



HeartBeat

June 25th, 2023 Pentecost IV

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



Dear Friends,

It's hard to believe that here we are again, at the end of a school year, getting ready to enjoy the summer and hopefully take some time off to be with family and friends, perhaps to travel or enjoy our cottage, (or a friend's!), get various jobs done around the house, and just gear down. As we enter into the summer months, we acknowledge that it is a time of "re-creation." No doubt we need this down time for our bodies, souls, and spirits, as we seek a break from the constant 24/7 demands put on us.

People have been trickling back to HF over the past 10 months, some joining us via zoom but many in-person. It has been wonderful to see familiar faces and friends. Our numbers have almost reached our pre-pandemic levels – which were 90+ and now we are averaging about 80 on a Sunday, including those who join with us via zoom. We have had 6 baptisms so far and the year is only half over! A fledgling youth group has begun with the leadership of Michael Sande, and for the first time in 3 years we'll look forward to our annual Christmas Bazaar thanks to our Craft Group.

The Season of Pentecost is a time for growth – our Cast the Net discussions have given us some ideas about how we can grow as a community of faith into a new way of being Church. As we approach the summer months, let's continue to be open to the creative winds of the Holy Spirit showing us the way forward.

Wishing you and your families a safe and happy summer,

Rev. Julie +

The Tech Team

Streaming of services during this pandemic period has been tremendously difficult for all churches. Holy Family Church was no exception but, with the foresight and hard work of Jim Akaya, we were able to receive a grant that would put the streaming of our services in motion. Jim mobilized a team of volunteers with the help of Rev. Julie and our Wardens. It has been a long testing journey, but I wanted to highlight the incredible support we have received along the way.

Thanks to the Ayeni family for their wonderful contribution of a new Audio Mixer (as shown in the photo above), which has given us the ability to control the sound from a central location in the church. We also received enormous support from Debbie Hutchinson, a professional sound engineer and past parishioner, who gave of her time and spent 3 Sundays teaching us how to use this Audio Mixer. Debbie also donated 3 microphones in loving memory of her mom, Joan Hutchins, who was a member of our Altar Guild and the Young at Heart group. Thank you, Debbie! Thank you to all those who have contributed in any other way.

As we slowly work our way back to some form of normalcy from this pandemic, we have committed to continue to offer this Zoom service to our congregation and community. Although we have not perfected this service, we would like to thank you for your patience and support. We apologize for the weekly disruptions due to internet service or sound quality. We assure you that we will continue to work hard with Rev. Julie and the Wardens to resolve these issues as soon as we can.

Thank you to our Tech Team members for your continued dedication and support!

- Jim Akaya
- Kemi Ayeni
- Kyla Bloomfield
- Olu Adewumi
- Joshua Johnson
- Charmaine Bruce
- Philip Duncan



Baptisms April 23, 2023!



Holy Family welcomed Apollo, Jude, Josiah and Skye

Dwight Thomas has been a lifelong member at Holy Family. Over the past few years he relocated to the Caribbean to continue his ministry. He was ordained a Deacon in the Diocese of the Eastern Caribbean and served at a parish in Nevis. Earlier this year he was ordained to the Priesthood and is stationed in Antigua.

GREETINGS FROM FR. DWIGHT THOMAS

To My Sisters and Brothers in Christ at Holy Family,

Greetings. As I author this update we are in the week approaching our celebration of Pentecost for this year of 2023. It can be quite hot on some days. We are within our summer period. I type this with a smile, given that from our Canadian perspective it is always summer here.

I have thus far been blessed with the capacity to complete my sermons within the first half of most weeks. In some weeks past multiple sermons needed to be written given the demands of certain weeks. On occasion I have also taken a chance, to wing it, so the expression goes. With only three points written on a post-it note I have on occasion delivered a sermon during a midweek service. Never on a Sunday would I try this.

I have likewise been blessed on occasion with the ability to complete the following week's sermon in addition to the one which is the immediate focus. That is, on a few occasions I have managed to get as far as two weeks ahead in my authorship of the Gospel message. The fullness of the Spirit is an interesting experience. Indeed, when the ideas come it is wise to capture them. This blessing however brings with it the complication of preaching on the day the current sermon when within the mind I am at the same time voicing the other.

As much as the experience of preaching is in itself evidence of the Holy Spirit at work by means of spiritual gifts given it leads to questions for personal reflection: Is this where I am called to be? Or is this the training ground only? To these questions I do not have an answer at this time.

I have moved about much over my time here in Antigua. Within the city at the Cathedral. Within the outskirts of the city at one of the District Parishes or beyond. Within the so-called rural or country regions I have travelled and served at times.

