

There is one Christmas Carol that has always baffled me - The Twelve Days of Christmas

What in the world do leaping lords, French hens, swimming swans, and especially the partridge who won't come out of the pear tree have to do with Christmas?

From 1558 until 1829, Roman Catholics in England were not permitted to practice their faith openly.

Someone during that era wrote this carol as a catechism song for young Catholics.

It has two levels of meaning: the surface meaning plus a hidden meaning known only to members of their church.

Each element in the carol has a code word for a religious reality which the children could remember.

- The partridge in a pear tree was Jesus Christ.
- Two turtle doves were the Old and New Testaments.
- Three French hens stood for faith, hope and love.
- The Four calling birds were the four gospels of Matthew, Mark, Luke & John.
- The Five golden rings recalled the Torah or Law, the first five books of the Old Testament.
- The Six geese a-laying stood for the six days of creation.
- Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit--Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy.
- The Eight maids a-milking were the eight beatitudes.
- Nine ladies dancing were the nine fruits of the Holy Spirit--Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self Control.
- The Ten lords a-leaping were the Ten Commandments.
- The Eleven pipers piping stood for the eleven faithful disciples.
- The Twelve drummers drumming symbolized the twelve points of belief in the Apostles' Creed.

So this is your history for today. This knowledge was shared with me and I found it interesting and enlightening. Now I know how that strange song became a Christmas Carol.

Have a Meaningful Christmas Season!
Canon Judy

Finances:

Income : 142,964.79

Expenses: 141266.94

Profit/Loss: 1,697.85

Upcoming Dates

December 24th: Christmas Eve: 8:00 pm (Saturday) with Carol singing at 7:30pm

December 25th: Christmas Day: 10:00 am

January 1st: Meditation on the Nativity and Patronal Festival
(bring your Christmas goodies!)



HeartBeat

December 18th, 2022 Advent IV

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



Dear Friends,

Christ is the morning star who when the night of this world is past brings to his saints the promise of the light of life and opens everlasting day.

These words were written by the Venerable Bede, a monk and historian of the Church, circa 710.

Our Advent blue symbolizes the night sky just before dawn, as we watch and wait for the appearance of the light, the morning star. "The people who walked in darkness have seen a great light" writes the prophet Isaiah (9:2).

Here in the northern hemisphere, Christmas occurs near the winter solstice, when the amount of daylight gradually increases and takes over the darkness.

As we quickly move from Advent into the great 12 Day Feast of Christmas, may the light of Christ the morning star, shine ever more brightly in our hearts and in our lives.

A Happy Christmas to all!

Rev. Julie +

The Gift of Christmas

Christmas is a feast that can open the hearts of all of us to the presence of Christ. It puts before us the great qualities of innocence and hope that we need if we are to awaken to his light, and it fills us with confidence because it tells us that the old age has ended. The new age, indeed the new creation, has begun and our point of departure for finding it everywhere is finding it a reality in our heart.

Our journey is, then, one to our own hearts. Because all of us are invited to enter this temple and receive this newness of life, we have to recognize this time as a moment to put off everything that prevents us from embracing the mystery of our own creation and entering into the fullness of life we receive as pure gift in the father's eternal act of creation.

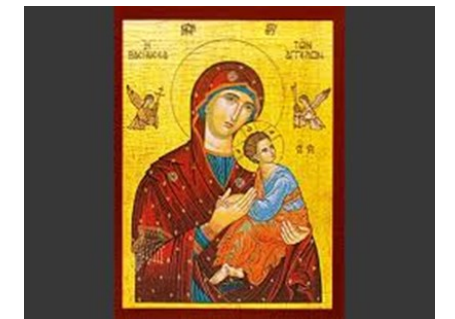
The importance of the teaching of the Incarnation is that the mystery of God in his eternal creativity is not only brought closer to us but really united to us. We no longer need to objectify the mystery that has taken up his dwelling in our hearts of flesh. We now know that our awakening to his reality is an imminent possibility for each of us because the awakening is an incarnate encounter. The joyfulness to which this feast should recall us is that this awakening is not the result of our own power. We are no longer isolated in a dependency on our own inadequate resources. It is not our own power of wisdom that leads us but his love that is present as the light of the 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. In his Truth we are made Truthful.

It is a feast full of wonder and full of hope for all of us, whoever or wherever we are. It is a new dawn for all humankind, one that begins with a faint but certain glow whose strengthening light steadily transforms the sky and earth and grows in brilliance until perfect day.

John Main



Icons



Jesus is typically depicted in icons with a blue outer garment and a red inner garment, symbolizing how divinity wraps his humanity. Mary on the other hand is seen with a red outer garment and a blue inner garment, representing how she carried divinity (Jesus) within her humanity.



