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# Loading up for Lent



Photos: Whether you had a hankering for pancakes and sausages in Mahone Bay (with chef Rev. Chad McCharles) or an ice cream sundae with sprinkles and sauce in Lunenburg (with supreme sundae maker Rev. Laura Marie Piotrowicz), Shrove Tuesday had it all!

The Lunenburg parish took up a freewill offering to be used for youth ministry in the parish. Both parishes had splendid turnouts as parishioners and folks from the surrounding communities came together for fellowship and a shared meal. Send in your stories of how your parish celebrated Lent!

**WANTED!**  
Your parish news.  
Send in news and photos of activities and events happening in your parish.  
[diocesantimes@gmail.com](mailto:diocesantimes@gmail.com)

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HELP US SPREAD THE GOOD NEWS



When you've finished with your copy of *The Diocesan Times*, leave it in public places where others can enjoy it.

- doctors' offices
- seniors' centres
- libraries
- hospitals
- book swap boxes



Photo: The MORE Mission school in action in Liverpool in March. More than 50 participants braved an impending winter storm join the program.

**There's MORE to come!**

There are two more mission schools coming soon. Register NOW at [www.nspeidiocese.ca](http://www.nspeidiocese.ca) (or phone Lisa at 902-420-0717, ext. 1169).

COLUMNIST

# Lent and Rodents and Muffins

In all the excitement and drama of Anna's early arrival I have forgotten to fill you in on other happenings here By The Bog. To tell you of winter storms and high winds that have threatened to take the roof off St. Bart's, of visitors from the far south as we have seen strange birds at our respective bird feeders. And an invasion of rodents that are proving to be very stubborn to banish. Some old timers say it is because we haven't had enough snow cover to give them a place to burrow, others say it is just an upswing in the life cycle that happens every few years. All I know is that we personally have had signs of unwanted visitors in our cellar and pantry. Orin set traps and finally resorted to putting out poison to get rid of the beasts. I told him "it's them or me but one of us will be missing if he can't do his job and keep me safe from rats!!!"

There have been signs of the unwanted visitors inside the church as well. Rodents love



ST. BART'S BY THE BOG

Sarah Neish

beeswax candles and will chew away at any left out for their pleasure. Now one extra job for the members of the Altar Guild following any service is to take the candles off the altar and store them in a tin biscuit box in the vestry.

Lent is here; late this year I know but here it is, along with extra worship at St. Bart's. We are having a Wednesday

morning Eucharist followed by a Bible Study group. Because it takes a lot of furnace oil to bring the church up to comfort levels we have been having these weekday services around the rectory kitchen table. Miranda loves this because she can attend without having to bundle up her two wee ones and get them across the field to the church. Anna sleeps in her Mummy's arms and Charlie plays with his toy trucks under the table and we all love it! Jason has been bringing us wonderful studies on some of the parables of Jesus. Attendance is up this year, in part because we are meeting at the rectory, in part because we all enjoy the midweek break and also in part because Mamie Jordan comes armed with the most delicious muffins ever! She brings a big tin and makes sure there are leftovers for the rectory family. She can find the exotic and the different when it comes to muffins; piña colada ones filled with pineapple and cocoanut, cranberry & hazelnut that fill

your mouth with the tang of the berries and the crunch of the nuts. Six weeks of Lenten bible study, six different muffin treats.

We will continue to watch the little ones grow at the rectory, we will fight the good fight to keep the rodents under control, we will worship and pray and study under the leadership of Father Jason and we will continue to munch on Mamie's marvellous muffins, speculating on the flavour that will delight us this coming week. Lent is coming to an end. Easter is coming and with it the warmth of the spring sun.

Life is good at The Bog. I'll keep you posted, Aunt Madge



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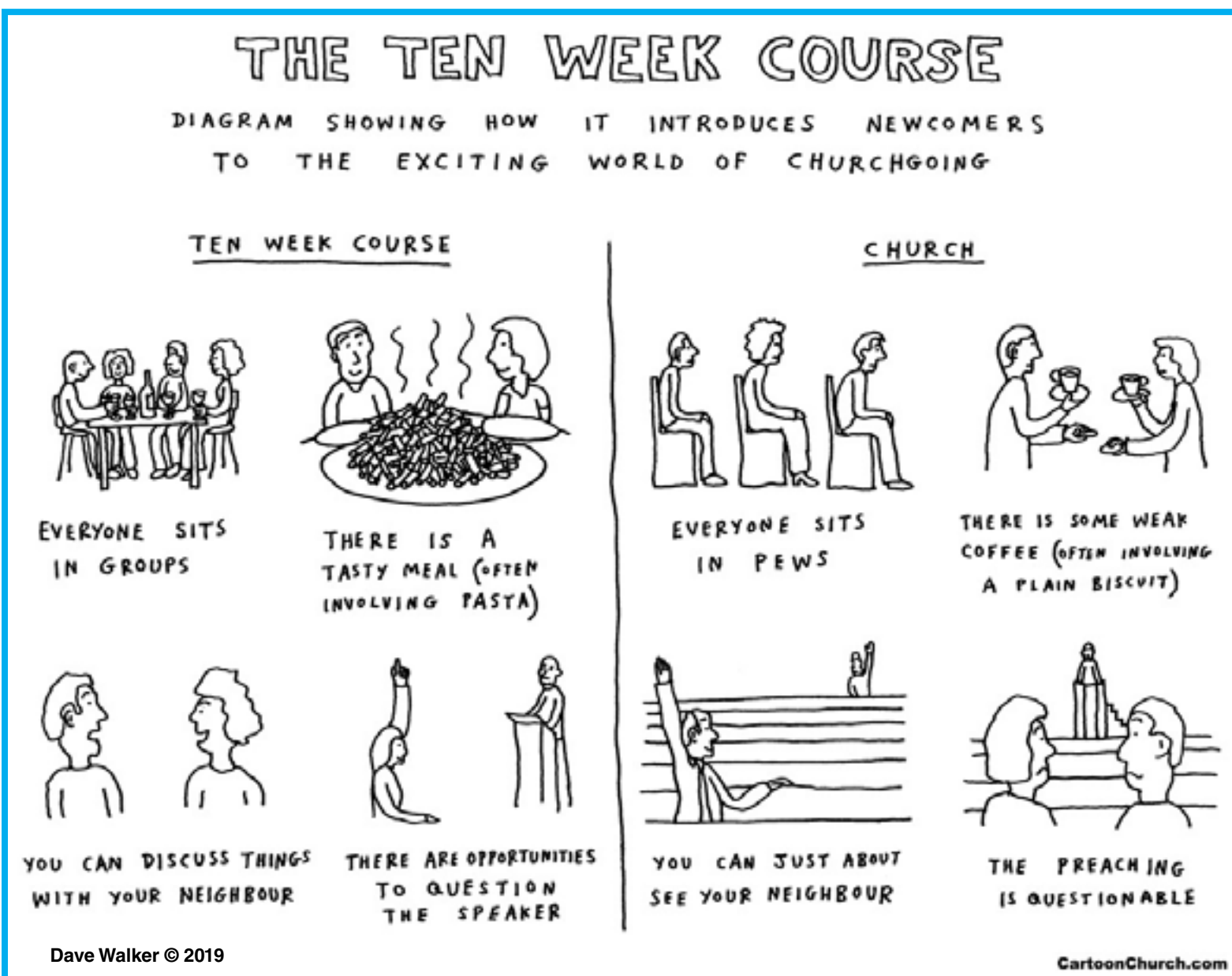
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[HOME](#)

## GUEST COLUMNIST



Rev. Elliott Siteman,  
Rector, St. Peter's,  
Birch Cove, NS

# Encourage others to see the church differently

Artists are often people who see the world in unique and surprising ways. My daughter is a little bit of an artist and one day she showed me something that she had created. It was an odd looking face. The eyes were too low, the mouth was a bit off, and the nose was a bit too high. She said, "Do you like it?" I think the confusion showed on my face because she then said, "Turn it upside down, Dad." So I did. Then the reality of what she had created burst upon me. There, staring back at me, was a completely different face. The simple act of turning it around made everything clear. She laughed as the realization of it all visibly dawned on me.

This is what Easter means. Easter turns the world, and everything we know about it, on its head. Easter completely overturns all that has ever been assumed about the human condition. Easter challenges us to look past our fear and confusion and into the eyes of a loving God. The joy of the Resurrection is a moment of creation that brings order to chaos. Just as the Spirit of God hovered over the chaos of the deep and then God's voice brought forth the moment of all creation that ordered all things; so too does the empty tomb. The women come and they find that there is no body where it should be and in that moment they know that something great has happened. God turned the world upside down. Out of the chaos of sin and death God brings order, the order of the Resurrection.

There,  
staring back  
at me, was a  
completely  
different  
face!

All too often we look at the Resurrection through the lenses of our struggles, pain, and suffering and we fail to see what is right there in front of us. I failed to see the "real" face that my daughter had created until she told me to look at it differently. It is the same with the women at the tomb when the angels challenged them to see things in a new way as they said, "Why do you look for the living among the dead?"

The world beyond the walls of our church buildings is looking at faith and they are confused by what they see, just as I was confused by my daughter's creation. It is up to us, we who have been given the message that Jesus is raised, to encourage all people to see faith differently. We have to show them what it means to turn the world upside down. We are called to gently encourage them to turn creation over so that the reality of what Easter truly is can dawn upon them.

For me, the joy of Easter comes when I stop looking for a dead Jesus and let Jesus turn my world upside down. Lent can be that time when we challenge ourselves to see the world differently, to encourage others to see the church differently, to be more than we think we can be. Out of that contemplation can come the gentle prodding of God to turn the picture over and then great gift of the Resurrection will burst upon us and then we can proclaim, Alleluia! He is risen! The Lord is risen again! Alleluia!

