



SPIRIT OF THE SAINTS



This is *your* news forum for sharing reports on past events and posting details of upcoming events. Your submissions are welcome and appreciated - everything from editorials and anecdotes to poetry, suggestions and prayers will be included as space permits.

Welcome to the February 2012 issue of our newsletter
'THE SPIRIT OF THE SAINTS'.

Wow!!! 2011 was a fantastic year and 2012 promises to be even better!

The year 2011 brought us many gifts and blessings. To begin with, we experienced ONE ENTIRE YEAR with ONE - yes ONE and only ONE priest! Not an interim priest but our very own Fr. Chris Travers. What a blessing he and Celine have been to our parishes. How much we've learned this year. We have grown in faith thanks to Fr.'s patient teaching. We have much for which to give thanks.

There is a wonderful year ahead for St. John's and All Saints. It will be an exciting and eventful time in the history of our churches and the Anglican Church in general. That's not to say that everything will be easy or without trials and tribulations.

That's where your help is needed!!! Please, if you do nothing else this year, be resolved to set aside a time each day to **PRAY.**



Let's pray for our church community. Let's pray for Fr. Chris and Celine. Let's pray for all those who need God's love and mercy and for those who haven't yet found their way through our doors.

Pray for wisdom and patience. Pray that the Holy Spirit will open our hearts and minds so that the Lord may speak to us so that we may *know* and *do* **HIS** will—not **OURS**.

Let us go forward and greet this New Year with joy. With the Lord as our guide we cannot fail. Let us step boldly and with faith into a new and wondrous year, the year 2012.

HAPPY NEW YEAR my friends!! *Nancy*

As anticipated 2012 has started off wonderfully well. St. John's has welcomed two new families into our midst. A hearty 'hello' and a warm welcome to Mike and his two daughters and to Chad and his son. We are honoured to have you with us!

St. John's celebrated the launching of a Prayer Group in January. This group, led by Jan Youngman, meets after the service for intercessory prayer. Everyone is welcome.



A variety of upcoming Studies are in the works and a great year of Faith Formation awaits us. If you missed last year's study groups be sure to watch for the start dates for the new sessions and jump in with both feet!



St. John's held their **Vestry Meeting** on January 22nd. Thank you to the team who served so earnestly and worked so hard in 2011. Thank you to Dale Messecar for being our **Vestry Clerk**. The Officers for 2012 are:

Rector's Wardens: Nancy Koop, Harold Williams

People's Wardens: George Crowther, Jan Youngman

Parish Council: Debbie and Jean-Marc Giroux, Dave Stevenson, Jack Marshall, Dale Messecar, & Olive Murray.

Lay Delegate to Synod: Audrey Stevenson, **Alternate:** Ann Mitchell.

All Saint's Vestry Meeting will be held on February 5th.



A few thoughts on **the subject of prayer.....**

“Shattered glass sparkles,” my father said with a dry smile. This was not encouraging. The day before, I and two colleagues had narrowly escaped death when our school had burned to the ground. We watched the huge flames engulf our classrooms from Holy Trinity, Anglican, next door. When faced with telling me the truth, or words of shallow encouragement, dad had typically chosen to tell me the truth. “If you carry that analogy further,” I replied, “shattered glass has to be melted down to become whole again.” Dad did not respond.

I was not enthusiastic about the prospects of this fire of a different kind and in truth, the battle ahead was as life-changing as the inferno itself had been life-threatening. In the months ahead, we lived at a frenetic pace. In addition to school texts and equipment, I had lost a thirty-year collection of curriculum-related materials. As staff battled the onset of post-traumatic stress syndrome, dealt with frightened parents, a meagre budget and few supplies, what became startlingly evident was an astounding increase in creativity. New initiatives were put forward; innovative classroom strategies evolved. In spite of this, the process of implementing ***change*** at the pace required to meet the needs of our students was one of the most painful experiences I can remember. ***The principal by-product of change was increased anxiety.*** Staff were on edge, tired and often on meds for depression. (To say that murder was mentioned would not be an exaggeration.) The incredible surge of productivity was equally matched by a heightened sensitivity about those small, previously insignificant points where we had no agreement. We were in crisis! The entire psychology department of Waterloo Regional District School Board was engaged and on-call with our staff on an hour-by-hour basis. Colleagues from other schools sent us food drawing attention to another symptom of stress-induced anxiety, the problem of our increasing size.

