

STARTING THIS MONTH!

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Table of Contents

(click on the pages below)

- [AWESOME front page](#)
- [St Bart's / Cartoon](#)
- [Guest Column / Prayer](#)
- [News from Away / Announcements](#)
- [It's a New Day!](#)
- [Vital Church Maritimes](#)
- [Christian Adventurer](#)
- [Columnist](#)
- [Teach Us to Pray](#)
- [Puzzle](#)
- [Deacon's Bench](#)
- [Mothers' Union Extras](#)



Serving the Anglican Church in Nova Scotia and Prince Edward Island

This is AWESOME!

BY REV. CHAD McCHARLES

Have you ever heard of Little Free Libraries? The CGL (Church Girls League) of the parish of Mahone Bay certainly has and wanted to make sure others found out what an awesome thing it is to have free books available in a community! "Little Free Library is a non-profit organization that inspires a love of reading, builds community, and sparks creativity by fostering neighborhood book exchanges around the world." (www.littlefreelibrary.org)

It all started when the CGL girls and their leaders decided to undertake a community outreach project as a way of expressing their love for Jesus and their community by sharing their God-given talents and gifts. That's when they discovered how awesome such a project might

be, especially with local community support to help make their ideas possible.

Have you heard of The Awesome Foundation? "The Awesome Foundation is a global community advancing the interest of awesome in the universe, \$1000 at a time. Each fully autonomous chapter supports awesome projects through micro-grants, usually given out monthly. These micro-grants, \$1000 or the local equivalent, come out of pockets of the chapter's ten "trustees" and are given on a no-strings-attached basis to people and groups working on awesome projects."

www.awesomefoundation.org

With a plan, hope, preparation, determination, tummy-butterflies, and many prayers the CGL girls presented to the ten Awesome Foundation trustees of the



Photo: Rev Chad McCharles (left) with some of the St James Church Girls' League members.

South Shore chapter. We still are not sure if it was their incredible, lively, and engaging presentation, their matching pink shirts, or the sheer awesomeness of their proposal to create as many Little Free Libraries in Mahone Bay as \$1000 could get them...but the girls were selected to be recipients of the \$1000 grant!

Witnessing the girl's presentation, with their ages ranging from 6 to 14, coming up against the four other presenters, all of whom were professional adults, was nothing short of a genuinely awesome experience. They were so passionate and engaged in their mission to see this community-betterment project come to life, people in the audience were both in awe and tears at the courage and tenacity of our girls. Proud

doesn't begin to describe how the supporting members from the parish and CGL leaders felt as we watched it all unfold.

The money didn't even grow cold before the CGL had purchased materials, procured a local contractor's skills (convincing him with smiles, fresh cookies, and the batting of eyelashes to donate his time), and had the four Little Free Libraries built, painted the brightest colours of the rainbow, and installed throughout Mahone Bay. The girls then set about organizing a book drive in each of the five churches in Mahone Bay, collecting gently used books of all genres to fill their newly constructed Little Free Libraries. Since the time of installation, it has been remarkable to see just how

much the community and our visitors to town utilize these colourful little repositories of knowledge, taking a book, leaving a book, or simply borrowing one while they sit under the shade of the tree by the front door of St. James. The parish has also started to deposit into the book box by the church a few copies of the weekly bulletin with the lectionary readings contained therein, which almost always disappear.

This experience has awarded the CGL girls not only a sense of accomplishment, but a knowledge that through hard, prayerful work and vision, and by working together as a community, for the community, even the most daunting, awesome projects can become reality.



Photo: One of the awesome Little Free Libraries

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COLUMNIST

Our new year begins

It has been a strange summer here By the Bog. The heat and humidity has made us wonder if we had somehow been drifting south so that we now sat off the coast of Florida. Our local weatherman assured us every evening as we watched the news that this weather was being felt across North America and the climate change deniers struggled to back up their claims of “fake news”.

Personally, I spent a goodly part of the summer stuck inside with my leg elevated and ice packs a regular part of my daily routine. My new knee surgery went very well, and recovery seemed to be progressing along at a rapid pace. Friends and neighbours kept us well supplied with baked goodies and full meals, and visits. But as the days and weeks went by I became aware of the long healing process ahead for me. Orin stepped up and became the chief cook and bottle washer in our house for the first days and weeks, but I am happy to report that I have reestablished my spot in the kitchen once more and life is returning to normal.



ST. BART'S BY THE BOG

Sarah Neish

Life in the Parish has returned to normal too. Organizations have begun to meet on their regular meeting days, choir practice has resumed after a summer's break, Father J has started a Fall Bible Study as well as getting the Youth Group back into the schedule that coexists with the school schedule.

Speaking of school. The yellow buses that mark the end of summer are seen morning and evening along our country

roads. I love seeing those buses.

The rectory family continues to grow, Charlie is now almost three and is a happy little fellow, the joy of the whole parish family. Miranda has started back at university, completing her post-grad course in family counselling. We have noticed signs of other growth as well and Jason announced that a new little person would be joining their family in the new year. I can hear the knitting needles in the parish clicking already!

And so, life continues to thrive at St. Bart's. We are a small rural parish in a small corner of Canada, but we feel we are here for a purpose:

to do God's work in God's land. We are here to care for one another, to meet and sing and pray together, to look out for each other, to bring gifts of food and words of encouragement to any in our midst who are in need of such support and to share our good news where ever and whenever we can. So, once more a new year in the life of our Parish has arrived, I think it is going to be a great year!

I'll keep you posted,
Aunt Madge



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MAKING NOTES

WHY PEOPLE ARE WRITING THINGS DOWN DURING THE SERMON

SHOPPING LIST COMPOSER

BOFFIN ATTEMPTING HYMNBOARD SUDOKU

STUDENT NOTING DOWN INTERESTING EXEGESIS

LAST MINUTE INTERCESSIONS COMPILER

PLAIN-CLOTHES CLERGY MEMBER WRITING DOWN SERMON FOR RE-USE

PCC MEMBER CRAFTING RESIGNATION LETTER

INDIVIDUAL WRITING THINGS DOWN AS RECOMMENDED BY ANGER MANAGEMENT EXPERT

CARTOONIST RECORDING THEIR OBSERVATIONS

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GUEST COLUMNISTS



Rev. Matthew Sponagle is the Rector of St. Luke's, Dartmouth, NS.