Elliott



Rev. Dr. John Roddam

## When we think of Palm Sunday, we think of the word "Hosanna"

### 1. Hosanna Means "Save, Please!"

"Please Lord, please save us. Please, Lord, please give us success." (Psalm 118:25)

The Hebrew word, "hoshi'anna," is translated in Greek as "(h)osanna." In English, we know it as "hosanna." The original intent of the scripture is "Save!"

### 2. Hosanna Means "Salvation! Thank You!"

Throughout different translations and edits, the original plea to "please, save us!" changed to a proclamation of "Salvation! Thank you!". We read above in Psalm 118:25, "Please, Lord, please save us. Please give us success."

### 3. "Hosanna" Was Used on Palm Sunday

The first time "hosanna" is used in the New Testament

is in Matthew 21:9, for Jesus' triumphant entrance to Jerusalem as King. Verse 9 says, "Jesus was in the center of the procession, and the people all around him were shouting, 'Praise God (hosanna) for the Son of David!' Blessings on the one who comes in the name of the Lord! Praise God (hosanna) in highest heaven!"

### 4. "Hosanna" is Found Elsewhere in the New Testament

You will find hosanna in these scriptures in the New Testament:

Matthew 21:9: "The crowds that went before Him and that followed Him were shouting 'Hosanna to the Son of David! Blessed is He who comes in the name of the Lord! Hosanna in the highest!'"

Matthew 21:15: "But when the chief priests and the scribes saw the wonderful things that he did,

and the children crying out in the temple, 'Hosanna to the Son of David!' they were indignant."

Mark 11:10: "Blessed is the coming kingdom of our father David! Hosanna in the highest!"

John 12:13: "So they took branches of palm trees and went out to meet him, crying out, 'Hosanna! Blessed is He who comes in the name of the Lord, even the King of Israel!'"

### 5. The Use of "Hosanna" Changed and Ushered in a New Era

If we think back to the shift from Psalm 118, verse 25 to verse 26, it is interesting to note how the use of hosanna changed. There was one documented plea, and then the focus shifted to the faith of a salvation that was to come. Psalm 118:26 started a new era, saying, "Blessed is the one who comes in the name of the Lord." Jesus continued this

in John 5:24, which states, "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life." Hosanna exemplifies man's transition from pleading with God for action, to thanking Him for the action taken. It shows the true impact of Jesus' act at Calvary.

### 6. "Hosanna" Depicts Two Places of Spiritual Well-Being

As you can see, there are two completely different uses for "hosanna." One use is pleading for help, while the other is just showing gratitude for what was done. They perfectly represent two places of spiritual well-being in which we all find ourselves.

(Adapted from "What Does Hosanna Mean and Why is it So Powerful? At [www.biblestudytools.com](http://www.biblestudytools.com))

John Roddam is the rector of the Parish of Kentville in the Annapolis Valley. He was recently named the OSL Director of Region 9 (Atlantic Canada plus Quebec) for the International Order of St. Luke the Physician.

## NEWS FROM AWAY

Dear Diocese,

I received a message from the diocese, a few weeks ago, actually a week to the day before Ash Wednesday. It announced that Lent was coming and provided a Lenten “menu”, a list of fasting days packed with spiritual carbs. Included was the “Friday special”: meat free, vegetarian meals.

The message was to remind me (and others) that Lent was (excuse the pun) “fast” approaching. And when it comes to Lent, preparation is key to a rich, but low cal, experience that is meant to fill us spiritually.

As I scanned the “menu”,

I was inspired to consider how Lent would play out for me this year. Not only was I preparing for the 40 day journey, but I was also in the midst of packing for what I have started to regard as a pilgrimage. Not a solo journey into the wilderness like Jesus, as laid out in the Gospel reading from Luke for Lent 1. But for my husband, a pilgrimage “home” to England. As it says in the Old Testament reading for Lent 1, from “the land that the Lord gave” him. (Canada).

Ours will be a family pilgrimage to the land of my husband’s ancestors. We will introduce our children and our grandchildren to their British family and the land where

his ancestors lived, visiting people and places, including St. Stephen’s Church, where his family worshipped for centuries.

Looking ahead into the following week, I realized that my Lenten journey for 2019 would begin as a journey within a journey.

Geographically and physically I will be in Cornwall England (or Devon or somewhere between Dartmoor and Land’s End).

In spirit, I will also be beginning the Lenten journey. For me, a deeply spiritual time. A time of quiet and contemplation. Silent but not still.

In the midst of writing this article a friend recounted her experience from the night before when she attended a meditation session that involved sitting still. Then she confessed to me that sitting still isn’t one of her strong points. Sitting still isn’t mine either. But our conversation led us both to the conclusion that we could meditate in ways that allowed our bodies to move and our spirits to soar.

Jesus wandered in the wilderness. He didn’t sit still. That didn’t mean that his prayer time wasn’t interrupted (in that case by temptation). But it made us both feel less like meditative failures and helped us understand that the most effective meditation

for us includes moving our bodies. My richest meditative experiences this winter have been while cross country skiing on the wide expanse of the river in front of the house.

So this Lenten journey will be a three fold journey, moving my body as I walk silently through the landscape, Devon moors and Cornwall beaches, through time with family from both here and there, experiencing the inner peace that comes from knowing that wherever I am and whatever I am doing I can be very conscious of the fact that Jesus travels with me.

Blessings from the outer world,

Rev. Marian Lucas-Jefferies

# Two more Regions for Mission Schools

1. Valley March 30 (Deadline March 27)  
Christ Church, Berwick

2. Eastern Shore April 13 (Deadline April 10)  
Balcom Centre, Port Dufferin

There are two remaining opportunities to take in Module #3 of MORE Mission School. Anyone may attend the day-long sessions in the Valley Region and Eastern Shore this spring. Themed “Seek More,” the free workshops help participants understand prayerful discernment and practical ways to rediscover the local neighbourhood. MORE Mission Schools are 9:30 a.m. to 3:30 p.m. Parishes are encouraged to bring a team.

REGISTRATION IS REQUIRED. Quick and simple to do! Visit: [www.nspeidiocese.ca](http://www.nspeidiocese.ca) (or phone Lisa at 902-420-0717, ext. 1169).

MORE is based on God’s desire to give the world MORE of what it really needs – hope, love, and freedom. If you missed Modules 1 and 2, no problem. Each session stands alone in its presentation. Archbishop Ron and a team of lay and clergy facilitate the schools. Register NOW at [www.nspeidiocese.ca](http://www.nspeidiocese.ca) (or phone Lisa at 902-420-0717, ext. 1169).



## ANNOUNCEMENTS

Rev Gary Sinclair appointed priest-in-charge of the parish of Liscomb/Port Bickerton during the maternity leave of Rev. Kristin MacKenzie.

Reverend Joan Helpard, Deacon retired effective immediately.

Deacons Dorothy Miller, Bonnie Skerritt and Nichola Fish Cumine to be ordained priests Thursday, May 30th, 2019 (The Feast of the Ascension) at 7 pm in the Cathedral Church of All Saints.

Rosalind’s Easter Egg Celebration Saturday, April 13, 2019

Time: 7 pm

Location: St. Mary’s Anglican Church, Harrigan Cove

Lunch Provided & All Welcome

If you would like to make a donation to have a loved one’s name put in an Easter Egg to add to the Celebration, please contact Gordon Gammon at 902-654-2426.

**SHOUT OUT for TEC!**

*Are you aged 15–18?*

*Do you enjoy spending time in music, prayer, and/or laughter with others?*

*(Occasionally at the same time?)*

*If so, we’d love to Welcome you to register for Encounter—a TEC community weekend!*

*Here are just a few things the Encounter weekend has in store:*

- *Music (which may or may not include echos and actions)*
- *Awesome snacks (and actual meals as well, of course)*
- *Opportunity for learning and personal growth*
- *A chance to discuss and reflect*
- *Fun*
- *Quality time with the Holy Spirit*
- *An inclusive, supportive community*

*Dates: May 10–12 (Mother’s Day weekend)*

*Mahone Bay, Nova Scotia*

*Register: <http://www.sharenspei.ca/encounter>*

*Or Jessie at [jessbower@hotmail.com](mailto:jessbower@hotmail.com)*

The Anglican Foundation receives applications twice a year - 1 April and 1 September. Accordingly, the Diocese invites applications from Parishes twice a year - in January and May. Due dates for applications are two weeks before the annual February and June Diocesan Council meetings.

The Diocese can submit three applications per calendar year to the Anglican Foundation. However, only two applications can be forwarded from any single Diocesan Council meeting.

Applications for the second round of applications for 2019 are now being sought. Applications must be received by the Executive Secretary of Synod by Friday 31 May 2019 for consideration by Diocesan Council at its June 2019 meeting.

Parishes must be a member of the Anglican Foundation at the time of their application. If a Parish has let its membership lapse or has never been a member, it may apply for membership now or any time prior to its application

being received.

Applications may be submitted via email to [execsecsynod@nspeidiocese.ca](mailto:execsecsynod@nspeidiocese.ca) or Edith Marshall Executive Secretary of Synod 1340 Cathedral Lane Halifax, NS B3H 2Z1

The 148th Session of Synod of the Diocese of Nova Scotia and Prince Edward Island will be held from Thursday, 23 May to Saturday, 25 May 2019 in the McInnes Room, Student Union Building, Dalhousie University, 6136 University Avenue, Halifax.

For guidance, refer to “Instructions for Writing Diocesan Synod Resolutions”: <http://www.nspeidiocese.ca/synod2019/page/synod%202019.aspx>

Further information about SYNOD 2019 will be communicated as it becomes available.

