

Endurance and Perseverance in Faith

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith. Hebrews 12:1-2

In the course of reading the Bible there are often metaphors or images which speak to us strongly because they resonate with our personal experiences; there is power to the words and images if they are relatable to us. For example, Jesus used agricultural imagery because he was largely speaking to an agricultural society, to people who knew the world of farming and pastoral life in Ancient Israel. Sometimes we can understand an image intellectually, even though we don't have experience with them personally, but the deep connections often occur when our lived experience sheds light on the imagery of the text.

This kind of deepening of understanding is something that I have experienced of late, as I have been training over the last year for my first full marathon. I have not always been a runner. As recently as five years ago, I wouldn't have been caught dead running. It seemed like a tedious, punishing endeavour that wasn't worth the effort. As I came to end my time in seminary, however, I decided that I was going to take the year I had between graduation and ordination and focus on my fitness and well-being – and so with some of the money I received at graduation I bought myself a treadmill. I began with walking, but within six months I was running. Fast-forward to this past January, where I was invited to a conference



by World Vision, to hear about the work they are doing through running endurance events, and I was convinced by the speakers and with a lot of help from the Holy Spirit, that I would tackle the task of training for my first full marathon in raising money to support World Vision and their clean water initiatives in Africa.

Over the last year I have run more than any other year of my life. I have put in many steps and kilometres on my Fitbit tracker and I have learned a lot about endurance and perseverance. Running is undoubtedly a physical endeavour, but as distances get longer, mental perseverance becomes a much bigger factor. Keeping focused on the goal, keeping from losing hope, keeping your mind busy through the long kilometres – each of these are essential if you want to persevere and endure.

In the course of my training I have come to a deeper appreciation for the imagery that

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| | |
|---|--|
| 1 | Endurance and Perseverance in Faith |
| 2 | Prayer in the Bible * This is Your Newsletter * A Little Biblical Humour * Our Leadership |
| 3 | Upcoming Events |
| 4 | Vacation Bible School: Passport to Peru |
| 5 | Parish Administrators' Retreat * Rhythms of Grace |
| 6 | Retirement Plus * His Grace is Sufficient for Me |
| 7 | Being a Witness to Love in the Chaos |
| 8 | Chancel Guild * A Hymn for Thanksgiving |

the writer of the Hebrews and the Apostle Paul used when they likened the life of faith to running a race. Our life of faith is not an easy task; it is not something that we can accomplish quickly or without great effort, and it constantly requires us to "train," to strengthen our discipleship muscles so to speak. Just as in running there will be setbacks and breakthroughs, but in all things endurance and perseverance are paramount. We cannot lose hope, even when the end seems so far off; we must, as the book of Hebrews puts it, keep our eyes focused on Jesus – the one who has pioneered and perfected our faith.

We keep our eyes focused on Jesus in a number of ways: through prayer (both private and corporate), through study, through worship, through service, through sharing the story of our faith. At Grace we have lots of opportunity for you to train in these ways and I hope that you can learn the perseverance and endurance you will need to follow Jesus today, and forever more.

Rev. Graham

Prayer in the Bible

The previous edition of the newsletter featured a quiz of 6 Bible passages. Were you able to identify the speaker of each prayer? Did you know where to find the passages in the Bible, and the context of each prayer? Here are the answers, in the order that the passages appeared.

Craig Gustafson

John 11:42

Jesus prays before raising Lazarus from the dead

I Samuel 2:2

Hannah praises God after the birth of Samuel

Ephesians 3:20-21

Paul asks God to strengthen his people

Susanna 42-43

Susanna pleads for justice after being condemned to death



Job 42:2-6

Job talks to God after he speaks to Job

I Kings 3:8-9

Solomon's request after God asks what he wanted from God

This is Your Newsletter

We hope you will contribute to the articles. If you have attended a conference or an event either inside or outside the parish, tell us about it. Tell us in what activities your group is engaged. Send us information about upcoming events. 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 November 19.

A Little Biblical Humour

- Q. Who was the greatest financier in the Bible?
A. Noah. He was floating his stock while everyone else was in liquidation.
- Q. Who was the greatest female financier in the Bible?
A. Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet.

