

### Pray Without Ceasing

During my late-teens and early twenties I was fascinated by monks and all things to do with monasticism. There is something about the simplicity, the dedication, and the bare lives of monks throughout the history of the church, which attracted me especially after I returned to my faith in my early 20s. I was attracted by the complete dedication to prayer, study, work, and worship – lives dedicated to God and to the Church, putting aside so many of the distractions that the world has to offer at any given moment.



The reality is that the monastic life is not feasible or desirable for me or for most of us – a life with few attachments can be hard – but I think that the Church of today can nonetheless learn a lot from that kind of life, especially in our age of constant busyness and over-programming

One of the great strengths of the monastic life is its total devotion to God in Christ, through a life of prayer. Monks lives are soaked with prayer – common prayer, private prayer, constant prayer in the midst of their daily lives. We might think that a life of constant prayer is all fine and good for monks who can worship all day long, but in reality one of the most amazing things about the monastic life is the way they cultivate a life of prayer in the midst of their daily lives, in the midst of their daily tasks.

Cultivating a mindfulness of God and his presence in the midst of our daily lives is possible, and gives even the most menial tasks a sacredness and holiness that they would not possess otherwise, and as we seek

to find God in the midst of our work life, the midst of our chores at home, in the midst of our grocery shopping, or tasks around town, it can make it easier for us to find ways to declutter, and prioritise what is important and good in our lives over what is just busyness.

It takes practice to become aware of God even of the midst our daily lives; it takes the discipline of asking for God’s presence, of thanking God for even the daily realities of our lives. Prayer is more than bowing your head or folding your hands; prayer is an attitude that points towards God and shapes and transforms us day in and day out.

May you come to know your lives as prayers offered to God, and may you pray without ceasing even in the midst of your daily life and routine.

In Christ,  
*Rev. Graham*

### *Daylight Saving Time Ends Sunday, November 4.*

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

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2	Parish Events * A Little Biblical Humour * Regular Events and Activities
3	"A Welcoming Home" – Grace Church! * This is Your Newsletter * Our Leadership * A Hymn for Thanksgiving
4	Alpha Kitchen Help * Pop Tabs! Pop Tabs! Pop Tabs!
5	The Practice of Prayer * Weekly Services



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## Parish Events



**Passport to Ministry** is a playful, and faithful, exercise designed to:

- broaden ministry experience,
- share knowledge, and
- open opportunities for spiritual gifts to develop.

No commitment necessary! Begin your **Passport to Ministry** today!

### **Barbados Ex-Police Choir Concert:**

Sunday, September 23 at 6:30 p.m.  
Admission is \$20.

**Bus Trip to St Jacobs Market:** Saturday, September 29. \$100 & sign up at the church. Contact Everette Moore at (416) 287-0066 for more information.

### **90th Birthday Reception for Sylvia Slemmestad:**

Saturday, September 29 from 1:30 to 4:30 p.m. Best wishes only.

### **Cultivating a Biblical Imagination: Minor Prophets Preaching & Teaching Series.**

September 30 – November 18. Join us during Sunday services as we look at these oft-neglected prophets. Additional study opportunities are offered on Sundays after the 10:30 a.m. service, and Wednesdays at 11:00 a.m.

**Children's Ministry Meeting:** Sunday, September 30 following the 10:30 a.m. service. All interested people are welcome, whether or not you have children.

**Blessing of the Animals:** Sunday, September 30 on the front steps at 1:30 p.m., or drive-thru/walk-up blessings from 2:00 – 3:00 p.m. No pet necessary. If you feel called to bless some animals, join in! For more information, contact Alice Stewart.

**Episcopal Visit:** The Rt. Rev. Kevin Robertson, our Area Bishop, will celebrate and preach at both services on Sunday, October 14. Please plan to attend.

**FaithWorks Sunday:** October 21. Our guest preacher at both services will be Sandra Campbell, Pastoral Lay Worker at the

Toronto Urban Native Ministry. Located in our Episcopal Area, this FaithWorks ministry partner addresses the social and economic crisis in Indigenous communities to ensure a better future for Indigenous people.

**Fall Fair:** Saturday, October 27.

**Town Hall Meeting to Discuss Proposed Changes to the Marriage Canon:** Sunday, October 28 following the 10:30 a.m. service.

Here are two links which discuss the issue from different vantage points.

From the Diocese  
[www.toronto.anglican.ca/about-the-diocese/corporate-information/synod/2018-regular-synod/marriage-canon-dialogue/](http://www.toronto.anglican.ca/about-the-diocese/corporate-information/synod/2018-regular-synod/marriage-canon-dialogue/)

A Responsive Reflection  
[livingchurch.org/covenant/category/evaluating-this-holy-estate/](http://livingchurch.org/covenant/category/evaluating-this-holy-estate/)

**Men's Breakfast:** Saturday, November 17.

**Advent Concert:** Sunday, December 2.

## A Little Biblical Humour

Q. Which Bible character had no parents?

A. Joshua, son of Nun.

Q. Why didn't they play cards on the Ark?

A. Because Noah was standing on the deck.

P.S. Did you know it's a sin for a woman to make coffee?