This notice is given by the Bishop of the Diocese of NS & PEI, The Most Reverend Ron Cutler.

Edith Marshall, Executive Secretary of Synod

# Men in Mothers' Union...REALLY?



BY MARY STONE

Well why not? Is it the name? Yes, the name is a bit of an issue....but it is hard to change the name of a 140+ year old Christian organization that is in 83 countries around the world. The name is legally bound by a constitution and to change it would require mountains of time and money for legal work, and the final approval of the Privy Council of the United Kingdom. So far no one has ventured into that quagmire. Some people have dipped their toes in but quickly withdrew when they saw the damage it could do to the well oiled machine of

Mothers' Union.

Rather, we have embraced our history and have used it to influence our work and actions around the world.

There are several male members in our Maritime Provinces. Some are Diocesan members who pay dues, support Mothers' Union in various ways, but do not attend branch meetings. Others are active members at both the branch and diocesan levels and hold various offices.

There are also non-members who, because of their relationship with Mothers' Union members, offer much time and effort to the causes of Mothers' Union – be it computer skills, music

skills, editing skills, spiritual skills, physical skills. They all contribute to what is the bigger picture of Mothers' Union.

So what about those men who have committed to being Mothers' Union members? Well I asked a few about why they made that decision. Some came to Mothers' Union via chaplaincy, some came because of familial connections, some came from a knowledge of the organization and some out of curiosity.

John DosSantos of Christ Church Cathedral Church in Fredericton, was attracted to Mothers' Union because of the Aims and Objectives and due to that appreciation he was immediately welcomed, not as a man but as a person. John has held several positions on the executive and is now the co-branch leader of the Cathedral group.

Gerry Nelson said... 'I wanted to become a Diocesan member because I was impressed by the variety of services the members provide in our churches and communities here and around the world and I wanted to support that. The motto, Christian care for families, is inclusive, since care, training and supplies are given to any person in need regardless of religion or nationality. The way Mothers' Union works for gender equality matches my own feelings. I am also aware of and applaud the local members response to social justice issues such as the vigil on Violence against Women and the presentation to the provincial government about



Photo: Rev Tom Stradwick and John DosSantos at the Mothers' Union Biennial Conference at Villa Madonna, Rothesay, New Brunswick

the White Ribbon campaign."

Paul Sherwood decided to be a diocesan member "as a commitment to my church and to join a worldwide group of individuals (women) who are making a difference. The fact that they welcome all genders without prejudice made the choice even easier."

Father Charlie Black had this to say, 'Over the years MU has made the shift from a "gender based" organization to an inclusive organization encouraging the strength of marriage and family in a much broader basis that more reflects the breadth of the human condition, without losing sight of its Christian origins...'

John Stone felt that, to his knowledge, there was no Anglican group for men that pursues current family issues the way Mothers' Union does at home and abroad.

Rev Tom Stradwick, Canadian Chaplain, will continue to be a member because, "I see MU as promoting relationships and mission..."

These are some of our male members, either branch or diocesan. They are not intimidated by the name Mothers' Union. They see beyond the name to the purposeful work done in the name of Mothers' Union. In this wonderful age when so many men embrace the ideals of feminism it is easier to see why men would feel comfortable joining a group called Mothers' Union. Focusing on families and relationships and what influences them around the world is not a 'women only' job. It is not women's work, it is people's work.



Photo: Enrollment into Mothers' Union of Gerry Nelson, Lloyd Snyder and John Stone.



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This means a waste of thousands of dollars each month. So we are verifying the subscription list to avoid this waste.

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With every blessing,

Michael Thompson  
General Secretary,  
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# The existential question

BY BRYAN HAGERMAN

In the deepest Kalahari are a group of people who culturally are hunters and gatherers, and have lived in this desolate and yet beautiful place for hundreds of years. Often called the Hottentots, or the Bushmen, they have lived here long before the Christian Gospel was brought to Africa. Because they are observers of life, of death, their natural surroundings, they have had deep questions. These are the very most basic curious questions about life. It is told that a Senior Elder in a family of Bushmen was once walking through the desert area shortly after a seasonal and prolonged rain. What was one day grey, inhospitable, hot, dead looking, and desolate, was now teaming with flowers, green grass, and there were lung fish swimming in deep pools of water. An enormous seasonal transformation had taken place in a short few days. Everything in the physical environment had been altered. As he walked through the area he had a deep inquisitive curious thought. "Who made this?" The elder Bushmen on his brief walking safari had asked the question of questions, indeed, the question of the ages.



BRYAN HAGERMAN

What would our lives be without the daily, the moment to moment, event to event queries? There are the what's, why's, how comes of life. It is our curiosity it could be argued, that propels us forward as a human species. But there are in our brightest, even darkest days three key questions, that are seminal to our lives. Although we may not frame them or articulate them the same way, nevertheless they are; "a) who am I? b) why am I here? c) will I engage?" Someone once asked Sir Edmond Hilary the New Zealand adventurer why he had climbed Mt Everest. His answer is classic. "Because it was there." But I wonder if

there was not a deeper more authentic personal answer he might have given such as "to see if I was up to the challenge?"

The three existential questions quoted, mine deep into the area of human belief. Who am I, is dependent upon who I think I am given the life I have been given, with its travail, tumult, trauma, and yet its high points. Why am I here, speaks to my current purpose. Will I engage, addresses the type of determination needed, the resilience to live life in the human environment, given life's maladaptive disruptions. The answers spawn from belief. Belief is altered by experience. With belief come thought. And thought affects all of human behaviour.

We work out these questions in the arena of existence. Maybe this is what St Paul meant in part, when he said that we are to live out our faith "In fear and in trembling." So it matters not whether we are Hottentot, Berber, Navajo, Acadian. In our own way and in our own time these questions will appear within us internally by way of language or esoteric thought. And they just do not appear out of nothing. God our Heavenly Father will

a) who am I?  
b) why am I here?  
c) will I engage?

be the instigator of both the questions and the answers. The Bushman saw something in his environment that pointed him to something far greater than who he was. It was a spiritual and mystical experience. His quest at the end of day was beyond who he was, to who made this beautiful place, and what his part was in it? The writer of Ecclesiastes speaks to this in ch 3, vs 12. "He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end." Paul speaks to this too in Romans 1:20. "For since the creation of the world God's invisible qualities--his eternal power and divine nature--have been clearly seen, being understood from what has been made, so that people are without excuse."

In the world of psychotherapy people ask these same questions. Often they come as a result of, and in the midst of deep pain, loss, trauma. They are often asked in the hope of regaining a life focus. Who Am I, in the middle of this emotional mess? Why Am I here, in light of the reason I am in pain. Will I engage, points to a way out, having discovered the answer to questions one and two, and then importantly will I take the advice given, by God and a human healer?

Therapy and faith work together to help give guidance in this difficult emotional journey.

[www.bryanhagerman.ca](http://www.bryanhagerman.ca)

St Paul's Church Outreach  
Counsellor

## Transitions

BY ALLIE COLP

There are so many clichés about the nature of change that to even talk about how many clichés there are is probably a cliché. But – clichés often point to something that is true. Change is an inevitable part of life, no matter who you are, no matter what you do, no matter how hard you try to fight it.

In the lives of young people, there are a number of significant changes that happen, and it's important to be aware of these kinds of changes, and be equipped to support them through them. Whether they are young people in your family or in your church, there's a part for you to play in supporting them.

An important thing to know as church is that times of significant transition are most common times that young people stop being

involved in church. Whether it's a shift from elementary to middle or high school, or a move to a new place, or a loss in the family, transitions often shift lots of things around for young people, and things that aren't priorities can get lost in the shuffle.

The tricky part of this is that those times of transition are also often the times when people tend to want to give others space and time to figure things out on their own. It's important to find the right balance between allowing some of that space and time, but also being present and reminding young people that they are an important part of the community – whether it's the Sunday morning church community, the Sunday school community, youth group, or whatever communities they are part of in the life of your church. Help them to remember that they are important and cared for there, and it will help



them to remember that it is important to them to.

As with everything, there's no magic solution to make sure that transitions don't cause young people to

disengage from our church communities, but being aware, being present, and being supportive are all important pieces to helping young people remember that

they are beloved children of God and valued for who they are, which will hopefully help them want to continue to learn and grow in their faith.

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# It's A New Day!

## Mission in Harmony

BY REV. LISA G. VAUGHN

In music theory a perfect fifth, is the most consonant harmony and considered the foundation for tuning. Perhaps the same could be said for the Anglican Communion's Five Marks of Mission, a harmony of approaches to missional ministry and the basis for who we are and all we do.

The early origins of the Marks of Mission stretch back to ecumenical and Anglican dialogues and studies in the 1960s. The Anglican Consultative Council brought them to the fore of serious consideration in 1984 when they worked on a mission statement of sorts for the Anglican Communion. Four years later at the Lambeth Conference, bishops from around the world officially adopted the five aspects of mission. At General Synod in 2010, a strategic plan, called Vision 2019, emphasized these five marks as a framework for the ministry through the Anglican Church of Canada.

Since the word 'mission' in Latin translated "send", can seem difficult to grasp in its meaning, the Five Marks of Mission provide a clearer working definition. They can help congregations and dioceses consider their overall ministry priorities.

To be clear, the Marks of Mission help us outline God's intentions for all of God's beloved creation. A statement from Lambeth Conference 1998 says, "Mission goes out from God. Mission is God's way of loving and saving the world... So mission is never our invention or choice." (Section II p121).

National Indigenous Anglican Bishop Mark MacDonald, in a recent video says that mission is not something people have created. Rather, mission is about "our understanding of what God is doing in the world."

