



Connections

*Jesus manifested his glory, and his disciples
believed in him.*

John 2: 11

Volume 3
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January 16 to 31
2021

VIRTUAL VESTRY MEETING WILL TAKE PLACE ON FEBRUARY 21

Every year in February Anglicans meet to review the past year and consider how their parish will function during the following twelve months. Reports are brought in from leaders in all the areas of church life, people are appointed or elected to fill various roles for the new year, and matters of importance in the church and community are discussed.

The challenge for us at this Vestry meeting will be how to do all these things as mandated by church law, when we cannot sit down together, share our opinions and make decisions.

THE END OF A DIFFICULT YEAR

2020 was certainly a difficult year. We had to make changes in the way we worshipped, served the community, managed our finances, addressed the needs of the sick and troubled, and kept the fellowship together.

We have adapted to technologies we never used before, especially with online worship

services. A dedicated team of people contribute to the various pieces of the service, with Sam, our Music Director, putting it together superbly and Ellen, our Parish Administrator, faithfully posting it on the website. This year we will have to adapt the way we hold the Vestry meeting at this time of renewal and recovery.

EVERY MEMBER IS IMPORTANT

In 2020 we stressed the importance of every member's attendance at the Vestry meeting, even if he or she was not standing for office or making a report. We were rewarded with very good

participation and a meeting that really fulfilled our need to meet the expressed wishes of our faith community.

ADAPTING TO A NEW NORMAL

In 2021, as we begin to emerge from the dark restrictions of the pandemic, it is even more essential that we work together, with plans that suit the "new normal" and leaders to carry out those plans.

In the next issue of *Connections* we will give you more details on how you can be part of Vestry 2021 by Zoom or, if you are not online, by telephone. For now, mark the date - February 21 at 1 pm - for a new chapter in the life of Christ Church.



NOTICE TO ALL ACTIVITY COORDINATORS

Because the 2021 Vestry meeting will not be held in-person at the church, reports must be in the Christ Church office no later than

JANUARY 31

for distribution to parishioners.

Please e-mail your report to our Parish Administrator, Ellen, as early as possible.

If you are not online, call Pastor Pam at 647-470-1383 to make other arrangements.

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"Abide in my love and you shall bear much fruit" (Jn 15:5-9)

A PRAYER FOR THE NEW YEAR

Holy and Beloved One, lure of all our longing draw us on our inner pilgrimage,.
As the soil on the land is ploughed and sowed, prepare the ground of our being to do the soul-work.
Prepare our feet to walk the untrodden paths.
Prepare our hands to receive the unexpected.
Prepare our faces to withstand whatever the weather.
Prepare our shoulders to offer strength to fellow-travellers.
Prepare our desires to sift our dreams.
Prepare our resolve to shift the shapes that we put in the way.
Prepare our discernment to see what is no longer needed.
Prepare our backs to relax as you carry our load.
Walk beside us and lure us deeper into You as we set out to journey forth into this New Year.

From The Celtic Wheel of the Year

Week of Prayer for Christian Unity **January 18 to 25**

The Week of Prayer for Christian Unity is a major international ecumenical endeavour that is held in Canada each year at the end of January (in the southern hemisphere, they will often hold it in July or August).

Locally, churches normally gather for a prayer service, and many will do special events throughout this time as well. This year Christ Church is having members of other church denominations contribute in the Prayers of the People for our January 24th online service.

Each year, international worship resources are prepared by a group of Christians from various parts of the world. In Canada, the Canadian ecumenical writing team of the Canadian Council of Churches adapts the resources to suit the Canadian context.

The 2021 theme - Abide in my love and you shall bear much fruit (John 15:5-9) - calls us to pray and to work for reconciliation and unity in the church, with our human family and with all of creation.

Scripture Readings

January 17 (Epiphany 2)

1 Samuel 3: 1 to 10

John 1: 43 to 51

January 24 (Epiphany 3)

Psalm 96

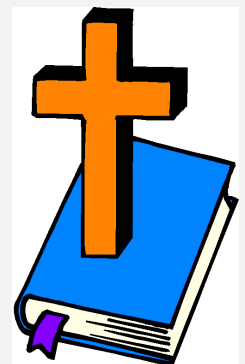
1 Corinthians 1: 10 to 13a

John 15: 5 to 9

January 31 (Epiphany 4)

Psalm 111

Mark 1: 21 to 28



Please pray for these members of our community and their families

Anita & Dave F

Anna Mary K

Anne S

Annet K

Beverly Barber

Christina & Joshua

Connie & David M

Corinne P

Dave M

Deb A

Deborah T

Ebun D

Edna S

Gwen P

James Y

Jenille L

John J

Judith R

Ken K

Lennox & Leonora Y

Linda & Robert E

Margaret B

Madhuri M

Moureen N

Philip I

Robbie & Bev R

Sherri-Ann & Ron

and for all those affected by COVID-19, racial discrimination or any injustice

Resilience – adjusting to difficulties, misfortune or change

Pastor Pam

Congratulate me! I just got back from a long walk. That may not sound like much of an accomplishment but, given that I had to lift my have-gained-weight body off of my cozy couch and go out and brave the winter elements, it was a worthy thing to have done. No, I am not an athlete. Far from it. And you may not consider yourself an athlete, either. Yet, I believe that this year all of us are called to have a marathon mindset in order to get through Covid-19. We all need resilience, which is defined as the ability to recover from or adjust easily to difficulties, misfortune or change.

