



Lenten luncheon still a hit after all these years

Victoria Henrikson, ACW Communications

It's Friday in Lent and the Church of Saint Andrew in Cole Harbour is a buzz as they give a hearty welcome to each person who comes to their annual Lenten Chowder Luncheons. For the past 30 years, the doors have been opened each Friday in Lent to welcome thousands of folks to enjoy a bowl of fish or corn chowder, biscuits, dessert, tea and coffee.

It is so much fun whether you are a paying customer or a volunteer cooking the chowder, waiting tables, sorting the refuse, cleaning tables or acting as greeter

at the door. Each week has a different theme; these pictures capture the Irish and the International themes. There is food, music, dancing, a sing-a-long and lots and lots of fellowship. You can also purchase goodies at a bake and craft table.

We have been blessed with terrific musical talent with Ron Noiles and his many friends who have, over the years, given of their time and God-given talent to entertain our guests. We will be doing this again in 2018. We invite you to join us – you will not be disappointed.



Photo above: The parking lot gets filled quickly as people come early for the first sitting at lunch.

Photo middle: The volunteers make everything ready to receive the lunchtime customers.

Photo bottom; The first customers enjoying corn or fish chowder followed by a taste-tempting desert and perhaps a sing-along or a twirl around the dance floor.

Spring ordination at AST



Photo: Susan Slater was ordained to the priesthood on March 24th, at St. Columba Chapel of Atlantic School of Theology. Shown above homilist Rev. Nicole Uzans, newly ordained Rev. Susan Slater and Bishop Ron Cutler.



COLUMNIST

Now we have two 'Reverends' in the rectory

Miranda graduated from Seminary this past month and will make her decision about ordination in the near future. She is hoping for a job in Pastoral Ministry where her final training and post graduate work has been directed for the last academic year, she is looking to be ordained as a minister in the United Church but has been worshipping with us ever since the family arrived in The Bog.



ST. BART'S BY THE BOG

Sarah Neish

Jason has always said that the greatest gift he got from his time at the School of Theology was Miranda. They are such a loving couple who have blossomed into a loving family when Charlie was born. The challenge for such couples who meet, fall in love and marry while in the ecumenical institution is the "denomination" problem. Are they Anglican or United Church? Where should the family worship on Sunday and where should the children be Baptized?

Charlie was Baptized here in St Bart's and carries the third name of Bartholomew because he is the first baby to be born into the rectory family in many, many years. When Jason and Miranda shared this name with us as a congregation we were overwhelmed and delighted. Charlie is "ours"!

Some of us drove into the city to be at Miranda's graduation

and we showered her with gifts and love. But now comes the time when she will be looking to put all that 'book learning' into a paying job; one that fulfills her need to serve in God's vineyard.

She has agreed to take Sunday services at the local United Church when their minister is on vacation. She says she will be a nervous wreck and Jason says they will have to compare sermon notes! There are all kinds of offers to babysit Charlie while both parents are working and one lucky teenager will have a summer job right here in The Bog.

The bigger problem is one that many newly graduated young folks face. That is the first paying job in their profession the profession that they have trained for and studied for and dreamed of for many years. Our hope for Miranda is that she finds a position that is fulfilling and brings her the satisfaction of a job well done at the end of the day. She is a woman of deep faith and

endless gifts to share. In the mean time, many of us will be attending the United Church at least once during her time there. Fortunately, the services there are in the afternoon at 3 P.M. So, we will have time to get home, have lunch and a short nap before venturing out again.

Miranda is hoping for a position in one of the large city hospitals as her first choice in her new career. She has said a second post graduate degree in counselling might be in order if she thinks there is a job in that direction. Whatever her plans, she has assured us that The Bog and St. Bart's rectory will be their home for the foreseeable future because Jason says he has lots of work to do here with his people.

That fills our hearts with joy. After all, we are not ready to say goodbye to the first child born to the rectory family in years; nor to his parents!

I'll keep you posted, Aunt Madge.



PAUL SHERWOOD
Editor

Also on the web:
www.nspeidiocese.ca

Letters & News Items:
Paul Sherwood, Editor
PO Box 8882,
Halifax, NS B3K 5M5
diocesantimes@gmail.com
902.477.3040

Advertising: NEW!
Angela Rush
diocesantimes.ads@gmail.com
905.630.0390
(Burlington, ON)

Published monthly except in July and August by The Diocesan Times Publishing Company.

July & August 2016 online editions available via the diocesan website: www.nspeidiocese.ca

Printed by and mailed from:
Webnews Printing Inc.,
North York, ON

Opinions expressed do not necessarily reflect the views of the editor, the management board of The Diocesan Times, the diocese of Nova Scotia and Prince Edward Island or any representative thereof, except where expressly stated.

All material subject to editing.

SUBMISSION DEADLINE:

The first day of the month preceding the month of publication: e.g., the deadline for the April is March 1st.

CHURCH CHAIRS

QUESTIONS TO ASK WHEN CHOOSING NEW ONES

ARE THEY COMFORTABLE?

CAN THEY BE STACKED?

DO THEY SHOW THE DIRT?

CAN YOU HANG A KNEELER ON THEM?

DO THEY LOOK APPROPRIATE?

WILL THE CONGREGATION LIKE THEM?

Dave Walker © 2017 CartoonChurch.com

Changes to your Subscription?

Either online:
www.anglicanjournal.com/subscribe

Or write:
Diocesan Times/Anglican Journal
Circulation Dept
80 Hayden St
Toronto, ON M4Y 3G2

circulation@national.anglican.ca
(416) 924-9199 Ext 259/245

Subscription rate for both
The Diocesan Times and the
Anglican Journal:
\$20 per year
Single copies: \$2

BISHOP'S SYNOD MESSAGE



Rt. Rev. Ron Cutler,
Bishop of the Diocese of Nova
Scotia and Prince Edward
Island

It's Synod time

From May 25-27, nearly 350 delegates; laypersons elected at parish annual meetings, the eligible clergy, officers and co-opted members, will gather at Dalhousie University for the 147th session of the Synod of the Diocese of Nova Scotia and Prince Edward Island. Once the Synod is called to order they will all become "members of Synod". What is a Synod? The word "synod" comes from the Greek ?????? (sýnodos) meaning "assembly" or "meeting", and it is synonymous with the Latin word concilium meaning "council". Yes... but what is our synod? The Anglican Church Acts of the legislatures of both Nova Scotia and Prince Edward Island say that: "The Synod, having been constituted a body politic and corporate by the name of ... "Diocesan Synod of Nova Scotia and Prince Edward Island" and by that name may take, receive, purchase, acquire a gift or otherwise, and hold real and personal estate, and may let, sell, mortgage, convey or otherwise dispose of and manage the same, or any part thereof and may adopt a constitution and under said constitution enact, amend and repeal Canons, bylaws and regulations for the government of the affairs of said Church in the Diocese of Nova Scotia and Prince Edward Island and for the enforcement of discipline in said church."

Now is the time to go deeper in mission—in the ways that we "proclaim by word and example the good news of God in Christ!"