My mother’s response to the situation was prayer. Each morning at 5:00 AM my mother phoned to read scripture and to pray. What I came to understand as my mother ministered to me day after day for many months, was that my career crisis was not a career crisis at all! It was a spiritual crisis, a crisis of faith. Outwardly and visibly, I performed my Christian obligations well. I went to church with my parents; I made my communion on a somewhat regular basis. (I was absent from church the Sunday the fire took place.) I was brought up in a God-fearing family goodness knows. My family had been Anglican since the reformation – I was sure that all the things God was looking for could be checked on his list. I came to understand that just one thing was missing! Jesus knew me; I did not know Him! The relationship between us was like a one-way street. I had been so involved with the outward and visible form and practice of my faith, I had forgotten the inward and spiritual part. I mean, don’t all those prayers we say together in church so convincingly, count, for anything?

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A PSALM A DAY

The Psalms have provided the faithful a full expression of faith from earliest times bringing great joy, comfort, strength and challenge to the people. Let us endeavour to pray the psalms together this year on a daily basis for guidance.

Wednesday February 1 – **Psalm 1**
 Thursday February 2 – **Psalm 2**
 Friday February 3 – **Psalm 3**
 Saturday February 4 – **Psalm 4**
 Sunday February 5 – **Psalm 5**
 Monday February 6 – **Psalm 6**
 Tuesday February 7 – **Psalm 7**
 Wednesday February 8 – **Psalm 8**
 Thursday February 9 – **Psalm 9**
 Friday February 10 – **Psalm 10**
 Saturday February 11 – **Psalm 11**
 Sunday February 12 – **Psalm 12**
 Monday February 13 – **Psalm 13**
 Tuesday February 14 – **Psalm 14**

Wednesday February 15 – **Psalm 15**
 Thursday February 16 – **Psalm 16**
 Friday February 17 – **Psalm 17**
 Saturday February 18 – **Psalm 18: 1-32**
 Sunday February 19 – **Psalm 18: 33-52**
 Monday February 20 – **Psalm 19**
 Tuesday February 21 – **Psalm 20**
 Wednesday February 22 – **Psalm 21**
 Thursday February 23 – **Psalm 22**
 Friday February 24 – **Psalm 23**
 Saturday February 25 – **Psalm 24**
 Sunday February 26 – **Psalm 25**
 Monday February 27 – **Psalm 26**
 Tuesday February 28 – **Psalm 27**
 Wednesday February 29 – **Psalm 28**

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A few thoughts on **the subject of prayer.....**

That was the question I asked mom early one morning. There was a lengthy period of quiet at the other end of the line. I heard the hasty rustle of pages. Silences, especially when followed by rustling pages, are not a sign of anything good in my family. Mom began to speak firmly, enunciating every syllable clearly. This was her scripture-reading voice. She said, “Not all who sound religious are really godly people. They may refer to me as ‘Lord,’ but still won’t get into heaven. At the Judgment many will tell me, Lord, Lord, we told others about you and used your name to cast out demons and to do many other great miracles. But I will reply, “You have never been mine. Go away for your deeds are evil.” To give further emphasis to the importance of these words of our Lord, she quickly read the same verses from Matthew from two additional translations. Her point was well-taken and I have never forgotten the lesson. Spiritual maturity is about growth in the spirit and the measure of that maturity is our enduring and ever-deepening relationship with Jesus. Through prayer the dialogue which creates that relationship with Father God is begun. It is so easy to confuse our sincere and well-meaning Sunday performance of prayer with a special connection to the Almighty. It’s something like confusing a recorded voice message with a live operator. I was in that state of spiritual confusion the morning of the Wilson fire. How subtle was my deception!

