



Serving the Anglican Church in Nova Scotia and Prince Edward Island

Flat Stanley goes to Synod

(how to send yourself to Synod)

Dear Young People,
 (and all those who love and care for them)

AT THE END OF MAY, people from all over the Diocese of Nova Scotia and Prince Edward Island will be gathering together in Halifax. They will worship God and talk about all sorts of ways to be the church. One of the main things that they will be working on is being a faithful community and realising lots of things about being a part of God's creation. The name of the meeting is the diocesan Synod.

People who are small are a part of God's creation too! You

would really like some parts of this meeting but most of it will be kind of hard to understand. So, what would you think of sending a 'Flat Stanley' to Synod? That way, you could share a bit of yourself with all the people, and they could feel part of the whole community of God because a part of you would be there too!



If you don't know about Flat Stanley, he has been travelling

all over the world doing interesting things for quite some time now. I don't know if he has ever been to a diocesan Synod though. This might be a first!

If you would like to join in, please colour the Flat Stanley image below (or find more outlines at www.flatstanley.com) Please decorate him or her with the kind of clothes that you wear. If you want to use a photo for your face, that's okay too, or just colour the face. Mark your name, parish and mailing address on the back. If you want to write a note to accompany him or her, that would be great.

Write clearly so that when Flat Stanley is ready to go back to you, we'll be able to read the address. We'd be glad to know what you love about your church family. Send your Flat Stanley to the Synod Office before May 11, 2011.

Diocese of Nova Scotia and Prince Edward Island
 6017 Quinpool Road
 Halifax, Nova Scotia B3K 5K6

Yours in Christ,
 Susan

Susan Naylor is the Youth Ministry Coordinator for the Diocese of Nova Scotia and Prince Edward Island.

Do you know Flat Stanley?
 He's itching to go
 To Synod this May
 You could send him, you know.

Just cut out the picture
 Pick a girl or a boy
 And colour it well
 What fun! What a joy!

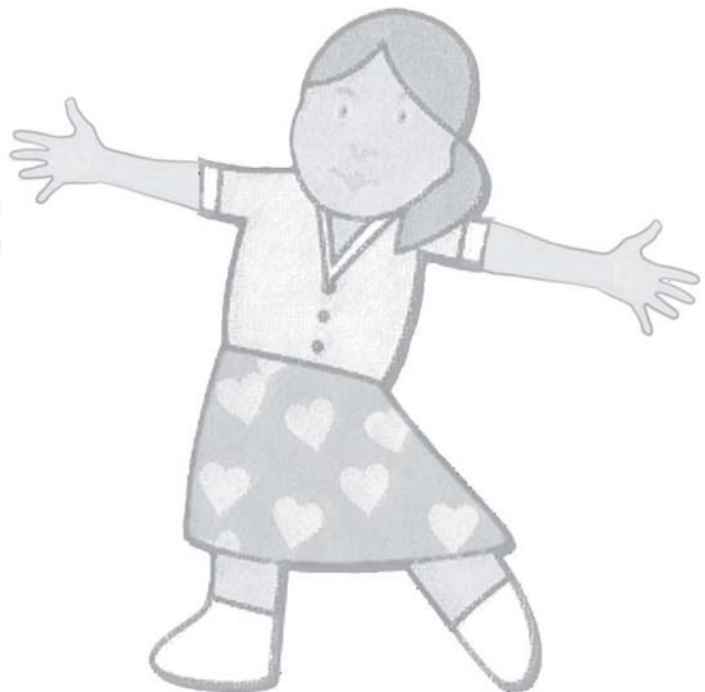
Fold the paper in two
 In an envelope place it
 A stamp in the corner
 Will make sure that he makes it!

At the Synod, Flat Stanley will be centre stage for all of the action no matter his age.

He'll remind us of you
 We'll see that he's cared for
 When it's over we'll send him
 Right back to your door!

Thank you for sharing
 we're glad that you're you
 God made you and loves you
 And so do we too!

Instructions: Please colour the black and white Flat Stanley image below (or trace them onto another piece of paper) and decorate him or her with the kind of clothes that you wear. If you want, use a photo of your face or just colour the face. The two small colour examples were completed by others to give you some ideas.



COLUMNIST

Clarence the cat and the community by the Bog

WE HAVE WELCOMED a new worshiper in our midst here By the Bog. For several weeks through the cold winter months a large tabby cat has been joining us every Sunday. He saunters in, looks around and sits in any empty seat (with a cushion) he can find. Sometimes he will curl up and nap sometimes he has a bath and sometimes he just sits.