So our synod is an assembly or meeting of Anglicans who come together to make and amend laws (canons) and in other ways regulate the affairs of our church. Christians have been doing this sort of thing for a long time. We could go all the way back to around 50 A.D. where in Acts chapter 15 we read about a council

gathered in Jerusalem to determine if gentile converts to Christianity should follow the Mosaic laws. (The conclusion was - no). This year when we gather at our synod we will be looking at a number of our diocesan canons. (The full list is found elsewhere in this edition of the Diocesan Times.) We will also be considering the proposed change in General Synod Canon 21 - On Marriage. This last conversation will not be about making a decision; the decision will be made by the General Synod, however we are required to give feedback to the General Synod. In order that our conversation be well informed I am asking that all Synod delegates read the report of the Commission on the Marriage Canon found at the website of the Anglican Church of Canada (www.anglican.ca). We will also come together in worship, we will receive reports about the wide variety of

ministries which go on around the diocese. We will listen to presentations from the various ministry teams which coordinate the various diocesan ministries, and we will elect delegates to Provincial and General Synods... Is that all?

Our theme for Synod this year is: It's about MORE. And the answer to the question above is 'no' we won't just be debating rules and receiving reports - as important as that work is. We won't stop there because that work is about us and I believe that the gospel calls us to be doing a lot more than worrying about our own affairs. There is so much more that God is calling us to do in the towns, villages and neighbourhoods where we live and work. An inward focus makes us think that we are living in scarcity, but God has given us "more than we can ask or imagine." Two years ago we started a conversation at our last Synod, about God's Mission to the World, under the banner of "It's About the World". The record of the conversation at synod in 2015 said very clearly that Synod members wanted to know more about how we engage in God's mission. That people wanted worship to be more, truly an opportunity to encounter the divine in vibrant and life-changing ways. That they wanted to understand more about growing in faith and the uniqueness of the Anglican expression of Christianity.

There have been lots of things happening in our diocese since synod 2015 as we have sought ways to live more missionally, to help form missional parishes and explored what it means to be a missional diocese. So much of this work is really just opening up the conversation about being disciples of Jesus amidst great cultural change. Now it's time to go deeper in mission, in the ways that we "proclaim by word and example the good news of God in Christ"

To proclaim the Good News of the Kingdom

To teach, baptise and nurture new believers

To respond to human need by loving service

To transform unjust structures of society, to challenge violence of every kind and pursue peace and reconciliation

To strive to safeguard the integrity of creation, and sustain and renew the life of the earth

God has **more** hope to give to this hurting world, **more** peace, **more** vision, **more** power for change, **more** strength for the work of God's kingdom.

Are you ready for **MORE**?

+Ron

Many people see Christians as small-minded, judgmental and un-loving

Jesus' Resurrection changed everything!! God has proven His power over sin and death. Wolfhart Pannenberg, renowned late 20th C. German Theologian, stated, "The most compelling argument for the Resurrection of Jesus from the dead was the transformed lives of His followers." That is still true today!

In one of my NS parishes, I was approached by a young couple to "get their children done..." That's nominal ecclesiastical code for baptism. I've been tempted many times to respond "...medium-rare or well-done?" The young Father had lived a wild life but in the last few years had "settled down," married and was raising a family.

Also, the Lord was stirring in him an inquiring heart. He wanted to learn more "about



Rev. Dr. John Roddam

God." I suggested a dangerous prayer - "Lord, if You're real, show me in a way that I'll understand and see that it is You!" Within 2 weeks, he was staunchly converted through an amazing series of events. One evening, as I visited this

family and reflected with this young man, he opined, "I would have become serious about this God thing but I didn't see any difference in my family members." His family was prominent in our parish and saw themselves as strong believers. However, the life of Jesus in them was dim to their own "black sheep" as he was known.

One preacher summed this up by stating, "If you were on trial for being a Christian; would there be enough evidence to convict you?" I've always found this a challenge personally. Do people around me see Jesus' love and character reflected through my life?

As Holly and I were getting settled into our first (four-point!) parish, getting to know the folks, one of the active parishioners approached me and

said, "Father John, I just met your wife." I nodded... She added, "She's a person of strong religious convictions!" I nodded more vigorously. Then she stunned me with the following observation, "But she's such a nice person!"

Many people see Christians as small-minded, judgmental, and un-loving. What a contrast to the Gospel mandate to "grow in the grace and the knowledge of the Lord Jesus Christ!" (2 Peter 3: 18)

This dynamic in our broader culture is overcome in two ways: Firstly, by deepening in our walk with Jesus, becoming more humble, loving and grace-filled. 1 John 4: 19 states - We love because He first loved us! As we get to know God's tenderness and love more and more in a personal way, it becomes

reflected in our lives.

Secondly, for the public perception of believers to change, we need to engage those outside the Church. I've been amazed at the response of the unchurched in communities where we've served. Our lives lived out before others have broken down stereotypes. As a result, many have come to know Jesus and become enfolded in the Church.

Do I walk this out perfectly? NO!! I'm a work in progress in my journey with Jesus. In fact, when I make mistakes, it may be powerful for others to see how I own my own stuff and address the wrongdoing.

How are you doing?

A summary of resolutions for Synod 2017

as of 28 March 2017

Resolution of Loyalty to the Queen

Commentary: This resolution pledges loyalty to the Queen.

Resolution of Greetings to the Anglican Communion

Commentary: This resolution requests that we send to the Archbishop of Canterbury greetings to the Anglican Communion.

Resolution that Ecumenical Visitors be granted courtesies of the House

Commentary: This resolution acknowledges ecumenical visitors and grants them courtesies of the House which includes a voice but no vote.

Resolution to amend Canon 1, Sects 9 & 11 with regards to Electoral Synods

Commentary: A resolution to amend these provisions in Canon 1 was tabled at the 2015 Synod, with the resolution, in the normal course, being brought forward at the 2017 Synod. The mover and seconder of the 2015 resolution have indicated that they intend to withdraw the 2015 resolution, and propose this resolution instead.

The change to subsection 9(1)(a) is designed to clarify that any nominee must, in order to be considered as a nominee at an electoral synod, possess the applicable accreditations, certifications or police reports required for the exercise of priestly ministry in the Diocese.

The change to Section 11 is to reflect a similar requirement for nominations made at the electoral synod, and to include wording which was inadvertently omitted in the existing Canon.

¶6. Resolution to amend Canon 1, Section 6 (4)

with regards to Calling an Electoral Synod
Commentary: The purpose of the proposed amendment is to provide more clarity on the process by which Diocesan Council may declare a Bishop incapacitated, and to provide a mechanism by which Diocesan Council may declare the office of Bishop vacant. In addition to the power of the Provincial House of Bishops to override the decision of Diocesan Council, the Bishop has the right to appeal to the Provincial House of Bishops on any finding of incapacity pursuant to sub-section 22(4) of Canon 1. The changes parallel changes made by the Diocese of Fredericton to its Canons in 2016.

Proposed Repeal of Canon 19, Diocesan Book Room

Commentary: As there have been no Diocesan Book Room for several years, the existing Canon 19 is redundant. In the event a Diocesan Book Room is to be established in the future, it can be established under such terms and conditions as may be approved by Diocesan Council reflective of the circumstances of the day.

Resolution to amend Canon 38, Parochial Property, with regard to Diocesan Housing

Commentary: The intent of this amendment is to bring the Canon into conformity with the Diocesan Housing Policy 2.2.11, which became effective January 1, 2016. The option of providing rented accommodations free of charge to the incumbent is seen as placing the incumbent in an untenable position, as the incumbent has no choice with respect to the premises, and is in a vulnerable position with respect to the provider of the premises and the parish. The payment of a housing stipend allows the incumbent to make his or her own decision with respect to housing, and to be responsible for the consequences of that decision.