The fruits of discipline

BY MARGARET WILLIAMS & REV. MATTHEW SPONAGLE

How do people achieve the heart and mind of Christ? Could it be "practice?"

The word "discipline" has a lot of negative baggage for many of us. We imagine children being punished, but it can also mean an area of expertise and study. When we see someone, who seems particularly talented or accomplished, we most often assume they were "born with it". That may, in part, be true, but all gifts need to be nurtured and trained. In other words, talents require discipline to be mastered.

loss fed the motivation to stay on the program. Eventually the discipline lost its identity as punishment and became manageable. Discipline was never itself a joyful experience, but joy could be found in the results.

The other of us made an immediate connection between their first workshop on spiritual discipline and a life experience of training musicians. Violin is one of the most difficult instruments to start. It requires perseverance to get past the initial scratchy sounds and actual discomfort of the instrument. There is no way around the discipline of practice. The body adjusts, and the brain develops new pathways as you repeat the exercises and play the violin. The improvement you hear in your playing motivates you to try more difficult skills and so you develop as a musician.

In both these examples the evidence, or fruits, of the discipline can be seen, or heard, by everyone. Why wouldn't spiritual disciplines work the same? You need to dedicate time to the end goal and believe that the repetition is making a difference. So, it is with our role models in faith, not just the recognized saints of the church, but the individuals that we admire for their spirituality. We can see people who are at ease with prayer or preaching. Even more importantly, there are those who we admire for their ability to love fully, accept openly and see others as beloved children of God. They act in the world in such a way as we would imagine Jesus would act. We are likely to find these people have developed their abilities with spiritual disciplines. They have included prayer, theological studies, and other practices into their everyday lives. Why not give it a try?



Margaret Williams is a parishioner at St. Luke's, Dartmouth.

Discipline was never itself a joyful experience, but joy could be found in the results.

What is exciting us right now is that we have made the connection between spiritual discipline and accomplishments in other areas of our lives. One of us has achieved a great success in weight loss. What started as an act of love and support to a partner gradually became a personal journey of discipline. The sacrifice and self denial became habit. The success of some weight



Rev. Dr. John Roddam

The power of the Holy Spirit is a product of discipleship

October 18th is the Feast Day of St. Luke The Physician. The Collect for the Day is Almighty God, who inspired your servant Luke the physician to set forth in the Gospel the love and healing power of your Son: Graciously continue in your Church this love and power to heal, to the praise and glory of your Name; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

The petition in this collect asks the Lord to continue to pour out His love and power parallel to the Apostolic (Early Church) Period. There are four words in the New Testament for "power" and "authority."

1. Dunamis - This is where we get the word 'dynamite.' This speaks of bursts of power from the Holy Spirit working through believers - cf. 1 Corinthians 12.

2. Elouise - This may refer to power or authority. In John's Gospel the statement is made - To those who received Him (Jesus) who believed on His Name, He gave power (exousia) to become children of God... In other contexts, it speaks of Jesus and His followers commanding evil spirits to leave and healing to occur.

3. Ischia - This refers to the power that manifests when we come to the end of ourselves and the Lord takes over. We are empty and dependent on the Holy Spirit and He shows His glory through miraculous intervention! Philippians 4: 13 states "I can do all things through Christ who strengthens (ischuo) me!"

4. Kratos - This is a term that speaks of the power and authority that comes through a total surrender to Christ... we die to self. This absolute laying down of our lives gives the Holy Spirit complete access.

He then works through yielded believers with miracle power. Each of these words points to a deeper commitment and consecration to the Lord. We rarely see the manifestation of the third and fourth expressions of power and authority in the Western Church. In developing countries, people have nowhere to turn but to the shaman or to Jesus. This profound dependence and desperation opens people to healing, deliverance and the miraculous.

How do we attain to such power and authority? The key is Jesus. He states in the Great Commission "all authority in heaven and earth has been given to Me..." Power and authority issues from a close relationship with Jesus. He is the Healer, the Deliverer, the Savior... Moving in the power of the Holy Spirit is a product of discipleship. We learn to

operate in Spiritual Gifts from those who walk in this dimension of the Holy Spirit. St. Paul told the Corinthians that he did not come to them with eloquent words by with the demonstration of the Holy Spirit and power! We too can be mentored in the things of God. It is our destiny in Christ to be like Him in character and in action. Jesus told His disciples they would do even greater things.

The anemic, powerless nature of our churches points to a significant disconnect with the living and reigning Lord Jesus Christ. As we return to the "first things" with a simple devotion to Jesus, we will see His power restored to the Church.

*Issus, tanto nomini nullum par elogium!
Jesus, for so great a name,
no praise is adequate!*

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

October 2018

Dear Diocese,

Given the fact that a fair amount of our diocese is coastline, it seemed to me that writing about spirituality and the sea was fair game this month. Especially given the fact that I had just returned from two weeks sailing the Bay of Fundy and the south coast of Nova Scotia.

Pulling into harbours in small fishing villages, I was deeply appreciative of and thankful for the friendly, kind people who were more than willing to go out of their way for us at every wharf. We asked questions and learned so much about navigating

the coastline they were so familiar with. It was then that I thought, no wonder Jesus chose fishers as disciples.

Early in the journey, somewhere between Grand Manan NB and Yarmouth NS, we were accompanied by a few dozen playful dolphins who obviously enjoyed a race with our boat. Watching in awe and wonder as they teased us with their aquagymnastics, I said "They are why I know that God exists".

It was an incredible voyage. A spiritual experience. As my friend and our crew member this past two weeks, Debbie put it, post voyage, "Freedom



Photo: On the journey to explore Nova Scotia's Bay of Fundy

of the mind on the water. Casting off the superfluous detritus of the mind when surrounded by the sea."

But, like the disciples who followed Jesus up the mountain, there was the re-entry when we returned home.

