

Rest for the Weary

As a child growing up if you had said the word "Sabbath," I probably would have given you a puzzled look.

Sabbath, the idea of a day of rest was a long lost memory – as a Millennial for most of my life, since shops have been open seven days a week, children's sports and other activities have carved out more and more of Sunday mornings and afternoons, and working seven days a week has become a sign of success.

Long before that the church had lost its way when it came to Sabbath – while some remember the days fondly when nothing happened on Sundays except worship and family time, I have heard more often than not, how many people felt trapped by the rigidity of their Sabbath traditions, trapped by the rules and regulations that seemed to be placed so that they got no enjoyment or refreshment out of it.

Both extremes are unhealthy and pull us away from God's intentions for us.

And so it is important for us to reclaim Sabbath for what it is: a gift from God, part of the goodness of creation, part of God's plan for humanity, part of the natural rhythms of all life – it is neither something to be cast aside as unnecessary nor something to be feared or begrudged as restrictive.

But to do so we must learn again what it means to take Sabbath, learn again what roots the practice of Sabbath and learn again how to find delight and rest in a practice long forgotten in the midst of a world that gets busier and busier with each passing year. A

"The observance of the Sabbath is an indication of the measure of our love for our Heavenly Father"
- Spencer W. Kimball

feeling we know all too well at Grace, as we have been consumed with the busyness of ministry striving, to be faithful to God's call to proclaim his by word and deed in this part of Scarborough. A feeling that has many of us feeling stretched and nearing the end of our energy stores.

Rest is in order.

In the fall of 2019 we at Grace will begin exploring what the Bible has to say about Sabbath, taking six-weeks and still only barely scratching the surface of the rich gifts that our Scriptures have to share about Sabbath. Following that we will take time as a congregation to explore the practice of Sabbath and what it means to rest. It will take time to rediscover this practice; we will likely make some mistakes; we won't always be comfortable; and the results might be unpredictable, but trusting God is at the heart of Sabbath practice.

It is my hope that with this Sabbatical year we will once more find delight and refreshment in the work of the church, that we will once more find delight in the goodness God has given us in our fellowship together, and we will find delight in the rest of Sabbath.

In Christ,
Rev. Graham

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Parish Events

Revelation for Everyone: Bible Study continues following the 10:30 a.m. service. Books can be borrowed or purchased from Graham. Join us for discussion as we study this fascinating and neglected book of the Bible!

Children's Ministry: We will lead a six-week series on the Lord's Prayer during the 10:30 a.m. service from September 22 to November 3 (except for October 13). Please invite children that you know. We also need people to help. Please speak to Jonelle Douglas.

Preaching Series on Sabbath: September 22 to October 27. This fall we will be exploring what the Bible has to teach us about Sabbath. For six weeks we will explore different dimensions of what Sabbath is and what gifts it opens up for us.

Choir Concert: Sunday, September 22 at 6:30 p.m. presented by the Barbados Ex-Police Choir. Only \$25.

Fall Fair: Saturday, September 28 from 11:00 a.m. to 5:00 p.m.

live music * food and beverages * beer and wine garden * games * bounce castle * bake sale * vendors * blessing of animals

We need volunteers to operate the *many* different areas at the fair. Sign up on the bulletin board *today!*

Please speak to Ryan Ramsden if you are able to donate, or put your donation in the collection plate clearly marked "Fall Fair."

Thank you in advance for your generosity!

Church Breakfast: Saturday, November 2 from 9:00 to 10:00 a.m. All are welcome. \$10 for breakfast, fellowship is free. Please R.S.V.P. to Glenn Feltham.

Literary Night: Friday, November 15

FaithWorks Update

FaithWorks is the annual appeal of the Anglican Diocese of Toronto, which is building communities of compassion and hope. As followers of Jesus, we reach out our hands in loving service, offering help and hope to people in need.

FaithWorks feeds, shelters, nurtures, and befriends over 30,000 people in our community and around the world every year. Since 1996, FaithWorks has provided more than \$24 million to Anglican-affiliated ministries. FaithWorks allows us to share our blessings with others who are less fortunate right here in our community and around the world.

In February, Vestry carried a motion to increase our parish FaithWorks giving in 2019 by 10% over last year. As of August 31, **\$4,200.70** has been donated. **Thank you!!** Our goal for 2019 is \$5,215.10



Works of faith
IN THE DIOCESE OF
TORONTO SINCE 1996

Bulletin Bloopers (or maybe they aren't)

Eight new choir robes are needed, due to the addition of some new members and the deterioration of some older ones.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast on Saturday.