Resolution to amend Canon 20, Regions and Regional Deans, Section E and Guidelines Respecting Regional Deans, Section C

By a motion of the Dartmouth Regional Council on 16 February 2017.

Commentary: This motion is being brought forward with the following objectives:

- 1) to include all synod delegates as members of Regional Council;
- 2) to decrease the maximum number of regional council members that can be elected;
- 3) to clarify who can hold the position of co-chairs and keep that definition consistent;
- 4) to create and define term limits for regional council officers.

The diocesan restructuring of regions several years ago, resulted in fewer regions with more parishes per region. The maximum number of Regional Council Members was not adjusted to meet this new reality. In our regional discussion, we felt that Synod would best be served by having all synod delegates participate in their Regional Councils. This participation would help delegates establish a better knowledge base to bring to synod. While working with Canon 20, some of our members noted that the definition of co-chairs was not consistent throughout. We offer this resolution to help bring definition, consistency and clarity to the canon.

Resolution to amend Canon 35, Parish Government, Section 8 with regards to Parish Councils

Commentary: Many parishes are faced with declining populations, plus the average age of parishioners is increasing. There is an increasing difficulty in finding persons to fill the necessary roles. The legality of having two wardens is understandable, but not always feasible in small rural parishes. It leads some parishes to have a second warden "on paper" only. If the reason for the second warden is for legality then, where a parish has only one warden, another lay member of parish council could be an additional signatory member.

Resolution to amend Canon 35, Parish Government, Sections 17 and 20, with regards to Meetings

Commentary: The proposed change to section 17 is intended to recognize the fact that many parishes find it difficult to have financial statements prepared and circulated to the parishioners by the third Sunday in February. In addition, the third weekend in February is now a long weekend in both provinces. The proposed change to section 20 is intended to re-emphasize the fact that our mission is as important, if not more so, than the finances and administration of the parish, and should be specifically addressed at annual meetings.

Resolution to amend Canon 3, Appointment of Administrator

Commentary: The content of this section is already contained in Section 22, subsection (4) of Canon 1.

Resolution to amend Canon 37, Parochial Finances, Section 23 with regards to Lotteries and Raffles

Commentary: Previous Synods have dealt with fund-raising through gambling and the result has been divisive. As Christians, we are concerned about the harm which can be done to some by gambling as it can be addictive. Yet, since the 2013 Synod, and

despite this risk, we have seen the rise of gambling as a source of funds for charitable organizations, including churches of other denominations. Most parishes in the Diocese rely on some form of fund-raising activity in their communities to supplement the offerings of parishioners and the income from endowments given by past generations to support the mission of the church. Fund-raising events can serve also as outreach and missional activities, in that they provide the larger communities with opportunities for fellowship and community-building, with access to inexpensive clothing and household items, or with home-style meals, baking, or entertainment, particularly in rural areas. There is particular mission potential when communities are gathered to make items for raffles; prayer, discussion, and faith-formation can occur at the same time.

Church fundraisers have become known as places to buy good things cheaply. This undervalues the items which have been donated and discourages both donors and churches from offering/seeking valuable items such as quilts and works of art for fund-raising purposes. Raffles have long been a recognized solution to this conflict: tickets are inexpensive, but because many tickets are sold, the proceeds received for the donated item reasonably reflect its worth. Raffles pose a very small risk of attracting problem gamblers, given the prevalence of opportunities to gamble in our society. There is often a long lead-time between purchasing a ticket and learning whether you hold a winning ticket. The prizes for raffles are tangible items, not cash. The tickets are only sporadically sold. Ticket prices are nominal. There is little risk that raffles will cause harm to members of our community.

For the sake of clarity, parishes may raise funds by hosting events which include games of chance (such as card games, cake walks, and bingo) where there is an entrance fee to play but no cash prizes are given to the winner.

This resolution has been developed through consultation among the parishes of the Northumbria Region and has been supported by them.

Resolution to amend Canon 25, Appointment, Transfer and Resignation of Stipendiary Clergy

Commentary: The intent of the proposed revisions is to:

1. provide guidelines for election of members of a Parochial Committee to select a new rector where a parish may have more than two (2) wardens, and to address shared ministry arrangements where two (2) or more parishes share a rector;
2. address concerns which have been expressed by parishes respecting the inability to conduct reference inquiries concerning applicants; and
3. require persons who resign from a Parochial Committee to give reasons to the Bishop, and to enable the Bishop to dissolve a Parochial Committee if it is unable to fulfill its mandate.



Whatever you do, don't turn away

BY CATHY LEE CUNNINGHAM,
PART-TIME RECTOR, CHURCH
OF THE GOOD SHEPHERD,
BEAVER BANK & FOUNDER, THE
VOCAPEACE INSTITUTE

Greetings and peace to you in
the name of our Lord Jesus!

THE CHOICE IS BEFORE US

As I write this article, we're still fully rooted in our Lenten journey and Holy Week is just around the corner. When you receive it, we'll have begun a new journey, post-resurrection. We'll have recalled the raising of Lazarus from the dead, Jesus's last week in Jerusalem, His Passion, the fear of the disciples who fled and hid and the steadfast presence of those who stayed with him and stood up to be counted. Then, finally, the glorious events of that first Easter day.

When confronted by the realities of this suffering world - realities laid bare in Jesus during His Passion and transformed by the power of His resurrection - we are always faced with a choice: Do I have the stomach or the desire to stand with others in times of suffering and make the journey from cross to resurrection with them OR would I rather run away, because it will feel too uncomfortable, painful, inconvenient or gut-wrenching?

In her book, *Twelve Steps to a Compassionate Life*, Karen Armstrong presents our Fourth Step: Empathy. She writes of the challenge to choose the



Rev. Cathy Lee
Cunningham

right path:

"Instead of maintaining ourselves in a state of deliberate heartlessness in order to keep suffering at bay, we should open our hearts to the grief of others as though it were our own. The Tibetans call this quality 'shen dug gal wa la mi so pa', which means, 'the inability to bear the sight of another's sorrow.' It is this, the Dalai Lama explains, that 'compels us not to shut our eyes even when we want to ignore others' distress.'"

THE CONTEXT OF OUR CALLING

These are both perilous and promising times for empathy.

According to the United Nations, the world is facing its greatest humanitarian crisis since the end of WWII: with 20 million people in Yemen, South Africa, South Sudan, Somalia and Nigeria facing

starvation and famine; 5 million Syrian refugees seeking safety and a peaceful life; the long-term sustainability of life on Earth in serious question; and the real prospect of nuclear war rearing its ugly head yet again.

Part of the challenge of empathy is that it requires us to commit to what we stand for.

Recently, a dear friend of mine told me that her adult children - both Millennials just out of university - are intently watching world events unfold. They're most concerned about how the Trump Administration's actions are hurting people and the planet. Feeling powerless in the face of the unilateral actions being taken by Trump, they're feeling angry, scared and growing more cynical by the minute. Perhaps you are, too.

No wonder. Trump's many unilateral Executive Orders have further increased the precarious state of human rights and environmental protection not only in the US, but around the world. His proposed 2018 budget increases defence spending to \$30 billion, slashing billions from health care, education, AIDS and foreign aid programmes.

At a White House Press Conference following the release of the budget, several journalists asked if the Trump Administration is concerned about how the cuts will bring increased suffering upon the world's most impoverished people.