We have one dear parishioner who, to use her own words, is a 'cat person'; our visitor identified her within the first few minutes of his first visit and has been sitting beside her for a short time every visit. Sue Lesley who sings in the choir said that she could follow the cat's progress down the aisle from the smiles that came on the faces as he passed by.

Now I must switch to the past tense because the cat was struck by a car two weeks ago and was killed. Let me say that this cat was a community cat in every sense of the word. He visited different homes looking, and



ST. BART'S BY THE BOG

Sarah Neish

getting food. He was known as the Community Hall cat because that seemed to be his central abode. He had a bed in the corner of the hall and a water dish just outside the back door. He would attend every function that went on in the Hall, Pot Luck suppers, weekly Bridge games, Yoga classes and special workshops held there. Someone began to call him Clarence the Community Cat and the name stuck. As with all cats, he was

very independent. He went where he wanted to go when he wanted to, he was clean and well fed and 'his own Cat' as the saying goes and he was admired by everyone who had the pleasure of sharing a paw with him here at St. Bart's.

Rev Billie is a 'dog person.' You remember Delilah her big black Lab, and Samson the cat who hated her but loved her Peter? Well, the first time Clarence sauntered into the church during Sunday worship Billie was not pleased. We all saw the scorn on her face and the look that was saying 'who will get this beast out of the church?' There was a very brief battle of wills which Clarence won, paws down, and his presence at the Altar, or behind it, became a part of our Sunday time together. Billie acknowledged that the smell of a cat might frighten away any stray 'church wimp' that were looking for a warm spot to winter. And so Clarence became a part of our parish family. The greeters were instructed to make sure he was outside before locking up after

worship, and the rest of the community recognized that Clarence was an Anglican.

When we heard the news that the cat had been killed we all felt so sad. I guess his dignity and independence had won a place in our hearts and now he would not be seen at St. Bart's or at the Hall, ever again. Someone suggested that Billie announce the demise of the cat before the service the week after the accident. She reluctantly agreed to make the announcement but instructed the person doing the Prayers of the People to leave the name Clarence off the prayer list for the dearly departed.

She and we were surprised at the gasp and 'Oh nos' that came from the congregation. Clarence was loved by us all and would be missed too. I later heard that someone spoke about the cat at the monthly meeting at the Hall, and he mentioned that Clarence was an Anglican of his own choosing. There will be a picture of him hung in the Community Hall and we at St. Bart's will not forget the stray cat who chose us, who came and sat with those who loved him and watched us as we worshiped together, never disturbing our service but watching and maybe absorbing some of the good feelings and holy atmosphere that fills our small corner of God's world every Sunday morning.

I'll keep you posted, Aunt Madge

Note: Clarence the cat is based on the true story of an orange Tabby who became a regular worshiper at St. Luke's, Annapolis Royal. His name was Lewis, he lived in the community but was known as the Legion cat. He will be missed. He was buried by the Legion and was known as an Anglican cat.



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Editor

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Review Editor

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EDITOR'S MESSAGE

How do we get from here to here?

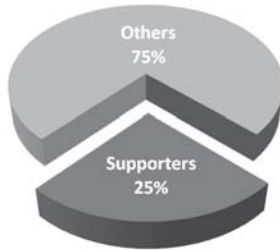


EDITOR

Paul Sherwood

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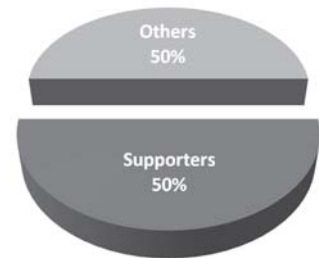
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Ex Cathedra: forging our future

BY CYNTHIA PILICHOS

THE 100TH ANNIVERSARY celebrations of 2010 are over: the past has been honoured, the present feted, and the future anticipated. With respect to honouring the past, it was fascinating to research the early days of the Cathedral movement and to learn of the challenges and opportunities that were present as the dream of a stone Cathedral was turned into a reality at the close of the first decade of the 20th century.

Now that we are launched into the second decade of the 21st century, change surrounds us as we seek to forge our future. The Anglican diocesan centre is a memory. In its place are the foundations for a new assisted living complex. We are years away from a new diocesan centre but the Cathedral congregation has adjusted well to the loss of that adjoining space. Hospitality from a compact kitchenette is offered in the Cathedral itself, usually to the left as one enters the Cathedral, as it is each Sunday after the 9 and 10:30 am Eucharist.

