



# HeartBeat

March 21, 2021 (Fifth Sunday in Lent)

HeartBeat is the Quarterly Newsletter of The (Anglican) Church of the Holy Family, Heart Lake, Brampton, Ontario, Canada



## Dear Friends

It was exactly one year ago in *HeartBeat* that I wrote to you regarding the lockdown and encroaching pandemic. It has been quite a year, needless to say. By the grace of God, we have come through it, looking after one another, being good stewards of the gift of our church – even raising enough to get a new roof!

We've been through a couple of shutdowns, a reopening, a stay at home order, figuring out how to do services and meet via Zoom. Considering where we were a year ago vis à vis technology we've come a long way, and now thanks to Jim Akaya are able to livestream our services whether from home or from our church.

Joan Jackson has made sure our seniors have felt connected and cared for. And throughout it all we've also looked after our neighbours, with our Food Bank running consistently every month thanks to the dedication of Betty and her team, and many needs visible and invisible being taken care of.

Through it all we've realized that we really have all we need to continue to be the Church – the Spirit of Christ within us, the Holy Spirit giving us strength and courage and perseverance to realize “this too shall pass.”

Last year I wrote, “This Lenten season we might ask what gifts can this experience of “letting go” of church

bring us? And what gifts can it bring others?”

And this Lent, one year later, perhaps we can reflect on these questions – no doubt we had to lament the loss of our “normal” way of doing church, but what have we learned this past year? What gifts has this pandemic brought us? What have we learned that can open up new ways of being the church? And how have we grown in faith, in our relationship with Christ?



I know that in the midst of your own struggles you have both given and received strength and hope. And all of you have shown what it means to be a truly “Holy Family.” Looking forward to the vaccines being rolled out in the next couple of months, and knowing that

God has been and is with us through it all, I am sure that we will emerge from this time of trial with renewed faith, energy, and hope, being open to the creative winds of the Holy Spirit.

I hope this Season of Lent has been a time of spiritual nourishment and renewal as we prepare to enter into the great events of Holy Week– Christ's entry into Jerusalem, his last meal with his disciples, his arrest, trial, crucifixion, and resurrection.

Blessings,  
Rev. Julie +

## Large print —For Y@H and other older readers.

The font-size in *HeartBeat* is a useful reading size for most eyes. However, as we age, small print becomes difficult for some people. (Are you among those who think they print telephone directories with fuzzy ink?). Those who are reading *HeartBeat* on a computer are probably using Adobe Acrobat Reader, which has a

built-in Zoom feature: you can select your needed magnification. For hard copies, it is easy to enlarge the page size from “letter” to “ledger”. If you need a large-print edition, please let the office know — phone or email (906-846-2347 or [info@holyfamilybrampton.ca](mailto:info@holyfamilybrampton.ca))

---

## Deacon's Corner

by Rev. Canon Judy Allen

As we continue to journey through the forty days of Lent, the feeling that has become so real at this challenging and difficult time is that of journeying through the desert.

We have been faced with the continuous challenge of trying to normalize life in Pandemic times.

We have learned of other ways to serve, worship and connect during this time of separation from physical bodily contact and losses. New ways of being Church. Throughout the Anglican Communion, leaders have worked in urgency to provide worship resources and ways to connect and support the faithful.

As a Deacon, I am called to serve, but some of my usual ways to serve are cut off in this Pandemic time.

I am thankful for what I have been able to do, in Church and from home using the Zoom and Live Streaming Technology afforded by Holy Family, and by communication on the phone. We have found new ways to serve.

As I reflect, I think of all the Health care workers working tirelessly on the front lines. Those who have lost

loved ones to the COVID- 19 Virus. Those who have lost jobs, businesses, those unable to pay rent or to provide food for their families, for the homeless especially in this Pandemic times.

Let us all continue to pay attention to optimistic signs, recognizing that by God's grace, spring is unfolding and pray that by Easter, things will get better. This desert time is not forever.

Here at Holy Family we have so many gifts for which to be thankful during this time of the COVID-19 Pandemic.

God is doing a new thing in our midst, it is not what we expected or would have chosen for ourselves, but we will continue to have faith and lean on God's leading.

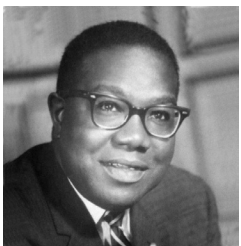
Do not fear, for I am with you,  
do not be afraid, for I am your God;  
I will strengthen you, I will help you,  
I will uphold you with my victorious right hand.