Budget Director Mick Mulvaney shot back:

"We're absolutely reducing funding to the UN and to various foreign aid programmes, including those run by the UN and other agencies....The president said specifically hundreds of times....I'm going to spend less money on people overseas and more money on people back home.' And that's exactly what we're doing with this budget."

When another journalist pushed, "But, doesn't the president have any compassion for the 20 million people who might starve to death?", Mulvaney repeated the same answer.

I don't know about you, but when I witness these things unfolding, I often feel so frustrated and powerless (Executive Order, after Executive Order, after Executive Order) that I become infuriated. That's when my soul's companion -

A MEDITATION ON LOVE

When your mind is filled with love, send it in one direction, then a second, a third, and a fourth, then above, then below. Identify with everything without hatred, resentment, anger or enmity. This mind of love is very wide. It grows immeasurably and eventually is able to embrace the whole world.

The Buddha, as Quoted in Twelve Steps to a Compassionate Life

her name is Empathy - sounds the alarm: pause, reflect and pray. Most of us already know that when our most difficult and perplexing feelings are left unchecked, those feelings will eventually lead us to become the very thing that has caused our anger in the first place.

That's why, in our quest to live a more compassionate life, we need to learn and commit to a daily practice that will bring us back to our God-given centre.

REVISITING THE IMMEASURABLE MINDS OF LOVE

In this Fourth Step, Armstrong calls us to return to the "immeasurable minds of love meditation" from the Third Step (which I've included here again in the blue graphic). This time, choose three people: one for whom you don't have strong feelings one way or another; one whom you like, such as a family member or close friend; and one whom you dislike.

Imagine each person sitting beside you, consider the pain and direct "your thoughts of friendship, compassion, joy and even-mindedness" toward them. If you get stuck (especially when you think of the person you really dislike) stay with it, and use your memories of your own past experience to build your bridge to compassion. Armstrong promises that when we make this a daily practice over time, it will become easier, and

"make a compassionate groove in (our) brain". It's even more effective and healing when we make it "a relaxed, ruminative process."

To review: When in doubt, practice giving your love. When you're watching the news, don't yell at the TV. Don't diminish the humanity of those on the other side. Pause. Reflect. Pray. Repeat. Finally, whatever you do, don't turn away.

I'll see you back here in the June Issue, as we consider the Fifth Step to a Compassionate Life: Mindfulness.

As always, I am ever yours, in deep love for Jesus,

Cathy Lee

VISIT & EXPLORE MY TABLE OF FREE RESOURCES IN THE DISPLAY AREA AT SYNOD IN MAY! Is your parish longing to expand its world changing capacities, but stuck in the vicious cycle of "maintenance mode" or becoming cynical, struggling with decline, lack of funds for mission and a shrinking pool of volunteers? With God, nothing will be impossible. If you're willing to do the work, I can help. For a preview, go to:

www.worldchangingcongregations.com.

MISSION (is) POSSIBLE:

Diocesan Stories of People Responding to God's Call

"Health and Mission in Cole Harbour"

BY REV. LISA G. VAUGHN

Inspired at a recent MORE Mission School, Brenda Tucker says she is striving to be intentionally missional in her work as a Parish Nurse. The in-house RN at the Church of Saint Andrew, Cole Harbour, facilitates a number of health-oriented programs for both parishioners and people in the wider community.

Since attending the first module of MORE, Brenda is more aware of her position as a Christian leader and health educator. "I've decided we're going to start our programs with a prayer," she said. "We are in a church and I am the Parish Nurse. That is my role."

One of the exciting initiatives Brenda is engaging missionally in with her nursing vocation is with a weekly fitness group called the "Walking Sticks." Each Tuesday at 10 a.m. about eight to ten walkers gather in St. Andrew's parking lot to carpool together.

Their usual trek location is the boardwalk in Eastern Passage because it is a flat landscape, has plenty of park benches and a clear sightline for the nurse to monitor everyone's progress.

"We have people of all fitness levels," Brenda explained. "We usually have three little groups. One with the slower walkers. A medium one and a group of faster walkers."

Afterwards, the Walking Sticks go for coffee and socialize.

The group is mostly made up of parishioners, but they also have walkers who are not connected to a church. "I told everybody to come and join us," the Parish Nurse said.

Brenda Tucker facilitates other programs at St. Andrew's too. This spring she is leading "The Arthritis Lifestyle Make-Over Challenge," a self-management six-week series for people who struggle with various forms of arthritis.



Photo: Some of the members of the walking club at Church of Saint Andrew's, Cole Harbour

She has also held a "Manage Your Hypertension" program and brought in speakers to teach about hearing loss and the services offered by the

VON.

"I'm thrilled when people come from outside of the church," she said. "The idea

is to reach as many people as possible."

ACW's annual Lenten quiet day

The Annual Lenten Quiet Day, held on Saturday, March 18, 2017, was hosted by the Anglican Church Women of Nova Scotia Board and St. John's Church, Truro.

The theme was "That Love and Peace and Justice may Give God's Kingdom Birth". Students from the Atlantic School of Theology took part in the day with reflections and

the homily. Bonnie Skerrit spoke on "Love"; Nichola Fish-Cumine on "Peace" and Michael Tutton's topic for the homily was "Justice".



Picture, from left to right: Anne Williams, President of the Nova Scotia Board of Anglican Church Women, Nichola Fish-Cumine, Bonnie Skerrit, and Michael Tutton.

Remember To Forget

Always remember to forget,
The things that make you sad,
But never forget to remember,
The things that make you glad.

Always remember to forget,
The friends that proved untrue,
But never forget to remember,
Those that have stuck to you.

Always remember to forget,
The trouble that passed away,
But never forget to remember,
The blessings that come each day.

Always remember to do your duty,
And some kindness day by day,
But never forget to live a useful and happy life,
That is the only way.

by Albashir Adam Alhassan

Children's and Youth Education Director: Notice of Opportunity

St. Paul's Anglican Church, in Halifax is seeking a Christian and Youth Education Director (CYED). The successful candidate will be responsible for developing, delivering (or sharing the delivery with volunteers) of a faithful and creative programme of Christian Education and Formation for our children and youth reflecting the Anglican traditions and liturgy. It is important that the CYED inspire the children and youth of St. Paul's Anglican Church to learn and study the faith by communicating and demonstrating a deep desire to follow Jesus Christ. It is also important that the CYED role works within the spiritual framework of the Anglican Community, specifically as articulated by the Rector, and using materials, projects, and materials that reflect this focus and approach. The CYED will also seek and develop the engagement of the parents and families of the children and youth of the Church, as well as other members of the Church community, as resources and partners in the delivery of programs and projects.

The CYED shall be committed to active Christian congregational worship, demonstrate a current active spiritual life, and have an intellectual interest in Christian faith. The CYED will have earned a university or college degree, or have equivalent professional training in a field he or she has applied to Christian Education, and shall have prior experience teaching or directing educational activities in a Christian setting. The Director should communicate enthusiasm for Christian Education and spiritual formation, a good knowledge of the Bible, an interest in the Anglican Tradition, and a love of Anglican worship. The CYED should demonstrate commitment to, and the practice of, continuing education in relation to his/her role at St. Paul's Church.