My "sea legs" lasted three days. I wished that someone would make the room stop rocking as I readjusted to being on land. And there was unloading, the unpacking, laundry, laundry, laundry and cleaning to do. Not just clean the boat after a lengthy sail, but two weeks accumulation of cat hair in the house. (Must remember to pay the cat-sitter.)

But early the next morning, before the work got underway, I noticed a Facebook posting that grabbed my attention and inspired me to start planning my next trip.

The posting, from Joyce, an old school mate, announced the 150th anniversary celebration of St. Paul's Church. The church I attended as a child. I replied to say that I hoped to be there in October and posted a picture of my Sunday school class standing on the chancel steps in that tiny church in that tiny village called Middle Port. As a member of the anniversary planning committee, she asked if I would recount the wonderful memories I told her I have of St. Paul's. I explained that St. Paul's played a significant role in my "story".

That was enough to distract me from cat hair and grocery shopping and reflect on Sunday school then and fifteen years ago as I began a very different spiritual journey, my discernment of my call to ordained ministry. So

rather than travel by sea, I travelled back in time and re-experienced the role of the church in the life of a five year old.

From the bio I submitted during my discernment: "I had what I would consider and have described as the "perfect Anglican experience" as a child. St. Paul's church in Middleport Ontario was a small rural church full of warm, caring and loving people. I have warm memories of church picnics and Christmas concerts. I enthusiastically attended both Sunday school and church regularly as a child..."

I realize that what I wrote doesn't sound terribly inspiring but St. Paul's had a

profound effect on me. For me, as a child, it was a mountain top experience. A miracle of the dolphin experience. It wasn't memories of Bible stories or memorizing Bible verses that mattered, but the disciples in that little rural church then, like my recent experience with people in the fishing villages of the Maritimes, were kind and guided me and steered me from the hazards we can run into in life. And because of them, I know that God exists and give thanks.

The journey continues,
Rev. Marian Lucas-Jefferies



Photo: Marian's Sunday school class standing on the chancel steps of St Paul's in that tiny church in that tiny village called Middle Port. Can you spot Marian?

ANNOUNCEMENTS

Rev. Cpt. Bruce Murray appointed Rector of the Parish of St. John's Westphal, August 15th, 2018.

Rev. Mel Malton appointed Regional Dean of the Valley Region (from the Aug 29 Net News).

Glen Greencorn, MBA, CPA, CMA, appointed as Controller of the Diocese of Nova Scotia and Prince Edward Island, effective October 1, 2018. Mr.

Greencorn is currently lecturer in the Department of Accounting at Saint Mary's University. His previous positions of employment include many years of service as Director of Finance and Administration of the Nova Scotia Barristers' Society, Halifax, NS, Director of Finance and Information Systems of VON Nova Scotia/VON Canada (Regional), Bedford, NS, and Coordinator, Financial Planning and Special Projects

of the Halifax Regional School Board. He succeeds Peter Flemming who has faithfully and effectively served as Diocesan Controller since September 2003 and will retire on December 31, 2018.

On Wednesday, October 24th, 2018 from 1 to 4pm, staff of the Synod and Cathedral offices will host an OPEN HOUSE. Come meet the staff and tour the Anglican Diocesan Centre,

including the Cathedral Church of All Saints. The afternoon presents a special opportunity to gather to congratulate Peter Flemming on his retirement at the end of this year, and to welcome Glen Greencorn, who will be the new Controller. Light refreshments will be provided.

On November 1, 2018 at 7pm, Lorraine Street and Michael Dutton to be ordained to the priesthood at All Saints Cathedral.

On November 23, 2018 at 7pm, Jackie Warren to be ordained to the priesthood at the Church of Christ the King, Sydney, NS.

Rev Jack Risk appointed rector of the parish of Holy Spirit, Lakelands, Sept 1, 2018.

Archdeacon Mark Kingsbury resigned as archdeacon of Fort Sackville effective Oct 15. Rev. Tammy Hodge appointed new archdeacon.

It's A New Day!

Kingdom investing

BY REV. LISA G. VAUGHN

"With wealth comes responsibility," one of my friends used to say. He described wealth as meaning a healthy body and mind, abilities, time, possessions and money. Every harvest season and Thanksgiving, I reflect on how responsible I am with my wealth. I have been abundantly blessed. How have I been investing these gifts for Kingdom purposes? To ultimately help alert others to the



Rev. Lisa Vaughn
Diocesan Parish Vitality
Coordinator

giving is motivated by God's love. ... The God I believe in loves me unconditionally, forgives me freely and enriches me generously. The God I believe in has reached out to me and has taken the first step toward me. The God whose loving and giving are without limit calls me to make a response of faith and thanksgiving. My response is expressed by the way in which I take God into account in my use of my time; in the way I expend my energies and use my skills; and in the way I spend my money."

In his prayerful reflection and response in joyful thankfulness he developed a new attitude. Archbishop Hambidge writes, "It all belongs to God. Whatever I have or am or do, I hold in trust. I will make what I have and am and do count for God's benefit. It may not be much, but it will be all that I have."

In 2018 as I celebrate a milestone birthday, I note that I have fewer years ahead of me than there are behind me. This is not a morbid reality, but instead energizes and inspires me to make the rest of my health, time, possessions and money count for something substantial for God's Kingdom. (God's glory, not mine.)

How can I be a wise investor and hopefully grow what God has given me to make a difference in people's lives? How can I take what has been precious entrusted to me and make it count for something other than my pleasure (and that of my close loved ones)? In what ways can I share my wealth to positively impact people for the long-term? To really make a difference, a better world. In other words, to cooperate with the Creator to help "thy Kingdom come." Jesus said



Photo: *The Parable of the Talents: How are you investing your wealth?*

our stewardship has eternal implications (Matthew 6:19-21).

