

Christian Meditation Group

Our meditation group has continued on Wednesdays at 4:00 pm via zoom, although we are taking a break for the summer and will resume in September.

We pray together with friends from other churches and it's been rewarding and fun! Our own Carolin Hwozydk is the editor of the Canadian meditation community newsletter, Newsnotes, and you can find a link [HERE](#). If you are interested in learning about this "prayer of the heart" please contact Rev. Julie. It is a simple practice and all are welcome.

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



Faye Earle Scholarship

Proud parents Felix and Alison beam as their daughter Kemi Ayeni, receives the Faye Earle Scholarship, one of the scholarships offered by the Congress of Black Women of Canada.

Congratulations Kemi, and we wish you all the best in your future endeavors!



Linden Kirkland Memorial Gift

This was given to Kemi Ayeni, Ada Nwandu, Joel Johnson and Calvin Ssebyala in memory of Yvette's husband Linden, a much beloved parishioner of Holy Family. We wish our young people all the best in their endeavors and look forward seeing them in between semesters next year!

University Graduates



Congratulations also to Mary Jim-Akaya, Bolu Oni, and Symonae Bruce as they graduate from university!

Rev. Julie's 10th Anniversary!

Time flies... Thank you Holy Family! Thanks You Wardens. And thank you Mildred!



Tunde's 60th Birthday!



It was a wonderful celebration of Tunde's 60th birthday with his brother and sister-in-law visiting from Australia.



HeartBeat

July 2024

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

Pentecost 8



Dear Friends,

The Season of Pentecost is a time for growth – growth in our Christian discipleship, both individually and as a community of faith. It is also a time for "re-creation" when we can find some much-needed rest and relaxation, perhaps spend time with extended family and friends, and enjoy the natural beauty that surrounds us. Our services are streamlined during the summer, the tech team and choir are taking a break, and so I hope that those of you who have been with us via zoom will join us in person.

As you can see from this edition of HB there is lots happening at Holy Family....this year we'll celebrate our 45th anniversary. Let's continue to hold one another and the needs of the world in prayer, to gather for worship, to give thanks for the many blessings God continues to give us and continue to be a place of hope, compassion, and good news!

Wishing you and your families a safe and happy summer,

Rev. Julie +

Please continue to keep Canon Judy and Tony in your prayers....

Dear Holy Family,

I thank God for the opportunity He has given me, to touch base with you. To let you know how much I miss you and how much your thoughts love and prayers have meant to me and the family.

It has been a very long and difficult journey, but God promised that He would be with me every step of the way, that He would not leave me or forsake me.

I thank you for journeying with me also. Your words of comfort and encouragement at times when I felt like I could not go on, have been a huge blessing.

I will continue to pray and thank God for you and your families as I ask for your continued prayers.

I am looking forward being back with you.

Canon Judy

Bishop Kevin's Visit

Lent 3: March 17, 2024

Always a pleasure to have Bishop Kevin visit us!



Baptisms

Holy Family welcomed Adedola and Kyle!



Children in Service



HELLO / GOODBYE

Welcome to our newcomers!

Michelle, Barry, Riley, and Carol O'Donovan
Ojo Omobolaji
Althea Lawrence
Kemana Taylor
Christian C. Edeh
Paul Jakkula
Moses Karuga
Alice Nduati
David Kavuma
Oluremi Runseide,
Pierre Mensah
Chamair Ellis
Adewale Lawal-Oloola



Farewell

We said farewell to Benson, Elizabeth, Michael, and Yetunde on June 23rd. We have been so blessed by their presence among us and we wish them every blessing as they put down roots in Thorold.



May our paths cross again!



Rest in Peace +

Irwin Lett, Moly Abraham Kanjirappalil, James Johnson.
We thank God for their presence in our lives and their witness to the gospel.



Fun Day

In June, the Social Committee hosted the first Holy Family Fun Day. Over 100 parishioners enjoyed a delicious BBQ and played traditional lawn games like 3-legged and sack races.

We were pleased to welcome some special guests - The City of Brampton Wellness Team spent the day with us and even did face painting for the kids. The Brampton Fire Service came out, as did Peel Regional Police. The young and not so young had much fun checking out the fire truck and police cruiser.

There was a raffle with prizes donated by Carico of Canada, via Bonnie Stockley. Faith Henry-Mayers and Keith Burnett were the lucky winners of their great, high quality items.

Thanks to the Youth Group who organized the table tennis tournament. Following some seriously intense championship games, Benson, Ben and Tobi emerged as the winners.

Special thanks also to Homer Batchelor who kept us all entertained throughout the day with a diverse mix of music and to our chefs Compton, Stan and Joe.