The Children's and Youth Education Director shall

- Be deeply committed to the faith formation of children and youth

- Demonstrate support for and commitment to the work of St. Paul's Display/demonstrate a positive work ethic and relationships
- Be both self-motivated and a team player, and have strong interpersonal skills, demonstrating an ability to work harmoniously and enthusiastically with children youth and adults.
- Be action-oriented and comfortable taking the initiative
- Maintain a commitment to staying current in the field of Christian Education and value
- Continuing Education
- Be willing to participate in relevant church-wide activities and events beyond the position scope as defined above.

Safer church requirements: The Director will meet the standard police checks required of all church staff in the Diocese of Nova Scotia and Prince Edward Island.

This position requires the ability to work flexible hours (apart from Sunday) to meet the programmatic needs of the ministry and of the church and to accommodate the seasonal aspects of Christian ministry. The Director is expected to take an active role in the life of St. Paul's.

We Offer competitive compensation/benefits and a team oriented, congenial work environment, with regular communication and constructive feedback.

The position is based upon a fifteen-hour workweek, Sundays usually included, some of which can be at remote locations by prior arrangement. Salary is commensurate with educational background and experience. Continuing Education funds and a Book Allowance are included. 15 days of vacation are available after one year along with 5 days of annual study leave.

Falls are the leading
cause of injuries to seniors
in Nova Scotia.

Fall alert and other medical assistive technologies give you the confidence to live in own home. Enjoy your independence knowing help is on its way when you need it! With manual or automatic options and a wide variety of other alerts and sensors, Northwood Intouch can customize the solution you need to Live More.





1-800-461-3346 | Northwoodintouch.ca
FREE INSTALLATION WHEN YOU MENTION THIS AD

Your ad could be here!

Contact Angela Rush
diocesantimes.ads@gmail.com
(905) 630-0390

Need to add, edit or remove your name from our subscriber list?

The Anglican Journal manages our subscription list so the quickest way is to go online:
www.anglicanjournal.com/subscribe

There you will given the following choices for your individual subscription:


Type of change*

New Subscription Cancel a Subscription

Updating or Changing Information

And the bottom of the page has a link to get forms to update your parish list if necessary.

If you missed our donation envelope last month, please use the cutout below instead.



New subscription:

Already subscribe:

On-line or in print, I always read The Diocesan Times! How about you?

The Diocesan Times: newspaper for the Diocese of NS & PEI

Thank you for your generous support over the years. Once again, I am asking for your donation so we can continue producing The Diocesan Times in print and on-line. For a tax receipt, please include this envelope with your parish church offering. Or send it direct (no receipt issued) to our new mailing address:
Diocesan Times, 1340 Cathedral Lane, Halifax, NS B3H 2Z1

Name Parish

Env. No.Address

City Prov

Postcode Amount encl. \$20 Other _____

It's A New Day!

It's About the World in the World Wide Web

By Rev. Lisa G. VAUGHN

One essential tool in the missional ministry tool kit is an effective parish website. "If a church can't be Googled, it doesn't exist," says Episcopal Church Director of Communication, Anne Rudig. According to the Canadian Internet Registration Authority, 87% of Canadian households have access to the Internet. Another research source estimates that 85% of people will visit the church's website *before* they visit on Sunday morning (FaithHighway).

The parish home page is the new front door for potential visitors to your church. Searching a faith community's online presence is one way that newcomers can explore the spiritual life and activities of congregants before they ever pull into the parking lot. They can virtually 'visit' a church and consider if it might be welcoming, vibrant and where they can fit in.

So much more than just an introduction to first-time guests, a webpage also is a critical communication mechanism for existing parishioners. An effective site answers the common questions visitors are asking and provides timely, centralized information for the regulars who may have missed a Sunday or two or have lost their bulletin notices.

When designing a church web page it is important to think about first impressions. Remember your site features your faith community (people), not the building, furniture or communion vessels, the institution or the rector's face. The homepage highlights the culture and personality of the congregation. Images are the prime indicators of who you are and what you value, so choose your photos carefully. For example, do the pictures reflect the smiling faces of congregants or an empty



Rev. Lisa Vaughn
Diocesan Parish Vitality
Coordinator

sanctuary? Are there elements that showcase interesting activities and the vibrant life of the community?

Effective church websites are well organized (not too cluttered), easy to navigate and up-to-date in its notices. A site with advertisements about the 2015 Christmas services gives the impression of being careless, disorganized or inactive.

Here are some important components to include on the homepage:

- Weekly worship times
- Civic address (and driving directions)
- Contact phone number and e-mail address
- A brief description of the congregation and what you value.
- Links to information about baptisms, weddings, funerals, etc.

Parish website inside pages may include:

- Some explanation about worship traditions and liturgy expectations
- Names, photos and brief biographies of clergy and lay leaders
- Any programs offered for children, youth, singles, couples, seniors, etc.

- Community service and social justice activities (outreach)
- Calendar notices, like Bible studies, prayer groups, social gatherings, meetings and fundraisers
- An audio link to uploaded sermons
- Links to your Facebook page
- An online donation option

Generally, a parish website and its pages should be kept simple, fresh and inviting. Be careful not to use insider jargon. For example, instead of "BAS HE in the chance!", say "a small group contemporary Eucharist worship near the front of the church."

Visitors are sometimes seeking opportunities to serve the wider community, so be sure to showcase how you make a difference to serve needs in the world God loves. Tell them about your involvement in the local foodbank, PWRDF, how you

knit pneumonia vests for sick kids overseas or take turns at the soup kitchen. Explain *how* new people can join in – who to call, what equipment to bring, where to gather (specifically), etc.

Establishing a parish website is easier and more economical today than ever. Platforms like WordPress are simple to set-up and offer free benefits. Or ask another local church about how they set up their page. (A free, basic web presence is a Facebook page.) Choose a web address that is short and memorable, without hyphens, extra dots or underscores.

Be sure to involve several in-house volunteers to maintain and regularly update the site. A best practice is to refresh the homepage with some new material every two weeks. Photos of recent activities helps to drive viewers to your page. Additionally, remember to promote your web address in the Sunday bulletin, during announcements, on posters and feature it on the church's roadside sign. The aim is to have as many people visit your

site as many times as possible each month.

All in all, keep your church website simple, at least at the start. And remember, the time, effort and money spent on a webpage is an extremely wise investment, especially in terms of reaching the wider community. This cyber tool serves not only as an invitation and introduction, but also as a hub for parishioners to connect and engage in the God's mission, both online and offline.

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 CUTLINE:
How does your website help you achieve what God has called your church to be and do?



ANNOUNCEMENTS

Rev. Maya Bevan appointed rector, ½ time of the Parish of Cornwallis effective April 1st, 2017.

The Ordination of Mr. William (Bill) MacDonald to the diaconate on Tuesday

June 6 at 7pm. at St. Luke's Church in Hubbards.

The ordination of transitional deacons on June 22nd, at the Cathedral Church of All Saints, 7 p.m.

Encounter is an Anglican based weekend retreat that is open to all youth (of any Christian denomination) recommended for ages 15-18. It's an awesome opportunity to build lasting Christian friendships and to grow in

your relationship with Christ through a series of activities, discussions, music, and worship.

