your in box.

Go to: <https://pwrdf.org/get-involved/lent2019/>

For a Jesuit perspective, go to: www.ignatianspirituality.com.

A Great book

LENT by Evelyn Underhill – Famous Anglican writer on spirituality and faith. Available from Amazon.

Stay tuned to Holy Family’s Facebook page for interesting articles etc.

Outreach

At Vestry, Ian McHaffie undertook to convene a meeting to review what we are (and might be) doing about Outreach. If you are interested in attending such a meeting, please get in touch with Ian. (mchaffieian@mac.com or 905-846-0567)

Lenten Sessions

The first (of 4) Sessions took place on March 12. The next will be on March 19 at 7:00 p.m. The first 2 sessions involve the showing of the DVD *The Last Days of Jesus* (half at each session). If you would like to “catch up”, come at 6:00 on the 19th: we will replay the first half.

Did you know? - Interesting facts about Holy Family's Clerical Alumni

We don't know whether it is coincidence or something about some of the people we have been fortunate to have as incumbents — or perhaps the training we gave them (!) but three of our former incumbents have gone on to distinguished careers after they left us.

The Rev. Canon Dr. David Neelands was Priest-in-Charge, our first Incumbent, from 1980 to 1981. He went on to become Dean (and now Dean Emeritus) of Divinity at Trinity College (after several other appointments on the way). He has been back to Holy Family from time to time — and is coming again on April 2.



The Rev. Canon David Brinton, OGS, our Incumbent from 1984-1990, has recently retired as Vicar and Sub-Dean of St. James' Cathedral. He served at St. Matthias Bellwoods, and held several other parish and administrative appointments before going to the



Cathedral. He was vicar for 17 years. He will be returning to Holy Family on October 27 to help us celebrate our 40th Anniversary.

The Most Rev. Gregory Kerr-Wilson, our Incumbent

from 1991-1998 is at present Archbishop of Calgary and Metropolitan of Rupert's Land. "Father Greg" went from Holy Family to be the Dean in Edmonton and became Bishop in Regina in 2006, before becoming Bishop of Calgary in 2012.



Maybe Holy Family gave them experience on how to deal with challenges!!!!

The Craft Group



Please come down stairs and support the Craft Group's Spring Sale on March 31, April 7 and April 14, following the service.

We will be selling beautiful Easter baskets and hand crafted items. Most of the baskets are only \$10.00 each and filled with a stuffed toy and other goodies, as well as a spiritual message.

The Anglican Tradition

One aspect of the Anglican Tradition that has almost completely disappeared from parish churches is **Evensong** - or **Evening Prayer**. Evensong is still to be found in the BAS (p. 61) but, as a rule, it is only in cathedrals that this part of our tradition is carried on.



The Cathedral website says: "Evensong is a service of choral music and prayer. Rooted in Anglican Cathedral tradition, Evensong has existed for nearly 500 years. Many continue to find it to be a spiritually transcendent and restorative worship experience."

If you are in Toronto at 4:30 on a Sunday afternoon, try Choral Evensong at St. James Cathedral. Although it is a regular item on the Cathedral calendar, it is worth checking the website to make sure of timing at: <https://stjamescathedral.ca/worship/>

Celebrating Black History month

We think that the best way to look back on Black History Month is through some of the many photos taken at that time. Here and opposite are a few representative photos of the many that were taken.



Four of our young people (from the left), Mya Kaloczi, Mary Jim- Akaya, Nyssa Duncan, and Tia Laurent, inspired us with their Liturgical Dance.



Alysa Hamilton's mastery of the Spoken Word gave everyone a lot to think about.



The Rev. Vernal Savage was our Guest Celebrant and Homilist on February 24.



Pat Fisher explained the symbolism in her beautiful Black History Month altar frontal.



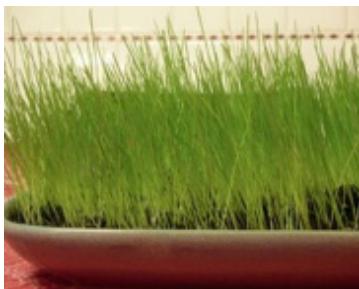
Dione Rochester sang from the heart when she sang for us all.



The Right Reverend Peter Fenty, Bishop of York-Simcoe, our Guest Celebrant and Homilist, blesses the congregation. (Here with Deacon Judy, Rev. Julie and Dwight Whyte, who acted as Bishop's Chaplain for the occasion.)

Lent and Children

To help children observe Lent, consider adopting the old Finnish custom of planting grass seed in small dishes.



the resurrection and the certainty of spring.

For children, it is fun to plant and carefully tend the seeds. Soon delicate blades burst forth from the earth, stretching toward the light. With good care, the grass will grow thick and strong and lush, symbolizing

Jellybean Jars: For younger children:

Each child gets a glass jar. A child can put a jellybean in the jar for any number of behaviours, which parents can decide — such as doing a kind deed for someone else; saying sorry; forgiving those who hurt us, helping a brother or sister or parent; helping with something around the house

The jellybeans can only be eaten at Easter!