Sincerely,

Jan Youngman



THE THIRTY-NINE ARTICLES OF RELIGION

Article VIII – Of the Three Creeds Part 2

The Three Creeds, Nicene Creed, Athanasius' Creed, and that which is commonly called the Apostles' Creed, ought thoroughly to be received and believed: for they may be proved by most certain warrants of holy Scripture.

We continue our look at this Article of Religion by exploring the Nicene Creed.

THE NICENE CREED

The so-called *Nicene Creed* has a long and complicated history behind it, and we would be wise to start with some account of the Council of Nicaea itself. Our information about the proceedings of the Council of Nicaea is very inadequate. From a letter to his own church written shortly after the event, Eusebius of Caesarea related that he had produced to the Council a statement of faith which he quotes. Included in this letter is what was evidently the baptismal creed being used at Caesarea. It was generally believed on the strength of Eusebius' letter that the Creed of the Council of Nicaea was in fact a revised and adapted form of the Caesarean creed.

The key phrases, *of the substance of the Father* and *of one substance with the Father* had been added to exclude Arianism, and a number of other changes had been made to give further anti-Arian emphasis. It is, however, by the most recent investigators regarded as unlikely that the Council of Nicaea arrived at its own formulation by taking the Caesarean creed as its starting point. The Creed of Nicaea differs from the Caesarean formula in a number of incidental and comparatively unimportant phrases which are unlikely the result of any deliberate alterations.

The Creed of the Nicene Council runs as follows:

We believe in one God, the Father almighty, maker of all things visible and invisible; And in one Lord Jesus Christ, the Son of God, begotten from the Father, only-begotten, that is, from the substance of the Father, God from God, light from light, true God from true God, begotten not made, of one substance with the Father, through Whom all things came into being, things in heaven and things on earth, Who because of us men and because of our salvation came down and became incarnate, becoming man, suffered and rose again on the third day, ascended to the heavens, and will come to judge the living and the dead; And in the Holy Spirit.

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THE NICENE CREED

But as for those who say, ‘There was when He was not’, and, ‘Before being born He was not’, and that ‘He came into existence out of nothing’, or who assert that ‘the Son of God is of a different hypostasis or substance, or is created, or is subject to alteration or change’ – these the Catholic Church anathematizes.

This creed decisively excluded Arianism. The two phrases relating to the divine substance meant that the Son shared in the being of the Father; *begotten, not made* ruled out the Arian assertion that our Lord was a creature. It should also be noted that the anathemas are an integral part of the Council’s statement, which differs from the form of a baptismal creed although it is clearly based on one.

I’m sure that you noticed that there are important differences between this creed put out by the Council of Nicaea and our own so-called Nicene Creed. The latter is usually known as the Constantinopolitan Creed because at the Council of Chalcedon (451 AD) it was quoted as “the faith of the 150 fathers”, that is, the bishops assembled at the Council of Constantinople (381 AD). Since such records as we have about the proceedings at Constantinople are inadequate it is hard to say definitively but what records we do have do not suggest the circulation of any new creed.

We can see in this Creed the appropriateness of our present Western usage. At the font the short and simple baptismal creed is sufficient. At the service which embodies the highest worship of baptized Christians – Holy Communion – there is a suitability in reciting the fuller confession of belief, which demands and is itself the product of a more matured faith, based upon a richer Christian experience.

As with many translations, the English is not altogether satisfactory in catching the original meaning. The word *Almighty*, as applied to the Father, does not accurately represent the Greek, which means rather *all sovereign*. The English *almighty* which came in through the Latin translation (as in the Apostles’ Creed), suggests ‘able to do anything’. *By whom all things were made* should rather be *through whom*. ‘By’ in old English meant ‘through’. The clause describes the Son as the agent of the Father in creation in accordance with the teachings of, John 1:3 & 10; Hebrews 1:2. *The Lord and Giver of Life* is a vague rendering of the original Greek. *The Lord* is a distinct attribute and expressed the full divinity of the Holy Spirit. A better translation would be *The Lord and the Life-giver*. The word *holy* was deliberately omitted by the reformers before *Catholic Church* not from any doctrinal reasoning, but because they supposed that it was absent from the best texts. It has become clear, however, that the omission is wrong, and *holy* should be restored as it has been in our saying.



