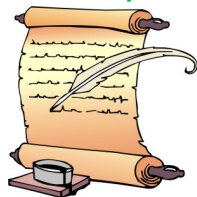


## The Power of Sharing Your Story

Stories shape our world: Current events flash across our television screens as news stories, grand epic tales of adventure and romance are told on our television and movie screens, countless children go to sleep each night with the lines of bedtime stories ringing softly in their ears, and some of us might even still enjoy a good novel from time to time. Even as the world becomes more and more digital, stories continue to shape how we see the world and how we find our place within it.



Over the last six months, we at Grace Church have been exploring God's Story, the Story we come to know best in Jesus, the Story that shapes who we are as Christians, who we are as a Church and the Story which ultimately gives shape to the whole world. We began by exploring some of the basics of the Christian Story, using some of the foundational building blocks of Christianity – our liturgy, the Lord's Prayer, and the Creeds – to get to **Know** the Story. Beginning in Advent we began to ask what does it mean to **Live** out this Story. If God's Story is the foundation of all of our stories, then what does it mean to find our place within it? Our entire life of discipleship following Jesus begins to answer this question, as does our life together as the Body of Christ.

Now as we begin Holy Week, as we look ahead to the Cross of Good Friday and the Empty Tomb of Easter, we have begun to grapple with what it means to **Share** the Story of God. For many of us, this is the most difficult part: we are more than comfortable learning more about God's Story and we can readily take up the challenge of living the Story, but when it comes to **Sharing** the Story we are rendered

speechless, terrified by the prospect of that big bad "E" word – Evangelism. Many of us have had so many negative experiences with evangelists – either on the street or at our doors – that to be associated with that is mortifying. It is unfortunate that for so many of us "evangelism" has been tarnished with these negative experiences, because at its heart evangelism is **Sharing** our stories, sharing how God's grace has touched us in our life of faith. For some these are stories of life changing conversions, but for most they are the ordinary but powerful stories of the small mercies and grace of God over a lifetime.

**Sharing** our stories is challenging; it makes us vulnerable to share our personal stories, especially our stories of faith . . . but it is in our vulnerability that we make connections with people. It is when we are willing to share and be authentic with someone else that we make friends and maybe, just maybe, that other person will feel safe enough to be vulnerable with you and **Share** their story. Over the season of Easter through Pentecost I want to challenge you to be vulnerable with one another, to share with one another stories of your faith. I am sure that as you open up to one another a whole new world will open up to you, a vibrant world of connectivity and

(continued)

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community that you did not even know was possible. Each week a member of our community will be sharing part of their Story with us, as part of our regular Sunday worship and my hope is that our common life together as the Body of Christ can be enriched by your stories which point to God, the author of our Story.

In Christ,  
*Rev. Graham*

## Weekly Services

Sunday	8:45 a.m.	Sung Eucharist
	10:30 a.m.	Sung Eucharist
Wednesday	10:15 a.m.	Said Eucharist

## Holy Week

### Monday, March 21

#### Monday in Holy Week

7:00 p.m. Stations of the Cross

### Tuesday, March 22

#### Tuesday in Holy Week

7:00 p.m. Stations of the Cross

### Wednesday, March 23

#### Wednesday in Holy Week

10:15 a.m. Said Eucharist  
7:00 p.m. Stations of the Cross

### Thursday, March 24

#### Maundy Thursday

7:00 p.m. Foot Washing, Eucharist, & Stripping of the Altar

### Friday, March 25

#### Good Friday

10:00 a.m. Prayer Walk  
12:00 noon Meditation on the Cross

### Saturday, March 26

#### Holy Saturday

1:00 – 4:00 p.m. Children's Easter Programme  
(lunch, bread baking, crafts)  
8:00 p.m. The Great Vigil of Easter

### Sunday, March 27

#### Easter Day

8:45 a.m. Sung Eucharist  
10:30 a.m. Sung Eucharist followed by Easter Egg Hunt



## Parish Events

**Study Course on the Beatitudes:** For many Christians the Beatitudes represent a foundational part of the Good News of Jesus Christ. Found with slight variations in both the Gospel of Matthew and the Gospel of Luke, the Beatitudes represent some of the most well-known passages of scripture. Beginning Wednesday, April 6 and Sunday, April 10 we will begin a study of the Beatitudes, using the Pilgrim Resource. The course will run for six weeks on Wednesdays at 11:00 a.m. and Sundays after the 10:30 a.m. service. The cost of the book we will be using is \$12.50; please speak with Rev. Graham or Andrew Kaye if you would like to participate.