It is helpful to understand that each of the five marks of mission, although they are numbered, are all of equal importance. The list attempts to offer a holistic approach to the key aspects of revealing the Kingdom of God and offering the Creator's invitation into it. It also does not represent an exhaustive list of ways to live out mission. There is no limit to God's



Rev. Lisa G. Vaughn, Diocesan Parish Vitality Coordinator

mission to the world God loves.

In our Diocese our congregation members tend to gravitate to Marks 3, 4 and 5, related to loving service, social justice and wise stewardship of creation. Generally, our parishioners understand these, are passionate about them and strive to live out these aspects of mission quite well. These ministries are making a difference!

However, through analysis of annual parochial returns, lay and clergy leader surveys, congregational self-evaluations and other measurement tools of missional vitality in our Diocese, it is clear that every parish requires supports to strengthen Marks 1 and 2, related to evangelism and Christian formation. It is important to note that ONLY Christians can do the ministry of these first two foundational marks. Other organizations, for example, governments, charitable groups, community foundations, etc., can and do live out Marks 3, 4 and 5.

Marks 1 and 2 provide us with a solid Christian foundation that is also echoed in our Baptismal Covenant promises. These are especially clear in these two questions:

- *Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?*
- *Will you proclaim by word and example the good news of God in Christ?*

When we learn, embrace and continue to grow and mature in our understanding of God and our baptismal identity (including the Apostles Creed and the question, Will you persevere in resisting evil

and, whenever you fall into sin, repent and return to the Lord?), then we can more effectively respond to the extravagant Grace of God in these questions:

- *Will you seek and serve Christ in all persons, loving your neighbour as yourself?*
- *Will you strive for justice and peace among all people, and respect the dignity of every human being?*
- *Will you strive to safeguard the integrity of God's creation and respect, sustain, and renew the life of the earth?*

When we have a solid grounding in Marks 1 and 2, then we are able to respond to Marks 3, 4 and 5 with a deeper theological and biblical understanding, as well with a rooted comprehension of our rich Anglican ethos. The Holy Spirit empowers, equips and spurs us out of a sense of joy, gratitude and inclusive love to respond to Marks 3, 4 and 5.

Of course, our maturing as disciples through our Baptismal vows involves loving service, justice seeking and environmental stewardship. Sometimes our deepening relationship with God and active engagement in the Christian community derive from these as starting points in this journey of faith.

In Mark 1, to proclaim the Good News of the Kingdom, to TELL, is to do what our Lord did. We too share with others this freedom message that is characterized by justice, healing, forgiveness, reconciliation, inclusive love and radical hospitality. We read in the scriptures Jesus commanding his disciples to both speak about and actively live out this gospel revelation. For example in Matthew 10:7, Jesus said, "As you go, proclaim the good news, 'The kingdom of heaven has come near.'"

In the Apostle Paul's letter to the early church in Rome he writes, "How are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him?" (Romans 10:14).

### THE FIVE MARKS OF MISSION of the Worldwide Anglican Communion

1. To proclaim the Good News of the Kingdom (**TELL**)
2. To teach, baptize and nurture new believers (**TEACH**)
3. To respond to human need by loving service (**TEND**)
4. To seek to transform unjust structures of society, to challenge violence of every kind and to pursue peace and reconciliation (**TRANSFORM**)
5. To strive to safeguard the integrity of creation and sustain and renew the life of the earth (**TREASURE**)

As Anglicans we are rediscovering approaches to proclaim the Good News in respectful and relevant ways. One simple and effective method is through naturally sharing our story of faith with those whom we've built authentic relationships.

Mark 2, to teach, baptize, and nurture new believers, to TEACH, is to help people grow to become committed disciples (apprentices) of Christ. As one embraces the Christian faith other disciples share that same journey. Together we continue to support and encourage one another to deepen our relationships with God. We grow roots in a way of life that includes corporate and private worship, sharing of the sacraments, scripture study, prayer disciplines, etc., so as to live a fully integrated Christian walk.

To be clear, Jesus commissioned his disciples to make disciples (not simply converts). Saint Paul encouraged Christ followers to spur one another on in daily spiritual growth and mission. In Colossians 1:28, he says, "It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ."

The Anglican Church of Canada's recent strategy

document, Vision 2019 Task Force, Dream the Church, states that the Five Marks of Mission are an invitation and challenge to the whole church to make mission, not just a project, but instead part of daily life and ministry. Archbishop Fred Hiltz writes, "I rejoice that the vision is grounded and rooted in the Marks of Mission. ... These marks speak to our true vocation as evangelists, storytellers, caregivers, advocates for peace and justice, and good stewards of God's creation."

Visit the Anglican Church of Canada's *Living the Marks of Mission* site at:

[www.anglican.ca/marks/](http://www.anglican.ca/marks/)

Rev. Lisa G. Vaughn is the Diocesan Parish Vitality Coordinator. For articles, inspiration and insights on congregational vitality and mission see the Facebook page "Parish Vitality Coordinator – Diocese of NS & PEI. and Anglican Net News, "Six-Minute Study".





Photo: Robert Butler, Doug Yarn Gloria Butler and Peter Armstrong performing at St James' Church, Boutilier's Point, NS.



Photo: Chuckie Manuel on accordion with father and daughter duo, Quentin and Helena Christie.

# On our way rejoicing....

BY JOHN STONE

Many of the rural churches in our diocese are like the lighthouses on our shores, homecoming beacons for those who live there and landmarks for those who pass by. Like St. John's (Crapaud), St. Andrews's (Neil's Harbour) and Holy Trinity (Jordan Falls.)

Such are the four churches of the Parish of French Village. The "Yellow Church" of St. James is one of those. Standing tall like a bold, bright sunflower it has been an eye-catching feature of Boutiliers Point for over one hundred and seventy-three years. Indeed, for an extended period of time the Royal

Canadian Navy actually used it as a navigational reference point! Early in its life St. James was somewhat isolated. In fact, parishioners would clear the shoals of McCues Island and row the preacher across the Head of St. Margaret's Bay for services. Now perched proudly off the shoulder of the #3 highway and a stone's throw from the saltwater, St. James has been and is an "old friend" to many in the area.

As is so often the pattern in families across rural Canada, those of Boutiliers Point have seen younger generations spread out to our adjoining settlements. Not too far and close enough for family suppers! And so it was, when it became known that the congregation was facing a major paint job to the exterior of the building, that musicians from The Bay pooled their talents and offered to do a benefit concert for

their "old friend". Peter Grant, organist at St. Luke's, Hubbards, and an outstanding musician in his own right, handled the sound system.

Peter Armstrong, Black Point, who musically supports many initiatives in the area like Unicorn Theater, used hand and stick to play the drum. Also, from Black Point, Robert Butler sang and richly played guitar. With an extraordinarily clear and strong voice, Gloria Butler from Upper Tantallon, sister of Robert, also played guitar and delightfully acted as the group's spokesperson. Doug Yarn from St. Margaret's Bay employed an amazing array of harmonicas punctuating his sounds with a very keen wit! Chuckie Manuel of Boutiliers Point added his well-known talent for playing the accordion. Father and daughter duo, Quentin and Helena Christie, inserted their own lively set into the varied

program. And so, it was that folks from Halifax to Hubbards, over 80 of them, tapped their toes, clapped their hands, swayed their heads and had their hearts filled with joy in their beloved Yellow Church.

For over two hours it was a concert that generated a contagious sense of happiness. It was also a wonderful demonstration of community and an uplifting testament to the places in our hearts reserved for our church. Gloria Butler was the one who brought this fund-raiser together. It is only the latest in the continuing efforts the St. James team is pursuing to fulfill its major goal, to have our church, congregation and mission seen as a welcoming, integral part in the life of the wider community.

Just as Rev. Lisa Vaughn urged us all to do in the recent MORE workshop at St. Nicholas.



Photo: St James' Church, Boutilier's Point NS

## Jazz on the Green

### The 2nd Annual St. James, Armdale Gala Dinner and Auction

In the spring of 2018, St. James, Armdale decided to spice life up a bit by hosting an evening of elegance in celebration of the then upcoming nuptials of HRH Prince Harry and his soon-to-be-bride. While we held great hope that this fundraiser

would raise some funds, we were astonished by how much FUN it also raised. In our Pre-Royal Wedding Gala Dinner and Auction we were able to raise spirits and monies both for the Parish and for a charity we believed would help both people in our HRM Community and would honour the Prince. Through a percentage of ticket sales and the enterprising photo booth of a young Cadet in our Parish

(Dan Parker), we were able to send a generous donation to Wounded Warrior Canada. (Much to the delight of both the Congregation and CPO2 Parker, we were surprised and blessed to receive a Letter of Appreciation sent by Kensington Palace on behalf of HRH Prince Harry.) Needless to say, the roaring success of our evening in May of 2017 and the encouragement of the young

Prince, prompted us to make this an Annual Event.

On May 4, 2019 we will be holding our 2nd Annual Gala Dinner and Auction at Ashburn Golf Club in Halifax. Our theme for this evening will be "Jazz on the Green" and we are excited to announce that the Jazz Quartet "Cornerstone" will be sharing their jazz-stylings and leading Jazz Vespers as we

laugh, break bread, sway to the music and share in our Silent and Live Auctions. Tickets are only \$50 each and include a 3-course sit-down meal, your paddle for bidding at the Live Auction and beautiful music in a stunning setting. For more information or to purchase tickets, please call St. James, Armdale at 902-477-6770 or email the Rector at rev.rachaelparker@gmail.com.

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# MISSION (is) POSSIBLE:

Diocesan stories of people responding to God's call

## “Nurturing Nurses, Inside & Out”

By Rev. Lisa G. Vaughn

Parish nurse ministries are taking off in the Dartmouth area. There are two Anglican Churches, one United Church and one Presbyterian congregation offering the special ministry of parish nurses.