Begin breakfast with the prayer, "Lord, we offer you this day, in all that we think, and do, and say."

At dinnertime, let each family member mention one person or problem that they would like to pray for.

Our thanks to the Black History Month Committee:

Carol Estwick, Deacon Judy, Elizabeth & Benson Majekodunmi, Faith Obioha, Thelma & Louis Drakes, Louise O'Connor, Shantae & Tricia Bloomfield, Nicole Salmon, Phil Duncan, Elaine Walcott. Also assisting — Kathy Duncan (Dancers), Balram Ramdhannie & Delrose Aitken (the Flag procession).



Our annual Parade of Flags serves as a reminder of how diverse a community we are and how enthusiastic we are about our heritage countries.



The Right Reverend Peter Fenty, Bishop of York-Simcoe, is an old friend of Holy Family, having visited here many times. Some of our children enjoyed his informal chat. Bishop Peter was our Guest Celebrant and Homilist.



For most of us at Holy Family, an occasion would not be a celebration without food. True to our tradition, a large number of people enjoyed a lunch together..



It was really a coincidence that our Vestry Meeting took place during Black History Month but here, at Vestry, we expressed our appreciation to Tunde Ogunleye who is stepping down after five years of service as a Churchwarden. Left to right: Felix Ayeni, Tunde, Rev. Julie, Christina Sackeyfio.

A Brief but Heartfelt Thank You

To Compton Burke, who was instrumental in getting our new Church Hall tables; and to Joe Menard, who provided "Table-transport".

Ashes to Ashes

The ashes used to mark people with the sign of the cross on Ash Wednesday came from last year's Palm Crosses.



Three Days to remember in March

There are three days to remember during March. Today, March 17, we remember St. Patrick. On March

31 we remember John Donne, a priest, poet and lawyer. March 25 is the Holy Day of The Annunciation.

We remember St. Patrick on March 17 — today!

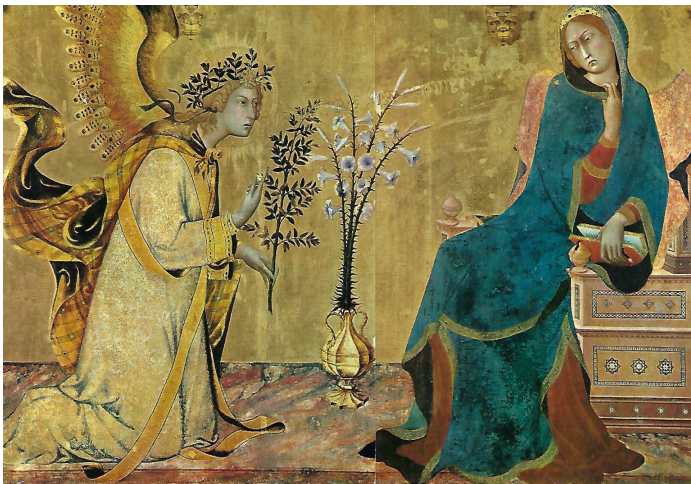
Although he is the patron saint of Ireland, Saint Patrick, who was one of the Church's great evangelizing saints, was actually born in Roman Britain in the fifth century. When he was a teenager, he was captured by Irish raiders and taken to Ireland as a slave to herd and tend sheep. It was during this time, that he discovered his own faith, finding strength through his relationship with God.

Saint Patrick's enslavement lasted for six years until he had a dream in

which he was told to escape by going by way of the coast. He later became a priest and was ordained the bishop of Ireland, succeeding the first bishop, Saint Palladius. Saint Patrick spent the rest of his life bringing the Good News of the Gospel to the people of Ireland, which was a pagan country at the time. He is believed to have used the three leaves of the shamrock to explain the Holy Trinity, and the shamrock remains associated with the saint and the Trinity to this day.



The Annunciation — March 25



The story of The Annunciation (= the announcing) is told in St. Luke's Gospel (1: 26 - 38) (and also, more briefly, in Matthew 1: 18-22). The Angel Gabriel came to Mary and told her she would bear a son "and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David."

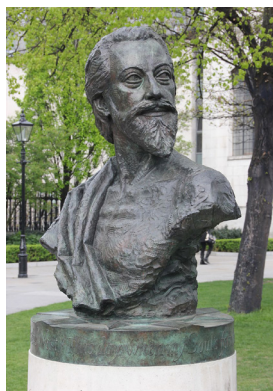
The Feast of the Annunciation is celebrated on March 25.

The Annunciation is a major topic in Christian art. This painting, executed in 1333, is by Simone Martini. It hung originally in the Cathedral in Siena: now it is one of the treasures of the Uffizi Gallery in Florence.