So, as we contemplate and count our blessings this Thanksgiving season, we can consider these questions:

- How has God blessed you? What are you thankful for?
- What wealth has God entrusted to you and your congregation?
- How are you investing your time and abilities in helping to build up God's Kingdom?
- How are material things - like buildings, equipment, land, etc. - being effectively leveraged to help the people in your neighbourhoods?
- Are these investments producing a 'harvest' (profit) in some way? Or simply being kept 'safe' (and underutilized)?
- Whose lives are being impacted by these investments? Are non-parishioners benefiting?
- How are your blessings making a discernible difference in your

- community, *really*?
- Are there things with which you need to divest that are draining from your ability to engage in missional ministry?

Ultimately our stewardship of all that we have is a reflection of how much we love and trust God.

Anglican author and cleric, John Stott in his booklet *The Grace of Giving* says, "When we become Christians, our giving has a new impetus. We are called to give generously, and with joy, as a fruit of the Spirit's life within us."

To bless others as we have been blessed.

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".

Jesus taught, "Don't store up treasures here on earth where they can erode away or may be stolen. Store them in heaven where they will never lose their value and are safe from thieves. If your profits are in heaven, your heart will be there too." (Matthew 6:19-21 (TLB))

extravagantly gracious reign of our all-loving Creator?

One of the key gospel texts related to this personal investment inventory is Jesus' Parable of the Talents (Matthew 25:14-30). A powerful businessman goes on a trip and entrusts his servants with his many assets. When he returned he takes account of how faithful each was in making wise investments of his goods. Clearly, the owner expected some profit from the servants' handling of his property. Each is rewarded for their stewardship attempts. Two of them invest wisely and make a level of profit and thus are given the blessing of more responsibility. However, one servant did not even try to invest the owner's goods and instead 'played it

safe', hoarding and hiding them until his return. The master accuses him of being morally wrong and lazy. The servant ends up missing out on any reward and suffers for his unwillingness to risk investing what he had been graciously given.

Jesus' teaching story points to God's lavish gifts in our lives and challenges us to risk investing them for his glory and benevolent intentions for the world. We invest all that we have and are, not out of fear or guilt, but out of the joy of deep gratitude. He has entrusted this to (even) us!

Retired Canadian bishop, the Most Reverend Douglas Hambidge, in his book, *The S Word*, describes this stewardship as a faith response. He says, "God's

The Apostle Paul writes, "You know how full of love and kindness our Lord Jesus was: though he was so very rich, yet to help you he became so very poor, so that by being poor he could make you rich." (2 Corinthians 8:9 (TLB))

Vital Church Maritimes 2018: Conference talks emphasize action

This November's VCM 2018 keynote talks are focused on putting mission into action. The Rev. Canon Susan Brown Snook, from the Episcopal (Anglican) Diocese of Oklahoma, will speak on Acts to Action: The New Testament's Guide to Evangelism and Mission. Exploring the Book of Acts' Chapter 8, the author and

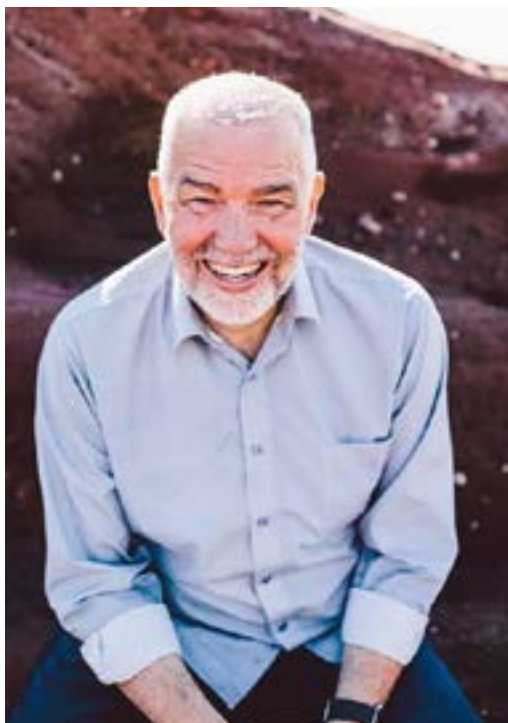
expert in church growth and development, offers deep dives in scripture and their application in our swiftly changing culture. Canon Susan's four talks are entitled: Signs of the Times; Great Joy in that City; Prayer and Repentance; and Judea, Samaria, and the Ends of the Earth.

The three-day learning event also features 12 sessions of inspiring teaching, sharing and creative brainstorming in workshops and panel presentations. Registered participants will also receive complimentary MP3 audio recordings of all the talks. Additionally, there are special worship experiences including Jazz Vespers with Rev. Robert

Richmond, and a time of spiritual refreshment led by Rev. Sandra Fyfe and the music duo, Acacia (Gail Fulop and Wayne Slaunwhite). This year's theme is Open Minds. Open Hearts. Open Hands.

Vital Church Maritimes 2018 conference is Nov. 8 to Nov. 10 at the Holiday Inn, Truro, NS. Lay and clergy leaders are invited and funding support is

available. Register NOW for the EARLY BIRD conference fee and the DISCOUNTED hotel early booking rates! All materials and meals (except breakfasts) are included. HURRY! Last chance to sign up is Nov. 1st. VISIT: www.nspeidiocese.ca



Photos above from left VCM 2018 break-out session presenters include Greg Jones (Rural Missional Communities), Cheryl Rafuse (Ministry with Older Adults) and Shawn Branch (Habits for Highly Missional People). Final photo is Archbishop Ron Cutler addressing the the Chebucto Region in Amherst last fall.

MORE Mission School – round three!

Chignecto, PEI and Cape Breton regions are hosting Module #3 of our Diocesan MORE Mission School this fall. The theme is “Seek More”, which includes an emphasis on joining God in the neighbourhood and discernment. (Discernment is listening for the Holy Spirit to guide us to discover what God is calling us to.) Rediscover the opportunities to join God already at work in your community. Learn how

to pray for and view your neighbourhood in a fresh way. Explore new pathways to building relationships and faith connections with non-church people. Registration is open. Visit: www.nspeidiocese.ca

MORE Mission Schools are a series of FREE workshops that run 9:30 a.m. to 3:30 p.m. MORE is based on God's desire to give the

world MORE of what it really needs – hope, love, and freedom. If you missed the first two modules, no worries. Each workshop stands alone in its topic presentation material. Archbishop Ron Cutler and a team of leaders with a variety of backgrounds facilitate the sessions. Bring a team!