Our Leadership

Incumbent

The Rev. Graham McCaffrey

Honorary Assistants

The Rev. Julie Golding-Page

The Rev. Steve Page

Secretary

Doreen Brown

Children & Youth

Jonelle Douglas

Churchwardens

Nadia Murray

Ryan Ramsden

Deputy Churchwardens

Margaret Crossman

Jonelle Douglas

Upcoming Events

Cultivating a Biblical Imagination – Preaching and Teaching Series (October 1 - November 19): Beginning in the month of October each week we will be exploring the Book of Leviticus – a book so often neglected and ignored – to explore the life of the people of Israel and how that might inform our own life as the Church. A study course will be offered in conjunction, Sundays after the 10:30 a.m. service.

“The Good Life” Study Series: As part of our “Cultivating a Biblical Imagination” Preaching and Teaching series, we will have the opportunity to reflect on various episodes of this 1970s British comedy.

Tired of the rat race (of simply surviving rather than living), Tom and Barbara Good decide to leave their conventional life behind and try to become self-sufficient in their suburban home. We will look at some of the challenges they face as they make their living in agriculture and raising livestock, as well as the struggle of consumerism.

We will meet on Tuesdays, September 26; October 24; November 14; and December 12 at 7:30 p.m. Please plan to come early for the “Prayer and Praise” service at 7:00 p.m.

Barbados Ex-Police Concert
Sunday, September 24 at 6:30 p.m.

Pet Blessing Service
Sunday, October 1

Thanksgiving Turkey Lunch
Saturday, October 14

Night of Mission and Music with The Rev. Tony Campolo: On Sunday, October 29 at 6:00 p.m. we are honoured to welcome this internationally famous preacher and pastor as the key-note speaker of our Mission and Music evening. Rev. Campolo is a world-renowned preacher, sociologist, pastor, and professor who will be speaking as we at Grace Church begin a partnership with World Vision Canada. This is a can't-miss event; please mark your calendars. More information to follow.

Christmas Bazaar
Saturday, November 4

FaithWorks Sunday: November 5. Our guest preacher will be Carole Chabot, who recently stepped down from the Board of LOFT Community Services after 9 years, including 3 years as Chair. LOFT’s work has been part of Carole’s life for over 20 years, as prior to her service on the Board, she was Director of Development at Anglican Houses (later LOFT) and a long-time supporter.

LOFT (which stands for “Leap of Faith”) provides permanent housing and community services for the most vulnerable, including those with mental health and physical and addiction challenges, the homeless, the abused, and the abandoned. Services include supportive housing and community support services, and respond to the changing needs of our diverse community.

Men’s Breakfast
Saturday, November 18

Bus Trip
Niagara Falls
Holiday Lights
Saturday, December 2

Advent Lessons & Carols Service
Sunday, December 3

Christian Foundations: A small group resource which offers an engaging introduction to the good news of the Gospel, the story of the Bible, church history, the creeds, and core practices of the faith. The material has been designed for people with no Christian background, and for those wanting to refresh their basic grounding. Nine modules focus on key questions that are explored through four learning segments, which include short narratives and interactive exercises (including self-quizzes, reflection questions, group discussion, story-telling, timelines, maps, and matching tasks). This programme will be offered at Grace Church this fall. More information to follow.

Vacation Bible School: Passport to Peru



From August 23 to 26, 10 children and several adults took an extraordinary trip to Peru through our VBS. The children ranged in age from 5 to 13 years. Three of the children are members of Grace Church, and the other seven have a connection to Grace.

Each day began and ended with song and prayer, as well as meeting children in Peru through video presentations. Each day had a different theme reflecting God's gifts to us (comfort, patience, peace, love, and joy – ***Gracias!***), and these celebrations were an opportunity to learn about the theme, which was integrated into all the activities for the day.

At **Bible Expeditions**, we participated in the telling of a Biblical story. The most memorable was Jesus calming the storm, when the children crammed into an inflatable boat on a tarp, and the leaders jerked on the tarp simulating the waves, and squirted water from spray bottles for the storm. A touching story was Simeon and Anna waiting for the Messiah. A portion of the Nave was set up as a Chapel using an Altar, Prayer Desk, and Candles. As with customs of the day, each of us knelt at the Prayer Desk for a prayer upon entering, and then sat quietly during the story so as not to disturb the other people praying in the Synagogue. Parents would be impressed seeing their children, who were full of energy at other times, but who were quiet and respectful in the worship space for the story!

At **Play Peru**, we had the opportunity to play games that children in Peru play. The games demonstrated cooperation and inclusiveness, as well as the theme for the day.