Registration is open now – register online or download your registration here: <https://tecsandpei.wordpress.com/>

EASY 50+ LIVING

VILLAGE AT THE CROSSINGS - SIMPLY A BETTER PLACE TO LIVE



AVAILABLE TO RENT NOW AND SPRING 2017

A PLACE WHERE YOU CAN LIVE IN COMMUNITY AND STILL ENJOY THE ADVANTAGES OF A HOME
Privacy, Security and a wide range of on-site services (5 minutes from the Airport)

Situated in a cozy cul-de-sac, Village at the Crossings embodies both warmth and welcome in the heart of the community. Five Star Energy Efficient homes with spacious heated garages and extensive storage and shelving. Choose from five different styles designed with comfort and convenience in mind. Two-three bedrooms, 1-2 Bath, one or two level homes having seven appliances in smartly finished interiors. The interior design and fittings include all of the features that you expect in your home.

SITE SERVICES & COMMON AREAS:
 Here you will find a wide range of on-site and community services that will meet your daily living needs:

- ON-SITE Staff Services
- Waste control and assistance for you
- Snow Removal
- Storm assistance
- Garage & Driveway Parking
- Assisted Clinic/Doctor office visits
- Dog sitting/walking options
- Reasonable priced In-Home meal delivery options (from our local Cafe - Cup of Soul)
- Absentee Monitoring (Going South?)
- Park areas and Trails; security fencing and CCTV
- Extensive Green areas & Gardening plots
- Community Gazebo & Events
- Landscaping / Gardening classes
- Dog walking Trails & Rest stations
- Home Care options
- House Cleaning options

CONTACT US AT 902 441-8014
 to view our units on Megan Lynn Dr. or on historic Rosary Lane in Enfield, NS.

VISIT OUR VILLAGE at the CUL-DE-SAC
 JUST 5mi. FROM AIRPORT HWY #102 at Exit #7 TURN RIGHT at FIRESTATION

VISIT OUR INTERNET SITE AT "FACEBOOK.COM/KINDRED LIVING"
 See "Google Map Enfield Nova Scotia"

LETTERS from AWAY

I ENJOY TRAVEL but am also conscious of how travel increases my carbon footprint. So I try to make sure that I get the most out of my forays back to the diocese. I never drive without having more than one thing on the agenda during my visits, balancing time between family, friends and church.

However, back in January, After squeezing in seven meetings over a four day period, I left exhausted. As well intentioned as I had been, I proved that you can have too much of a "good thing". Note to self: DO NOT DO THAT AGAIN!

The next trip proved that travel can mean more than miles on the road and guilt from increased carbon emissions.

Mid-March, with thirty other Anglicans, I did some "off-roading" and travelled through time. That evening, we stepped back into the past to learn some Canadian history.

St. Nicholas Church in Tantallon was the location. My fellow pilgrims were from across the Fort Sackville

Region. Our tour guides were experienced time travellers from Kairos Halifax who lead us back through the centuries to help us understand the situation of First Nations people today.

We left our chairs, placed carefully in a circle, and stepped onto colourful blankets covering the floor, travelling to a time long before the arrival of Europeans, when Nova Scotia and Prince Edward Island was home to thousands of people who fished, hunted and grew food. People who had their own language, culture, traditions, and laws. They worked together and cooperated with one another. It was a time when the original people ended disputes by making Treaties, ground rules for "fair play". As the evening progressed we were transported through centuries arriving back in the 21st Century.

Blanket Exercise time travellers are often shocked to learn about broken treaties, loss of land, language, culture and hope. But as we listen to the story, our eyes are opened.

I have experienced the Blanket Exercise at least a half a dozen times. Each time I gain more insight and my eyes are opened wider. In today's reflection, in a book I am reading called Parables, Prayers and Promises, Martha Martin describes the main character in a novel, his journey and how during a pilgrimage, people can learn to see more clearly, to have the "dust blown out of their eyes".

At a recent meeting of the diocesan First Nations Relations Task Group we committed to having our eyes opened and helping Anglicans in our diocese listen and learn so we might be better equipped to engage in respectful healthy relations with First Nations people.

As we move through 2017, my prayer is that many of us will have the opportunity to take part in the Blanket Exercise and the dust will be blown from our eyes so that we may gain a better understanding of what it means to be Treaty people.

Blessings from the outer world,
 Rev. __Marian Lucas-Jefferies

Sisters recognize exceptional service



Pictured above from (L) to (R)- Judy Beaver, Rosemary Boutlier, Rev. Katie, Mickey Fee, Joan Kennedy & Bernice Logan.

On behalf of the Associates of the SSJD, Eastern Shore Region, NS, a certificate was presented to Rev. Katie Tait for her many years of Love, Support, Leadership and Guidance after their annual Lenten Quiet Day on March 10, 2017. Rev. Katie is leaving the Eastern Shore and NS to be closer to her family in Ontario.

Teach us to pray:

Welcoming strangers, entertaining angels

"Dear God, Thank you for the baby brother but what I asked for was a puppy." "Dear God, please send that kid (you know the one I mean) to a different summer camp this year." "Dear God, I bet it's very hard for you to love all of everybody in the whole world. There are only four people in our family and I can never do it."

Though attributed to children, with a few edits, we may be tempted as adults to pray these words ourselves, particularly with respect to the practice of hospitality, of welcoming others into our homes, our neighbourhoods, our churches.

There's a memorable story

Some find it easier to give to charities on the other side of the world than to offer hospitality person to person.



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

in Genesis 18 of the three strangers who appear to Abraham by the oaks of Mamre. Abraham serves them bread from the choicest flour and kills the finest calf for them to eat - and, as you know, the strangers turn out to be a manifestation of God. The author of the Letter to the Hebrews recalls this story in one unforgettable verse: "Do not neglect to show hospitality to strangers, for by doing so some have entertained angels unawares" (13:2).

Welcoming strangers, those who we might mistakenly think are unlike ourselves, is not a matter of politeness or an act of charity. The real issue in welcoming others is in relationship. It is sometimes easier to give to charities on the other side of the world, even the other side of town, than it is to offer hospitality face to face, person to person.

As understood in scripture, welcoming is not the same

as tolerating. Welcoming strangers, from a scriptural perspective, is an act of affirmation which says that we value the other person prior to any judgment about them. The act of welcoming is based on a recognition of our fundamental relatedness, by virtue of our humanity.

Both Nelson Mandela and Desmond Tutu have taught us something about this. "Ubuntu" is a Bantu word. The dictionary defines it as "the quality inherent in the fact of being a person with other persons." When he uses it in his autobiography, Nelson Mandela translates it into English as "fellowship," literally camaraderie or, "fellow citizenship." In fact, ubuntu means much more, well beyond that: it is a way of being human, a way of conducting oneself as a human being. It is the practice of mutual humanity.

The logic of the Gospel is not "if we love our neighbour, then God will love us." Rather, it is because God loves us that, as a sign of gratitude, we love our neighbour. Welcoming the other is not a good deed, but rather, is our thankful response to the good news of God's longing to be in relationship with us.

We are called to express that relationship through tangible acts of welcome; not charity but welcome. It is true that "charity" means love, but its over-use, or misuse, has given it a connotation of righteous benevolence, of a kind of

arrogance that speaks of "those poor people".

Social justice should not be confused with charity or good works. It is not that charity or good works are wrong, but they are only part of what's at stake. Charity can and does relieve immediate circumstances, but social justice seeks to address and find solutions to deeper issues; to alleviate root causes like poverty, homelessness, abuse and lack of affordable housing.

Jesus said to his disciples: "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?" (Matthew 16: 24-26)

These hard words of Jesus' are a stark reminder to us of what we are meant to be about as Christians, as followers of Christ. The measure of our "success" is not in the amount of our accomplishments, or how "perfect" our world becomes, but in our faithfulness as followers. The world measures of success are different from the measures Jesus values. In fact, the world's measures often impede, get in the way of what Jesus came to do, and what he can continue to do through us.