*Isaiah 41: 10*



---

**There were fewer photos than usual from our February services, so here's a quiz. Who are they? Give up? See p. 8.**



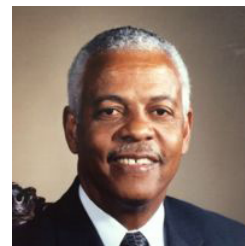
1



2



3



4



5



6



7



8



9



10

## Vestry Highlights

Vestry, our “Annual General Meeting”, was held, by Zoom, on February 28, 2021.

- Despite the pandemic, which closed the church for most of 2020, a combination of diocesan support, reduced expenditure and parishioners continuing their givings, we finished the year with a surplus of \$41K. Well done us!
- We approved the 2021 budget, with a deficit of \$20K.
- Audited statements for both 2019 & 2020 were approved.
- We were glad to welcome our auditor, Peter Tsui, to the meeting.
- The Envelope Secretary reported on givings, noting

that Pre-Authorized Remittances (PAR) were a useful way to support the church. (See a separate note.)

- About 20 reports from parish organization were submitted and approved.
- Special thanks were expressed to the lawn cutting volunteers.
- About 40 people were elected, appointed or volunteered for various parish positions.
- Felix, Premod and Reuben continue as Wardens. They have been joined by Charmaine Bruce who was appointed Deputy Rector’s Warden, a position she accepted earlier in the year. A photo and brief bio appear below..

## Meet your new Warden

Charmaine Bruce is the new Deputy Rector’s Warden and a continuing Advisory Board Member. After having been a visiting member for several years with her mom, Geneva, and daughter, SyMonae, Charmaine joined them as a regular Holy Family member in 2018. She is also a volunteer with our Y@H group.

Charmaine has been a civilian member with the Royal Canadian Mounted Police



since 1997. She is currently the Wellness Coordinator for her detachment, a position that keeps her very busy along with her regular duties. November 2021 will mark her 30th anniversary with the federal government.

In her spare time, she enjoys travelling, socializing with family and friends as well as baking and decorating desserts.

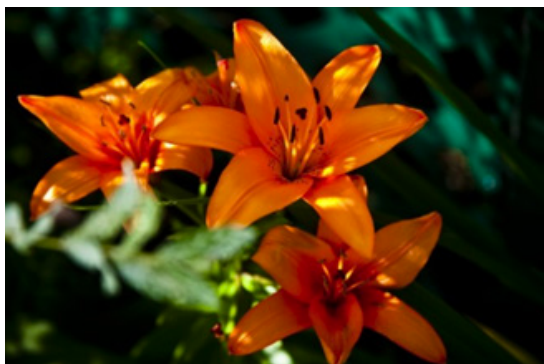
## Two thoughts for Easter

The joyful news that He is risen does not change the contemporary world. Still before us lie work, discipline, sacrifice. But the fact of Easter gives us the spiritual power to do the work, accept the discipline, and make the sacrifice.

*Henry Knox Sherrill*

Easter is not a time for groping through dusty, musty tomes or tombs to disprove spontaneous generation or even to prove life eternal. It is a day to fan the ashes of dead hope, a day to banish doubts and seek the slopes where the sun is rising, to revel in the faith which transports us out of ourselves and the dead past into the vast and inviting unknown.

*Author unknown, quoted in the Lewiston Tribune*



## A Reflection from John of Damascus (A.D. 676 – 749)

Let us purify our sense, and in the unapproachable light of the Resurrection, we shall see Christ shining forth, and we shall clearly hear him saying, “Rejoice!”

*Paschal Canon*

---

## From Young @ Heart

by Joan Jackson

*In all your ways acknowledge him, and he will make straight your paths.*  
Proverbs 3: 6

When I initiated our “Buddy System” I was more concerned about people living alone, medication reminders and so on. Now that we are under the pandemic, we are “ahead of the game.” — to God be the Glory”.

Members have made the transition into their new roles with a caring spirit and with love in their hearts. This continues, and is well appreciated by all.

During our lock-down, I have been working diligently with members, especially those living alone. A big thank you to Jim Akaya for all his patience, and kindness. With his help, most of our members are connected to zoom.

Our first zoom meeting was a Devotional Night with Rev. Julie on Friday, January 29th. Our second was a Zoom Workshop training and Valentine’s tea. Members were encouraged to wear red, which they did. It was a musical night with poetry readings.

Invitations were extended to family and friends. We had people from Antigua, Curaçao, Jamaica, USA, and Greater Toronto —with the spirit of love —many

surprises, with fun and laughter.

