

On the 7th Day . . .

As I came back from my winter week this year, I am struck once again by how important rest is in our lives and in our lives of faith. All too often in our lives, and even in our lives of faith, we spend so much time being busy. Sometimes our busyness is justified – we have work to do in our jobs; we have chores to do for our daily lives; we do work for ourselves, for our family and friends, for our churches and other community organisations.

But we also often fill our lives with busyness for the sake of busyness. More and more both at work and home it seems that the measure of success is how busy we are. People celebrate that they work long hours, smart phones keep us connected 24/7, cultivating a social media presence can become a second job and when they do let loose it can often be to excess. Even our rest isn't particularly restful – people are often more tired after their weekends than before them!

Even in our churches, we seem to be perpetually busy. We think that if we do lots of things then we will be more successful, more productive – we try to do more and more ministry and more and more programmes.

In the midst of all this we have lost touch with our ability to rest. Rest and Sabbath are cornerstones of human life. Sabbath and rest are at the foundation of God's created order. Rest and Sabbath are rooted in the life of God and are a gift to us, as part of God's grace and love for us and for the world.



Rest and refreshment are part of the very life of God, and they are given for our benefit. We need rest, we need to take our Sabbaths from busyness and over work. And in return there is the promise of blessing and refreshment.

In our lives and in our ministry in our church we should strongly consider reclaiming Sabbath – periods of rest and refreshment for the sake of our own flourishing and the flourishing of our ministry. In this season of Lent, consider taking time to intentionally rest: put aside work for a day, spend time in pursuits that restore your energy and refresh you.

As a church, perhaps we also need to also take up Sabbath – maybe we need to pause some of our busyness and seek out what restores vibrancy and joy in our community. Perhaps it means assessing our activities and letting go of what keeps us overly busy and at risk of burnout.

If we take up Sabbath once again, perhaps we as a community and as individuals might truly get a better glimpse at the life of God and its impact on our life of faith.

Rev. Graham

1	On the 7th Day . . .
2	Weekly Services * Book Studies * Our Leadership * Holy Week * Regular Events and Activities
3	Town Hall Meeting * This is Your Newsletter
4	Faith * Parish Events
5	The Practice of Prayer * Standing in Solidarity: 2019 Social Justice Vestry Motion
6	Being Good Stewards * Bulletin Bloopers (or maybe they aren't)



Grace Church, Scarborough Anglican
700 Kennedy Road
Scarborough, ON M1K 2B5
(416) 755-5316

gracechurchscarborough.com

General E-mail: office@gracechurchscarborough.com

Newsletter Submissions: communications@gracechurchscarborough.com

Weekly Services

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

Book Studies

This year we will begin our study courses with 3 different offerings:

- Being Christian
- Being Disciples
- Revelation for Everyone

Share interest and preferred times and days on the sign-up sheets on the bulletin board. Books are available to purchase or loan. Please speak to Rev. Graham for more information.

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

License Coordinator

Pauline Flemming

Children & Youth

Jonelle Douglas

Churchwardens

Jonelle Douglas

Ryan Ramsden

Deputy Churchwarden

Michèle de Dombal

Craig Gustafson

Holy Week



Sunday, April 14 Palm Sunday

8:45 a.m. Sung Eucharist

10:30 a.m. Sung Eucharist

Tuesday, April 16

Tuesday in Holy Week

7:00 p.m. Stations of the Cross

Wednesday, April 17

Wednesday in Holy Week

10:15 a.m. Said Eucharist

7:00 p.m. Stations of the Cross

Thursday, April 18

Maundy Thursday

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

Friday, April 19

Good Friday

9:00 a.m. Prayer Walk

11:00 a.m. Meditation on the Cross

Saturday, April 20

Holy Saturday

1:00 – 3:00 p.m. Messy Church (Family & Children's Worship)

8:00 p.m. The Great Vigil of Easter

Sunday, April 21

Easter Day

8:45 a.m. Sung Eucharist

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

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

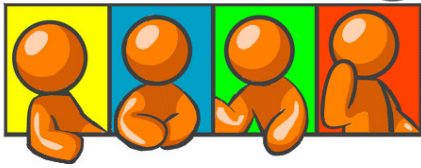
2nd Saturday of each month

2:00 p.m. Craft Workshop

4th Monday of each month

7:30 p.m. Advisory Board

Town Hall Meeting



Members of the church gathered on Saturday, January 26. Following are notes from the discussion.

Successes 2018

- Complement of continuous staff
- Growth of community lunch
- Fostering relationships at community lunch
- Quality of food from Good Food Box
- Games night and social events
- Rewarding Bible studies – what does it mean to be a “Christian?”
- Fall Fair: good turnout and good number of donations
- E-mail updates
- Telling people about what book to use during the service with page number

Challenges 2019

- Raising up new leadership
- Resourcing community lunch
 - People show up with food rather than signing up
 - Consistency needed with knowing who will bring what
 - Suggested having cooking club during the week leading up to community lunch, and providing part of what is made on Saturday
- Times for people to collect Good Food Box
- Sunday studies are challenging for people to attend; need to allow access for people who cannot attend on Wednesday
- Asking for specific requests
- In words and deeds, how are we attracting people to stay and connect with a small group/ministry?