Here are the details so far:

Chignecto Region	Oct. 27 - All Saints, Springhill	Deadline Oct. 24
PEI Region	Nov. 3 - TBA	Deadline Oct. 31
Cape Breton	Nov. 24 - St. Mary's, Glace Bay	Deadline Nov. 21
Dartmouth	Jan. 12 - Church of St. Andrew, Cole Harbour	Deadline Jan. 9
Fort Sackville	Jan. 19 - St. Nicholas' Westwood Hills (Upper Tantallon)	Deadline Jan. 16
Chebucto	Jan. 26 - Emmanuel, Spryfield (tentative location)	Deadline Jan. 23

The great Christian adventurer's learning journey map

BY CATHY LEE CUNNINGHAM, PART-TIME RECTOR, CHURCH OF THE GOOD SHEPHERD

As I shared in the September Issue, from now until the summer of 2019, each month we'll explore one of *The Ten Commitments* outlined in *The Charter for a Just and Generous Christianity* presented in Brian D. McLaren's wonderful book, *The Great Spiritual Migration: How the World's Largest Religion is Seeking a Better Way to Be Christian* (2016).

I'm naming this series **The Great Christian Adventure**, and the **Learning Journey Map** I've created is based on comparative mythologist Joseph Campbell's **Hero's Journey**, presented in his 1949 book, *The Hero With a Thousand Faces*.

THE STAGES OF CAMPBELL'S HERO'S JOURNEY

In his book, *Winning the Story Wars*, one of my favourite thought leaders — Jonah Sachs — presents Campbell's work in four stages (see p.148):

1. The Ordinary World and the Call to Adventure. "In which our hero feels a stirring deep inside but has not yet conceived of the rich destiny that awaits." The hero is ready for something more, but either too fearful or comfortable to make the changes required for the life-changing journey.



Rev. Cathy Lee Cunningham

Consider: Moses at the beginning of his calling.

2. Meeting the Mentor and the Refusal of the Call. "In which our hero encounters a compelling stranger who will change the course of his/her life but not before a bond of trust is formed between them." By building trust with the hero and learning about his/her fears and longings, the mentor is able to inspire the reluctant soul to answer the call, envision new possibilities, and take the first steps forward into this special world, beyond the ordinary. Consider: Moses and the burning bush.

3. Approaching the Dragon's Den and Seizing the Treasure. "In which our hero journeys to the centre of the special world, encounters the frightful nemesis, and is aided by the mentor's special

gift." Consider: Moses confronting Pharaoh to let God's people go.

4. The Road Back, Resurrection, and Return. "In which our hero brings something of great value to the world and a lesson is finally learned...Once the hero emerges from the dragon's den with the treasure he/she must then leave that special world to bring the treasure back to heal her broken world." Consider: Moses, the Israelites and the flight from Egypt.

THE ORDINARY — CHURCH — WORLD

In *The Great Spiritual Migration* McLaren reminds us that to remain in *The Ordinary Church World*, of status quo longings for the bygone glory days, and stuck in maintenance model living, is spiritually dangerous for any

follower of Jesus.

The Christian Hero's *Call to Adventure*? To imagine and then create a new world of loving action, through which "vital, new expressions of just and generous Christian faith" might emerge.

For many, answering that call evokes excitement and hope. For others, it evokes feelings of fear, dread, even anger and rage.

Either way, to contemplate the work of McLaren and Campbell can be a rich journey of self- and parish-discovery, where one viscerally and immediately knows whether or not such callings will be fulfilled. Sachs suggests a stirring exercise (which I've slightly adapted for our purpose here!): "Write a Letter From Your Hero to Her Broken World." Think of yourself and the parish in which God has called you to serve:

- What old stories or explanations are no longer making sense?
- How would you describe your/the parish's inner call to adventure, that inkling that something more is possible?
- Why have you or the parish not followed it?
- Where is the brokenness?

In the November Issue we will contemplate the *First of The Ten Commitments: LOVE.*

Go deeper: www.convergenceus.org/ www.charterforcompassion.org

Rev. Cathy Lee Cunningham is the former Alban Institute Consultant & Founder of The Vocapeace Institute's School for Sacred Citizenship (Launching January 2019)



Photo: Mindful meditation



ULTREYA SCHEDULE: New time for 2018! Starts 7pm

- Oct 9 Emmanuel,
322 Herring Cove Rd, Spryfield
- Nov 13 Church of Saint Andrew,
2 Circassion Drive, Cole Harbour
- Dec 11 All Saints,
1408 Bedford Hwy, Bedford

Applications for the upcoming Cursillo weekend on Oct 19-21 are available. The weekend, held in Debert, has been shortened to 3 days. Please pray-fully consider approaching potential candidates for this spirit filled weekend.

The voyage to safety

“Nuancing our emotions”



Bryan Hagerman

Bob woke up in the middle of the night with a start.

it's a precious commodity. It is the opposite of what we discovered with Bob in the paragraph above. Not only was Bob unsafe and did not know why, he made everyone around him feel unsafe too. But if he had stopped to think about it, and was able to nuance his emotions, he might have been able to discover why. He may have on his voyage to emotional discovery remembered that he was scheduled to have his annual work performance evaluation the following week. This always made him nervous

correctly, we can be provided with a responsible answer to our safety concerns. Within the Christian faith there are many spiritual answers to distress. The Word of God encapsulates this from cover to cover. God is willing and able to walk with us when danger arrives. Psalm 20, verses 1 & 2 says; *‘May the Lord answer you when you are in distress; may the name of the God of Jacob protect you. May he send you help from the sanctuary and grant you support from Zion.’*

The Word of God promises coping strategies for emotional distress. The very best coping strategy is found in close personal relationship with God through Christ, and in his promises in the scripture. There is however our responsibility to act upon it. Incorporating key promises as truth into our emotional lives brings about calm reflection, leading to emotional safety. The adage seems appropriate at this point; *“If its going to be its up to me,”* holds true. James chapter 1(22-24) helps us to see the power of God at our personal disposal, and yet personal discipline to what we read and say we believe, is crucial.

“Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror, and after looking at himself, goes away and immediately forgets what he looks like.”

When we feel our body emote, our emotions have alerted it to danger. God's Word is our safe place. *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”* John 14:27

www.bryanhagerman.ca

The Amygdala is the center for emotions, and emotional behavior. It is an alarm that will shout "danger, danger, danger" if safety is compromised!

His breathing was labored, his chest tight, and he was developing a mild headache. And he did not know why. In the morning when he got up he was on edge, anxious, out of sorts, a bit curt and sharp with those around him. When he was spoken to he gave one words answers, didn't make eye contact, his focus was limited, and he was argumentative, and testy. Driving to work he became angry with the slowness of traffic. At work his door which was usually opened was closed. Phone calls went directly to his answering machine. Bob did not want to be disturbed. What was wrong? He did not know, and when asked said “nothing.” But those round him could see a marked difference in mood, and kept their distance. When they did have to speak to him they were on egg shells, waiting for a volcanic blast.

Bob simply was not feeling safe. Although he would not, or could not begin to nuance it emotionally.

Personal emotional, and physical safety is a voyage we have all been on since birth. Some would argue it begins in the womb when we begin to hear, or sense our mom's emotions. Safety,

and uptight. And it played deep in his unconscious.

The upcoming work performance evaluation was sending off alarm bells in Bob's Amygdala affecting his mental health and of those around him. The Amygdala is the center for emotions, and emotional behavior. It is an alarm that will shout "danger, danger, danger" if safety is compromised! And it is responsible for detecting fear and preparing for emergencies. It also detects unwelcome chaos in our lives. Bob's brain was in fight, flight, freeze response. His body was communicating emotional danger. His symptoms were a full-fledged panic attack. Something about to affect him in the distant future was affecting him IN THE PRESENT. Bob was on a voyage and yet unable to nuance his emotions. If he had there would have been many coping skills at his disposal, to bring him to a calm place, and safety to those around him, and give his and their Amygdala a rest.

Physical, mental, emotional, spiritual distress, is a part of life. And if we are self-aware, and nuance our feelings

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Teach us to pray: Neither hurry . . . nor worry

Have you ever encountered a writer who seems to be speaking right to your heart? Who seems to be able to see into your soul, and read your mind, comprehend your worries? Recently I met such a one in St. Francis de Sales, the 17th century Bishop of Geneva. Let me show you what I mean:

Are you ever impatient? St Francis wrote: "Have patience with all things, but, first of all with yourself."

Do you ever find yourself rushing about? St Francis wrote: "Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."

Do you ever feel busy, as in, too busy? St Francis wrote: "Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed." He also suggested that busy people retire to the solitude of their own hearts to talk to God even when "outwardly engaged in discussions or transactions with others."

Have you ever felt frustrated with the world? St Francis wrote: "When you encounter difficulties and contradictions,



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

do not try to break them, but bend them with gentleness and time."

Have you ever been frustrated with yourself? St Francis wrote: "Do not wish to be anything but what you are, and try to be that perfectly. Do not lose courage in considering your own imperfections. Be who you are and be that well."

His words are sensible, sensitive, superlative – and imperative for anyone hoping to live a faithful life.

St. Francis de Sales wrote his "Introduction to the Devout Life" as a spiritual resource for those who had been entrusted

to him in spiritual direction, who were primarily lay people. This was revolutionary, for it was thought that only clergy or those in monasteries would need direction in the spiritual life. It is said that he provided most of his spiritual direction through letter-writing: one letter in – one letter out. When asked how this process was working for him, he is said to have responded: "I intend neither to hurry nor to worry... I shall answer as many as I can. Tomorrow I shall do the same and so I shall go on until I have finished."

"I intend neither to hurry nor to worry. . ." I need that phrase tattooed some where, or at least, writ large, propped where I can see it, so I can remind myself – often.

Throughout the work, St. Francis addresses "Philothea", a Greek name which means "Lover of God". Surely such a name is meant to include all of us hoping to live a faithful life as a follower of Christ. The church was bitterly divided in Francis' day; the embarrassment of Christians fighting amongst themselves. He called the faithful to love one another, as they had been taught. That way, they could teach non-believers about God's love, by example, by



demonstrating with action.

St. Francis de Sales encouraged his flock to be both salt and light. He encouraged them to begin with themselves – to strengthen their faith by faithful prayer, to strengthen their relationships with patience and forgiveness, to strengthen the Body of Christ with compassion and mercy and to serve others beyond their community in Christ's

name with love and generosity, providing opportunities to see and meet a child of God in all their encounters.

For Francis, our relationship with God is rooted in prayer – and comes to fruition by devoted practice – and without hurry . . . or worry.