With that in mind, I share my notes from a talk by Lucy Hone (TED talk). She began by asking everyone in the audience if they had received a loss. She then went down the list of losses, asking everyone to stand if the category fit. She included loss of love, health issues for you or someone close, natural or personal disasters etc. By the end of her "asking" everyone had stood. She then said, "if you are human, you are going to face adversity". I think she was getting everyone to realize why learning resilience is so important.

Then she talked about what got her to this point. Although from Australia, she did her Masters degree at U of Pennsylvania studying resilience and working on making US soldiers mentally fit (not just physically). She then returned to Christ Church, Australia, and was there just in time to help in the post quake period, teaching how to think in ways to boost resilience. Subsequently, in 2014, a terrible event occurred. Her 12 year old daughter was killed instantly in a car accident when another driver sped through a stop sign. Lucy calls this her "true test". It is one thing to do research and help others with resilience but could her learning help her face the hardest grief, the loss of her own child. She wanted to be an active participant in the journey through anguish. Through her "true test" she learned that you **can** rise up from adversity. Next she provided three strategies to help navigate through tough

times. These I share with you

The first is that resilient people get-it that suffering happens. Although there may be an undercurrent of understanding that we are all entitled to a happy life, suffering is real and we should not feel discriminated against when we face suffering of any kind.

Secondly, resilient people are good at choosing carefully where they put their attention. Resilient people realistically appraise a situation and they know (or figure out) what they can change and what they cannot change. Lucy pointed out that nowadays we are all constantly overwhelmed by the stresses of life and our response to the negative is always dialed up. We need to focus on the good. Choose life, not death. What helps is to find things to be grateful for. Scientific research has proven that it works. A test was done: a group of people were asked to find three good things that happened each day. The results showed that overall, those people had higher levels of gratitude and happiness. We are called to (this is the phrase used with the soldiers)..hunt the good stuff.

Thirdly, resilient people ask themselves, is what I am doing helping or harming me? Whether that refers to exercising, studying for an exam, getting a promotion, relationships, what I am eating, when I am sleeping, time spent on social media etc. Managing this in one's life will also give a greater sense of control in these pandemic days when we may feel out of control or like victims.

When we face adversity, we need to especially lean into these three strategies. And no, it will not remove the pain, she notes, but it does help.

We are in this marathon together...let us run with diligence the race set before us, celebrating when we are successfully taking even in the smallest steps towards the goal line. Perhaps we should share with one another how we are doing.

And from Philippians 3:12-14

Not that I have already....reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, ...this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.



THE PRESENTATION OF CHRIST IN THE TEMPLE

We know very little of Jesus' life as a child, but one important date is remembered by the church every year around the end of January.

According to Luke's gospel, Mary and Joseph took the Infant Jesus to the Temple in Jerusalem forty days after his birth to complete Mary's ritual purification after childbirth, and to perform the redemption of their firstborn son, in obedience to the Torah (Leviticus 12, Exodus 13:12-15). The temple was always a busy place, with people from the city and all the rural areas around praying, visiting, even buying and selling in this most cherished centre of their religious life.

One of these was an old man named Simeon, who had long awaited the coming of the Messiah, as foretold in Isaiah's prophecy. When he saw this baby, he knew immediately



Stained glass at St. Joseph's Oratory in Montréal depicting the presentation of the baby Jesus at the temple (Luke 2:22), where Simeon and Anna recognized him as the long-awaited Messiah.

REMINDER

In a previous issue of *Connections* we asked you to send information to our Parish Administrator, Ellen, so she could update our parish list. She needs your name(s), address complete with postal code, phone number(s) and email, or as much of this information as you wish to share with us.

At this time when we are unable to be together in person, it is especially important that we keep in touch, and you can be assured that our parish list is kept completely confidential.

Even if nothing has changed, please send the information again, just in case there is an error in our records. Ellen would like to make all changes as soon as possible.

Please email the Parish Administrator at office@christchurchscarborough.com or call the church at 416-261-4169 and leave a message. You can also connect with Ellen to receive the new number for your offertory envelope.

You might want to consider making your contributions by e-transfer during the lockdown.

that the prophecy had been fulfilled, and his joy was expressed in the beautiful canticle we call the "Nunc Dimittis". He said,
Lord, now you let your servant go in peace; your word has been fulfilled.:

My own eyes have seen the salvation which you have prepared in the sight of every people; a light to reveal you to the nations and the glory of your people Israel.

(This translation is from the Book of Alternative Services page 90)

Among the other people in the temple that day was a woman named Anna. She was a widow, alone in the world for many years, and she spent much of her time in prayer and fasting within the temple courtyard. She too was a devout Jew, a prophetess who had learned the scriptures well. She looked eagerly to the day when the Messiah would come and lead God's chosen people into holier ways.

We are not told what Anna said when she saw the little boy Jesus, but she also recognized him, and spread the wonderful news to everyone she met.

Mary and Joseph, of course, were astonished at this outpouring of adoration for their young son. They completed their ritual observances and the Bible tells us that they cared for him so that "the child grew and became strong, filled with wisdom; and the favour of God was upon him".