The nursery on Sunday is set up in St. Stephen's Chapel; Sunday School classes take place in the multi purpose meeting room that is commonly referred to as the Choir Room (former Servers' Vestry), and the administration of the Cathedral is housed in portable office space in the north transept.

A new organ console, one that can be moved, is being installed and, by the time you are read this, it will be well-established as if it had always been there. The former organ console was the first of many gifts from the earlier Diocesan Women's Cathedral League, whose mandate it was to beautify the Cathedral interior. This Anglican Church Women's organization, the Cathedral League, came to a dignified and gracious close at the end of the liturgical year 2010; at that time the Cathedral League members were celebrated and honoured with certificates from the Diocese

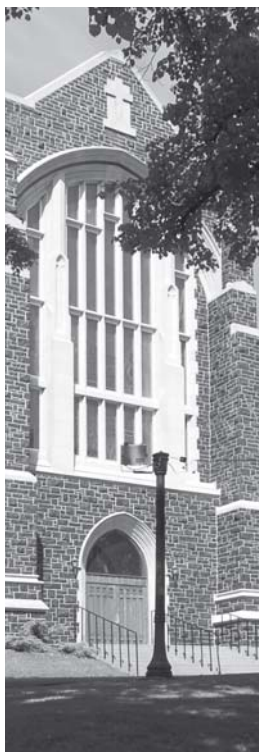
and the Anglican Church Women Nova Scotia Board. In its place is a new daytime Anglican Church Women Group, offering a fellowship of prayer and study, and open to both women and men. Guest presenters are featured each monthly meeting for both the devotional and educational components of the program.

The mandate of beautifying the Cathedral will fall to a yet-to-be formed Friends of the Cathedral Foundation and the music development at the Cathedral will be enhanced through the new Fordham Memorial Fund for Organ and Music. Encouraging visitors to explore the Cathedral while enjoying the famed hospitality of the Gordon Group, augmented now by friends, will be a feature each Friday afternoon in Lent, March 11 to April 15. The Cathedral Door Keepers enjoyed welcoming one and all at the time of General Synod in late May and early June 2010 and they are ready to reprise that welcome on the 6 Lenten Fridays in 2011.

Much of the celebratory activity in 2010 came under the umbrella and organizational direction of the Cathedral 2010 Centennial Committee. A motion at the Annual Meeting 2010 directed Congregational Council to consider a restructured committee framework designed to more effectively address the Cathedral's 7 vision outcomes and to help plan for the future. It is anticipated that this new framework will be presented to the Annual Meeting 2011.

The Cathedral congregation takes to heart the words of the Cathedral 2010 Prayer, asking that the Holy Spirit continue to work in us and through us, so that we may grow in grace and in the knowledge of [God's] truth. Join us anytime at your Cathedral - All Saints Cathedral:

*Where strangers become friends,
where Christ's peace and justice are sought,
where God is worshipped with heart, mind and voice.*



Ask & Imagine: it can change your life

BY REBECCA SAMPLE

I FIRST READ ABOUT ASK AND IMAGINE in my parish bulletin, 9 years ago. It was the very first year that the program had been opened up to students outside of Ontario. My priest, Rev. John Clarke, suggested that I go. I was a bit nervous about going by myself; I wasn't a terribly out-going person, and the thought of traveling by myself was intimidating. Still, if my priest thought I should go, then I would listen.

It was one of the best decisions of my life. At A&I, I was fully allowed to be myself, not only around other youth my own age, but around adults as well. Every teen worries that church events will be corny or fluffy- an attempt at re-vamping the Sunday School curriculum. A&I was nothing like this. For the first time in my life, I was able to speak with professors of religion, ask them questions, be truly challenged in my faith, and explore the unknown. It opened up so many areas of interest for me which I hadn't considered before. Dr. Gordon Hamilton taught us the basics of the Hebrew language, along with some prayers in Hebrew, which I can still remember and recite today. We were taught the formation of the Bible, Theology and Science, Leadership skills, and worship planning, all in ways which made us grow and develop in our faith. More than anything, I was amazed and impressed with how these leaders were taking our questions seriously, and truly cared about giving us meaningful answers, regardless of how difficult they may be.