At **Incan Eats**, we enjoyed a delicious snack similar to Peruvian food, as well as reflecting on the food as it related to the theme of the day. Snacks included French fries, banana and plantain chips, popcorn, and rice pudding.

At **Experience Peru**, we learned about day-to-day life of our Peruvian neighbours. In Peru, for example, many houses are built on the water using reeds. We had the opportunity to build houses out of Legos, and then build an “island” from raffia so that the houses would float on the water. Another activity was to travel with a ball on a spoon while someone sprayed water on the spoon, simulating the rainy season. The people of Peru will play in the rain!

We participated in **Operation Kid-to-Kid**, in order to help the people of Peru to have clean drinking water. For \$5, we can provide clean water to 1 person for 1 year! We were invited to bring in our loose change and drop it in a water can, a visual reminder of the purpose of the money, as well as our goal to “pour out God’s blessings” for our neighbours. We raised \$124.50! ***Gracias!***

Each day ended with lunch and an opportunity to play games or do crafts.

We express our thanks to the congregation for their donations which made VBS possible, which also indicated the importance of this programme; Jonelle Douglas, for her leadership in planning and delivering the programme; the children for coming and spending the week with us; and the leaders who participated (including several new people this year). The week was at least as much fun for the adults as it was for the children! Hopefully next year we will have a few more leaders to ensure the programme is smooth and enjoyable for everyone.

Craig Gustafson

Parish Administrators' Retreat

As some people at Grace Church know, I am the Parish Administrator at St. George on Yonge Anglican Church. In June 2015, I organised a parish administrators' retreat day with two of my co-workers, which was held at the Sisterhood of St. John the Divine (SSJD). Forty people registered, and thirty-six attended. At this retreat, we asked if participants would like to be part of a planning group for future events.

In June, two other administrators and I planned a second retreat at SSJD. Twenty-four people registered, and all but one attended. In the morning we had small group discussions relating to how we work. We had the opportunity to reflect upon how we could improve our skills and competencies in our jobs, as well as ask others about what computer programmes they use. We had the opportunity to learn about the benefits and challenges of different communication and financial programmes others use, as well as how we can use the programmes more effectively.

In the afternoon, one of the Sisters instructed us on how to use the labyrinth, a maze-like structure which is set in floors or on the ground. They are large enough that the path can be walked, or they can be placed on paper that can be traced with a finger. There is one entrance with a separate exit, and they are used for private meditation. Half the group had the opportunity to walk the labyrinth while the other half participated in a physical activity for praying with the body. The groups then switched to experience the other activity.

Highlights of the day included getting to know each other through Human Bingo, celebrating the Eucharist with the Sisters where The Rev. Canon John Wilton served as celebrant and preacher, and enjoying a talking lunch with another opportunity to visit with our colleagues. By far, the favourite activity of the day was walking the labyrinth. It is interesting to note that we



spent the morning reflecting on the practical aspects of the job, and the afternoon on our spiritual health.

I express my thanks to my two colleagues for planning and leading the retreat with me; to the Sisters for their hospitality and flexibility; and to the participants for attending and making the day a memorable and enjoyable experience for everyone.

Craig Gustafson

Rhythms of Grace



In reading my Daily Bread, I came across this article which caused me to pause and think. It is a paraphrase of Matthew 11:28–30 (some of it from "The Message" by Eugene Peterson).

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

If you find that Christianity exhausts you, draining you of your energy, then you are practicing religion rather than enjoying a relationship with Jesus Christ. Your walk with the Lord will not make you weary; it will invigorate you, restore your strength, and energise your life.

If you feel burdened, then it is time to lay your burden down and walk with Jesus in a rhythm of grace.

Nadia Murray

Weekly Services

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| Sunday | 8:45 a.m. | Sung Eucharist |
| | 10:30 a.m. | Sung Eucharist |
| | 7:00 p.m. | First Priority Prayer Service (1st of the month) |
| Wednesday | 10:15 a.m. | Said Eucharist |

Retirement Plus

He never took a day off sick in his life and
lay in bed,
He got the gold watch, best wishes and
Good things were said.

Big plans, lots of brochures lay awaiting
Me and wife Dotsy are just raring to get
going.

Have tea at Rita McNeil's Teahouse in Nova
Scotia

The wine in the Annapolis Valley could even
get to ya

Succulent lobsters down PEI way
Or whale watching at Fundy Bay.