Sometimes what really needs to be done can be an affront,



not only to church people, but to the world. It's a whole lot easier, and probably a lot less painful, to deny the hard reality of this seemingly hard demand upon us. But Jesus says to us that our faithfulness to the Gospel is directly proportional to our willingness to deny ourselves in following him. How can we be faithful to our calling? How can we run with patience the race set before us? How do we pray for courage to receive both strangers and friends, thereby entertaining angels in Christ's name?

THE REV. FRANCES DROLET-SMITH
DIOCESAN REPRESENTATIVE,
THE ANGLICAN FELLOWSHIP OF
PRAYER

PHOTO: VICKI FIORATOS

Vital Church Maritimes 2017

Registration is now open for this year's exciting Vital Church Maritimes conference. The educationally enriching event for lay and clergy leaders is being held in Truro from Thu, Sept 21 to Sat, Sept 23.

VCM, now in its fourth year, features seminar teaching and discussion on themes related to Fresh Expressions of church and mission-oriented ministries. The 2017 theme is "Streams of Hope."

Our keynote speaker is the

Rev. Canon Phil Potter, the Archbishops' Missioner and Fresh Expressions Team Leader in the Church of England. Phil was vicar of St. Mark's, Haydock, Merseyside, for 20 years, leading and pastoring the church through many transitions; later serving as Director of Pioneer Ministry in the Diocese of Liverpool.

To register visit www.nspeidiocese.ca. It is open to anyone, but space is limited, so sign-up soon! Early bird rates are available before

August 22. Payment is by credit card only. No refunds. Deadline to register is September 12.

Conference seminars and accommodations are at the Holiday Inn, Truro, which is wheel-chair assessable. To receive the discounted rate (single/double room - \$115) mention the group 'Anglican Diocese of NS & PEI.' Phone: 902-895-1651 (direct), toll free: 1-877-660-8550 or e-mail: reservations@hitrurohotel.com. Last year more than 120



Photo: Keynote speaker Rev. Canon Phil Potter, the Archbishops' Missioner and Fresh Expressions Team Leader in the Church of England.

people participated at VCM 2016 conference. Almost two-thirds of those who attended were lay people! Watch the Anglican Net News and Facebook group

"Vital Church Maritimes 2017" for the latest developments.

John D. Steele's Sons Limited

Manufacturers of Marble, Granite and Bronze Plaques, Monuments, Tables, Slabs and Markers

Write or call for a Free Booklet: PO Box 173, North Sydney, NS B2A 3M3
Telephone: 902-794-2713



King's-Edgehill School

Since 1788, Education for the Mind, Body, and Soul

www.kes.ns.ca



Dinner Theatre Plays

by Heather D. Veinotte, Playwrite

Great fun and fundraising!

Check out my website:
www.heatherdveinotte.com

VERITAS

Catholic Books & Gifts

We stock hundreds of titles including Bibles, inspirational books, history of the church and lives of the Saints. We offer one-stop shopping for Church supplies: candles, altar breads and wine and altar liners. Of course, custom ordering is available. We specialize in providing seasonal needs for parishes throughout the region.

New titles 2 months...

1546 Barrington St, Halifax (902) 429-7216 English, Parker Plaza, Unit 14 (902) 259-3304

info@veritasbooks.ca
www.veritasbooks.ca

since 1934

THOMPSON'S

MOVING & STORAGE

a great move!

Thompson's Moving & Storage — Nova Scotia's first choice for moving and storage solutions. Since 1934, we've set the standard for outstanding service in Nova Scotia. Whether relocating your family or your business, trust the professional movers at Thompson's to complete your move affordably, safely and on time. Plan your next move with the name you can trust - Thompson's!

Toll free: (800) 334-2208 Local (902) 469-5100
www.thompsons-moving.ca

Prayer Book Society of Canada NS & PEI Branch

Learn more at: www.stpeter.org/faithful
prayerbookcommunitynspei@gmail.com

Prayer the Church's banquet, angels' ego, God's breath in man returning to his birth, The soul in pilgrimage, the heart in paraphrase ...

— George Herbert

May 2017 Clues

- ACROSS:**
- 1 – Consult together (6)
 - 5 – Plain-woven printed cotton fabric (6)
 - 10 – ____ Day, fortieth day after Easter (9)
 - 11 – Reduce in intensity (5)
 - 12 – Local church and its field of activity (6)
 - 13 – City in Maryland, near Washington, D.C. (8)
 - 15 – Able to be bought back (10)
 - 17 – “What did you go out ... to look at? A ____ shaken by the wind?” tall marsh grass (Matt. 11:7) (4)
 - 19 – “You are ____, O Holy One.” guided by truth (Rev. 16:5) (4)
 - 20 – Medication such as ibuprofen aspirin, etc. (10)
 - 23 – “God has brought ____ for me.” merriment (Gen.21:6) (8)
 - 24 – The very thing, reflexive form (6)
 - 27 – Fossil resin (5)
 - 28 – “In the ____ was the Word.” commencement (John 1:1) (9)
 - 29 – Fit to be consumed (6)
 - 30 – Breed of hunting dog (6)

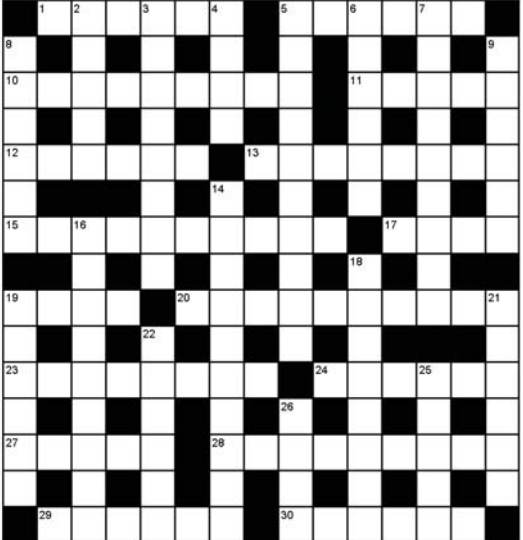
- DOWN:**
- 2 – Come to pass (5)
 - 3 – “Thus the heavens and the earth were ____.” completed (Gen. 2:1) (8)
 - 4 – Destroy (4)
 - 5 – Hiding (10)
 - 6 – Abhor (6)
 - 7 – A type of dredging bucket (9)
 - 8 – Soldier employed in constructing trenches, etc. (6)
 - 9 – To look upon (6)
 - 14 – Able to be accomplished (10)
 - 16 – “The people and the city officials were ____” upset (Acts 17:8) (9)
 - 18 – “In this way, we shall be ____.” unique (Exod. 33:16) (8)
 - 19 – Dame ____ of Norwich, English mystic, died ca. 1417 (6)
 - 21 – “God is our ____ and strength” protection (Ps.46:1) (6)
 - 22 – “With an anointed ____ as guardian I placed you.” angel (Ezek. 28:14) (6)
 - 25 – Expulsion from one's own country (5)
 - 26 – “____ ago, I was set up.” very long time (Prov.8:23) (4)

Bible Crossword

by Maureen Yeats



May Puzzle



April Solution

P	A	R	A	D	I	S	E		E	A	S	T	E	R		
L	A	O	E		C	Q	R	I								
E	A	T	E	N		E	V	O	L	U	T	I	O	N		
A	I	K	D		M	E	B	G								
S	H	O	W	E	R	S		F	L	O	W	E	R	S		
E	N	Y			O	U		I								
	P	A	S	S	O	V	E	R		S	O	L	I	D		
B	L	I	T													
A	R	E	T			O	B	S	I		D	I	A	N		
R			S	L										C		
B	R	E	A	T	H	E			C	O	L	L	E	G	E	
E	G	O	N	L										N		
C	H	R	O	N	I	C	L	E			M	O	I	S	T	
U	E	I	E	A										N	E	
E	X	T	R	A	S				E	N	D	A	N	G	E	R

Respect... for you, your family and your community

Personalized support and customized services for small or large gatherings.