Hopes for 2019

- Greater community presence
- Spiritual foundation
- Concentrated Bible reading (similar to Leviticus and the Minor Prophets)
- More worship opportunities
- Meditation between Sunday services
- Themes for preaching series
- Interaction with sermons, such as through a bulletin insert
- Social events outside the church building, such as at a restaurant
- Revive education resource
- Continuing to engage with Indigenous brothers and sisters

Hopes to 2021

- Interacting with different kinds of sermons
- Small group ministry
- Self-sufficient in order to maintain Lay Pastor staff position
- Studying women in the Bible
- 2 retreats per year – loosely structured

Hopes to 2025

- Greater youth and young people presence
- Healthy and sustainable level for a change in priestly leadership

We plan to hold another town hall gathering in the spring.

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 Sunday, May 12.

Faith

Faith! Such a small word but "packs a punch," but what is faith? What does it mean to have faith?



The dictionary says faith is "complete trust or confidence in someone or something."

Hebrews 11:1 says "Now faith is the assurance of things hoped for, the conviction of things not seen." That's a very lofty definition but what does that mean . . . hmm, well let us look at faith at work in the Bible.

- By **faith** Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance (Hebrew 11:8)
- By **faith** Abraham, when he was tested, offered up Isaac (Hebrews 11:17)
- By **faith** Abel offered to God a more acceptable sacrifice than Cain (Hebrews 11:4)
- By **faith** Moses, when he was born, was hidden for three months by his parents (Hebrews 11:23)
- By **faith** the people crossed the Red Sea as if on dry land (Hebrews 11:29)
- By **faith** Noah built an ark (Hebrews 11:7)

Rod Stewart sang "People get ready, There's a train a coming. You don't need no baggage, you just get on board. All you need is faith to hear the diesels humming. Don't need no ticket, you just thank the Lord."

One writer stated that Faith is the beginning of a relationship with God. Another stated Faith, at its core, is deep-rooted in the expectation of good things to come. It goes beyond hope. While much of hope lives in the mind, Faith is steeped in the heart and the spirit. It cannot be explained away by reason or logic, or be understood through a single dimension.

Rich De Vos, an American billionaire, founder of Amway stated that "my Faith in God gave me Hope." He said that Faith influenced how he conducted business and created an organisation that span the globe.

Mr. De Vos was described as a "man of Faith." Mr. De Vos was able to become a billionaire by living a life of Faith. A quote from Mr. De Vos: "The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible."

Have these explanations and Bible verses been helpful? If you are having trouble with faith, do not despair; you are not alone. Having faith is not easy. It is easy to say but do we really deep in our core have faith? We all have different answers to that question. Perhaps we have a deep abiding faith, perhaps our faith depends on the situation/day, or perhaps our faith is a work in progress.

If you are like me and you still have question about faith, all is not lost; in the words of an anthem sang at church "If you have faith come, if you have none come." "He stands here, arms open wide, calling your name . . . it's you He invites"

No Faith! Little Faith! Don't worry! Come, Jesus is standing with arms open wide to receive you at His table. Amen!

Nadia Murray

Parish Events

Between: a brief meditation during Lent Sundays at 9:45 a.m. in the Nursery. Come early to the second service or stay late after the first . . . as we take some time during Lent to reflect. We will settle down, reflect on a word and/or image, share a prayer, and end with the Grace.

Games Night: Friday, April 5

New Creation Service: Sunday, April 7 at 4:00 p.m.

Spring Tea: Saturday, April 27

Easter Concert: Sunday, May 5

Literary Night: Friday May 10

The Practice of Prayer

Our prayer lives can sometimes get stuck in a rut. This article is the third in a series of articles suggesting ways of helping us get unstuck.



Helpful Hints: Insight & Permission

Sometimes you may be interrupted in your prayer or meditation by a beautiful insight or other mental “aha” moment. It’s okay to pause and write these things down. Yes, you will interrupt your prayer or meditation, but your thoughts will intrude even more than writing a note. Go ahead and do what you feel you need to do. Write, wiggle, scratch your nose, take a sip of water. You don’t get extra points for being completely still or “proper.”

Bumps on the Road: Doing it Right

Don’t worry about doing prayer or meditation right. By doing them at all, you are automatically doing them “right.” You are building relationship with our Father, with Jesus, and through the Holy Spirit.

Try This: Jesus Prayer

“Lord Jesus Christ, son for God, have mercy on me, a sinner.”