Baptisms!

Reyna Hendrix Hart baptized Sunday
October 16th
Keith Bukenya and Kevaia Marissa Kemp
Sunday October 30th



Goodbyes



Samson Marcus and family moved out to Cochrane, Alberta and are now happily members of All Saints Anglican Church. We will miss them and wish them all the best!

Thank you to Violet for being on Welcome Team– Hope to see you next summer!



Newcomers!

A warm welcome to Charles Sebyala and family, Harvey, Nnenna, Ada and Kai, Yula, Veronica.



We are thankful that Joe is recuperating well after bypass surgery in September.



Bringing fresh produce from the farm for the food bank

Our Garden is Back!



Many thanks to James Johnson, Stan Holder, and all who helped resurrect our garden!



Love Cake

In Sri Lanka, formerly Ceylon, making cake for Christmas was a tradition. The most popular traditional cake for Christmas are the “Rich Cake” and the “Love Cake”. Traditional Christmas Cakes have a lot of ingredients and most times were made a month or two before Christmas. The Love Cake was my favourite. *From Corinne*

Ingredients

- | | |
|--|------------------------------|
| 250 grams cashews | 250 grams semolina |
| 250 grams sugar | 200 grams pumpkin preserve |
| 11 eggs (11 yolks, 6-8 whites) | 2 tsp rosewater essence |
| 4 tsp vanilla essence | 4 tsp almond essence |
| 3 tsp lemon rind (freshly grated) | 1 small wine glass bee honey |
| ½ small wine glass golden syrup (optional) | |
| 2-2/12 tsp mixed spices - cardamom, cloves, nutmeg, or cinnamon (optional) | |

Method

Lightly roast semolina in a pan. While still warm add butter, mix, add lemon rind mix and leave overnight at room temperature. Next Morning: mix chopped cashews and chopped pumpkin preserve, add rose water essence and set aside. Beat egg yolks and sugar with almond/vanilla essence until creamy and doubled in bulk and there are bubbles on the surface. Add semolina and butter mix and beat well. Add cashews and pumpkin mix well. Add honey, spices and mix. Fold in stiffly beaten egg whites and mix well. Place in a lined (parchment paper) baking tray and bake in a preheated oven at 160 C (320 F) for 15 minutes and then for 30-35 minutes at 150 C (302 F) Top must be a nice golden brown, cover cake with foil or parchment paper and leave to cool or will get too brown

Appam (Rice flour pancakes)

These are traditionally eaten with a chicken or vegetable stew (made with coconut milk) on Christmas morning. The following recipe is a quick version and has been adapted from one I found online.

Ingredients:

- Rice Flour – 2 cups
- Instant/ Rapid Rise yeast
- 1 tsp Sugar – 3 tbsp
- Semolina – 2 tbsp
- Coconut milk - about 1 cup
- Water, Salt

Method: Make a paste of semolina. Pour 2 cups of water in a saucepan and add 2 tbsp of semolina. Bring to a boil, stirring continuously. Reduce the heat to low and continue stirring. When the mixture becomes a thick paste, remove from heat and let cool. In a big bowl, combine rice flour, 3 tbsp sugar, cooled semolina paste, 1 tsp instant yeast, ½ cup of coconut milk and a pinch of salt. Add ½ to 1 cup of water and whisk to a smooth thick batter. The batter should be thick because after fermentation it will rise and become thinner in consistency. Leave the batter in a warm place and allow to ferment for 3 – 4 hours. To prepare the appams: warm a medium non-stick frying pan, lightly grease the pan and add a ladle full of batter. Swirl the batter in the pan so it spreads evenly. Cover with a lid and allow to cook for about 3 minutes on medium heat. When the centre of the appam is done and the edges start detaching, remove from heat on to a plate. You should not have to flip the appam. For a more golden colour, you can add about 1 tbsp more of sugar to the batter. Continue to make appams and enjoy with any gravy of your choice.

Into This Silent Night

Into this silent night
as we make our weary way
we know not where,
just when the night becomes its darkest
and we cannot see our path,
just then
is when the angels rush in,
their hands full of stars.

Ann Weems
Kneeling in Bethlehem

Wardens Report

The fence that was knocked over by a storm last May was repaired. A new alarm system with GSM has been installed. This was done to separate our phone line from the alarm system as our phones stopped working due to the conflict between these two systems. Work on the back entrance has begun which will minimize the issue with flooding. The company is donating their labor and material to the church and we will only have to pay tax and issue a donation receipt.