We remember John Donne on March 31

John Donne (1572 - 1631) (*pron "dun"*) was one of the most distinguished men of the Queen Elizabeth - James I period. Both his prose and his poetry made him one of the widely read men of his age.

Born to Roman Catholic parents, he trained as a lawyer and relied on patronage to support his poetry. He served as a Member of Parliament for several years. Only later in life was he ordained an (Anglican) priest — and that on the order of the King!



The 2012 bronze sculpture of John Donne, installed in St. Paul's Cathedral garden.

However, he brought to his new calling the same skill and enthusiasm that he brought to other aspects of his life.

For 10 years, until his death, he was Dean of St. Paul's Cathedral in London, where he was known as an eloquent preacher. Among his most famous words are:

"No man is an island, entire of itself . . . any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bell tolls; it tolls for thee."

Be sure to come to Holy Family on Easter Sunday



Bishop Jenny at the conference in the Diocese of Madhya Kerala

Bishop Jenny Andison will be our Guest Officiant and Homilist on Easter Sunday, so be sure to plan on being here on April 21.

Bishop Jenny was recently invited to participate in the 53rd Madhya Kerala Diocesan convention (Church of South India). The Bishop's experience in Kerala should be of interest to our church community as this is the heritage state of several parish members.

There will be an opportunity to meet with Bishop Jenny to talk about the Kerala visit at St. Joseph of Nazareth on April 13. Watch *Happening* for the time.

Churchwardens

After more than 5 years of dedicated service, Tunde Ogunleye has stepped down as People's Warden. We are so grateful to Tunde for his time, energy, wisdom, and commitment to Holy Family over these years and will be thanking him at an upcoming service.

Here are the Churchwardens for 2019:

Rector's Warden: Faith Henry-Mayers

Deputy Rector's Warden: Premod Kanjirappalil

People's Warden: Felix Ayeni

Deputy People's Warden: Kenwyn Singh

A special, warm welcome to Kenwyn Singh, our new Warden. He is a Project Management Professional (PMP) and an experienced Business Development Officer with the Centre for Education & Training.

Since relocating to Canada in 2004, Kenwyn has held various positions of increasing responsibility in the Non-Profit, Public, and Private sectors regarding accountability, risk mitigation, proposal development, analytical research, and relationship building.



Kenwyn has been a member of the Anglican Church since childhood; attending St John the Baptist, and the famed St George's Cathedral in Guyana which helped to instill his strong Christian values.

Kenwyn's leadership experience will be an asset to our community and we welcome him in his new role here at Holy Family.

Food Bank Coordinator

Holy Family is looking for a Food Bank Coordinator. Our Food Bank runs every second Saturday of the month, from 9:00 - 12 noon.

Please see Reverend Julie for more information.

Bridge anyone?

If there is anyone who would like a game of bridge, either on a regular basis or from time to time, evening or daytime, please call Paddy Ann McHaffie at 905-846-0567.

Financial Report

by Carolin Hwozdyk, Holy Family's Treasurer

At Vestry we approved a balanced budget of just under \$200,000. The "balanced" part of the budget will depend on all of us, especially as \$20,000 of our income has to come from "Special Fundraising".

The Pancake Lunch on March 3 raised \$500, so we have made a start towards the \$20,000.

However, division by 12 (for a month) or 52 (for a week) will reveal that we need, on average, about \$16,666 per month or \$3,840 per week to meet our goal of \$200,000.

Our Year to Date (Feb. 28) results are as follows:

Income (all sources):	\$28,613
Expenditure (all sources):	\$33,963
Shortfall:	\$5,350

The pie chart below shows how the major parts of our YTD expenditure were made.

YTD Actual 28-Feb-19



■ Clergy ■ Church ■ Operations ■ Music

Let's make a concerted effort to rise to this challenge.

If you have any fundraising ideas please contact one of the wardens.

A Lenten Prayer

Merciful God,
you called us forth from the dust of the earth;
you claimed us for Christ in the waters of baptism.
Look upon us as we enter these forty days
bearing the mark of ashes,
and bless our journey through the desert of Lent
to the font of rebirth.
May our fasting be hunger for justice;
our alms, a making of peace;
our prayer, the chant of humble and grateful hearts.
All that we do and pray is in the name of Jesus,
for in his cross you proclaim your love
for ever and ever. Amen.

40 years on!

Mark your calendars! Sunday October 27th will be our 40th Anniversary Sunday.

One of Holy Family's former incumbents, Rev. David Brinton, will be our guest celebrant and homilist.

Last November we brainstormed quite a few ideas about how we could mark our 40th anniversary..... "take out 40 weeds and plant 40 flowers" was one! These ideas are posted downstairs in the Main Hall if you need to refresh your memory.

Please give your ideas to Norma Deacon, our Anniversary Coordinator.

Getting in touch

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