ASK FR. CHRIS

Question: “What if I don’t know how to pray?”

Answer: Often when people ask me this question, it’s because they haven’t stopped to think that they’re already doing it. Prayer is our relationship to God, plain and simple. Like any good relationship the more awareness and intention we bring to the table the better. When we think of prayer as our relationship with God, we can see how sometimes we are watching God at work, sometimes we’re listening to and for God’s voice, sometimes we’re talking or arguing with God, and sometimes we’re just sitting quietly with other Christians. We often forget that prayer can happen anytime, any place, and in any manner because we are used to particular forms and postures of prayer.

For me, I find I get a lot of prayer done in the car as I’m commuting between one appointment and another. Sometimes it’s a conversation with God about what’s happened or about to happen, sometimes it’s a prayer for the crazy drivers around me, sometimes a hymn from the previous Sunday will float into my head and I’ll begin to sing it. All of this is the energy of prayer at work.

The wonderful thing about prayer is that our gift for intimacy with God is also our gift to be close to ourselves and others. It’s all connected. Like all spiritual exercises, prayer benefits from practice, intention, reflection and of course, more practice. Pray The Lord’s Prayer. In this short prayer Jesus assisted the disciples to learn that prayer was first of all coming into God’s presence. This is where all prayer begins. We are all beginners at prayer and when we realize this, we are able to pray well.

Prayer is not a science that must be mastered in order to be effective. It’s collecting the pieces of our lives and bringing them to God who alone provides life.

Here is a simple exercise that may help:

Sit down and become aware of your breath.

As you breathe slowly, allow your busy mind to become centered by allowing it to descend into the quietness of your heart.

Let your heart speak whatever it needs to say.

Listen for the word of God that may come audibly, or as an insight, or as a feeling of peace or clarity.

After a few minutes, thank God for the time that you have spent together and slowly return to an awareness of your breath.

WHAT ARE WE DOING?

THE EUCHARIST

PART 4: GO

Generally we think the end of the Sunday morning service as just that, the end; however, it is really the *beginning*. Having been nourished by the Word of God, our prayers and the body and blood of our Saviour Jesus Christ our energy is now concentrated on going forth. Going to Church is not the same as attending the theatre or going to see a movie where once the actors take their final bow or the credits begin to roll the action is finished. The end of the service begins our going forth as Christ's disciples out into the world.

There are generally some closing prayers followed by a song from the hymnal and then we are dismissed with these or similar words: *Let us depart in peace, Go forth to love and serve the Lord*. It is a commissioning to go out from this place to do the work we have been given to do in the name of Christ – to be bearers of peace, hope, love and joy in a world that could use plenty of all.

Our service begins at the end of the liturgy and our work as disciples – that is students of Jesus – happens in between the times we attend Church.

Source: Adapted from: *What are we doing?* Written by Helen Barron, Candle Press 1999. Pages 14-17



STEWARDSHIP THAT MATTERS

Make the World Brighter

“You are light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” – Matthew 5:14-16

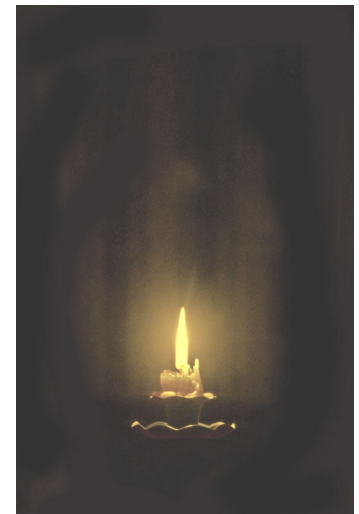
‘Making the world a brighter place and letting your light shine in it’ sounds pretty easy doesn’t it? After all, who would really light a lamp and then hide it under a basket? Clearly too many people are engaged in just that activity—hiding their light from the world rather than sharing it.