## Young Adult Group at Grace:

### Trip to the Toronto Zoo Followed by

**Dinner:** Saturday, April 30. Meet at the church at 12:00 noon. Children are welcome to come as well.

Tentative trip is planned to **Niagara-on-the-Lake** for June. Watch the bulletin for more details.

**Vacation Bible School:** Grace Church Scarborough Presents



Come Experience the land down under with us on August 24 – 28, 2016!

We welcome all children between ages 4 to 12 to join us for Grace Church Scarborough's 2016 Vacation Bible School

It's a time of music, craft, games, worship, and fun!

To register for our programme, visit our website [www.gracechurchscarborough.com](http://www.gracechurchscarborough.com) or call us at (416) 755-5316

## Splash!

Our lives can be complicated, busy, challenging, and disappointing at times, but it's my confirmed belief that it's in these times that we build character. In building our character as Christians we find God in our own way; we build our relationship with him and that means different things for each person. For me it means **Splash**; it means that I get to share my splash with the world. One might ask what does that entail. Well, you see the thing about my splash is that it is all driven by God, and right this moment it means this article.



This month, we are currently sharing our testimony at Grace. As Anglicans, sharing our testimony is not particularly a comfort zone for us, but a part of growing is stepping outside your box. So here's to me jumping out my box and sharing my experience with you. Last Saturday at the Lenten retreat I had a moment where I knew without a doubt that God created that moment and I was elated and I wanted to jump up and down, screaming "God I hear you." It was amazing, and the best part was I had witnesses. I was chatting with Craig about the newsletter and writing an article. I said to him that I wanted to talk to Graham about it first, and in walks Graham just as I said his name. I got excited! There was a moment of pure happiness and I will remember it for the rest of my life. In that moment, I knew I was in the right place with the right people, and I knew that God had a plan and I was confident that I was designed for that moment.

I wish I could say that my every moment with God was like that but it's not. There are times I want to scream, "where are you, God?" "what are you doing, God?" and "why me, Lord?" In my opinion there are way too many of those moments and not enough pure, elated, and happy moments. This means that I'm now on a path to have much more pure elation like that Saturday afternoon. In doing this I'm on purpose having moments where I listen to God and trust him, even when I can't see him. Like

the famous worship song, says "trust and obey for there is no other way." I leave you with this, and find your own splash! Enjoy your walk with Christ!

*Jonelle Douglas*

## Lenten Retreat

What a wonderful and peaceful experience – attending my first Lenten Retreat!! Thank you, Linda, for your encouragement.



The format afforded our cohesive group the opportunity to share openly our interpretation of the reading material of the day – the "Parable of the Prodigal Son." Expressing our individual thoughts was refreshing and informative. I even had the opportunity to debut for the choir.

Attending Midday Prayer provided me with a different perspective of the "parable" – a more positive title – "The Parable of the Loving Father." I feel this interpretation is more suitable, as it aptly portrays the theme of "reconciliation and unconditional love."

The "silent lunch" was a great departure from the usual mealtime chatter. One was able to savour quietly the bounty and flavour of each offering. GREAT MEAL.

Evening service was very solemn and a fitting end to a very restful and reflective day. I enjoyed the quiet times, and think that everyone who longs for "a day of solitude" should plan to attend one of these sessions.

Thanks to Father Graham for being a great facilitator and encouraging each of us to participate in discussions.

I look forward to attending another session in the summer, when I imagine the grounds will be magnificent and quiet times even more enjoyable in the great open air.

*Everette Moore*

## A Hymn for Easter

### "Welcome, Happy Morning"

Hymn #168 Common Praise 1938

From the Latin of Fortunatus;  
translation by The Rev. John Ellerton

"Welcome, happy morning!" age to age shall  
say;  
Hell to-day is vanquished! Heaven is won  
to-day!  
Lo! the Dead is living, God for evermore,  
Him, their true Creator, all his works adore;

*Refrain:*

"Welcome, happy morning!" age to age shall  
say;  
Hell to-day is vanquished! Heaven is won  
to-day!

Earth her joy confesses, clothing her for  
spring,  
All good gifts return with her returning King;  
Bloom in every meadow, leaves on every  
bough,  
Speak his sorrows ended, hail his triumph  
now:

*Refrain*

Months in due succession, days of  
lengthening light,  
Hours and passing moments praise thee in  
their flight;  
Brightness of the morning, sky and fields and  
sea,  
Vanquisher of darkness, bring their praise to  
thee:

*Refrain*

Maker and Redeemer, Life and Health of all,  
Thou from Heaven beholding human nature's  
fall.  
Of the Eternal Father true and only Son,  
Manhood to deliver, manhood didst put on:

*Refrain*

Thou, of life, the Author, death didst  
undergo,  
Tread the path of darkness, saving strength  
to show;  
Come then, True and Faithful, now fulfil thy  
word;  
'Tis thine own third morning; rise, O buried  
Lord!