- Providing traditional, cremation & memorial services
- Personalized support and customized services for small or large gatherings
- Serving all faiths and budgets
- Funeral Pre-Planning service provided



ATLANTIC FUNERAL HOMES

HALIFAX 453-1434 6552 Bayers Rd.	SACKVILLE 864-1434 125 Sackville Dr.	DARTMOUTH 462-1434 771 Main St.
--	--	---------------------------------------

www.atlanticfuneralhomes.com PROUDLY CANADIAN

Our roots run deep

BY DEACON MARILYN HAMLIN

I don't think I am the first person, and I surely won't be the last, who notices the similarities and who makes comparisons between growing healthy grapevines and living a spiritually full life, a life dedicated to the service of God and to God's people. A strong, healthy grapevine is dependent on certain conditions such as weather, a source of necessary nutrients, its support systems and special care from the vineyard keeper. When conditions are just right, the resulting grape harvest is abundant. The same may be said of people. A satisfying, healthy, spiritual life depends on factors other than oneself. There needs to be sources of nourishment, a basic support system and a strong faith in the One who has created us and cares for us.

My mind drifts back for a moment to the summer of 2016, one of the hottest and driest in Nova Scotia. On September 7th of last year, our Community of Deacons boarded the Grape Escapes Mini Bus which was to transport us to the beautiful Annapolis Valley on a much-anticipated "family outing". The sun shone brightly that

morning and we were all in high spirits (a little higher as the day progressed) because we realized that we would have lots of time to socialize and enjoy the company of one another. A by-product of this day's outing was to learn something about growing grapes, with a few samplings of wine thrown in for good measure.

To quote Bill MacDonald, one of my travelling companions, "It may sound a bit intemperate...that at 10:30 in the morning, this Church-centered group was learning about the emergence of a successful wine industry here in Nova Scotia". And learn we did, about grape vines, wine production and the peculiar functions and characteristics of root systems.

I am reminded of my science classes in elementary school where we were shown diagrams of the root systems of plants. I remember my instructor teaching us that the root is the part of a plant which is mostly found underground and is nearly always hidden from view. He told us how important roots were since they convey water and nourishment to the plant body which they are

supporting. I'd even heard, and since seen evidence, of strong root systems that can crack foundations, snap water lines, crush or clog buried pipes and even lift sidewalks. Just imagine the energy and strength of a plant that is supported by roots of this magnitude.

But back to my original topic, which is grapevines and growing grapes. The roots of grapevines run very deep, sometimes going two meters or more into the soil searching out the nourishment they require to feed and enrich the fruit forming on the vines. If the roots run into adverse conditions on their journey, they have a knack for overcoming these stumbling blocks. They just become more curious, more vigilant and they wiggle their way down into the soil to find the moisture and nutrients they need.

In our parish this Lent, we are reading and discussing a book written by Jonathan Haidt, Professor of Psychology at the University of Virginia. The book is called "The Happiness Hypothesis" and in it Professor Haidt exposes us to an abundance of research and some illuminating insights into how and why we live our lives the way we do. Our relationships with God and with one another play a very important role according to Haidt. One of the interesting topics he discusses is how people react and respond to adversity, those traumatic situations that sometimes arise, those insurmountable barriers and life-changing events. There is something called "The Adversity Hypothesis" which suggests, if misfortune and trouble should befall us, it will lead to growth, strength, joy and self-improvement. The other side of the coin says that one MUST endure adversity to develop and grow.

I am pondering the idea that this "Adversity Hypothesis" could relate to the roots of the grapevine as well as to human beings. Grapevine roots respond very well to adverse conditions. They make changes, and forge new paths to get to their destination. In fact, to produce the very best grapes and to get the optimum harvest, the roots of the vines need to work hard to find nutrients and moisture. If they have it too easy, the resulting fruit is of poor quality. Growing in community, supporting and sheltering one another, all



Photo: The roots of a ficus tree are plentiful and strong.

under the watchful eye of the keeper of the vineyard makes for some wonderful results.

Since God is our "Keeper", it is on God we should rely for support, for nourishment and for the best care. When we run into adverse conditions, and we will, it is to God we should turn. It is to the scriptures, to prayer and to our brothers and sisters in Christ we should reach for. I am reminded of the words of St. Paul when he refers to deacons in the early church. "They are to be sound in faith and life. They are to hold firm (to be rooted) in the true Gospel without wavering." I believe that's when we will be more prepared to go into the places we are needed. Being grounded in the teachings of our faith, and having a solid root system, we will be better prepared to find the right path, planting the gospel as we go. With God's help we may become strong enough to make cracks in places of inequality and unfairness, powerful enough to snap the chains that prevent people from reaching their potential, and having the faith and confidence to tell our Christian Story to all who will listen.

Deacons continue to grow into their ministry day by day. We explore, we stretch out. We spread the Good News. We come back together for study and worship, for education and refreshment, for prayer and for Communion. When we cannot meet face to face, there is social media and there is the telephone. I

receive regular calls from one of our community. She calls to inquire how I am and what is taking place in my life. Sometimes days go by in a blur and then I realize it's been awhile since we talked. I value these phone calls. I value the love that prompts them, the opinions we share, and the laughs we enjoy. For me, these are connections with the Sacred. The Holy Spirit is never far away during these conversations and I am reminded how important relationships are in order to grow and thrive in God's vineyard.

Today, as I finish up this piece, it is a cold afternoon near the end of March. The weather is bringing us freezing rain, ice pellets and snow squalls. The streets were a bit slippery when I started out this morning before 7:00 a.m. However, I noticed that car drivers were taking precautions in these adverse conditions. But now my mind drifts back to that warm summer day last year when our little group of deacons happily made its way to the "Valley" where there was only sunshine and gentle breezes. I wonder why it is that on a cold, blustery, winter day, I think about summer's warmth, but on the loveliest of summer afternoons, I do not feel the need to remember snow drifts and frigid temperatures.

I am just thankful to be growing and thriving in God's Vineyard. May our roots continue to run deep and may there be an abundant harvest this year.

Vital Church Maritimes 2017



Plans are shaping up for another exciting Vital Church Maritimes conference. This year's event for lay and clergy leaders, is being held in Truro at the Holiday Inn, from Thurs., September 21 to Sat., September 23. MARK YOUR CALENDAR! VCM, now in its fourth year, features seminar teaching and discussion on themes related to Fresh Expressions of church and mission-oriented ministries.

The 2017 theme is "Streams of Hope." Watch for an announcement soon on our keynote speaker. Registration will be open in May. Last year more than 120 people participated at VCM 2016 conference. Almost two-thirds of those who attended were lay people! See www.nspeidiocese.ca and the Anglican Net News for updates and registration details.