To let your light shine, you need to share it, to put it in a place where it will be seen and lighten the darkness of this world. It is a faithful way for each one of us to live. The light of God’s gifts shines in everyone and could make all the difference in this world if you would just stop hiding it.

God’s light shines in this world when you share with others and when an effort is made to bring His love out into the open. When you offer words of kindness or a smile to a stranger, God’s light is showing. When you volunteer your time to visit someone who is lonely or ill, that light keeps growing. When you share your resources with the Church that others might have food or clothing or education or justice then the light of God can be seen even as the lights of a distant city brighten the night sky.

Giving does make a difference. It makes both you and the world brighter.

Sources: *Here’s Something You Can Do* by: Rev. Leslee Alfano. The Canadian Interchurch Stewardship Committee. Page 4.



COMING EVENTS

The Wardens
of the Anglican Community of Brantford
are invited to attend a meeting at
Grace Anglican Church
at 7 pm on Tuesday, February 7th
Archdeacon Richard Sault

will continue the discussion
**'Working together within
the Anglican Community'**



World Day of Prayer

Will be held this year at
Faith Lutheran Church, 57 Brant Ave.
on Friday, March 2nd, 2012 at 1:30 p.m.

Everyone is welcome to attend.
St. John's will be participating.

A light luncheon will be served.



Saint John's ACW

has been busy whipping up another batch of delicious
MEAT PIES!

Pies are available for \$3.00 each and make a great supper on a cold night.
Pies may be purchased from any member of the ACW.

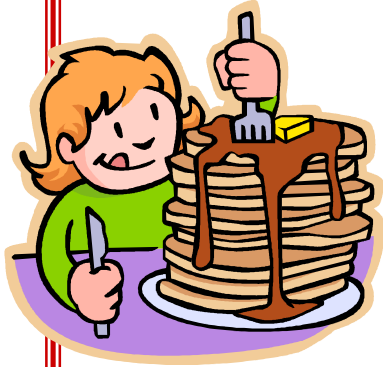
IRISH STEW NIGHT

will be coming up on March 16th.

It's a great evening of food, song and fellowship.
Please mark the date on your calendar and watch the
March Newsletter for more details.



New members are always welcome. We do plan fun times - it is not all work!



St. John's Annual Pancake Supper

Tuesday, February 21st

5 to 7 pm

Adults \$7.00

Children \$3.50

**Enjoy delicious pancakes, syrup and sausages!!
Bring your family and friends.**

ASH WEDNESDAY SERVICES

February 22nd, 2012

All Saints 10:00 am

St. John's 7:00 pm

LENT SERVICE & STUDY

Wednesday, February 29th, 2012

All Saints 10:00 am

St. John's 7:00 pm





REMINDERS



St. John's Prayer Group meets every Sunday after the 11:15 Service.



Our **Girl Guides** need your help. They are collecting milk bags that will be woven into mats and shipped to developing countries. Please save the outer milk bag (containing the 3 one litre bags). You can drop off the bags at St. John's.

Also, as part of the Guides' endeavour to be good stewards of the earth, they are collecting used batteries. Batteries should never be thrown in the garbage. Please save your batteries and drop them off at St. John's.



Please give generously to our **Food Banks**. St. John's collects regularly every second Sunday of the month. We keep what we need for our regular visitors and donate the rest to help St. Jude's.

All Saints collects regularly every third Sunday of the month.

P.S. You can bring in your donations of non-perishable food items any time. In addition to the regular canned and boxes food items, we also need hand soap, toothpaste/toothbrushes, deodorant, dish soap and laundry soap, toilet paper, Kleenex and low dollar value gift certificates from local grocery stores (so that folks can purchase milk, eggs, baby food/formula, diapers etc.)

THANK YOU!!

Contact Information:

Father Chris Travers:

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Email: stjohnsbrantford@gmail.com

Email: allsaintsmtpleasant@gmail.com

St. John's: (519) 752-8844

Website: www.stjohns.brantanglicans.net

All Saints: (519) 484-2715

Website: www.allsaints.brantanglicans.net

The Newsletter is posted on the website in full colour!!!