*Refrain*

Loose the souls long prisoned,  
bound with Satan's chain;  
All that now is fallen raise to  
life again;  
Show thy face in brightness,  
bid the nations see!  
Bring again our daylight: day returns with  
thee;

*Refrain*



## Scouting is Coming to Grace Church

In September, a brand new Beaver Colony (age 5-7) will begin on Wednesday nights and a Cub Pack (age 8-10) will begin on Tuesday nights.

What is Scouting, and what are Beavers and Cubs? Well, we are a Christian organisation started in 1907. We focus on age-appropriate games, crafts, music, and learning in order to teach children about teamwork, friendship, self-confidence, and respect.

If your children like to have fun, learn, and go on exciting adventures, then Scouting is for them! We are a team of experienced leaders who are passionate about children and fun within the Scouting programme. If you are interested in helping with the Beaver Colony or Cub Pack, or if your child would like to sign-up for either group, please contact Glenn Feltham at (416) 431-1751 or Caitlin Sweet at **talktotictac@hotmail.com** for more information.

Hope to see you in September!

### This is Your Newsletter

We hope you will contribute to the articles. If you attend a conference or an event either inside or outside the parish, we hope you will tell us about it. Feel free to send photographs or clipart, and we will try to include them. Submissions can be sent to **communications@gracechurchscarborough.com** (be sure to have "Newsletter" in the subject line).

The deadline for the next newsletter will be September 18, 2016.



## St. Patrick's Breastplate: Hymn 436



I often think that there could be a Ph.D. thesis in studying hymns. What hymns are sung in what congregations and how does that reflect what we believe? How do we describe the hymns? How do we adopt new hymns to reflect our changing understanding of God? I learned long ago that we are a diverse people, we Anglicans. For every complaint about a hymn I receive, I almost always receive a compliment from someone else. Often I'm surprised by hymn requests for a traditional hymn from a non-traditional person and vice versa. The miracle of how music touches us is amazingly complex and profoundly moving.

We were practising a hymn the other night at choir practise – number 436 in the new blue hymn book. I announced the hymn as St. Patrick's Breastplate which provoked a few queries in the group. Everyone recognised it when it was played but some were not familiar with the odd title. I am not even sure where I learned to call it that. So I decided to do some research about it when I was asked for a submission for the newsletter.

The words to the hymn are always ascribed to St. Patrick (389? – 461?). There is no evidence for this, however. The earliest written reference is found from the 8th century. It is possible that this 8th century work is based on some earlier work by St. Patrick though. Still, it is pretty impressive that the words hold meaning after at least 1200 years.

This hymn is called "Breastplate" because the translation we use is based on an early form of monastic prayer called a *lorica*. This form of prayer was for protection and was named after the body armour of a Roman Legionnaire. The imagery and knowledge of Roman armour linked well with the Christian imagery of God's armour used throughout the Bible. As a side note, the hymn "Be Thou My Vision" is also based on a *lorica* which explains some of the similar "feel" to these two hymns.

The modern words were arranged by C. F. Alexander (1818 – 1895) who, unknown to me, was a female hymn writer. Cecil Frances was an Irish poet who was quite prolific. You might be surprised to know she also wrote "All Things Bright and Beautiful," "There Is a Green Hill Far Away," and "Once in Royal David's City." That is some serious talent and staying power!

The music we use was arranged by Sir Charles Villiers Stanford (1852 – 1924) and is actually a combination of two old Irish tunes. Unlike any other hymn, this hymn changes tune for the fifth verse. While this is simultaneously frustrating and amusing to congregations and choirs, it reflects the changing nature of the original *lorica* which has a section about God's aspects in between the verses about putting on the armour of God.

I have always loved this hymn because of its difficulty and Irish flavour. I think I love it more now that I know more about its diverse history. I wish we sang it more often than just St. Patrick's Day and Trinity Sunday! If you agree with me, put in a hymn request or ten to Rev. Graham!

*Sharon Zagrodney*

## Our Leadership

### **Priest-in-Charge**

The Rev. Graham McCaffrey

### **Associate Priest**

The Rev. Ronald Duncan

### **Lay Pastor**

Andrew Kaye

### **Secretary**

Doreen Brown

### **Interim Choir Director**

Sharon Zagrodney

### **Children & Youth**

Jonelle Douglas

### **Churchwardens**

Yvonne Erwin-Knox  
Walter Snaith

### **Deputy Churchwardens**

Linda Painter  
Ryan Ramsden