One of the biggest hits of the day was the bouncy castle sponsored by Renzo Dicarolo of Alexion Rare Disease and the thing we were most thankful for was that the torrential rain only arrived after the event was finished! Thank you to everyone who helped, those that donated to the event and those that came out to support this Social Committee venture. We're now looking forward to our next major event in September – a day trip to Sainte-Marie among the Hurons. More details coming soon!



Pentecost

The red brigade!



Altar Guild



A happy, hardworking member of the Altar Guild – thank you Margaret!

Sergei's Birthday



A cake fit for an Organist!

BLACK HISTORY MONTH

For the first Sunday, we were joined once again by our good friend, the Rt. Reverend Peter Fenty, Suffragan Bishop (Retired). Along with the annual flag procession and talk by Pat Fisher about the story and legacy behind her quilting practice, it was a moving start to the month. Following the service, there was a delicious Caribbean breakfast hosted by Joyce Holder and Judith Saunders.

The second week, we were blessed with a talk by Harvey Ddamulira on the history of the Christian church in Uganda, from the days of the missionaries in late 1800s to the impact of the church today on social welfare and nationalism. It was a very interesting and informative talk! After a homily from Michael Sande, a number of families provided a taste of Africa with various regional delicacies.

Week three saw musical presentations by the Youth Group and Young at Heart and a potluck luncheon with Caribbean and African influenced music, courtesy of Homer Batchelor.

For the final Sunday, Janelle Hart (daughter of Joan Jackson) shared with us the story of her resilience in the face of adversity as she completed her studies and how her tenacity has served her well in her legal career.

The final coffee hour was a Caribbean affair hosted by Phil & Kathy Duncan and Alisa Bovell. Kathy and Alisa both hail from Barbados so we were treated to some real Bajan delights.

As always, along with the program, we had uplifting spirituals and anthems from the choir under Sergei's leadership. Also not forgetting the workshop run by Elizabeth Majekodunmi to teach the ladies the beautiful art of headwrapping. It was great to see many ladies adorned with colourful gele headwraps the following week.

We had fun together, we learned together, we laughed together. We are one Holy Family.



SOUTH ASIAN HERITAGE MONTH

South Asian Heritage month was celebrated during the month of May.

Members of the congregation from the Kerala region of India read the lessons and sang "What A Friend We Have in Jesus in Malayalam. They also hosted the coffee hour and served Indian goodies.

Fiaz Hanif gave a presentation on the history of Christianity in Pakistan and the ongoing issues of persecution of Christians there, asking for prayers.



Smiles and saris! We are so blessed!

Youth Group

Wait, the Youth!

And Jesus grew in..... favor... with man (Lk 2:52).

We talk of social skills. In this picture, we notice the youth busy in the Holy Family kitchen, preparing different kinds of food to enjoy with one another. During this whole exercise, the youth interacted freely while chatting with one another. I was overjoyed and challenged as I watched them plan and fulfil this activity, watching them hone their social skills for use in the future. In the above scripture, one of the important areas Jesus grew was in favour with man. This has to do with how the youth will live with other people, an important skill in today's world!

May I take this opportunity to thank the leadership of Rev. Julie for providing that free atmosphere where the youth are free to meet and enjoy fellowship in a safe and secure environment while engaging in different activities of their interest. In addition, I can't thank enough the parents, guardians and wonderful youth leadership for putting their best foot forward in order for the youth program to continue growing. Above all, God has been the central figure in all this with whom anything is achievable.



The youth, we celebrate you all!

Michael Sande, Tobi Oni, Jonah Paul



The Month of June, we celebrated Senior's Month. This year, our theme featured Health and Wellbeing. This was well received and kicked off the month with a bang!! Both Carolin and Leona did a fantastic job. Carolin spoke about a challenging family situation, while Leona spoke about Health Education.

Carolin encountered some difficulties with her unwell aunt during the pandemic, which led to a crisis situation. This forced her to seek help. Knowing Carolin's story, I asked her to share her experiences with the congregation, who received this with gratitude.

Due to our partnership in Health and Wellness with YAH MINISTRY, I invited Leona from Home and Community Care Support Services, Central West for an Educational session. She was able to integrate Carolin's experiences with her aunt into her power point presentation. This was well received by all. Immediately after the service, the session continued downstairs with One-on-One questions and answers.

Sharing one example from a parishioner..

"This is a great beginning for Seniors Month. Carolin's address made me, and I am sure many others aware of changes in ourselves as we age, and the importance of making preparations for when we can't take care of ourselves.