During our Lenten Journey we held two Spiritual programs on March 5 & 19. The first was a session of “Healing Prayers” with breaks of Singing and Testimonies. This was well received by all members. The second session is just before this issue of *HeartBeat* appears.

Upcoming meetings are as follows:

- \* April 9 (Zoom Training)
- \* April 23 (Education Night stressing The Walnut Foundation)
- \* May 7 Mother’s Day Tea —a fun night with Mildred decorating a “Hat Cake”
- \* May 21 Tips on Gardening

This Ministry will continue to work diligently using social media whenever we can for a successful year.

We welcome new members — please call or email me: joanjackson10@hotmail.com or 905-608-9087

Birthday Greetings to Violet Allen - 97 a few days ago.

Let’s beat this Pandemic having fun within our homes..

---

## A Visit to Canterbury Cathedral

One of the most relaxing and inspiring ways to start each day is to join the Dean of Canterbury Cathedral, The Very Rev. Dr. Robert Willis for morning prayer — broadcast every day during the pandemic.

7:00 am here is early afternoon in England and the daily prayer session is already posted on YouTube.

Broadcast from the deanery garden, or its greenhouse, or sometimes indoors, the Dean takes about half an hour to present prayers, a Bible reading, a discussion about the reading, a Psalm, a comment on significant anniversaries and anything else that occurs to him. It is a very peaceful way to start the day.

To find it: open YouTube (in your browser) and search for “Morning Prayer Canterbury Cathedral today.”

The Dean speaks on other topics too.

Your Editor enjoyed a lecture given a few years ago, at Lanier Theological Library in Houston, Texas, entitled, *Singing and Making Melody to the Lord: the Place of Hymns in the History of the Christian Church.*

Go to:

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

Dr. Willis is also a superb reader — you might want to try *The Wind in the Willows*, *The Cat Who Walked by Himself*, or *The Man Who Planted Trees*.

They are listed on Canterbury Cathedral website.

Just search!



# Black History Month!

by Rev. Julie

Holy Family celebrated BHM with creativity and fun this year – Rev. Julie, Canon Judy, Carol Estwick and the Social Committee had the challenge of putting together events and activities completely online, but this also enabled new things to happen. We still managed to come together to learn, to celebrate, to sing, to pray, to share, and to listen! This year our services had an emphasis on the positive aspects of Black History including the accomplishments and triumphs of black people especially in Canada.

On Feb 19, we were joined by a local author, Eleanor Beharie, who shared a reflection about attending Jamaica's 1962 Independence Day celebrations. During the evening, members of the congregation also shared memories of growing up in countries like Ghana, Trinidad & Tobago, Barbados and Jamaica. Though our ability to travel has been curtailed for the moment, Eleanor was also able to pique our interest by relating a story of her trip to Holy Land.

On Feb 26, An Evening of Positivity was presented by the Social Committee. We learned about the great Kings and Queens of Africa such as Akhenaton and Nefertiti, Taharqa and King Mansa Musa I. Various members of the Social Committee presented their personal stories of positivity to counteract the negativity that has been sparked by the many events that have devastatingly affected black people in the past year. It was a very informative and educational evening.

During our services, we were blessed to have Nicole Salmon share poetry and speak from the heart about being a black fundraiser and her experience of being a co-editor of the book *Collecting Courage*.



The Young People of Holy Family made us all exceptionally proud when they spoke so eloquently about navigating spaces as a young black person and

what effective allyship can look like. We were blessed as well by Bruno's saxophone renditions of gospel favorites. It was great to see our future leaders so engaged and passionate!

As interest in poetry globally has been renewed by Amanda Gorman's presentation at the Inauguration, so we were happy to have Alyesha Hamilton grace us again with a beautiful spoken word performance.



On the final Sunday of Black History Month, The Rev. Dr. Alison Kemper's homily urged us to question what is missing from the information we've been given and to consider how actions of the past might be influencing decisions of today. With reference to the insightful book *Accounting for Slavery*, Dr Kemper thoughtfully presented a new perspective on some often quoted views.

Sergei provided favorites like "Revive us Again" and lots of uplifting music during the services, and every day something relating to BHM was posted to the HF FB page.

So far, feedback on Black History Month has been overwhelmingly positive and the focus on the positive aspects of black people and history was very welcome. We look forward to next year's celebrations!

# Connecting to Holy Family Service Live Streams...and more!

by Jim Akaya

We are grateful to God for the strides we have made as a church community over the past few months. Initially, the obstacle in front of us was understandably huge and potentially insurmountable but thanks to the grace of God and the commitment of everyone to step out of our comfort zone, we have been able to crawl out of it and are now walking. Glory to God.