REV. FRANCES DROLET-SMITH
DIOCESAN REPRESENTATIVE,
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2019

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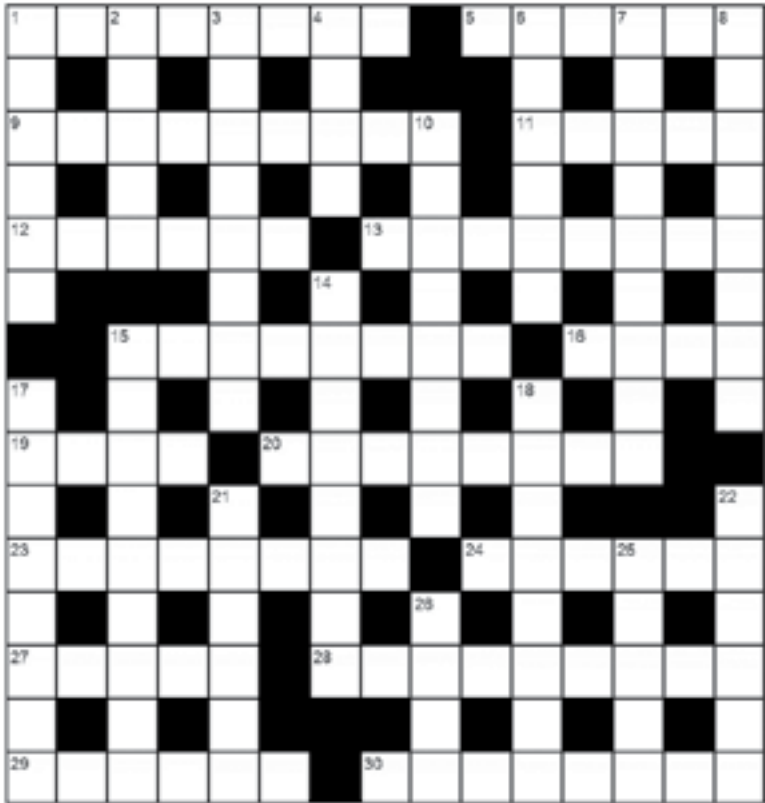
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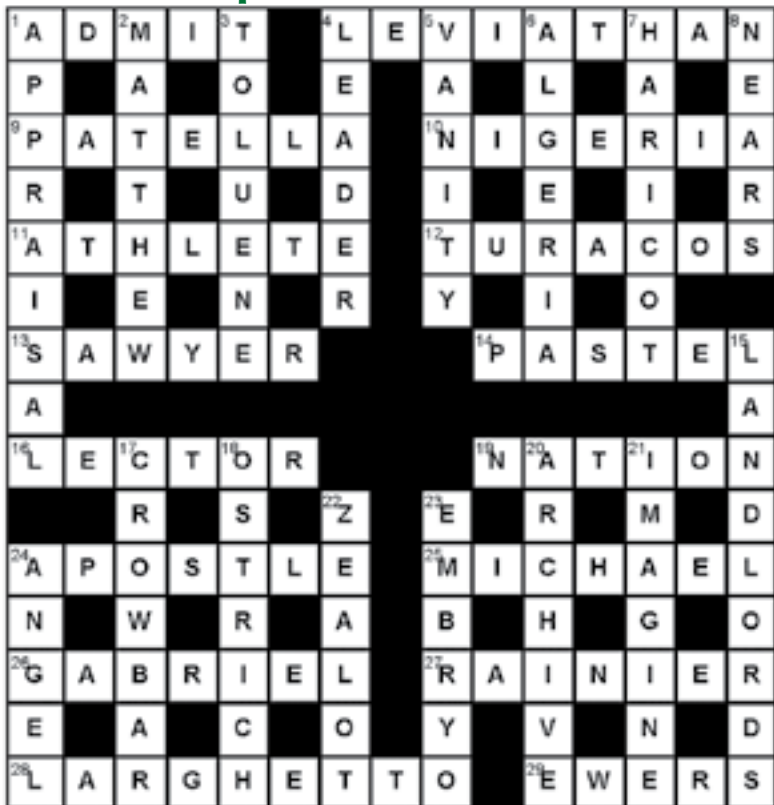
by Maureen Yeats



October Puzzle



September Solution



OCTOBER 2018 Clues

ACROSS:

- 1 – Old Testament major prophet; has a book attributed to him (8)
- 5 – Adopted daughter of Mordecai; has an Old Testament book named after her (6)
- 9 – The Good _____; he helped the robbery victim (Luke 10:30-37) (9)
- 11 – Large white wading bird (5)
- 12 – “There is none to _____ your cause” (Jer. 30:13) support (6)
- 13 – Flat bread from India (variant sp.) (8)
- 15 – Seasoned smoked beef (8)
- 16 – Fairy tale cruel giant (4)
- 19 – Possesses (4)
- 20 – “I was a _____ and you welcomed me” (Matt.25:35) alien (8)

- 23 – Tropical arachnid with a sting in its tail (8)
- 24 – One who makes amends for doing wrong (6)
- 27 – Saul’s nephew and commander of his army (1Sam. 14:50) (5)
- 28 – Walked leisurely (9)
- 29 – Home of St. Francis (6)
- 30 – Continues steadily (8)

DOWN:

- 1 – Successor of Moses (Deut. 34:9) (6)
- 2 – Hometown of the prophet Samuel (1Sam. 7:17) (5)
- 3 – One who believes in regulating the morals of others (8)
- 4 – Low female singing voice (4)
- 6 – Reposes (6)
- 7 – District in Norway, style of embroidery originating

- there (9)
- 8 – Kept possession of (8)
- 10 – Old Testament historical book (8)
- 14 – Formal speeches (8)
- 15 – Describes exactly (9)
- 17 – Landlocked country in southern Africa (8)
- 18 – Shakes briskly (8)
- 21 – Aida, Peter Grimes, Carmen, Magic Flute, etc. (6)
- 22 – Exchanges (6)
- 25 – Bright but boring people (5)
- 26 – A Gospel writer (4)

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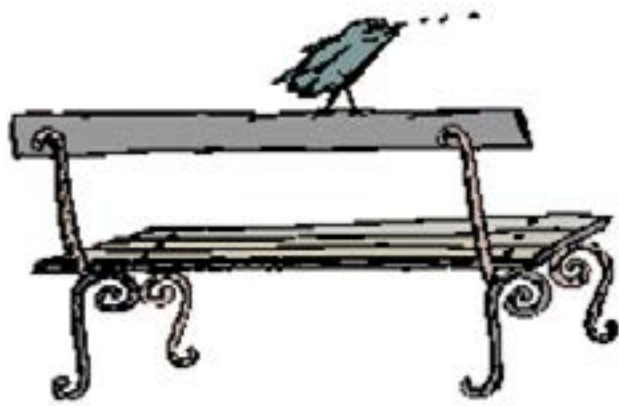
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Something compelled Francis to leave his comfort zone and embrace the leper



Deacon Ray Carter



The view from the Deacon's Bench

As we begin October and church life kicks into high gear we are often reminded, with blessing of animals and pets on or about October 4th of the Feast Day of St Francis of Assisi.