The information provided by Leona in her address and in the handouts afterwards, was greatly appreciated. Her 'one on one' with a few parishioners was invaluable. I need, and will definitely sign up for the fall prevention information"

God's Blessing,
Joan Jackson
YAH Coordinator



Holy Family Financial Update

The Wardens would like to once again thank the Stewardship Committee for their hard work in completing the PAR PowerPoint and presenting it to the congregation on June 23, 2024. It is our hope that this will be one of many initiatives that will assist in increasing our financial position in 2024 and beyond.

Financial position as of May 31, 2024:

Income: \$ 73,375
 Expenses: \$ 88,971
 TOTAL **(\$ 15,596)**

Here's what we know.....

- HF faces an annual budget challenge
 - Year-over-Year we have a budget deficit where expenses are greater than income (this is referred to as a structural deficit)
- Balancing the annual budget requires:
 - Planning several fundraising activities
 - Special year-end "Help Close the Gap" Appeal to support programs, services and operations
- As of May 31, 2024
 - Our expenses exceeds our income by **\$15,596**
- This is not a Sustainable operational model, but
 - We are confident that with God's help and guidance, and through parishioners continued investment of time, talent and treasure, we will work and come together to find ways to pursue our vision and achieve our mission.

PAR & Envelope Scenarios

- # of Members Currently on PAR: 45
- # of Members Currently giving through Envelopes & E-transfer: 60
- **Goal 1:** Increase PAR Sign-Up by 20 people
- **Goal 2:** Increase PAR contribution (for existing PAR contributors): \$5, \$10, \$20 or more per month?
 - What if all 45 PAR contributors gave an extra \$5/month (\$1.25/wk) = \$2,700 annually
\$20/month (\$5/wk) = \$10,800 annually
 - What if 25 Envelope contributors gave an extra \$5/month (\$1.25/wk) = \$1,500 annually
\$20/month (\$5/wk) = \$6,000 annually

Imagine what could be possible!

Have Questions About PAR?

Contact

- Email: admin@holyfamilybrampton.ca
- Speak to any of the following people:
 - Olwen Needham-Brooks, Envelope Secretary
 - One of our four Wardens: Felix Ayeni, Charmaine Bruce, Premod Kanjirappallil, Reuben Nwaubani
 - Rev. Julie Meakin
- Reach out to a member of the Stewardship Committee:
 - Kenwyn Singh, Maggie Greenough, Paul Fisher, Burnadette Nwaubani, Jonah Paul or Nicole Salmon.

We will connect you to the appropriate resources and individuals

Respectfully,
 Premod, Felix, Charmaine and Reuben
 (Credit: HF Stewardship Committee)

OUR WONDERFUL WARDENS



Felix, Premod, Reuben, and Charmaine

Many thanks to our 'Fab 4' whose time, energy, prayers and commitment keep Holy Family a healthy, vibrant parish!

This could not happen without our parish administrator, Charmaine Davey! 😊

We are also very happy that Jaya has agreed to be our Treasurer! Thank you Jaya!

FOOD BANK

Why are we raising funds towards our Food bank outreach ministry? A question asked, being answered below, *with files from The Canadian Press*.

When it comes to who falls as living in poverty, single-parent families and those aged between 18 and 30 were at the top at 44.5 per cent and 30 per cent, respectively. Essential items they could not afford includes clothing 10% and for dental care 18%. From this, 25 percent of Canadians likely would fall under a poverty-level standard of living because they could not afford two or more of such essentials. 10 million of Canada's 40 million people are living in poverty which means they cannot afford a modest, basic standard of living which includes the costs of food, clothing and footwear, transportation, shelter and other expenses.

Our church is supporting 29 families with 65 family members and it is a \$1,500 per month expense. Towards this I encourage all families to donate \$20 per month to this outreach ministry. I also encourage all to spare some time to come up with ideas on how to raise funds towards this worthy cause and give your valuable inputs towards helping this ministry. Thanks to all contributors/helpers and may God lead and guide this ministry forward according to His will, purpose and plan.

With thanks.

Betty

Pictures from Food Bank Mother's Day Plant Sale Fundraiser



Craft Group

We would like to thank you again for your support and generosity during our Spring Craft Sale.

We made \$721.90 and were able to buy supplies for the Annual Christmas Bazaar which will be held on November 30, 2024, from 9:00 am – 2:00 pm. A quilt, TV and a \$100 gift basket will be raffled off again and each family will again be asked to sell a book of 10 tickets. We are looking for assistance on November 28th and 29th to set up and sell items.

The following items like jewelry, bags, scarves, Christmas décor, treasures, housewares, crystals, silver, or China, new or nearly new items are needed.

Thank you!

Debra Robinson & Louise O'Connor

Tech Team

Many thanks to our wardens and Phil Duncan, Jonah Paul, Kemi Ayeni, Bolu Oni, Joshua Johnson for being our amazing tech team! Thank you for keeping all of us connected!