Our attendance on zoom has increased from an average of 22 parishioners when we started in November to an average of 57 within the past few weeks with a record high of 61 during one of the Black History month services. Our live stream on Facebook averages about 25-30 participants with a lot more views afterwards.

You can also check out Holy Family YouTube channel - <https://www.youtube.com/channel/UCyrWRwVSv56n-Vm74zh1Nddw>

Our Holy Family diaspora are joining our services – something we could not have imagined before now.

We have the best set of seniors you can dream of - they have taken the challenge head on and thanks to the

leadership of the Y@H, many of our seniors now enjoy regular service and fellowship via zoom.

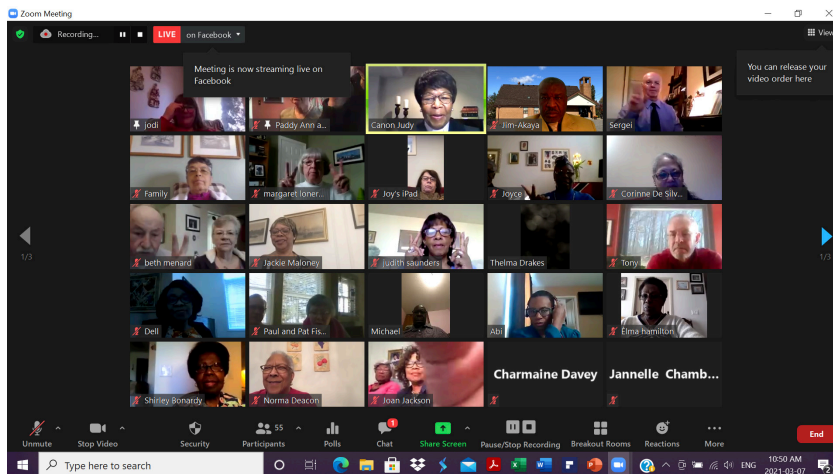
Are you a parishioner and having challenges with devices or need one to enhance your worship experience? Please reach out to the incumbent or wardens for support.

With the increased usage of zoom, it requires more data for connectivity with attendant increase in cost. Are you

looking at alternative options for data? The most feasible and cheaper options are data packages on mobile phones that can be streamed to other devices. Most of the network service providers – Virgin, Rogers, Bell, Fido, Telus have packages for data and calls – They typically range from \$20 to \$45 per month depending on the data volume required. To

explore these options you may want to reach out to the respective customer service numbers. If you require basic advice on what they typically have in the market, the Technical unit can assist.

We are excited at the opportunity to journey with everyone in our outreach and missions. We look forward to sharing more news in the subsequent editions of the *Heartbeat*.



Maundy Thursday



Good Friday

## Two Easter Images from Ethiopia

## Holy Week Service times

Palm Sunday	March 28	10:00 am	livestreamed from the Church
Maundy Thursday	April 1	6:30 pm	Agape supper and service —great for families. Join in via Zoom (details to follow)
Good Friday	April 2	10:00 am	livestreamed from the Church
Easter Sunday	April 4	10:00 am	livestreamed from the Church

Great Vigil (Saturday, April 3) - please take part in the service at St. James' Cathedral (or other church of your choice).

Here is the URL for St. James Cathedral, Toronto. 9:00 P.M. <https://www.facebook.com/torontoanglican/>



Most people are aware that our Bishop for the last four years, the Rt. Rev. Jenny Andison, has returned to parish ministry, as the Incumbent at St. Paul's, Bloor Street, in Toronto.

Taking her place as "our" bishop will be the Rt. Rev. Riscylla Shaw, Area Bishop for Trent-Durham. It is understood that this appointment may be short-term, pending a reorganization of the diocese. We wish

## Credit Valley Update



Bishop Jenny all the best in her new ministry, and welcome our new Bishop.

It may be some time before we meet our "new" bishop: the Trent-Durham area, her primary responsibility, is the largest in the diocese, extending from Pickering to Brighton and as far north as Algonquin Provincial Park.

## Pre-Authorized Remittance (PAR)

At Vestry, the Envelope Secretary, Jaya Rajan, reported on PAR and other offerings. In case you are not familiar with the mechanics of PAR, here they are:

1. You sign up through the Envelope Secretary — for whatever amount you choose.
2. On a fixed day every month, your bank transfers your donation to Holy Family parish account.
3. You receive a receipt at tax time .