Yup, it's in the Bible. It says "He-brews."

## Regular Events and Activities

(check the bulletin for schedule changes and more information)

Wednesday	11:00 a.m.	Bible Study
Wednesday	11:00 a.m.	Quilting/Knitting Group
Thursday	7:00 p.m.	Choir Practice
2nd Saturday of each month	12:00 noon	Community Lunch
2nd Saturday of each month	2:00 p.m.	Craft Workshop
4th Monday of each month	7:30 p.m.	Advisory Board

## "A Welcoming Home" – Grace Church!

Grace Church feels like home, or am I allowed to liken it to heaven because it is exceedingly more than home?



Grace Church quietly sits by the roadside. Passers-by find it a place of solace, a place to rest, which explains why they often "camp" there before they proceed to their various directions. For the lost, it is their right place of meditation. The confused quietly walk in, unbothered, respected and without any disturbances in pursuit of time, healing and clarity from the peace giver, their maker!

As a newcomer, you want a space that considers cultural dynamics and will slowly enable you to get integrated, and that is what I have found at Grace.

First, it was a road-side warm and comforting place that invited everyone in, and so I ran through to break down from the Altar, and now with time, its people have made it a warm and welcoming home, which I can easily say I feel like home in Canada. Every part of me is stitching together!

*Loice Kasandé*

## 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](mailto:communications@gracechurchscarborough.com) (be sure to have "Newsletter" in the subject line).

The deadline for the next newsletter will be November 18.

## Our Leadership

### Incumbent

The Rev. Graham McCaffrey

### Honorary Assistants

The Rev. Julie Golding-Page

The Rev. Steve Page

### Secretary

Doreen Brown

### Choir Director

Rachel Colman

### Pastor of Outreach & Mission

Alice Stewart

### Children & Youth

Jonelle Douglas

### Churchwardens

Jonelle Douglas

Nadia Murray

### Deputy Churchwarden

Craig Gustafson

## A Hymn for Thanksgiving

### "Praise to God, Immortal Praise"

Hymn #263

Text by Anna Laetitia Barbauld



Praise to God, immortal praise,  
for the love that crowns our days;  
bounteous Source of every joy,  
let thy praise our tongues employ:

for the blessings of the fields,  
for the stores the garden yields,  
flocks that whiten all the plain,  
yellow sheaves of ripened grain,

all that spring with bounteous hand  
scatters o'er the smiling land,  
all that liberal autumn pours  
from her rich o'erflowing stores.

These to thee, O God, we owe,  
Source whence all our blessings flow;  
and for these our souls shall raise  
grateful vows and solemn praise.

## Alpha Kitchen Team

I would like to appreciate each and every one who was part of creating a successful 12-week time with Grace Church Scarborough for our first Alpha.

Both Margaret Crossman and Linda Painter for driving and holding my hand as I learnt the shops in this area to purchase ingredients for our meals, and to Linda for being the most amazing rock, always ready to support in whatever way necessary.

To the many of our congregation who came out to support, teach, and give of their time and laughter as we made our meals, served and, cleaned up afterwards. Some were there many times to be of support.

Merlin Pierre, Janice Griffith, Zoe Barrett, Alice & Alma Wagner, Wendy Mather, Enid Erskine, Bonnie Doucette, Yvonne Erwin-Knox, Michèle de Dombal, Michelle Franklin, Craig Gustafson, and Adwoa. Thank you to Jonelle Douglas for supplying delicious desserts each week.

Alice Stewart and Hugh Gillon for setting up and BBQs and all the other behind the scene things.

Elias and Jamie and the other participants who pitched in to help as required.

Winston London for suppling us with the best Roti by far.

Reverend Graham for his prayers as we cooked and often brought the house down with our laughter or worked in the dark on the night of the power outage.

I am very honoured and have learnt so much from each one of you who were part of our small team. Please know that I send a huge bouquet of flowers to each of you for all your help and support.

Yes, it was a big commitment of our time and energy, but personally, I felt that it was a very worthwhile project and I was glad to be part of this new experience and learning.

If I have missed any names I do apologise. We are grateful for all that were praying for the success of this project and those whom invited people to attend.

Thank you once again



*Carolynne Gladstone*

## Pop Tabs! Pop Tabs! Pop Tabs!

I want to send a huge **thank you** to all of those who have been saving their pop tabs and bringing them to Grace.



Through our weekly Wednesday BBQs and the community lunches, as well as everyone from the community, to date the church has collected 22,200 pop tabs, and this is only since the end of July.