Not all the time was spent in classes. We were given tours of Huron and London and trips to Toronto. I experienced my first visit to a convent, and we experienced the infamous High Ropes. All the while, I was continually amazed at having the opportunity to speak



with others my age about my faith, about the different struggles that we were all experiencing. This was something very new to me- while all of us were members of various youth groups, and participated in church, there had been very little space allowed for young adults to sit and talk openly about their faith. What does it mean if Mary wasn't a virgin? Do you believe every line of the Apostles' Creed? Does anyone actually know what the word "oblation" really means? I'm Christian, but my parents aren't- what do I do? The A&I leaders wouldn't always hand us answers, rather, they empowered us to help each other discover the solutions and answers ourselves.

A&I was life-changing for me- it was where I was given the courage to accept that God was calling me to ordained ministry. For anyone who is looking for an adventure, anyone who finds themselves annoying their teachers and priests with asking too many questions about their faith, for anyone who wants to try something completely different than anything you've ever experienced in church- go to A&I. You won't regret it.

Rev. Rebecca Sample is rector of the Parish of Three Harbours, Antigonish. Ask & Imagine 2011 will be held from August 13-24 and is for high school students. For more information, check out www.askandimagine.org. Funding assistance is available through the Youth Ministry Subcommittee.

Ice cubes, ice breakers and a 'sunny' forecast

BY SUSAN E. NAYLOR

IT'S NOT EASY TO PLAN an event for a winter Saturday in February. Well, that's not quite true. It is easy enough to plan it, but will it get to happen? It's been a snowy winter, so, when the weather forecast for February 5th was a one word forecast, it was most welcome indeed. "Sunny" described the day outside and inside of St. Margaret of Scotland, in Halifax. The Chebucto Regional Council hosted a group of twenty-six people who gathered to learn about ministry to children, youth and families. A delicious lunch was provided by the Chebucto Regional Council - thanks to Patrick and Annette and your team! Thanks also, to Ashley Stephenson who took the photographs. Throughout the day, everyone played a little bit, worked a little bit, listened, sang, and spoke of their hope to serve the younger members in their parishes. Cydney Proctor led some icebreakers that helped people begin to get to know one another. A part of the day was spent investigating learning styles. Understanding how people learn can help the church be better

at offering Christian education that makes a difference. There were also a variety of activities to help people think about who they serve and how they might take some further steps. Many resources were shared and Lent and Easter items were available for purchase. The success stories that people shared highlight all sorts of interesting and worthwhile ministries that are happening already. Are there other Regions that are ready to work together to equip leaders to walk alongside young people? Youth ministry thrives when we are intentional about including all ages of people. Also, appropriate training can help parish leaders be a catalyst for seeking out ways to help integrate children and youth into the life of the Christian family. When youth feel at home in their churches, the whole community benefits. For help in equipping your adults to walk with your youth and families, contact the Diocesan Youth Ministry Coordinator, Susan Naylor, at youth@nspeidiocese.ca. Links to some of the resources used at the workshop may be found at www.branch902.proboards.com

Photo below: Parish members from Lantz and Ecum Secum review resources for Lent and Easter.



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I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones.

~ Albert Einstein (1879 - 1955)

Anglican Church Women to focus on ministry

CYNTHIA PILICHOS,
 ANGLICAN CHURCH WOMEN,
 NOVA SCOTIA BOARD

A NUMBER OF PARISHES in Nova Scotia celebrated Ministry Sunday on January 23, 2011 with a focus on the many ways that women exercise their ministry. It emphasized that there is no area of the church unavailable to women at this point. While continuing to offer themselves in traditional areas of ministry, such as hospitality, women join men in a range of ordained and lay roles.

However, the Anglican Church Women, Nova Scotia Board has made ministry a focus since May 2010 and this will continue to be the centerpiece of their activities over the next while. The celebrations on Ministry Sunday were a way

to draw attention to the many avenues of service that women engage in at the parish, diocesan, and national levels.

Why not deepen your spirituality during Lent 2011 with a Quiet Day? If you are an Anglican woman, you are encouraged to attend the Lenten Quiet Day 2011 that is organized by the Anglican Church Women, Nova Scotia Board, with guest presenters from the Atlantic School of Theology. All women are welcome.