The experience of meeting new people is pleasant. Yet the challenge of retaining names is great. There are few priests and many congregations present. The mission field beyond these distinct groups is large.

Your Brother in Christ,

Fr. Dwight Thomas

Diocese of North Eastern Caribbean and Aruba



Craft Group



We would like to thank you for your support and generosity during our Spring Craft Sale. We made \$615.50 and are now able to buy supplies for the Christmas Bazaar, which will be held on November 18th from 9 am - 2 pm.

Debra has us working on a quilt which will be raffled off, along with a TV, and a \$100.00 gift basket. Each family will be asked to sell a book of 10 at \$2.00 per ticket.

We will also need your help to fill the tables at the bazaar with things like: Jewellery, bags and scarves, Christmas Decor - only new or nearly new items please, Gifts and Collectables, Knitting and hand-crafted items, and books.

You can start to drop off your donations on Sundays and place them downstairs in front of the craft cupboard which is beside the kitchen.

Closer to the time we will be calling for donations of your homemade baking for the Bake Table and International Table.

Thank you so much,
Debra and Louise.

HAPPY SENIORS MONTH!



Young @ Heart Senior's Ministry was very busy with plans for the month of June.

Our theme was SENIORS OUTREACH...INTERGENERATIONAL CELEBRATION 2023!

YAH... We create, we explore, we initiate, and are full of surprises. Within our group ministry, we offer a diverse range of activities, tailored to and nurturing the interests and talents that we possess.

Our Focus...members missed seeing the young adults, along with their children coming to church. We started our grand opening service within an outreach setting...by inviting past and present young adults to church. The invitations were

accepted, and received by all. Overall, the day was successful, full of surprises, with lots of love and encouragement to our seniors. They were saluted, by their loved ones, with tributes and roses presented during the service. We had lots of surprises from children, most of whom had a mother, grandmother and great grandchildren within the Ministry along with tears flowing from their hearts.

Father David, one of our past priests, did a special homily focusing on our theme. This message was put together in a timely manner. Yah members, both church and community, sat together well dressed in their white attire as they sang their signature song...

WILL YOUR ANCHOR HOLD....A FAVORITE FROM PAST MEMBER DAVID DANIEL.

OUR SECOND SUNDAY...

WE HAD PARENT AND CHILD PARTICIPATING ALONG WITH JANNETTE HAMOND ANGELIC VOICE SINGING...I LOVE YOU LORD...

THIRD SUNDAY...

BRUNO BURCHERT SERENADE THE CONGREGATION...THANK YOU JESUS.

Please join us in prayers, that our theme INTER-GENERATIONAL will encourage GROWTH within our church congregation and our youth ministry will be successful....



THIS WAS, AND IS OUR HEART'S DESIRE...

New members are MORE than welcome to join us. We meet twice monthly on Friday's @ 7:00pm... Please contact the church office for more information.

YAH Coordinator,
Joan Jackson.



Christian Meditation Group

Our meditation group has continued on Wednesday mornings at 11:00 am via zoom. We pray together with friends from other churches and it's been rewarding and fun! Carolin Hwozdyk has become the new editor of the Canadian Christian Meditation Community Newsletter. Congratulations Carolin! We look forward to upcoming editions.

"Silence builds community" said John Main, and we found this to be very true!

Youth Group

Many thanks to Michael Sande for his leadership in getting our youth group going. He has already had 2 meetings with our youth and we look forward to seeing them in action!



As we slowly emerge from the impacts of pandemic, we recognize that we are not where we used to be. It is important as good stewards, for us to take stock of where we are, and to plan for deeper engagement of ourselves and with each other. As a Holy Family together we must pursue creative ways to strengthen our relationship to God and the church and seek to continue in our approach in fostering a culture of stewardship within our congregation.

What is our Understanding of the Concept of Church Stewardship?

Stewardship is a vital aspect of nurturing and sustaining a thriving faith community. It involves responsibly managing and utilizing the resources, both material and spiritual, entrusted to the church. At its core, church stewardship involves recognizing that all resources belong to God and that we are called to be faithful caretakers of these blessings. It encompasses more than just financial contributions; it extends to time, talents, and the environment. By embracing stewardship, we acknowledge our interconnectedness and the need to make intentional choices for the greater good of our community and God's creation.

To cultivate a culture of stewardship, the following are key components:

- ◆ **Education and Awareness:** Biblical teachings on [stewardship and its relevance to our daily lives, and fostering awareness about the various aspects of stewardship, including financial giving, volunteerism, and sustainable practices.](#)
- ◆ **Encouraging Time and Talent Contributions:** Provide opportunities for individuals to contribute their skills and expertise and highlight the importance of utilizing personal talents in service to the church.
- ◆ **Inspiring Generosity:** Encourage a spirit of generosity by sharing testimonies and stories that highlight the impact of stewardship efforts.
- ◆ **Emphasizing Gratitude:** Foster a culture of gratitude by regularly acknowledging and celebrating the stewardship efforts of individuals and groups within the church.