Sue Duncan has been a Registered Nurse for 38 years and now serves vocationally in her congregation of St. John's Westphal as a Parish Nurse. Since 2014, Brenda Tucker from the Church of St. Andrew, Cole Harbour, with 35 years in her profession, has been ministering in this capacity. Both say they view their roles as bridges of sorts. They help bridge people into wellness and better medical care, and they help bridge people into the faith community.

Educated and regulated through the *Canadian Association for Parish*

*Nursing Ministry*, each undergoes almost two years of preparation including coursework and at least 100 hours of supervised practicum. According to the association's fact

**“I've always wanted to meld health care with faith,” said Sue. “I always felt the spiritual component was missing.”**

sheet, the role of the parish nurse is to promote the integration of faith and health in a variety of ways that reflect the context of the faith community. This includes health advocacy, health counselling, health

education and resource referral.

In addition to the educational credentials, candidates for parish nursing also have to be raised up and affirmed by their congregations. By all accounts, this is a ‘call’ to a particular ministry connecting people to health and healing of body, mind and spirit.

Brenda said in the beginning she had to be encouraged by other parish nurses in the area to consider this ministry. “It spurred me to investigate, to research, to go online and read more about it,” she said. Then her priest, Archdeacon Katherine Bourbonniere, was supportive of her hosting arthritis education programs in the church. That was the start of bridging her nurse expertise with her faith community.

“I've always wanted to meld health care with faith,” said Sue. “I always felt the spiritual component was missing.”

Both Brenda and Sue practice as Parish Nurse Ministers in different ways, based on their gifting and passions. Each enjoys the health promotion educational roles, but Sue enjoys more of the pastoral components of hospital and home visits. “Presence is a big part of this,” explained Sue. “Some of the situations you run into require assessing.”

Brenda holds weekly office hours at the church for one-on-one confidential sessions. She outfitted St. Andrew's with First Aid supplies and an automated external defibrillator (AED) device. Additionally, she used to host a fitness group, The Walking Sticks. Brenda is skilled with organizing sessions with guest speakers like a local pharmacist who talked about vaccines, a dietician who spoke on healthy cooking for one and a hearing expert who shared about Tinnitus. She also offers sessions from her extensive experience with people who live with hypertension and arthritis.



Photo: Brenda Tucker organizes annual flu shot clinics at Church of Saint Andrew, Cole Harbour, with the assistance of Dr. Janet Howard.

Parish Nurse Ministry engages the faith community firstly with an anonymous health survey of the congregation to identify the needs. When programs and services are offered they are promoted to the wider community in order to reach new people, especially those who may be vulnerable.

St. John's hosts regular 90 minute educational sessions called *Healthy Living* in the parish Hall. Sue recently reviewed the new Canada Food Guide and shared samples of lesser known healthy produce like quinoa.

Sue has begun offering foot clinics in the community, rotating with other parish nurses and their churches every 6 to 8 weeks. This medical service is offered by donation, to cover the costs of supplies. “It can be costly for foot care,” she said. “Not everyone has the means... If you lose your feet you lose your mobility and your independence, sometimes your limbs.”

Only a few of the foot clinic patients are church folk. The majority of people have no active congregation involvement. One woman shared with her nurse minister how she had lost her faith and they talked about her struggle with that.

Brenda works with a local physician, Dr. Janet Howard, to provide free flu shot clinics. She also distributes educational bulletin inserts that can be shared with people outside of St. Andrew's. These feature topics like eye care, Multiple Sclerosis, oral health, and signs of heart attack and stroke.

“I believe that true health exists when we have balance in our physical health, mental state and spiritual life,” said Sue. “Each of us can be shaken from time to time, in one way or another and may need some help to find independence, joy and grounding again.”



Photo: Sue Duncan Parish Nurse in St. John's Westphal explains how the new Canada Food Guide works.

# Teach us to pray: a pearl of great price

On the dedication page of a book I've used for many years in my daily prayers, ("Each Day & Each Night" by J. Philip Newell) are these words: "To my Mother and Father who taught me to pray".

What a beautiful acknowledgment, one I admit that I've wondered if my children could make about me. I do remember saying prayers with my children in those sleepy moments at the end of the day. Whenever we sat together for the evening meal, we held hands and said a Grace likely familiar to many of you: "God is great, God is good and we thank Him for our food." Our son especially embraced this ritual, so much so that, for a time, even meals in a restaurant or on a picnic could not begin without clasping hands, pinching eyes shut and offering these words.

On Sundays, both our children frequented whichever church we attended. As we are a two-clergy family we were seldom all together for worship, but our children regularly participated in a weekly Eucharist and Sunday School program, so I am confident that they were exposed to prayers, some of



Rev. Frances Drolet-Smith

which they even came to know by heart, but I am not so sure I "taught" them to pray . . .

The phrase "saying prayers" may well be indicative of the problem. I'm the first to acknowledge that the world is replete with beautiful prayers, many from our own Anglican tradition. I have always loved to read the written prayers of others, not only for what they help me say to God, but for what they say to me. However, *saying prayers* and *praying* are not necessarily the same thing. I'd also be the first to say that our church has not always been dependable in teaching parishioners "how" to pray. Many people I've encountered don't feel confident to offer an impromptu prayer, claiming

their words are not poetic enough, not articulate enough. By extension, we've not been much help to parents. In a world so in need of prayers, surely it is time to recommit ourselves to the task – and privilege to teach others to pray, beginning perhaps, with our children.

As useful as resources may be to get you started, the best way to teach someone to pray is to have a regular prayer practice yourself. Mother Mary Claire, Superior of the Sisters of the Love of God, once observed "for those who truly desire a life of prayer, the only way to achieve it is by praying." Setting aside a time and place to pray is a wonderful way to invite a child "in" to experience a deepening relationship with God. There's really no need for sophisticated formulas. Reviewing the day past with a child gives insight into the concerns they carry, and glimpses into their needs. It is also a time to foster gratitude for blessings. These gentle reflections can reassure a child that everything can be entrusted to God – even, and perhaps especially, the things we are sorry for and our resolve to do better tomorrow.



Photo credit: Vicki Fioratos

Prayer is an on-going conversation with God, possible at any time of day. As with human relationships, honest conversations can deepen friendships. Spending regular time with God in prayer acknowledges the Divine in the ordinariness of daily life.

Children learn the importance of prayer by watching and listening as adults pray. While prayer is simply "talking to God", prayer also involves listening. Helping children cultivate an inner – and outer quietness instills a sense of prayer time as being sacred ground.

Establishing a prayer life takes practice, patience and in the desert times, persistence. Sharing your own struggles with prayer – as well as the joys of drawing closer to God also helps to root faith in fertile ground. Prayer can be likened to the pearl of great price discovered by a merchant who sold all that he had in order to purchase it. Teaching others to pray is to give a great gift – priceless and enduring.

Rev. Frances Drolet-Smith  
Diocesan Representative, the  
Anglican Fellowship of Prayer

## Sobeys makes shopping more inclusive for customers with sensory sensitivities

Sobeys stores across Nova Scotia partnered with Autism Nova Scotia to implement sensory-friendly shopping hours beginning the end of February 2019.

The sensory-friendly shopping hours will be bi-weekly 6 p.m. to 7 p.m. on alternate Sundays. (Mar 10, Mar 24, Apr 7, etc.)

Following a successful pilot program in P.E.I., Sobeys partnered with Autism Nova Scotia to expand across both provinces. Sensory-friendly shopping addresses challenges experienced by many people, including individuals with Autism Spectrum Disorder, by limiting visual and auditory stimuli in the grocery store environment.

To create a sensory-friendly shopping environment for that hour, Sobeys will:

- reduce lighting by 50%
- silence internal PA systems, music, telephones, scanners and registers;
- encourage staff to speak softly;
- refrain from gathering shopping carts;
- place visual aids over popular grocery items such as apples, bread, milk and eggs;
- position a manager at the front of the store for support.

Lori Rhyno, director of Sobeys store operations in Northern Nova Scotia, and mother to a child with sensory challenges, took a leadership role in implementing the new program.

The purpose of the inclusive hour is to make shopping more comfortable for

people with sensitivities to bright lights and noise. This includes people with autism, hearing difficulties, PTSD, concussions, or other sensitivity condition. The one-hour event allows customers to experience reduced sensory shopping and get used to everyday life skills.

Sobeys' Nova Scotia stores are not alone in offering sensory friendly shopping hours. The Sobeys store in Oromocto, NB offers them on Tuesdays.

*Editor's Note: This is not an advertisement for a particular enterprise. It is recognition of one company that understands it has customers with particular needs and is willing to make their space an inclusive environment. We could all learn from this example.*

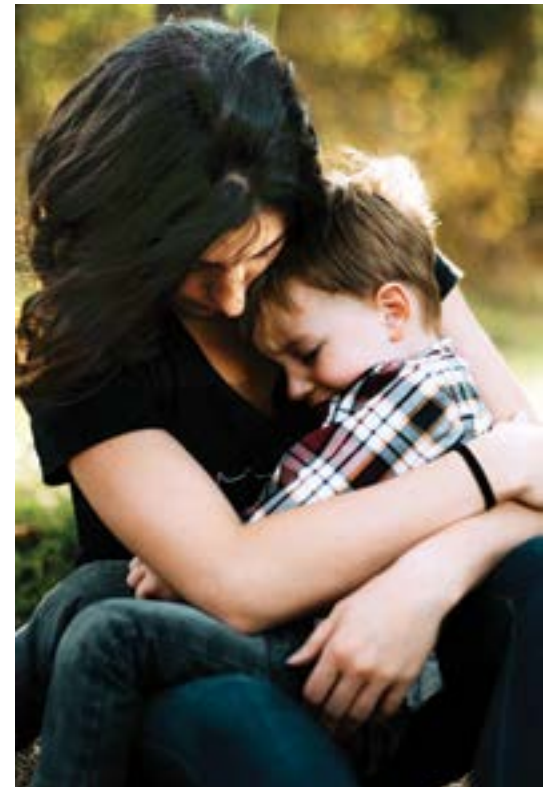


Photo: Mother comforting child.  
Credit: Jordan Whitt at Unsplash

# Wallace's World Day of Prayer

BY MARIANNE MACMILLAN

St. Andrew's Anglican Church in Wallace, N.S. hosted the Women's World Day of Prayer whereby we saluted the women of Slovenia. Our "little" church on the North Shore of Nova Scotia was full with participants from all denominations of our surrounding communities. The theme for this even was "Come - Everything is Ready".