This is an ancient prayer in common usage within the Eastern Orthodox Church, but also popular in the West.

The prayer can be used as part of a breathing exercise: inhale during the first six words and exhale during the last six words. You can use a timer or prayer beads or just spend some time with it.

It can also be used any time you find yourself at loose ends: in line at the grocery store, waiting at a stop light, sitting on the subway, watching the kettle boil.

The prayer is short and simple, but the internal transformation can be powerful as the words deepen in meaning within you.

Let’s Pretend: Saying Grace

Bread and wine were at virtually every meal in Jesus’ time. They were not special ingredients at the Last Supper. They were ordinary – the everyday stuff of life.

For the next few months, every time you drink or eat an ordinary food or drink, remember Jesus and thank him.

May God make his face shine upon you,
Alice J. Stewart, Associate Pastor

Standing in Solidarity: 2019 Social Justice Vestry Motion



Diocese of Toronto
Anglican Church of Canada

Each year the Diocese of Toronto asks that churches consider a social justice and advocacy motion at the annual Vestry meeting. This year, the Diocese asked that churches commit to activities to stand in solidarity. At Vestry on February 24, Vestry passed the following motion regarding our activities in 2019. Please see the Vestry Report for more information.

Because we follow Jesus Christ as Lord, who preached good news to the poor, who declared that whatever we do for those who lack food, drink or clothing, the sick, the stranger, and the prisoner, we do for him, and who commands us to love our neighbours as ourselves,

And because our baptismal covenant calls us to seek and serve Christ in all persons, to strive for justice and peace among all people, and to respect the dignity of every human being,

We, the Vestry of the parish of Grace Church, Scarborough, commit to standing in solidarity with those living in poverty by taking the following actions:

1. Increasing our direct outreach activity by
 - a. Increasing our parish FaithWorks giving by 10% over last year
 - b. Continuing our outreach initiatives with the community lunch and Good Food Box programmes, and expanding to include a community garden

and

2. Increasing our advocacy by standing in solidarity with Indigenous people whose treaty and other rights are under threat, and working to support justice for them.

Being Good Stewards

In reading my Turning Point devotional, the topic was about being "Good Stewards." We are in the middle of our "Giving Campaign" and Rev. Graham has been encouraging members to return their pledge forms. As I was reflecting about my pledge form and "giving," I saw the article about being "good stewards" and I thought how apropos. God put into my heart to share this topic with you. The article talks about what theologians thought were the central themes of the Bible, things like redemption, the Kingdom of God, and love, but stated that another good theme was stewardship.

Unfortunately, many of us associate the idea of stewardship with sermons we hear about church budgets and building programmes. There is nothing wrong in talking about those topics because they are a reality in every church, but stewardship is much more than those topics.

New Testament scholar N.T. Wright stated that "Genesis 1 was designed to reflect God, both to reflect God back to God in worship and to reflect God into the rest of creation in stewardship." That means God gave us creation as a gift and we are to oversee (or be stewards of it) it for His glory.

Stewardship is not only about money! Yes, financial management is part of stewardship but not the only part. Regardless of how much money we have, the fact that we have any is a blessing from God therefore we should use it in ways that glorify God.

I Chronicles 29:12, states "**Riches and honour come from You, and You are the ruler of everything. Power and might are in Your hand, and it is in Your hand to make great and to give strength to all.**" Also, in I Chronicles 29:14 David declares, "But who am I, and who are my people that we should be able to give as generously as this? **Everything comes from YOU, and we have given YOU only what comes from YOUR hand**" (emphasis added). Everything we have comes from God; our health, our gifts, our abilities, our families, our relationships, our very being



come from HIM. So, in essence, we would be giving GOD what belongs to HIM.

Stewardship is about managing all that we are and all that we have in ways that glorify God. Author C.S. Lewis stated, "Every faculty you have, your power of thinking or of moving your limbs from moment to moment, is given you by God. If you devoted every moment of your whole life exclusively to His service, you could not give Him anything that was not in a sense His own already." Bill Peel (Executive Director of the Centre for Faith & Work, Le Tourneau University) wrote, "Stewardship expresses our obedience regarding the administration of everything God has placed under our control, which is all encompassing. Stewardship is the commitment of one's self and possessions to God's service, recognizing that we do not have the right of control over our property or ourselves."

St. Peter says, "As each one has received a gift, use it to serve one another as good stewards of God's varied grace." (I Peter 4:10).

We are called as God's stewards to manage that which belongs to God. Think of all that we have and all that we are. Consider how we can be good stewards. Imagine if we manage all that we are and all that we have in ways that glorify God and imagine the voice of God saying, as in Matthew 25:21, "*Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness.*"

Just don't imagine! Let us all be "Good Stewards!" Thanks be to God. Amen.

Nadia Murray

Bulletin Bloopers (or maybe they aren't)

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The "Fasting and Prayer" conference includes meals.