Stewardship continues to be a sacred responsibility that calls us to use our God-given resources wisely and for the greater good. By embracing stewardship, nurturing a culture of generosity, and practicing responsible financial management, we can create a flourishing faith community that extends its impact far beyond the walls of the church. Let us strive to be faithful stewards, recognizing that our actions today shape the future of our church and its ability to make a positive difference in the world.

We are in the process of formalizing a Stewardship Committee at Holy Family, are you interested?

Please contact: Kenwyn Singh at kenwynsingh@gmail.com 905-299-5846 Top of Form



Cast the Net is the visioning and planning process that the diocese will embark on to meet the challenges and opportunities over the next 5 years. The term Cast the Net originates from John's and Luke's gospels. The disciples had spent all night fishing but had not caught any fish. Jesus told them to cast their net on the other side of the boat and the haul was so large that it was too much for the nets to hold.

As we move on from the pandemic we need to review and discover new ways to do things.

Discern. listening to one another and being conscious of changing times as the diocese emerges from the pandemic.

Diversity. committed to finding ways to hear the varied opinions and voices of many; to resist the urge to rush to manufactured consensus

Dream. to have a visionary perspective while keeping eyes on practicalities, resource requirements, availability and achievable steps

Develop. This means a new, ongoing process for diocesan life; moving seamlessly and effectively from planning to implementation; and being a basis of a "case for support" for a major diocesan capital campaign.

As such on the last Sunday in April we met in small in groups as part of the homily to be part of the conversation and discuss a variety of topics including outreach, family, community etc.

Comments, opinions and feedback from these sessions have been captured and are currently posted on the Bulletin Board downstairs near the kitchen. We will continue to discuss how to implement some of these ideas at Holy Family.

Data gathered from across the Diocese will be analyzed to identify the key themes and areas of opportunity. Recommendations from consultations across the Diocese will be presented to Synod in November.

Faith Henry-Mayers



Wardens Report

Firstly, the Wardens would like to extend our sincere thanks to Rev. Julie, Canon Judy, the various ministry heads and all the volunteers that have made it possible to run the church effectively, despite the various challenges.

In March, Vilma Miler resigned her position as the Administrative Assistant and in April, was subsequently replaced by Charmaine Davey. Welcome aboard Charmaine! We look forward to working with you.

To improve the quality of the Zoom livestreaming of the Sunday services, we brought in Debbie Hutchins, an audio engineer, and daughter of the late Joan Hutchins, to advise the church on some of the best practices. Based on her recommendations, we acquired three new microphones and a sound mixer. We are glad to mention that all the above-mentioned equipment was donated to the church. In addition, we also obtained a new router from Bell Canada to improve the internet connectivity for the church.

We have also acquired three handicap parking signs and will soon be installing them in our parking lot.

Premod - Rector's Warden: 416-254-6071

Felix - People's Warden: 416-854-4317

Reuben - Deputy People's Warden: 647-839-5321

Charmaine - Deputy Rector's Warden: CharmaineBruce@hotmail.com

Abiola -Treasurer: biolannaobi@gmail.com

Charmaine Davey - Church Office: 905-846-2347 admin@holyfamilybrampton.ca

South Asian Heritage Month May 2023



In May we celebrated South Asian Heritage Month. It is a time to reflect on and recognize the many contributions that Canadians of Asian heritage have made and continue to make to Canada. Asian Heritage Month has been celebrated since the 1990s.

Each Sunday during May there were various activities to mark the occasion.

Our service PowerPoint Welcome Slide was written in various South Asian languages



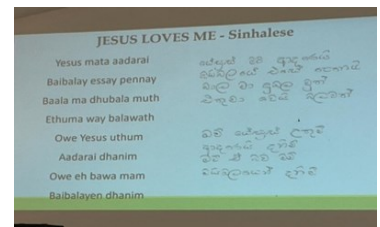
Sunday #1

Both Readings were read in English and Malayalam

Betty Kanjirappallil gave a presentation; focus was on the history of Christianity in India

Premod explained various aspects of growing up in the Kerala region of India

YouTube rendition of **Jesus I Surrender** in Malayalam was a part of the service



Sunday # 2

Corrine shared with us the history and geography of **Sri Lanka** as well as information about the Christian Presence in that region

We joined the Singing the Sinhalese version of **Jesus Loves Me**

Sunday # 3

The focus of this service was **Pakistan**

Presentation by James and Sabrina Zia - -history, landscape, and the experience of Christians in Pakistan especially their own personal experience in the political landscape of the time.