I want to give a special shout out to Sammy's Family Restaurant (at McCowan Road and Lawrence Avenue East) and Hakka No.1 Restaurant (just next door to the church) as they both have been saving their pop tabs for me as well.

The pop tabs are given to Variety Village, who then sell them and use the monies to provide wheelchairs, scooters, ramps, and sports devices for the physical challenged.

To get more information on the programme and on Robert Hampson, the young man who started this drive, go to **[www.poptabsforwheelchairs.ca](http://www.poptabsforwheelchairs.ca)**

Please keep saving those pop tabs and drop them off at the church.

**Thank you – thank you – thank you – thank you!**

*Pauline Flemming*

## The Practice of Prayer

Our prayer lives can sometimes get stuck in a rut. Over the next few months, let me suggest a few things that might help us get unstuck.



### Helpful Hints: A Signal

Decide on a signal for yourself and the people with whom you live and/or work. It may be hard to carve out time for you, but it's important.

Turn off your phone, turn off the TV, put a "Do Not Disturb" sign on your door, put in your earplugs, and tell those with whom you live that you are taking some quiet time. Tell them you will be back in 15, 20, or however many minutes you plan on taking. Communicating clearly will minimise interruption.

### Bumps on the Road: Monkey Mind

You'll notice that there are a million things going on in your head at all times. At first you may think there are few thoughts and that this prayer thing is easy. As you practice more, you will feel like there are more and more thoughts. You will think you are getting worse rather than better. This is not true. Really! Keep going.

Instead of criticising yourself, go ahead and practice the EASY method: embrace, accept, surrender, yield. Love and accept your Monkey Mind, and you will find it will quiet down . . . eventually. See Bliss More: How to Succeed in Meditation without Really

Trying at [www.lightwatkins.com/bliss-more](http://www.lightwatkins.com/bliss-more)

### Try This: Centering Prayer

This comes to the Christian tradition from Thomas Keating. Although it uses a word or image to return when the mind wanders, it is not an exercise in concentration. Rather, it is a desire to let God do what he will with you. It is more an effort at experiencing God directly.

1. Sit comfortably with your eyes closed, relax, and quiet yourself. Be in love and faith with God.
2. Choose a sacred word or visualisation that best supports your sincere intention to be in the Lord's presence and open to

His divine action within you (i.e. "Father" or "Mother" or "Love" or a visualisation like being held in a really large hand).

3. Let that word or visualisation be gently present as your symbol of your sincere intention to be in the Lord's presence and open to His divine action within you.
4. Whenever you become aware of anything, simply return to your sacred word or image – your anchor. See Centering Prayer at [en.wikipedia.org/wiki/Centering\\_prayer](http://en.wikipedia.org/wiki/Centering_prayer)

### Let's Pretend: A Room of Your Own

Sit quietly, or go for a walk where you will not be interrupted.

Imagine your mind, the place from which you view the world and interact with it, as a penthouse suite. Huge windows allow you to see the whole world below you.

Now imagine rows of glass jars on a wall of shelves in your penthouse. When you visit, empty your concerns into the jars on the shelves. All the things you need to do? Put them in a jar on the shelf. Your worries? Put them in a jar on the shelf too. Decisions you need to make? Ditto.

Look at your shelf. Everything is there; they are just not weighing you down right now. When you are ready, you can pick them up again, but right now, remove their weight from your shoulders.

Right now, for just a few moments, be empty with God.

Do you have a sofa in your penthouse? Sit on it. Imagine Jesus joins you. Hang out for a while as if you were friends. Invite God to your penthouse. Don't hide anything from him. Just be. Speak. Listen. Avoid judging. Let your imagination run. When you are ready, return home.

May God Make His Face Shine Upon You,  
*Alice J. Stewart, Associate Pastor*

## Weekly Services

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

## Announcement for Bulletin

### **The deadline for the next newsletter is**

**\_\_\_\_\_.** This is your newsletter, and 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).

Here is a tentative list of dates for 2017:

<b>Season</b>	<b>Available Date</b>	<b>Due Date</b>
Lent	March 19 (Lent 3)	March 5 (Lent 1)
Pentecost	May 28 (Easter 7)	May 14
Fall	September 24	September 10
Advent/Christmas	December 3 (Advent 1)	November 19

Here is a tentative list of dates for 2018:

<b>Season</b>	<b>Available Date</b>	<b>Due Date</b>
Lent	March 18 (Lent 5)	March 4 (Lent 3)
Pentecost	May 20 (Pentecost)	May 6 (Easter 6)
Fall	September 23	September 9
Advent/Christmas	December 2 (Advent 1)	November 18



*Rev. Graham*

*Margaret Crossman*

*Jonelle Douglas*

*Yvonne Erwin-Knox*

*Craig Gustafson*

*Everette Moore*

*Sylvia Slemmestad*