Not only does each PAR donor support the church, whether a person is there or not, there is a saving as envelopes do not have to be bought and the Wardens and Treasurer can budget more effectively.

If you are interested in signing up for PAR, please get in touch with Jaya, either by phone or email.  
jayaelizabethrajan@yahoo.ca 905-216-5292

No monthly minimum requirements: please give as you are able.

## Palm Sunday

Now to the gate of my Jerusalem,  
The seething holy city of my heart,  
The saviour comes. But will I welcome him?  
Oh crowds of easy feelings make a start;  
They raise their hands, get caught up in the singing,  
And think the battle won. Too soon they'll find  
The challenge, the reversal he is bringing  
Changes their tune. I know what lies behind

The surface flourish that so quickly fades;  
Self-interest, and fearful guardedness,  
The hardness of the heart, its barricades,  
And at the core, the dreadful emptiness  
Of a perverted temple. Jesus come  
Break my resistance and make me your home.

*Malcolm Guite*

---

## The Bible Project

A few weeks ago there was a reference in *Happening* to **The Bible Project** and the book of *Jonah* — the reference could have been to many other books. You MAY have followed up the URL - this is for those who didn't!

Let's start with Jonah. If you're like most people, you know three things about Jonah:

1. There is a Bible book with his name.
2. He was swallowed by a "great fish" — sometimes called a whale!
3. He was sent to Nineveh.

You may also have heard of a person being called "a Jonah" — someone who carries a jinx. But there is more to him than that and the investment of 10 very entertain-



ing minutes will fill in some of the blanks. If you prefer to start with the New Testament, try the Gospel of Mark.

The URLs for Jonah and Mark are below.

However, **The Bible Project** goes much further than that: it explores wide variety of Biblical themes as well as describing the main content of all of the Bible books. Try going to:

<https://bibleproject.com>

Or start with books of the Bible:

<https://bibleproject.com/explore/book-overviews/>  
Here are URLs for the books of Jonah and Mark.

<https://bibleproject.com/explore/video/jonah>

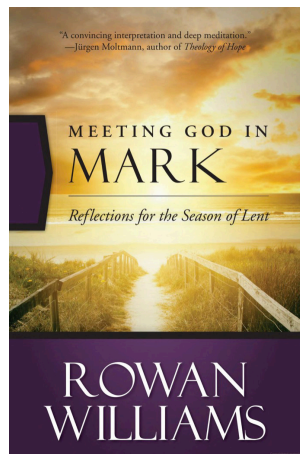
<https://www.youtube.com/watch?v=HGHqu9-DtXk>

---

## Lenten Bible Study

The Messianic Secret, the disciples not understanding, "outsiders" recognizing who Jesus is before "insiders" - Mark's gospel has plenty to challenge us with. Most of all, it is about how you and I respond to Jesus, and how that relates to the regime change known as the "kingdom of God." About 10 people enjoyed a Lenten Bible Study of St. Mark's

Gospel, guided by Rowan Williams' book, *Meeting God in Mark*. Why not join in the next Bible Study? Rev. Julie + .



---

## The Bible Read Aloud

by Ian McHaffie



The name David Suchet is associated, for many people, with Hercule Poirot, Agatha Christie's detective, but in his 50+ years as an actor he has played many other roles.

One of his dramatic projects has been the recording of the entire Bible in the New International Version.

If you want to get a flavour of the project, perhaps before embarking on the whole recording, try the reading, (in St. Paul's Cathedral, London), of *The Gospel of St. Mark*. I suggest you don't try it when you have a few spare minutes. The reading takes 2 hours! It's on YouTube at:

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

David Suchet's reading of the Bible is available in two other ways: on the audio section of Bible Gateway and as a CD.

Below is the URL for the Bible Gateway version of Genesis 1. You can navigate from there.

<https://www.biblegateway.com/resources/audio/?recording=nivuk-suchet>

## Quiz Answers

1. Lionel Braithwaite (1st Black MPP in Ontario)
2. Viola Desmond (Nova Scotia Activist - see the \$10Bill)
3. Wenyi Mengesha (Artistic Director Soulpepper)
4. Alvin Curling (MPP and Cabinet member - Ontario)
5. Lincoln Alexander (Lieutenant Governor, Ontario)
6. Rt. Rev. Peter Fenty (Bishop and friend of Holy Family)
7. Salome Bey (Rhythm and Blues singer)
8. P. K. Subban (Hockey Player)
9. Oscar Peterson (Jazz Pianist)
10. Kevin Yarde (MPP for North Brampton)