Date: Sat, March 26, 2011
 Time: 9:30 – 3 (lunch is served and the day concludes with a Eucharist & Bishop Sue as Homilist)
 Place: St. Francis by the Lakes, Lower Sackville
 Theme: A Journey Just Begun: A Ministering ACW
 Text: I am the vine, you are the branches

Look for registration details in the winter edition of the Anglican Church Women Newsletter, Keeping in Touch, or contact Donna Parsons, 865-8169 donna.parsons@eastlink.ca

A reminder for women of their call to ministry is the text of the Anglican Church Women hymn: The Love of Jesus Calls Us. How many times do we sing a familiar hymn, enjoying the melody, and reciting the known words, but not really focusing on the deep message of the text? Come to the Anglican Church Women Annual Meeting this year on Saturday, April 30, 2011, at Christ Church, Dartmouth, as we use the words of this hymn to explore women's ministry. All women are welcome.

To help with this voyage of discovery & rediscovery,

Carolyn Chenhall, Hon. Vice-President of the Anglican Church Women Nova Scotia Board, will be guest presenter and facilitator. Carolyn brings a wealth of background and experience as someone who exercised her ministry at the parish, diocesan, and national levels of the Anglican Church of Canada. Carolyn is the quintessential Anglican Church Woman, as she supersedes any specific organized women's group in the church to exemplify the idea of an Anglican Church Woman as any baptized, Anglican woman responding to the love of Jesus.

In addition to addressing the business matters of the Annual Meeting, there will be time spent looking at how the Anglican Church needs to reshape its priorities to become a mission-shaped



Church in an increasingly secular society and, of particular importance, how Anglican Church Women can be integral to this reshaping. Truly, the Love of Jesus Calls Us. The Nova Scotia Board looks forward to welcoming you on April 30, 2011 at the Anglican Church Women Annual Meeting.



New belfry getting installed on St John the Baptist Anglican Church in Maitland, Hants County.

Aging structure gets new belfry

BY LUELLA HENNIGAR

The belfry of St. John the Baptist Anglican Church of the parish of Maitland, Hants County is being repaired after 129 years. It was in such bad shape that it was starting to lean and there were fears that a good wind storm might blow it over. There have been minor repairs done in the past but this was a major repair as it had to be rebuilt. It was started in the fall and is

now waterproof and solid so the balance of the work will be done in the spring. This is the second church in the parish to be rebuilt. A few years ago St. Peters of Upper Kennetcook had theirs completely rebuilt. It was taken down from the church and used as a pattern to be built completely then put back up on the roof of the church.



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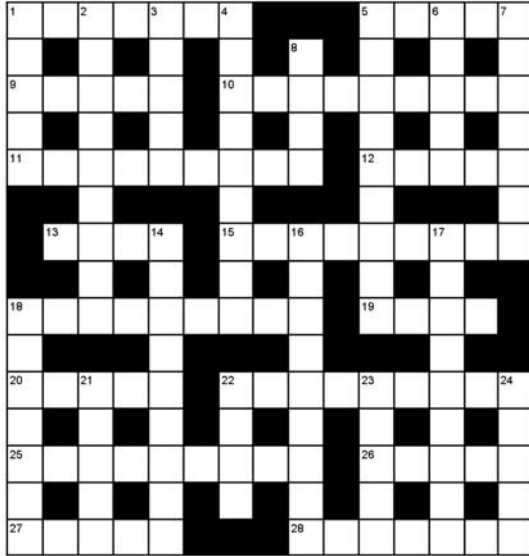
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Bible Crossword

by Maureen Yeats



March clues

ACROSS:

- 1 – Saint of the month (7)
- 5 – What soldiers do, especially this month? (5)
- 9 – A Caribbean island (5)
- 10 – Eight-sided (9)
- 11 – In a moral way (9)
- 12 – "The king also made a great throne" (1 Kings 10:18) (5)
- 13 – A time of abstinence (4)
- 15 – American poet, Emily _____ (9)
- 16 – Old _____, first portion of the Bible (9)
- 19 – "O come, let us _____ unto the Lord" (Ps.95:1) (4)
- 20 – "Joseph's brothers came and _____ themselves before him" (Gen.42:6) (5)
- 22 – Inhabitants of a colony (9)
- 25 – Fine linen cloths used at the Eucharist (9)
- 26 – Bowed string instrument (5)
- 27 – Place in the desert where there is a well (5)
- 28 – A king of Israel (7)

DOWN:

- 1 – "...to guide our feet into the way of _____" (Luke 1:79) (5)
- 2 – Strength (9)
- 3 – Abraham almost sacrificed him (Gen.22) (5)
- 4 – "Such _____ is too wonderful for me" (Ps.139:6) (9)
- 5 – "My soul _____ the Lord" (Luke 1:46) (9)
- 6 – A Beatle (5)
- 7 – Tranquil, carefree (7)
- 8 – Remain (4)
- 14 – What you generate when you cry (9)
- 16 – A chemical change initiated by a substance that is not permanently affected (9)
- 17 – Type of bad weather in the Sahara (9)
- 18 – Plant whose leaves are smoked (7)
- 21 – "So faith by itself, if it has no _____ is dead" (James 2:17) (5)
- 22 – African country (4)
- 23 – Pertaining to warships (5)
- 24 – European country (5)

Racquet Champ

Vida Large died in 2008.

This Sunday at 10:15 a.m. she'll welcome newcomers to worship.

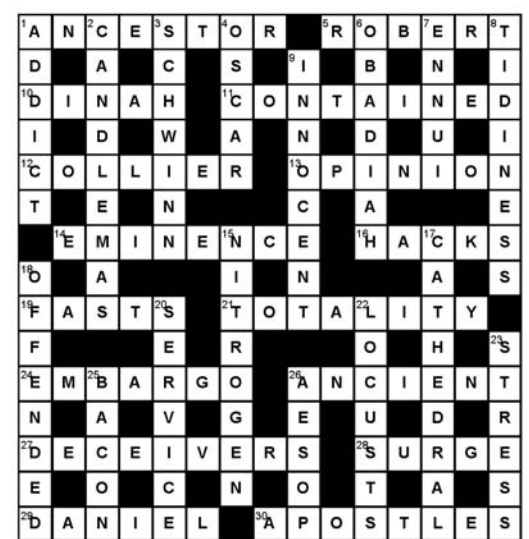
Vida was a champion tennis and badminton player, inducted into the Nova Scotia Sports Hall of Fame in 1980. She knew the importance of practice and discipline.

Vida practiced her faith through the discipline of regular worship. She also championed her faith by leaving a generous bequest to the All Saints Cathedral endowment fund. Her legacy of faith lives on in lives helped through our church's ministry.

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REVIEW

A faith-based perspective on suicide

Family survivors of suicide say mental health issues need attention in the church

NINETY TO 95 PERCENT OF ALL SUICIDES are associated with one of five major psychiatric illnesses, according to Kay Jamison, one of the key mental-health experts interviewed for the documentary *Fierce Goodbye: Living in the Shadow of Suicide*. The three most common illnesses, which sometimes end in suicide, are depression, bipolar disorder, and schizophrenia.

Jamison is professor of psychiatry at Johns Hopkins University in Baltimore, and has bipolar illness herself. She stresses that paying attention to mental-health needs will save lives, and help patients find wholeness and happiness while living with ongoing disease.

"The bad side of these illnesses is that they are extremely painful and potentially lethal. The good side is that they're very treatable," Jamison said. "The problem is getting people into treatment and onto the correct treatment, and also realizing that it sometimes takes time for the correct medication or a combination of medication and psychotherapy to take hold." The combination of medication and psychotherapy "helps people understand why they need to take medications, and what they can do to control their lives," she said, emphasizing that more education about how treatable these illnesses are needs to be done through churches, schools, parents, pediatricians, internists and general practitioners.

Especially problematic are Christians who in faith ask God for healing, and then abandon medications as a faith response when they feel better.

"We need to stop looking at medication as a sign of weakness," said Sherry Davis Molock, associate professor of psychology at George Washington University in Washington. "Medication can be a gift from God, another angel, if you will, that will help you."

Suicide and the aftermath for families is not only a critical issue affecting society and the church, it has been a theological and missiological issue in the church. "Helping the church be educated about mental illnesses and how [the church] can respond more helpfully will save lives," says Burton Buller, producer of the program.

Sheri Smucker, a teacher from Harrisonburg, Va., whose first husband, Darrel Brubaker, died by suicide after reaching his lifetime limit for psychological treatment, offered words of counsel for people who want to know how to help someone who is living with someone in depression. "Give the caregiver breaks," she said. "If you can, go and spend time with the depressed person so that their spouse (most often) can have a break such as to go out and have lunch with a friend or just have a break from being with that person." She says it is so overwhelming to try to talk to a depressed person, because "you can't reason with them, you can't talk them out of their depression, and it's just exhausting."