Many thanks to Joe and Ken for helping with various issues inside the building.

Premod, Felix, Charmaine, Reuben

Sorrel

No Jamaican Christmas is complete without this sweet-tart, gingery hibiscus drink. Sorrel is a sweet, gingery, wine-hued Jamaican drink that's always been a part of my Christmas tradition. The main ingredient of the drink is the Roselle plant (Sorrel), a species of hibiscus which is native to West Africa. The red flower buds are boiled, strained, sweetened with sugar, a touch of ginger, allspice, orange peel and cloves. Once cooled for a couple of hours or overnight, it is served with ice. It is known to be very rich in antioxidants. Traditionally, this drink is served during Christmas holidays. On a hot summer day, it is a refreshing alternative to lemonade.

Faith Henry-Mayers

HF Tech Team

The Tech team has been working very hard during 2022, keeping everyone connected via livestream to ZOOM and Facebook. Each week, we open the "meetings" so anyone with the link/code can tune in and watch our services live. Those who don't want to necessarily watch "live" may watch the recording at their leisure via Facebook or via requested ZOOM link.

The current members are: Kemi Ayeni, Kyla Bloomfield, Olu Adewumi, Phil Duncan and Charmaine Bruce. Our Wardens, Premod Kanjirappallil and/or Felix Ayeni are always on hand to assist if/when needed. If any technical assistance is needed when joining in or otherwise, please feel free to contact Phil @ [416-200-6786](tel:416-200-6786) or Charmaine @ [416-998-2100](tel:416-998-2100).

Earlier this year, we had Joshua Johnson lend us his expertise while away from physical university classes. We also had Jim Akaya as our Ministry leader. Since travelling for work more frequently, Jim has stepped down as leader, but joins in regularly via ZOOM and assists whenever back home.

Do you have suggestions to make things run more smoothly? We're always looking to expand our team so please feel free to contact Phil or Charmaine anytime you'd like to help out!

Charmaine Bruce

Many thanks to Charmaine, Phil, Olu, Kemi, Kyla with support from Premod and Felix. In this 'new world' our ability to livestream and post our services is essential. Please let the team know if you'd be willing to help out.

A personal note:

My family and I were deeply touched by the presence of Holy Family at my dad's funeral in Stratford in October.

With gratitude and blessings,

Rev. Julie +



Craft Group

The Craft Group still meets every Monday from 12:30 to 2:30 every Monday in the Church hall. We made twiddle muffs and slipper socks for the Smile Boxes for Santas for Seniors. We put 12 Smile Boxes together with the donations received from the congregation. Thank you for your help with our Outreach Mission. Please come and join us on a Monday starting in January for crafts and a cup of tea and cookies of course.

Thank you, Debra, Louise and the Craft Group.

Young At Heart Senior's News Letter 2022

Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, Your Mighty acts to all who are to come...Psalm 17:18.

We continued with cheerful hearts our biweekly activities with various programs via zoom. The activities varies depending on member's personal choice and their activity levels.

We started the New Year 2022 with a BANG! Hosting an Educational Night with CENTRAL WEST Community Care Support Services. (LHIN) It was a very successful night; members along with their families were very pleased and thankful for the information received.



The pandemic did not put a hold on us...It's like the old phrase "rain or sunshine" we continued to be active, having fun on zoom, sharing and reminiscing with stories on the telephones, emails and our YAH **WhatsApp** group.

We continued with cheerful hearts our biweekly activities via Zoom...thanks to Charmaine one of

our volunteers.

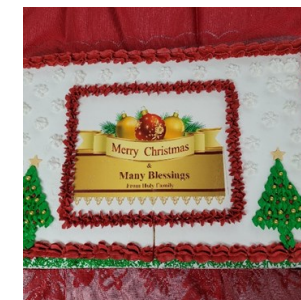
Senior's Month was in June, members were very happy and accepted the opportunity to participate in the annual senior's Month services. This was our first time, we were able to openly participate in church services due to the pandemic. Each Sunday we had members sharing their personal testimonies, which was very special and unique. Thanks to Rev. Julie!

Another special moment was the month of October...we made our Baskets, during one of our meetings. Each member who participated created a baskets and filled it with non-perishable food items for the Church's Food Bank. Members had their Christmas Luncheon on Saturday, December 9th. It was a very successful day...Our regular meetings will resume on Friday, January 13th 2023.

There we do not lose heart, though outwardly we are wasting away, yet inwardly we are being renewed day by day. 2 Corinthians 4:16.



Need a Cake or Baked Goods?
See Mildred's Aty-Jimil Cakes
on Facebook or talk to her at church!



Anything at home needs to be fixed?