Such a wonderful spirit of togetherness and sharing was enjoyed. Our table was set, food prepared, wine poured and all enjoyed this World Day of Prayer Service!

Thanks be to God!



Photo: Marianne MacMillan welcoming participants.



Photo: Arlyle Siscoe and Rev. Nicole Uzans



Photo: St. Andrew's Anglican Church, Wallace prepares for World Day of Prayer

# The great Christian adventure: YOU are the equipment

By Cathy Lee Cunningham,  
Part-Time Rector, Church of the  
Good Shepherd, Beaver Bank

*"Isn't it splendid to think of all  
the things there are to find out  
about?"*

*It just makes me feel glad to be  
alive — it's such an interesting  
world."*

- Lucy Maude Montgomery



Rev. Cathy Lee  
Cunningham

In last month's article, I shared  
with you the **Community  
Engagement Process** —  
specifically, the *Neighbourhood  
Drive* and *Community Leader  
Interviews* — that I teach  
through my consulting  
practice and that we fully  
embraced at the Church of  
the Good Shepherd in Beaver  
Bank in 2015.

Once you've done the  
exploring and interviewing  
and sit down to make your  
Mission Action Plan, this  
is the time when you may  
become painfully aware that  
although you have big dreams,  
you are

**a small church, with a small  
budget and a small pool of  
volunteers.**

Like so many of you, as God's  
parish in Beaver Bank, we are  
constantly struggling with the  
challenge of fulfilling mission  
with limited human and fiscal  
resources. While it's tempting  
to say, "Oh well, we don't have  
the volunteers. We don't have  
the money to do any more  
than we're already doing," we  
don't take "no" for an answer.  
Which brings me to a young  
orphan girl on P.E.I.

## The unstoppable, missionally- minded, Anne with an "E"

Since CBC launched the  
new series, ANNE, I've been  
thinking a lot about Anne of  
Green Gables as an example  
of great mission-mindedness.  
The series reimagines the  
world of the 13 year-old  
orphan as she breaks into the  
lives of Matthew and Marilla  
Cuthbert on Prince Edward  
Island in the late 1890s.

A promotion for the show  
describes her and the impact  
of her life:

*"Anne, who proves to be  
uniquely spirited, imaginative  
and smart,*

*transforms the lives of  
Marilla, Matthew and  
everyone else in their small  
town."*

At first, the unique beauty  
of her spirit and presence,  
coupled with the vast expanse  
and expression of her God-

given imagination — born  
out of the hardships and  
abuses of her young life — is  
misunderstood and rejected,  
by everyone but Matthew.

*Think on Jesus, as he begins  
His mission in First Century  
Palestine.*

Yet, Anne never gives up or  
stops believing in the power of  
wonder and possibility. Out of  
that unstoppable depth of her  
being, new worlds are made to  
come alive. Love and healing  
are realized. Hope and faith  
are born. Those around her,  
broken wide open in the most  
profound, surprising and life-  
changing ways.

*Think on Jesus, as he continues  
His mission in First Century  
Palestine.*

That's why I believe

**Jesus would absolutely  
love Anne as a model for  
discipleship**

For certain, she's not perfect.  
She makes mistakes. Many  
mistakes. Causes confusion  
and pain (which she never  
intends to do). Yet, without  
fail, she always tries to learn  
from her experience and grow.  
A perhaps unintended model  
of how to be a successful  
disciple in the modern world.

If you need focused  
inspiration, use her example  
and these challenging and  
encouraging words of Jesus,  
when He sent the Twelve out  
into the dangerous mission  
field of their First Century  
world:

**"Don't think you need a lot  
of extra equipment for this.  
YOU are the equipment. No  
special appeals for funds.**



## Keep it simple."

Mark 6: 8-9, The Message

Anne's openness to move  
through her own pain  
and failure becomes the  
pared-down portal through  
which she solves seemingly  
insurmountable problems,  
making extraordinary  
things and creating amazing  
experiences with the simple  
and free things available  
to her: nature, friendship,  
curiosity, compassion, and her  
endless creative power. She  
knows she is the equipment.

Her life is hard, so filled with  
challenge after challenge,  
obstacle after obstacle. Yet, she  
always finds a way back to the  
beauty and the wonder. To let  
the hope of possibility carry  
and fuel her into the newness  
of life that she trusts the

future will always hold. She  
is real. She is Christ-like. She  
is grateful. Her Good Fridays  
always lead to Resurrection  
Sundays.

## Imagine Anne on your mission team

When the "we can't do this  
because" reasons and voices  
arise, what would she do?

How can you be the  
equipment for the mission to  
which God is calling you?

In the May Issue, to show  
you how mission with next-  
to-nothing can be done, I'll  
share my story of documentary  
filmmaker Marina Shepeta,  
the creator, producer and  
director of the amazing film,  
"Home Out of Nothing."

Need assistance or resource suggestions? Contact  
[cathylee@cathyleecunningham.com](mailto:cathylee@cathyleecunningham.com) or visit  
[www.worldchangingcongregations.com](http://www.worldchangingcongregations.com).

**Columbarium niches now available in  
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heritage cemetery located in Middle Sackville, N.S**



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# NEWS FROM THE CHEBUCTO REGION

## Stadacona Faith Centre



Photo: Members of the Canadian military assemble for worship in the Faith Centre

REV. ROBERT PARKER

Within the Chebucto Region lies CFB Halifax, which includes Stadacona Windsor Park, Willow Park and HMC Dockyard. On every base in Canada there is a chapel or faith centre, which become the hub of religious ceremonies. Halifax has the Stadacona Faith Centre.

As part of the downsizing of bases in the 1990's and 2000's, several chapels were consolidated at Stadacona. In 2006, St. Brendan's Chapel increased the worship space by the addition of a multi-faith room, called 'The Gathering

Place and the smaller Chapel of Remembrance which is dedicated to those HMC Ships that were lost during the Battle of the Atlantic.

The Protestant Congregation, which includes all of the Christian denominations that are not Roman or Eastern Catholic, worships every Sunday in the Chapel of Remembrance at 0830hrs. Ecumenical services are also celebrated in the older St. Brendan's Chapel. Annually, all Christian Chaplains participate in the Lessons and Carols service that takes place every year in early December.

## One of the connectors connecting St. James

The Parish of St. James, Armdale is excited that one of our own was chosen to participate in the Missional Opportunity of The Connectors. Our very own Alice Galpin-Nicholson has been working and discerning with a small group of people from around the Diocese to learn more about Mission and our role in sharing the Good News of Jesus Christ in our Communities outside the walls of our churches. In her dreaming and discernment, Alice came upon the idea

of sharing the Good News in gentle ways through her proposed initiative called "Jesus Rocks". She has invited the congregation to join her in collecting and painting rocks with uplifting Christian sayings that can then be quietly left for people to find when the Holy Spirit leads them, or not so quietly given to those who might need a little "Jesus Rock" upon which to build their day. This kind of Missional



Work is new to the people of St. James but Alice is challenging us to get out of our comfort zone for Jesus' sake and to take a chance that someone might receive the gift of Jesus' love through one of these rocks and begin a journey of their own toward the faith and the truth that have kept our Parish moving forward—the truth that "Jesus rocks!"

## The charm of Chebucto

The Region of Chebucto consists entirely in, but is not the entirety of, HRM. We are an interesting and varied grouping of 12 Anglican Parishes and 4 ministries with Chaplaincies, and our Region hosts the site of AST. Our views are spectacular ranging from downtown Halifax to the Bedford Basin, The North Arm and the Atlantic Ocean herself. Our congregations are as varied as our locations and we can boast of the Cathedral, a Church of England Church (Herring Cove), and a "small town" church in Spryfield. Within our bounds we celebrate the ministries of the University of King's College, hospital chaplaincy and the Anglican presence of Canadian Armed Forces Chaplains at CFB Halifax in Stadacona and HMC Dockyard. We are also very proud of the

work done by Rev. Maggie Whittingham-Lamont, her staff and volunteers at Mission to Seafarers—Halifax. While we don't have room in this edition of The Diocesan Times to highlight events and spotlight opportunities from every Congregation, we invite you to read on and discover a little bit about Charming Chebucto. You are always welcome to come and join any of us for a visit! The Cathedral Church of All Saints; St. Paul's, Grand Parade; St. George's Round Church; St. Mark's in The Hydrostone; St. Margaret of Scotland (North End); St. Peter's, Birch Cove; Trinity, Main Ave.; Emmanuel, Spryfield; St. James, Herring Cove; St. Augustine's, Jollimore; Church of the Apostles (Bayers Road) and St. James at the Rotary (Armdale).