Sunday #4

Shoba Nair and two of her lifelong friends shared memories about their upbringing at their beloved Holy Cross Church in Mumbai (Bombay)

Faith Henry-Mayers



Black History Month February 2023

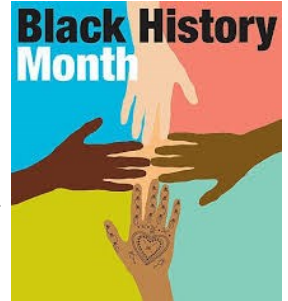


The theme of Black History Month 2023 was the Black Family: Source of Perseverance & Resilience.

On the first Sunday, we were blessed to have the Rt Reverend Peter Fenty, Suffragan Bishop of Toronto (Retired) as the homilist. It was a moving service with the flag procession of the many diverse nations that make up our Holy Family.

Our Friday Zoom sessions this year had the theme of **It Takes A Village**. For Part 1, the first speaker was Jason Bradshaw, a Peel region teacher and Ontario Certificate of Excellence Recipient. Jason shared his reflection on growing up and being educated as young black man in Canada and spoke

eloquently about why Black representation in education matters. Jason is the son of Janis and David Bradshaw, long time members of Holy Family so it was a particularly proud moment for his parents and many parishioners to hear about his achievements.



Following Jason, Shelly LaForest, Executive Director of the Ontario Black Nurses' Network spoke about how the practice of Family Centred Healthcare can make real impactful change to the healthcare outcomes of the black community.

Our guest speaker on the second Sunday was Paula De Ronde, author of **My Bert Has Alzheimer's: Caregiving is Living for Two**. Paula's testimony really struck a chord with the congregation. We all admired the incredible grit and strength she displayed as she learned to navigate, not only life with a spouse affected by Alzheimer's but life after losing a spouse and finding purpose in writing and sharing their story.

For Part 2 of It Takes a Village on Zoom, our very own Mary Baiden gave a presentation detailing how in Ghana, the family is involved in every aspect of life from approving relationships and marriages to the naming of children. Mary has been happily married to Sam for the past 35 years and together they have 4 children, so she is uniquely qualified to expound on the subject of family!



Our final guest was storyteller Kesha Christie, Founder of **Talking' Tales**. Kesha sparked the imagination of listeners by relating African and Caribbean folktales like Anansi Spider as well as Aesop fables.



With Sergei and the choir providing musical upliftment in the form of spirituals and songs, it was a wonderful Black History Month.

Carol Estwick



FOOD BANK

The motto of Food Bank @ The Church of Holy Family, Brampton is: "We are the family they don't have and we share meals with needy". Towards this goal, we continue to support the 23 families, with the help of our church members as well as outside donors. In addition to supporting the families with grocery cards, we support them with lightly used clothes, shoes, bags, children needs, donated food items along with personal hygiene products.

We encourage monetary donations instead of products, as we have limited space to store items at church and we issue tax receipt for donations from \$20 onwards. We celebrate their birthdays with birthday card & birthday song, give them prayer support at times of need and under the leadership of Rev Julie, we grant them emotional support, counselling & prayers when their family members pass away. During Easter, Thanksgiving and Christmas months, we open our doors to their family members for a relaxed time of fellowship. We serve them food, snacks and soft drinks with special gifts to children.

During other months, we plan something special to add some cheer. In the month of February, they get special chocolate gifts in celebration of Family Day & Valentine's Day, in May they get roses in celebration of Mother's Day, in summer we are planning a picnic to include them, so they get associated with our church members. Please spare some time to include them in your conversations when you meet them, as some of them are in need of spiritual help and if they choose to attend a church, they should feel comfortable to join our church.

I consider it a privilege to volunteer my time to bring a smile to their faces, to give them unbiased support in small ways to make their life a bit easier and most importantly give a listening ear, when they need someone to talk to. At present we are getting more applicants to join our food bank.



I would like to thank you all for your generous donations and it is a blessing to the families that need them during this difficult time of price increase and economic change. May God bless the hands that donate to the helpless, needy families in our community and may He shower His choicest blessings upon those who support the less fortunate around us. Cheers to all and wishing healthy happy summer days and enjoy the sunshine while it lasts. In His service

Betty Kanjirappallil



Finances:

Year-To-Date May 31, 2023

Income : \$65,873.18

Expenses: \$85,861.44

Profit/Loss: -\$19,988.26

BRAMPTON SERENITY AL-ANON

Are you or have been troubled by someone's drinking? Please come out and join us at the Brampton Serenity Al-Anon Group. We meet Tuesday and Thursday morning from 10am-11am in the church hall downstairs. We can offer support, experience, strength, and hope.