This very famous Deacon had an encounter which changed his life and set him on his spiritual path. One of his biographers, Thomas

of Celano, described it as follows: "Among all the awful miseries of this world Francis had a natural horror of lepers, and one day as he was riding his horse near Assisi he met a leper on the road. He felt terrified and revolted, but not wanting to transgress God's command and break the sacrament of His word, he dismounted from his horse and ran to kiss him. As the leper stretched out his hand, expecting something, he received

both money and a kiss. Francis immediately mounted his horse and although the field was wide open, without any obstructions, when he looked around he could not see the leper anywhere."

This story is remarkable on many levels. Lepers in Medieval Assisi were ostracized and forced to live outside the walls of the City State. When they traveled they were forced to ring a bell

to alert other travellers of their approach. Francis and everyone else were terrified of lepers. And who could blame them? Who wants to catch a communicable disease?

It was in that moment when Francis overcame his revulsion that he had one of those moments that we sometimes have that changes our lives. He realized he was not kissing a "monster", he was in fact kissing another human being. And because the leper vanished, many have concluded that it was Jesus Himself who was the leper. (Gives new meaning to "looking for the face of Christ in everyone you meet.")

Something compelled Francis to leave his comfort zone and embrace the leper. We know that he was like everybody else in his society in ignoring and marginalizing these outcasts who were left to survive outside the city gates. His culture made it clear that no one was to interact with the

lepers, yet he was moved by something to ignore the rules and enter into a new way of living in the world. This one act set Francis on a radical path which had him start a new way of life, breaking with his middle class culture and the worldview they held that separated people who different or ill.

The point of this story and what Francis reminds us today is that for us to follow more perfectly the Gospel we may have to stand against our culture by standing with others, the lepers of today: the poor, the voiceless and the those being persecuted.

Submitted by Rev. Ray Carter, (tssf)

Exciting line-up for Vital Church Maritimes 2018

It is an all-star line-up for break-out sessions at this year's Vital Church Maritimes 2018 conference. Here are some of the topics and speakers that are confirmed so far:

- Making Change - Michelle Cockell, Parish of St. Martin's, Western Shore
- The Art of Introducing New

- Ideas - Tammy Hodge, St. Nicholas' Westwood Hills
- Habits for Highly Missional People - Shawn Branch, Diocese of Fredericton
- Rural Missional Communities - Greg Jones, Atlantic Baptist Convention
- Ministry with Older Adults - Cheryl Rafuse, Hatchet Lake & Terence Bay
- Tuesday is the New Sunday - Louise Knowles, Timberlea Baptist
- Acts 29 (Sunday evenings) - Stephen Croft, Our Saviour Lutheran, Dartmouth
- Missional Stewards - Mike Briggs, Diocese of Fredericton
- The Uke's the Thing - Mel Malton, Parishes of Berwick/

- Aylesford
- And more!
- At VCM there is an assortment of worship experiences including Jazz Vespers and a time of spiritual refreshment with the music duo Acacia. Our keynote speaker comes from the Episcopal (Anglican) Diocese of Oklahoma. Rev. Canon

Susan Brown Snook is an expert in Church Growth & Development. Vital Church Maritimes 2018 conference is Nov. 8 -10 at the Holiday Inn, Truro, NS. Lay and clergy leaders are invited. Hurry and register for the EARLY BIRD conference fee and the DISCOUNTED hotel early booking rate!



Photos: VCM 2018 break-out session presenters include Tammy Hodge, Mike Briggs and Mel Malton.



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Mothers' Union Harvest Appeal 2018

In 2017 we successfully called on our members and the public to help us support families in South Sudan who were in desperate need of food and other essential items. With your help we were able to raise over £30,000 - making it possible for Harriet Baka, our coordinator for South Sudan, to transport aid into areas made too dangerous for many other agencies. The money raised alongside other contributions led to over 20,000 refugees affected by the ongoing conflict being assisted. This year we're asking you to continue supporting Harriet 'Mama Baka' as she works with

even more refugees by introducing them to our "EAGLE" process.

Originating in Uganda, EAGLE is aimed at helping communities first identify the fundamental issues facing them such as high illiteracy and innumeracy, gender-based violence and poverty.

Groups then work to identify the skills they already possess and what may need further development. Once this has been established, they then work on achievable, realistic plans for how they can use these strengths and assets to solve the issues,



meaning that they get resolved in a process fully owned by the community - creating lasting change. So far, EAGLE has been a huge success. For example one group of farmers in rural Uganda are now able to grow crops such as the Physalis fruit and export it to the EU, making them a successful and sustainable source of income. In a much larger case over 5,000 people in the South Sudanese diocese of Lui (one of 26 Dioceses) have now received financial training.

Because many South Sudanese who were forced to flee now live in camps in Northern Uganda and the border region between the two countries it made sense to trial EAGLE within the refugee camps. Over the past year Mama Baka and our development team have been using EAGLE with small groups to assess its impact and now want to expand the process to as many refugees as possible. As the example in Lui shows, there is a great need for this programme to expand to

include as many of the 50,000 Mothers' Union members who can benefit from it. So, if you want to help Harriet (pictured left) and the thousands of refugees she has been aiding then get involved with our Harvest appeal. As well as donating, we always love to see people holding harvest-themed events in their churches and communities.

Visit our website today <https://www.mothersunion.org/harvest>



What is Gender-Based Violence?

- Gender-based violence (GBV) is any act of violence or abuse which is directed at an individual or group on the basis of their gender.
- It is important to note, therefore, that both women and men can be made targets of gender-based violence. However, it has been widely acknowledged that the majority of persons affected by gender-based violence are women and girls, as a result of unequal distribution of power in society between women and men. Further, women and girls victims of violence suffer specific consequences as a result of gender discrimination.
- Gender-based violence against women is violence that is directed against a woman because she is a woman or that affects women disproportionately.
- "Violence against women" is understood as a violation of human rights and a form of discrimination against women. It is all acts of gender-based violence that result in, or are likely to result in, physical, sexual, psychological or economic harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.
- Violence against women and girls is rooted in unequal power relations between men and women, and the underlying beliefs and values which accompany this, often manifesting as a means of control.
- Gender-based violence occurs in every culture and context around the world. It can be carried out by a wide range of people, including: partners; family members; those in the community; strangers; friends; those in positions of authority; armed groups; and the state.



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