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# Hidden in plain sight – modern slavery

BY CYNTHIA PILCHOS

It is very easy to see slavery in its historical context only, especially the Transatlantic slave trade that brought millions of slaves from Africa to the shores of the “new world” from the 16th to the 19th centuries. However, slavery has a very modern, in-the-moment face that crosses cultural, race, and ethnic parameters. Indeed, you are probably shocked to hear that there are more slaves now than at any time in history, as there are anywhere from 10 to 30 million globally. But do not delude yourself into thinking that modern slavery is a hideous reality elsewhere - it is alive and thriving in our own back yard, a reality about which we are largely ignorant – one, moreover, that is very lucrative.

What is this modern slavery, you may well ask?



It is human trafficking. And, what is human trafficking? It is the recruitment, transportation, transfer, harbouring or receipt of persons, by means of threat, or use of force or other forms of coercion (abduction, fraud, deception, the abuse of power or of a position of vulnerability, the giving or receiving of payments or benefits to achieve the consent of a person having control over another person) for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation

of the prostitution of others or other forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude, or the removal of organs.

You have an opportunity to learn about this modern slavery scourge and to become informed about its thriving presence in Canada and our own maritime provinces. You are invited to a Panel Presentation and Discussion, Hidden in Plain Sight – Modern Slavery, on Saturday, May 4; 9 – 3:30; Emmanuel Church, Spryfield. This Panel Presentation and Discussion, Hidden in Plain Sight – Modern Slavery, is co-hosted by the Diocesan Mothers’ Union and the Anglican Church Women Board. These two diocesan organizations are pleased to collaborate to bring this learning, worship, and fellowship opportunity to you, as both the Diocesan

Mothers’ Union and the Anglican Church Women Board recognize the importance of sharing resources, expertise, and organizational strength in order to promote a mission-focused church.

Another joint enterprise for the Diocesan Mothers’ Union and Anglican Church Women Board is a proposed resolution for Synod 2019 regarding human trafficking. The proposed resolution will ask our Diocese to support the intent of the Anglican Consultative Council to work against human trafficking. In proposing to bring this resolution to Synod, the Mothers’ Union and Anglican Church Women are giving life to the 4th Mark of Mission: to seek to transform unjust structures of society, to challenge violence of every kind, and to pursue peace and reconciliation.

If devoting a whole day

on May 4 to learning more about this modern slavery hidden in plain sight is not possible for you, plan on attending the morning Panel Presentation and Discussion from 9 – 11:00. The Panel Presentation and Discussion will be followed in the morning by a service of Memorial and Thanksgiving. After the lunch break and time of fellowship, there will be an opportunity for those in attendance to explore possible responses and actions to what they have learned about human trafficking. Fortunately, the Anglican Church of Canada has a number of resources to help dioceses and parishes with this process. It promises to be a valuable learning and devotional opportunity on May 4. For further details about how to register to attend Hidden in Plain Sight – Modern Slavery, please refer to the NetNews, under ACW.

2019

## Canadian Church Calendar

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*Anglican edition / édition anglicane*

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**Ordering details on the Anglican NetNews under ACW**

Inside and Out  
À l'intérieur comme à l'extérieur

# 2019 April Puzzle Clues

**ACROSS:**

- 1 – The Day of Resurrection (6)
- 4 – “Look to him and be \_\_\_\_\_” (Ps.34:5) shining brightly (7)
- 8 – Fabric from which jeans are made (5)
- 9 – Put back in one’s former position (9)
- 10 – Was imparted knowledge again (8)
- 11 – Commendation given for an action (5)
- 13 – Twin brother of Jacob (Gen.25:24-26) (4)
- 14 – An assistant to the Apostle Paul (Acts 11-13) (8)
- 17 – Oneself (8)
- 18 – Low male singing voice (4)
- 22 – Collie in a television series (6)
- 24 – With great discernment (8)
- 26 – Blue gemstones (9)
- 27 – Brass instrument associated with the military (5)
- 28 – Leave completely and finally (7)
- 29 – Patron saint of England (6)

**DOWN:**

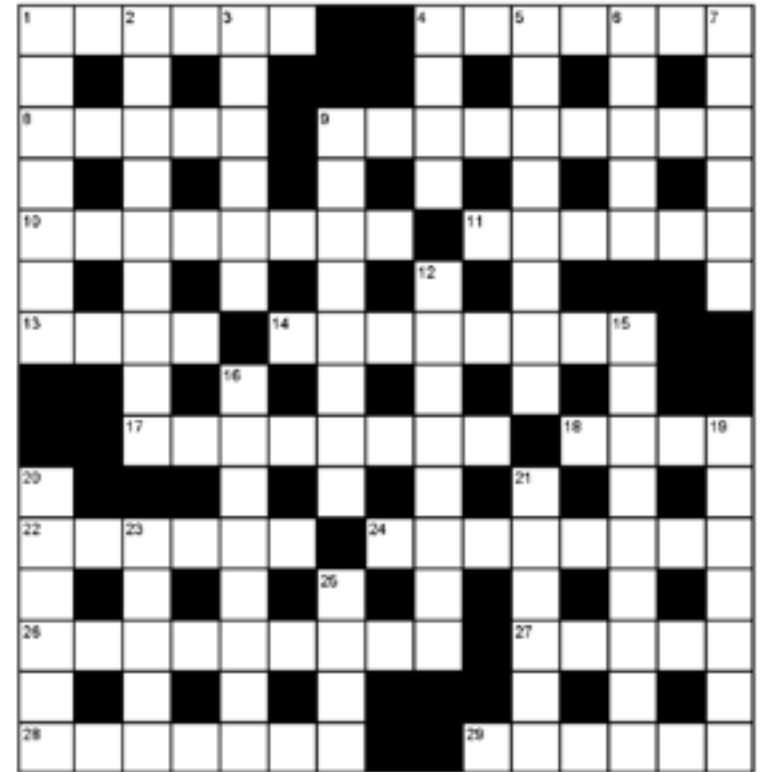
- 1 – Sign a cheque (7)
- 2 – “May he send you help from the \_\_\_\_\_” (Ps. 20:2) sacred place (9)
- 3 – “Two of them were going to a village called \_\_\_\_\_” (Luke 24:13) village seven miles from Jerusalem (6)
- 4 – Water falling from the sky (4)
- 5 – Depict in words (8)
- 6 – Something given for merit (5)
- 7 – Formal agreement between two countries (6)
- 9 – Practice before a performance (8)
- 12 – Separation into constituent parts (8)
- 15 – One who takes something useful from discards (8)
- 16 – “The Lord has \_\_\_\_\_ me severely” (Ps. 118:18) penalized (8)
- 19 – Building block of Styrofoam™ (7)
- 20 – Prophet, successor to Elijah (2Kings 2) (6)
- 21 – “Whoever becomes \_\_\_\_\_ like this child is the greatest in the kingdom of Heaven” (Matt.18:4) modest (6)
- 23 – Colour often seen in old photographs (5)
- 25 – “(The Canaanites) have chariots of \_\_\_\_\_” (Josh. 17:18) metal that rusts (4)

## Bible Crossword

by Maureen Yeats



### APRIL Puzzle



### MARCH Solution





## Hidden in Plain Sight – Modern Slavery

**The Mothers' Union and Anglican Church Women Board for the Diocese of Nova Scotia and Prince Edward Island**

invite you to a

## Panel Presentation and Discussion

on

## The Faces of Human Trafficking

in Nova Scotia and Prince Edward Island

## Hidden in Plain Sight – Modern Slavery

**Date:** Saturday, May 4, 2019

**Time:** 9 am – 3:30 pm

**Place:** Emmanuel Church, Spryfield (Halifax metro area)

**Registration:** free of charge, but pre-registration required – details will be available on the Anglican *NetNews* in April

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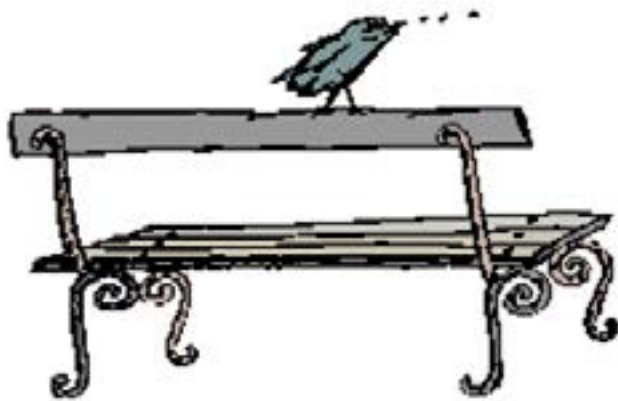


Photo: The Sagrada Familia still under construction. Possible completion date is set for 2028.

# An attitude of gratitude

BY REV. DAVENA DAVIS

The idea for this article came to me in August 2018 with one of Weight Watchers Freestyle booklets (Aug. 19-25, 2018) entitled "Practise Gratitude: how appreciating the good things in your life can help you on your journey." The examples they give are simple ones: biting into a ripe and juicy peach, the welcome your pet gives you when you come home. "Research has found that gratitude boosts life (and relationship) satisfaction, optimism, and overall well-being...Being grateful...boosts happiness—which prompts you to make healthier choices." (p. 2) I try to include gratitude in my end of day prayers—going over the ups and downs of the day, but especially thanking God for the ups and the lessons the downs have given me. Beyond feeling gratitude, I believe there has to be a next step: action.



## VIEW FROM THE DEACON'S BENCH

Are we called to express in some meaningful way our gratitude to God and God's many gifts?