Patients often try to hide their illness or depression from others, because of the stigma associated with it, and to protect their loved ones. Jill Marks, a holistic psychologist from Minneapolis and mother who tells her family's story in the documentary, said that she now thinks her daughter had bipolar disorder and may have suffered a previous bout with depression. But even as a counselor, Marks didn't recognize it. The daughter was living away from home at the time.

Jameson said undetected illness is common. "People can hide it. People may look to other people as though they are 'normal,' and in fact suffer from profound depression. In my own case I worked in academic psychiatric settings all of my life and for 20 to 25 years, most of my colleagues had no idea I had a very severe form of mental illness." She explained that especially young people try to fit in with other people, look normal, and so depression sometimes goes undetected.

Stigma leads to unwillingness to find help. Roger Steffy of Harrisburg, Pa., was formerly pastor of a congregation where a key leader died by suicide. Steffy said the man's denial of his depression later led to anger and pain for Steffy. The man didn't

**FIERCE
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LIVING IN THE SHADOW OF SUICIDE



G. Lloyd Carr and Gwendolyn G. Carr
Special Documentary Edition

want others to know and refused to share his problems even with his small group. "It was very well hidden and so I was angry about that, as in, 'You know, we tried to help you to get the support you needed and you refused.' It was kind of an irrational anger but it was real nonetheless."

Steffy didn't talk about these emotions either at the time.

"But the emotions were very intense," he said. "I felt like we could have done more, but also he didn't do his part and there was a sense that he let us down. And I had to work through those feelings and recognize that in his depression he had done all he could. I thought my own self-care was fairly good," he said. "Not so. In that kind of crisis I was not emotionally or spiritually prepared to go the distance. So I needed to take a kind of medical leave of absence in order to recuperate and continue that process and put some different kind of practices in place for my own self-care after that. It was very nearly my own emotional destruction."

Molock stressed that the church needs to give out information on mental illness and even suicide, including from the pulpit, because the average person is not going to come to a workshop unless he or she has been directly affected by depression or suicide. "But the entire congregation needs to know what it means to be depressed. They need to know that being depressed is a mental illness; it is not a sign of lack of faith. It is not demon possession; it is not a sign that you are cursed by God."

Molock pointed out that the Bible has lots of examples, especially among the major prophets, of people who suffered depression. "Moses, in the book of Numbers, at some point gets so overwhelmed by trying to help all the people, he says to God: 'Why don't you just kill me? I can't handle this.' And then God sends him an angel through his father-in-law Jethro." Jethro encourages Moses to set up a counsel of elders to help him.

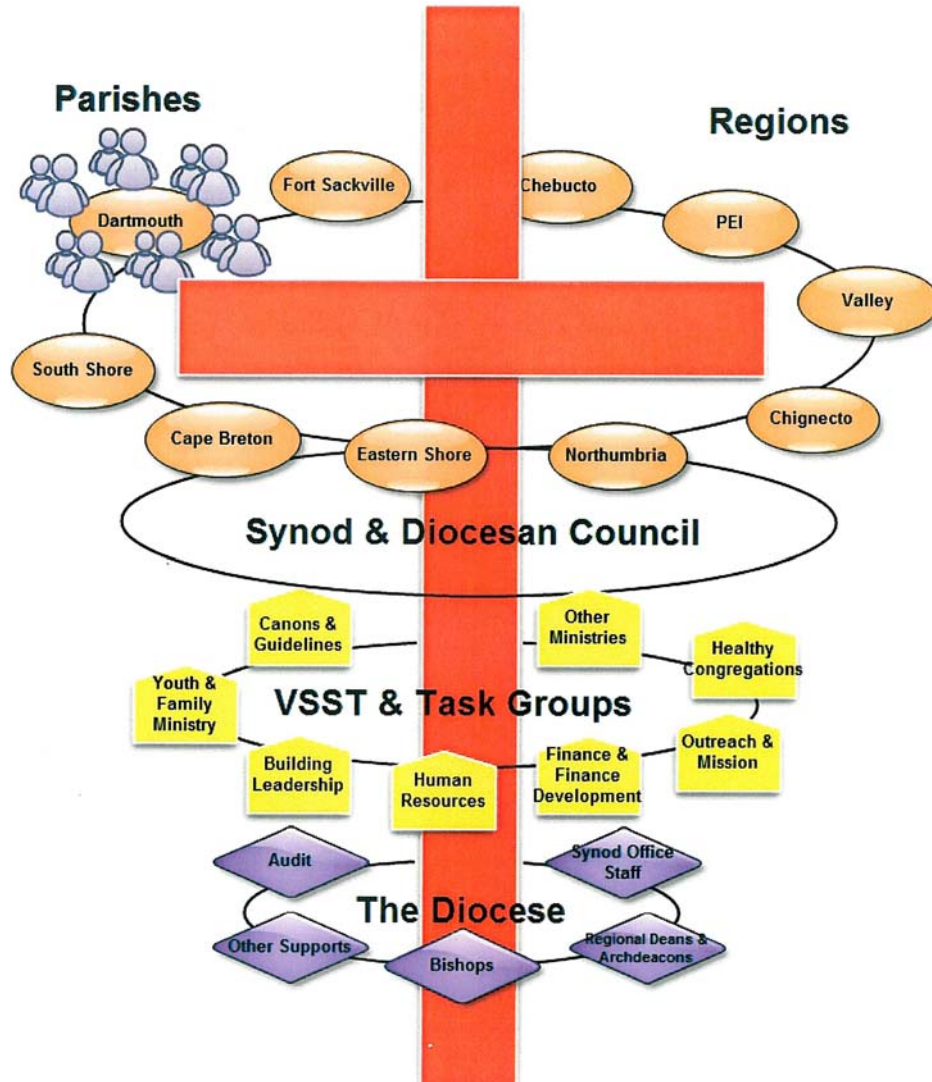
"So how did God work? God could have just zapped the depression away, but God worked through people," Molock said.