Newsletter submissions:

Nancy Koop Phone: 519-756-3325 or

Email: nancy-koop1@rogers.com

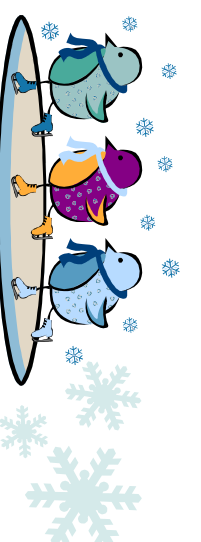
Howdy! Y'all come back next month ya hear? Please send in yer stuff by February 26th See you in March!!!

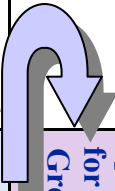

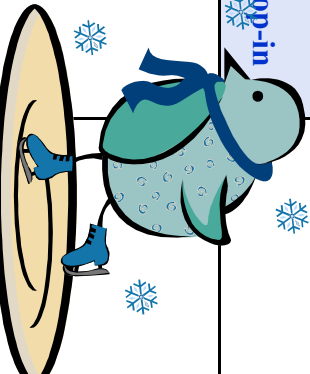


When you get to your wit's end, You'll find God lives there.



FEBRUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>St. John's Prayer Group meets every Sunday after the service. All are welcome!</p> 		<p>St. John's folks please sign up for Readers and Greeters Duty!!</p> 	<p>1 </p>	<p>2 Ground Hog Day All Saints Choir Practice 4 pm St. John's Choir Practice 6:45 pm</p>	<p>3 Youth Drop-in</p>	<p>4</p>
<p>5 All Saints 9:30 VESTRY MEETING & Pot Luck Luncheon St. John's 11:15 <i>Fr. Bob Schroeder</i></p>		<p>7 <i>Fr. Chris at Clericus</i> Meeting at Grace Church Guides 7 to 9 pm</p>	<p>8 ACW Meeting at All Saints 4:30 AOTS Dinner at 6:30 pm at All Saints Sparks 5:30 - 7 pm</p>	<p>9 ACW Meeting At St. John's 1:15 All Saints Choir Practice 4 pm St. John's Choir Practice 6:45 pm</p>	<p>10 Youth Drop-in</p>	<p>11</p>
<p>12 All Saints 9:30</p>		<p>14 Happy Valentines Day Guides 7 to 9 pm</p>	<p>15 Sparks 5:30 - 7 pm</p>	<p>16 <i>Fr. Chris conducting service at Riverview Terrace 10 am.</i> All Saints Choir Practice 4 pm St. John's Choir Practice 6:45 pm</p>	<p>17 <i>Fr. Chris at Mentor's Meeting am.</i></p>	<p>18</p>
<p>19 All Saints 9:30</p>	<p>20 FAMILY DAY </p>	<p>21 PANCAKKE SUPPER at St. John's 5 to 7 pm Parish Council Guides 7 to 9 pm</p>	<p>22 Ash Wednesday Service s 10:00 am at All Saints 7 pm at St. John's Sparks 5:30 - 7 pm</p>	<p>23 All Saints Choir Practice 4 pm St. John's Choir Practice 6:45 pm</p>	<p>24 Youth Drop-in</p>	<p>25</p>
<p>26 All Saints 9:30</p>		<p>28 Guides 7 to 9 pm</p>	<p>29 Lent Service and Study All Saints 10 am St. John's 7 pm Sparks 5:30 - 7 pm</p>	<p>World Day of Prayer will be held at Faith Lutheran Church, 57 Brant Ave. on Friday, Mar. 2nd, 2012 @1:30p. All are welcome. St. John's will participate. Light luncheon will be served.</p>	<p>Youth Drop-in </p>	
<p>St. John's 11:15 Prayer Group</p>						
<p>St. John's 11:15 FOOD BANK SUNDAY Prayer Group </p>						