I was in Spain this autumn on holiday—yes, I was grateful—and I visited a magnificent building in Barcelona: the Sagrada Familia, a church (consecrated a basilica by Pope XVI in 2010) dedicated to

the Holy Family. When I saw this massive building towering into the sky and saw the faces of the awe-inspired visitors, I realized that I was participating in an act—an expression—of gratitude. This is more than a church, more than an architectural giant, this is a creation of devotion to

God. In the few words allotted to me I cannot do justice to this incredible building of towers and turrets. It is one of the tallest buildings in the world. If you visit the website ([www.sagradafamilia.org](http://www.sagradafamilia.org)) you will get an idea of the immensity of the construction. It is the religious symbol of a 19th century Catalanian arts and crafts revival called the Renaixensa, and as such it has important cultural and religious significance. Still under construction, it is huge and was filled with visitors and pilgrims when I was there. The most famous architect of this marvel was Antoni Gaudi (1852-1926) who was commissioned to build the church in 1882 and worked on it until his death. As an accomplished architect, Gaudi worked on many projects in Barcelona. But by around 1910 this magnificent project began to dominate his life and work and he

put his full attention and genius on this one structure. He became more and more conscious of the spirituality of the work he was doing. In his 75th year, while on his way to Vespers, he was struck down by a trolley car and died of his injuries. Work has continued on this building which has been described as a "stone expression of the Christian faith...praising the family of Nazareth as a model of a united family." (website).

My impression after spending some time there and seeing the many visitors of all nations is that this building is an expression of Gaudi's gratitude to God in his own unique way: the creation of a glorious worship space dedicated to the Holy Family. The Sagrada Familia "invites people of all backgrounds and faiths to share in a sense of life based on love, harmony, goodness, generosity and peace."(website).



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# The rector's outreach lunch

## St. Paul's, Grand Parade

Every Wednesday at noon St. Paul's Church, on Halifax's historic Grand Parade, hosts the Rector's Outreach Lunch, a program very close to the hearts of our parishioners. There is, as the sign at our front door says, "such a thing as a free lunch," and that is the spirit of this program: good food and fellowship with no strings attached. Our rector, Paul Friesen and a small team of volunteers play host to a varied group of lunch guests. Many are regulars, some are occasional, and others may drop if they are passing through and need a warm meal and a friendly face. All are welcome.

This program is not large in scale – our function room is small and we serve about two

dozen people weekly – but that may be its greatest strength. Fr. Friesen and the guests all sit down together at one large table, shoulder to shoulder, and eat together, joined by volunteers and space and time permit. In this intimate setting, conversation flows, friends and acquaintances reconnect, and new connections are made, all while we enjoy a three-course lunch served at table by the volunteers. We begin with a delicious soup made by one of several talented parishioners who give generously whenever called upon. Deli-quality sandwiches follow, made possible by a corporate grant arranged by a long-time volunteer. We always end with a home-made dessert. We all appreciate good food served in good

company and the Outreach Lunch guests are no exception. Being familiar with many of the soup and dessert recipes by now, they love to see their favourites coming around the table and are always ready with compliments for the cooks! After lunch, Fr. Friesen sets a time aside for individual pastoral conversations with guests. Then he sets off with several guests for the Sobeys store on Windsor Street. We are fortunate that our funds allow for the distribution of \$50 grocery gift cards on a rotational basis, extending our outreach ministry into our guests' daily lives and making their food budgets stretch a little bit further.

As the lunch is small, we need few volunteers, but they

are very dedicated bunch, and tend to stay for years. The longest-serving of those, and the program's staunchest advocate, was Bob Stapells, whose death last November saddened us all. He had known many of the guests for years and always had time for a chat and a bit of cheeky banter. Though St. Paul's is a sizeable church, it was barely large enough to contain all who came to pay tribute to Bob at his funeral, including many of the lunch guests. Among his many gifts to this program are the ongoing participation of his son Ryan and son-in-law, Paul, who volunteer every week and are a reminder of his dedication.

Fr. Friesen remembers his motivation for creating this

outreach program in June, 2007, as being a desire to extend the spiritual fellowship of the Wednesday morning Eucharist into the community. He determined that the best use of the existing Rector's Discretionary Fund would be a food outreach ministry, and the Rector's Outreach Lunch was born. Parishioners have taken this outreach to their hearts and give generously to the Fund. Over time, a number of lunch guests began to attend Eucharist on Wednesday mornings. Some have become parishioners and are now familiar faces on Sundays, bringing the original goal of the programme full circle.

RUTH HUBBARD, RECTOR'S LUNCH CO-ORDINATOR

# Celebrating Viola! with St. George's Round Church



Photo: Some young choristers from St George's and a drummer from New Horizons get ready for the service.

On Sunday, November 25th, Saint George's Round Church in Halifax's North End hosted an ecumenical service with New Horizons Baptist Church (formerly Cornwallis Street Baptist Church) honouring the life and witness of civil rights pioneer Viola Desmond. The two churches were invited

to host the event as part of the North End Business Association's week-long celebrations for the Bank of Canada's launch of the new \$10 Bill, on which Viola Desmond is depicted. Viola was born and raised in North End Halifax, where she ran a successful hair salon and

beauty product business only a few blocks away from St George's and New Horizons. In her youth, she was baptized and confirmed at Trinity Anglican Church which used to stand at the corner of Cogswell and Brunswick Streets, before it moved to Main Avenue. Viola also attended New Horizons throughout her life, where she had deep family connections.

The service was led by The Rev'd Nicholas Hatt, Rector of Saint George's, The Rev'd Dr Rhonda Britton, Senior Pastor of New Horizons, and Ms Sharon Ross, a layreader of Trinity Anglican Church, Halifax, and included prayers of repentance and prayers for an end to racial discrimination. Music for the service was led by the senior and junior choirs of both churches, blending 19th Century English church music with songs from the civil rights movement. A highlight was the Tribute to Viola Desmond written and performed by Sharon Johnson of New Horizons.

Prior to the service, a free luncheon was offered to the neighbourhood, which filled St George's Hall to overflow capacity. Food was generously provided by two local businesses on Gottingen Street: Jane's Next Door and the LF Bakery. Former Halifax poet-laureate Professor El Jones, who is a strong advocate for black communities in Halifax, also performed some of her slam poetry for those gathered for the luncheon.



Photo: The senior choirs of St George's Round Church and New Horizons Baptist Church.



Photo: Pastor Rhonda Britton and the New Horizons Choir sing during the ecumenical service.



Photo: Father Nicholas Hatt of St George's and Pastor Rhonda Britton of New Horizons cut the cake at the luncheon.



Photo: Some of the Emmanuel Players at rehearsal. Andrew Smith, Paula Pottie, Sharron MacKenzie, Brenda Kirby, Marsha Slaunwhite, Liz Mahoney, Paul Hunt, Dorothy Rudolph, John Smith.

## Emmanuel Players

By CAROL MACDONNELL

Last year we presented our twelfth dinner theatre. These plays are something the community and beyond look forward to every October. We are blessed to have a great team of

parishioners who continue to bring their boundless energy to this event, not to mention our "chef's" delicious gourmet meals. Another of our blessings is the number of actors and musicians who are not parishioners and yet continue to

dedicate their time and talent to this endeavour. Best of all our faithful patrons continue to attend these plays every year and continue to tell us it was the best play ever!


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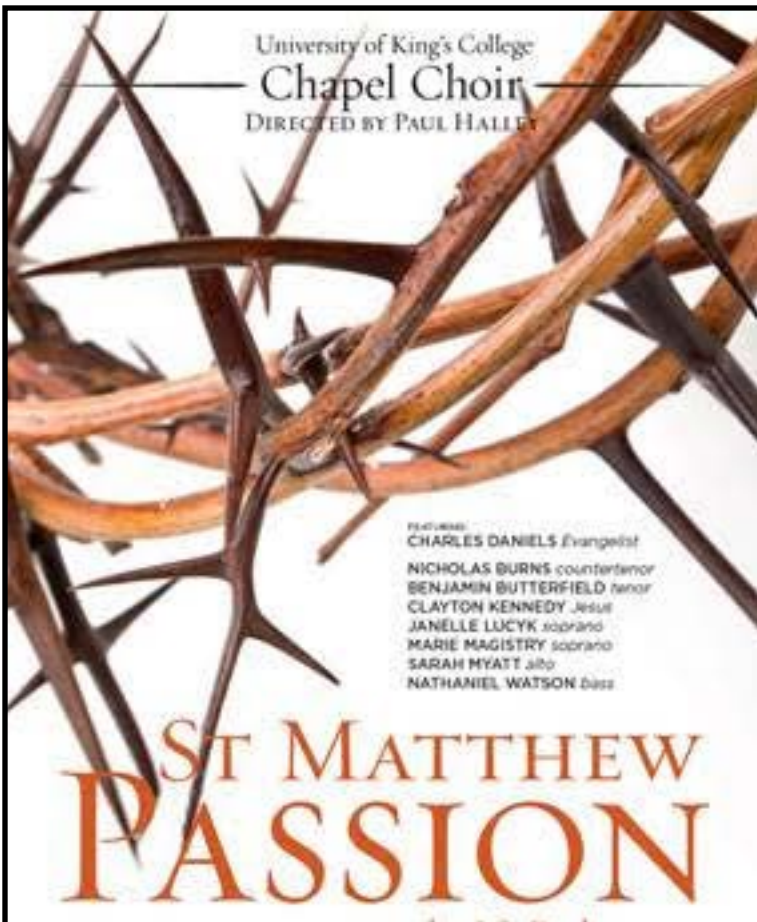
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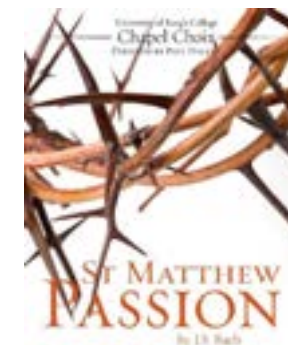
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