The documentary with extended segments is available on the DVD: www.fiercegoodbye.com.

The documentary was produced in cooperation with Faith & Values Media, America's largest coalition of Jewish and Christian faith groups dedicated to media production, distribution and promotion.

BISHOP'S MESSAGE

Called into relationship, into community



VERY FEW PEOPLE are gifted by God for living alone or in isolation. Most of us are called by God into living in relationship with others. Of course we first of all have to be in relationship with God, or how would we discern what God's call to us to be in relationship might mean? Our primary relationship is with God through Jesus Christ. Our Diocesan Vision says that quite clearly, "We are called to be Christ-centered..." To keep that "Christ centered" focus, Diocesan Council has been working with a schematic that puts Christ at the centre of everything, and identifies our relationships with one another. One of our major pieces of work at Synod 2011 will be a consideration of how we are organized to carry out God's mission as parishes and as a

diocese. Everyone knows that ministry (caring for those in the church family) and mission (reaching out beyond the church membership) happen best at the local, that is, parish level. One major focus of our vision is building healthy parishes – ones where parishioners know how they are before God (identity), they know what God is calling them to do/to be (vision), they have the resources to carry out their work (stewardship), they experience the power of the Gospel in worship (worship) and they make a difference in their wider community (outreach). The regions and the diocese are there to help to build and support healthy congregations. Regions can identify local needs and respond with specific programs to support

the parishes in their ministry and mission. The Diocese can provide resources (human and financial) to share good news and successful practices, both new and "tried and true". Our Synod theme for 2011 is "Called into Community". Community is defined as- a unified body of individuals; people with common interests/beliefs; people with mutual concern for each other's well-being; people living in a particular area. This theme builds on the idea that we are not alone – not as individuals, not at parishes, not as a diocese. Rather, we are called into relationships. Parishes are part of a region and a diocese. Dioceses are part of the Anglican Church of Canada and of the world wide Anglican Communion. In addition, we who

come together in human relationships to form community do not exist in a vacuum. We live in the midst of the rest of God's Creation and, for the most part, we have ignored or destroyed our relationship with the community of other creatures around us, and destroyed their environment and ours. We are called into community with all God's creatures on life's journey, called to strive to safeguard the integrity of creation and sustain and renew the life of the earth. (Mark of Mission 5, Anglican Communion) We are called to be community and we are called out into the community around us, - to proclaim the Good News of the Kingdom; - to teach, baptize and nurture

new believers; - to respond to human need by loving service; - to seek to transform unjust structures of society. (Marks of Mission 1-4, Anglican Communion) As we approach Synod 2011, and as we enter into Lent 2011, perhaps our relationships in community could be the focus of our reflection on how we have fallen short of the glory of God, and failed to be all that God has called us to be, and the focus of our prayers to build healthier parishes in a healthier diocese. Blessings. +Sue
The Right Reverend Sue Moxley, Bishop of Nova Scotia and Prince Edward Island