Weekly Services

Sunday	8:45 a.m.	Sung Eucharist
	10:30 a.m.	Sung Eucharist
Tuesday	9:00 a.m.	Morning Prayer
Wednesday	10:15 a.m.	Said Eucharist
Thursday	9:00 a.m.	Morning Prayer

Radical Personal Responsibility, Part 2

My last article was about the benefits of Radical Personal Responsibility (RPR). Today I am unpacking the "personal" part of RPR.



RPR starts at home. Right in our own hearts, and in our own minds. We must remove the log from our own respective eyes before we can do anything useful for anyone else.

We must love ourselves first and best before we can love anyone else. Before we can sacrifice ourselves for others in any meaningful way.

Scripture and the historical context in which it was written assumed people love themselves. Our self-belittling and deprecation is neither normal nor healthy, and there are various historical reasons we inherited the bad habit.

We're all aware that we should make efforts for our health and prayer life, but if we don't begin from a place of love within and for ourselves, we are doomed to failure.

Our mental, emotional, and spiritual lives need a lot of attention. Loving ourselves and accepting God's love for us make working on our growth not only easier, but avoids the two main pitfalls of working on our inner growth and maturity.

Pitfall #1: Being too attached to being right. We've all run across this habit in others, but it's a bit more difficult to see in ourselves. One of the problems is that not being right suggests we are "wrong." Instead, perhaps it's best to walk around life asking ourselves what more we could learn. Encouraging ourselves to assume that we don't know everything . . . yet.

Pitfall #2: Being too attached to being wrong, or broken. I know a lot of people who are into "self-improvement," and there are people like this in church too. Those who don't think they know enough about the

Bible even though they have studied it for the last 70 years and never missed a Bible Study class. Believe me when I say that, a) you are not nearly as broken as you think you are, and b) God and lots of other people love and forgive even where you are broken.

So, relax. But also get to work on yourself with healthy humility. Begin with love. Continue by finding out what's inside of you. Meditation is not a common part of modern Christianity, but it's important to know yourself as well as possible. Sitting and observing the noise in your head and upheavals in your heart for 20 minutes a day is vital. Otherwise, how can we concentrate in prayer? How can we focus our whole selves on Sunday morning? How can we repent and be forgiven if we don't know what's going on inside of ourselves?

Meditation - and there are plenty of Christian methods - has the added benefit of quietening our minds, softening our hearts, keeping our humility healthy, and helping to pave the way to connecting well with others.

RPR starts at home. It begins inside of us. It begins with loving ourselves as God loves us. It doesn't end with meditation or avoiding just two pitfalls, but by starting there. Start and keep going. The Body of Christ needs your love, your growth, and your Radical Personal Responsibility for the building up of the Church.

In Christ,
Alice J. Stewart, Associate Pastor

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

Financial Update

Here is a summary of income and expense for January to August of this year, compared to the same period last year, and compared to our budget for this year.

We want to ensure we share information with the congregation. Please let us know how we can improve communication.

	Jan - Aug 2019	Jan - Aug 2018	\$ Change	Budget 2019
Income				
Donations	99,932.30	109,120.59	- 9,188.29	174,350.00
Fundraising	6,519.75	7,133.28	- 613.53	13,000.00
Building Rentals	47,733.40	47,938.60	- 205.20	85,000.00
Other	5,164.72	1,032.20	4,132.52	0.00
Grants	56,800.00	37,999.99	18,800.01	85,000.00
Total Income	216,150.17	203,224.66	12,925.51	357,350.00
Expense				
Personnel	131,210.38	106,041.34	25,169.04	194,000.00
Worship	8,903.94	9,776.46	- 872.52	10,000.00
Outreach	6,166.33	8,318.08	- 2,151.75	17,000.00
Buildings	62,495.29	58,389.77	4,105.52	81,050.00
Administration	29,641.67	25,177.48	4,464.19	45,154.36
Total Expense	238,417.61	207,703.13	30,714.48	347,204.36
Net Income	- 22,267.44	- 4,478.47	- 17,788.97	10,145.64

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

Craig Gustafson

A Hymn for Thanksgiving

"For the Fruit of All Creation"

Hymn #259

Text by Fred Pratt Green



For the fruit of all creation,
thanks be to God;
gifts bestowed on every nation,
thanks be to God.

For the ploughing, sowing, reaping,
silent growth while we are sleeping,
future needs in earth's safekeeping,
thanks be to God.

In the just reward of labour,
God's will is done.

In the help we give our neighbour,
God's will is done.

In our worldwide task of caring
for the hungry and despairing,
in the harvests we are sharing,
God's will is done.

For the harvests of the Spirit,
thanks be to God.

For the good we all inherit,
thanks be to God.

For the wonders that astound us,
for the truths that still confound us,
most of all, that love has found us,
thanks be to God.

*Daylight Saving Time Ends
Sunday, November 3.*

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

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 17.