The quaint St. Alban's Islands off Vancouver
out west

A Hawaiian cruise would even be best
The white sand beaches of Barbados do
beckon

Or a tour south to the Grand Canyon we
reckon.

One last call before launching his plan

Just to check with his doctor
Before leaving this land.

Two tests Doc said, did not come out good
The heart and the prostate were not as they
should.

Better hold the trip and check those out,
could be something slight though,
Nothing to shout about.

Further tests proved they were pretty bland
The outlook now was not so grand,
His wife now had to lead him by the hand.

Surgery and chemo now needed doing,
But he was a brave man
And vowed that he would go down fighting.

No tears he said
As they all gathered around
Just remember this quote from the Bible I
found
It's from Psalms 30, verse 5, and sounds
right and uplifting
It says, "Weeping may endure during the
night but joy cometh in the morning"

Mark Waldron

From The Tracery of Trees: an anthology of verse
Edited by Wendy K. Burgess
Poetry Institute of Canada
Victoria, British Columbia

His Grace is Sufficient for Me

Whenever painful things happen in life, I
was told to take it as a lesson from God. I
was doing it all the days of my life, but when
my husband met with an accident in March
this year, I felt so overwhelmed that I told
God, "Okay, no more lessons in my life. It's
going beyond my strength." (Don't mistake
me, that's how I talk to God most of the
time. After all he is our Dad and we are his
mischievous kids).

Now it has been six months since his
accident, and I do believe I learnt a lesson
from that incident. Yes, the most important
lessons in my life which God provides are not
based on education, work, salary, status in
the society. He supplies all our needs
according to **his riches** in glory. My dear
friends in Christ, whether it is a problem that
is bothering you, or the needs in your life
that are terrifying you, always remember the
God you serve is mightier than any of your
problems and richer than any of your needs.

I thought it was worth sharing the song
that I learned when I was in high school:

Jehovah Jireh, my provider,
his grace is sufficient for me,
for me, for me,

Jehovah Jireh, my provider,
his grace is sufficient for me,
my God shall supply all my needs
according to his riches in glory
he gives his angels charge over me

Jehovah Jireh cares for me
for me for me
Jehovah Jireh cares for me [you].

Merla Watson

Emily Paul

Prayer for Psalm 100, page 838 BAS

God our Father, you have created us as your
people, and you sustain us with your hand.
Help us always to give you thanks, for you
alone are worthy of thanksgiving and praise
and honour, now and for ever. Amen.

Being a Witness to Love in the Chaos

How we treat each other is the moral issue of our time. It was in Jesus' time too. Recent events have brutally demonstrated the opposite of Jesus' commandment to love one another.



Photos and video of white supremacists, neo-Nazis, and the KKK chanting racist slogans and carrying torches as they rioted in Charlottesville, Virginia in August, shocked many in the United States, Canada, and around the world.

Archbishop Fred Hiltz, Primate of the Anglican Church of Canada, responded immediately, saying, "Let us pray too for the Church's witness in the midst of this growing crisis. May we be united, courageous, and unwavering in denouncing racialized violence of every kind and in proclaiming God-given dignity with which . . . 'every family in heaven and on earth derives its name'" (Ephesians 3:15). (For the full statement visit www.anglican.ca/news/praying-end-racial-violence/30019908/)

The Archbishop also noted that racialized violence occurs in Canada too. Wherever it happens, he said, "It leaves people injured – physically, emotionally, and spiritually."

The "Proud Boys" displayed the Archbishop's point on Canada Day. Five members of that group shamefully confronted members of the Indigenous community in Halifax as they prayed to their ancestors for the lives lost since the beginning of colonisation. The problem, as the "Boys" saw it? The ceremony was held near the statue of Edward Cornwallis, a British military officer, credited with founding that city the same year he offered cash to anyone who killed a Mik'maq person. According to a CBC report, a follower said protesters were "disrespecting Gen. Cornwallis."

The virulent opposition to motion M-103, which exploded in February of this year, is another instance of the sin of racism. The non-binding motion in the House of Commons was presented by Iqra Khalid, the

Liberal MP for Mississauga-Erin Mills. It condemned Islamophobia, asked the federal government to study "systemic racism and religious discrimination," and called on the government to collect data on hate crimes for further study. M-103 detractors insisted it gave preferential treatment to the Muslim community; that critics of Islam would have their free speech curtailed; and that it somehow meant Sharia law would become part of Canadian law. Ms. Khalid received hateful messages and death threats for her efforts. Such opposition, coming as it did after the slaughter of six Muslims praying at a Quebec mosque, is reprehensible.