Please see Ken Ramdhanie



Synod

Food Bank



Thanking Almighty Lord for the provisions. He extended towards our Food Bank during this past summer season. Thanks to all generous supporters of our church family and may God bless them abundantly for their concern and care towards the needy families in our community. Paul and Pat Fisher's sons families supported Food Bank generously with fresh vegetables and eggs from their farm. Charmaine took the responsibility of delivering the food items to our church, to make this mission possible. Many thanks to Mike and Jeremy's families for their generous supply of

produces as well as monetary contributions to Food Bank. May all supporters of Food Bank be blessed with the promise from Deuteronomy 30:9b. *"He will be as glad to make you prosperous as He was to make your ancestors prosperous."*

Tricia Harris joined the Food bank team in September. Thanking Tricia for her time volunteered to this ministry. Thanks to 'Young at heart' for their contribution to Food Bank in October along with on going support from our crafts team.

Special thanks to Rev. Julie for her on going support as well as the support of wardens towards this ministry. Jane continue to support this ministry by collecting and bringing lightly used clothes along with other house hold items to distribute. Her care and concern to keep the young children in Food Bank warm in winter months is commendable.

Please keep our Food Bank ministry in prayers, as the ground is getting ready to freeze in preparation of new growth next year. There is more need for food now with the rising prices. May God's provision continue to support all in need and help all to get to know Him as the true Lord.

May God Bless all helping hands in this ministry.

Sincerely, Betty Kanjirappallil

Food Bank Spirit of Giving Christmas Party



Thanks to everyone for the time taken to prepare, decorate and carry out the Food Bank Christmas on Saturday. Many thanks to our Food Bank team for your graceful efforts in putting this event together. Thanking God for granting good weather and showering blessings on our Christmas event for Food Bank.

Almost everyone attended and enjoyed food, mulled cider, games, and Christmas carol singing, and the children were given a small gift bag and the adults grocery cards.

Please keep our Food Bank activities in your prayers that God will open more resources and that in return, everyone will get to know Him as true Lord.

Regards
Betty



The 161st Regular Session of Synod was held on Nov. 17 to 19, 2021 online. Six motions were brought before Synod regarding affordable housing and how the church could be using its land to help with the dire need. Another motion concerned church buildings adopting energy solutions that will bring them closer to net-zero GHG (greenhouse gas) emissions. Synod heard a report about visioning and strategy from the coordinators of Cast the Net. How do we adapt to the current situation in terms of our mission and ministry? In terms of structure a system of territorial deacons will be created in order to assist our 3 Bishops with administrative and pastoral tasks. A number of "missional outreach moments" were also presented including gardens and labyrinths.

Many thanks to Kenwyn Singh our delegate and Tobi Oni, our youth delegate for representing Holy Family!

Confirmation Class online –2022

It is now running into 2 and plus years at Holy Family Anglican Church in Brampton. Within this short period of time I have been part of the family I cannot accurately or adequately express the joys and warmth received through the leadership and congregation at large.

To do some justice to the topic above, as part of the blessings I have experienced, the leadership through the Incumbent Rev. Julie bestowed upon me the privilege of participating in preparing the candidates for confirmation online due to Covid restrictions among other logistical challenges.

Openly yet humbly I would like to express my sincere thanks to firstly, Rev. Julie, for the superlative leadership and commitment she displayed throughout the program. It was an enormous responsibility ensuring that the materials are laid out very well on the slides and all sessions ran smoothly. I was really humbled and challenged to witness our leader soldiering on despite the loss of her dear father. She made sure the classes ran as usual. In this article I say thank you Reverend for the sterling example you set for the entire team.

Secondly, I really want to appreciate the commitment and resilience Canon Judy showed despite her busy schedule. As part of the leadership, she made sure she facilitated her teachings as required of her. Thank you Canon for such a perfect role you brought on board during class hour.

Thirdly, allow me now to express my gratitude to the confirmation candidates who were very committed to the Zoom lessons. However, just like in any other endeavor, sometimes it was a challenge to keep every candidate active bearing in mind age differences. Overall, the candidates showed a lot of commitment and devotion throughout the classes.

Also the parents and guardians played a key role ensuring that the candidates showed up for the lessons. Some went as far as to set up the candidates for classes while on the road driving. Thank you very much for the devotion put in for this noble course.

It was quite exciting for me to help lead a confirmation class for the first time. The confirmation service took place on November 6th with Bishop Asbil presiding and we are very proud of our 8 candidates: Damilola, Kristen, Alexis, Magdalena, Tobi, Calvin, Kelly, Jaidyn.

Michael Sande