Canadian Christians are not immune to excluding and demonising the "other." The treatment of Canada's Indigenous peoples in residential schools, some operated by the Anglican Church of Canada, is a reminder that racism causes intergenerational trauma. Former Primate, Archbishop Michael Peers, offered an apology on behalf of the church to the National Native Convocation in Minaki, Ontario in 1993. "I accept and I confess before God and you, our failures in the residential schools. We failed you. We failed ourselves. We failed God." (For the full apology, visit www.anglican.ca/wp-content-uploads/2011/06/Apology-English.pdf) The Church continues travelling the path of reconciliation with our Indigenous brothers and sisters, guided by the Calls to Action from the Truth and Reconciliation Commission.

As a follower of Christ, how do I respond to racism? How do you?

Part of the answer that has surfaced in me is I must go beyond. My faith commands that my love *must be wider* to include those whose beliefs and behaviour I find disgusting, incomprehensible, and an affront to God.

I had a Spirit-filled tap on the shoulder as I wrestled with this while researching and writing this article. It came through a daily meditation I receive from the Henri Nouwen Society. Entitled "Opportunities to Witness," Nouwen said, "We have been sent into the world to be living witnesses of God's unconditional love" – and there it is – the

calling to love, not just with those with whom I agree, but with everyone.

As a result, I have connected with a group organising a **Unity Rally to End White Supremacy in Toronto** on October 15 from 12:00 noon to 3:00 p.m. at Queen's Park. I realise it is a Sunday, but pray that some Grace Church parishioners will be able to attend later that afternoon. The rally is an incredible gift to be a living and loving witness in our city during a time that seems dark, overwhelming, and paralysing, not only in North America, but around the world.

The Rally to End White Supremacy in Toronto has a Facebook page where you can get more details. Over 6,000 people have said they will attend with 11,000 more indicating an interest in the event. Or, you may send me an e-mail message at **vmgsnead@hotmail.com** to connect.

Viv Snead

Chancel Guild

The Chancel Guild members of Grace Church are a loyal and steadfast group. Ideally, we have four teams of three persons, but this number is sometimes difficult to maintain. Our responsibility is to prepare the Sanctuary for our worship services and to care for the vessels and linens. This can sometimes be challenging but also rewarding as we deal successfully with small unforeseen problems that can arise. It takes time to learn what is required and to discover our individual gifts. We welcome anyone (man or woman) to join our ranks and experience the joy of serving God in this way.

Thanksgiving is fast approaching and this year we will be celebrating our Harvest Festival and National Thanksgiving on the same day, October 8. We all enjoy seeing the fruits of our harvest adorning the church building. Even though the Chancel Guild takes responsibility for the decorating, we welcome everyone's ideas as well as help and donations. We will be decorating on Saturday, October 7, from 10:00 a.m. to



1:00 p.m. Donations of all flowers, produce, and canned goods can be brought to the church during that time. If you have easy access to bull rushes, fancy grasses, or autumn wild flowers, please let Sylvia Slemmestad know ahead of time. It is great to have lots of willing hands to share the fun of decorating and fresh ideas are wonderful and very welcome!

Sylvia Slemmestad

A Hymn for Thanksgiving

"As Saints of Old"

Hymn #260 Common Praise
Text by Frank von Christierson



As saints of old their first fruits brought
of orchard, flock, and field
to God the giver of all good,
the source of bounteous yield;
so we today first fruits would bring:
the wealth of this good land,
of farm and market, shop and home,
of mind, and heart, and hand.

A world in need now summons us
to labour, love, and give;
to make our life an offering
that others too may live.

The church of Christ is calling us
to make the dream come true:
a world redeemed, your kingdom come,
all life in Christ made new.

In gratitude and humble trust
we bring our best today,
to serve your cause and share your love
with all humanity.

O God, who gave yourself to us
in Jesus Christ your Son,
teach us to give ourselves each day
until life's work is done.

Daylight Saving Time Ends Sunday, November 5.

Please remember to set your clocks **back** one hour before you go to bed on Saturday.