

## Grieving: At Home and in Community



Loving others, as family, friends, or fellow members of the church, is wonderful – it opens up connections that are necessary for human flourishing and as Christians is a natural response to our Saviour's call to "love one another" as a sign of our discipleship. While it is wonderful and good, it also opens us up to the pain of loss and the grief which ensues. Whether it is when a beloved spouse, child, or friend dies, a broken irreconcilable relationship or a church community which shuts the doors for the last time – when we love we inevitably learn what it is to lose, because nothing is permanent.

And the natural response to such loss is grief; it's natural and it's ok. I have been to too many funerals where people say that everything needs to be happy, that there is no sadness or loss – but honestly that is just a different kind of grief reaction (legitimate as any other reaction). Each of us knows grief intimately and each of us knows that it isn't the same for any one person.

Today I offer no solutions or answers to grief, but rather a reflection shared by someone wiser than I.

In The Year of Magical Thinking, Joan Didion offers a wonderful reflection.

Grief turns out to be a place none of us know until we reach it. We anticipate (we know) that someone close to us could die, but we do not look beyond the few days or weeks that immediately follow such an imagined death. We misconstrue the nature of even those few days or weeks. We might expect if the death is sudden to feel shock. We do not expect the shock to

be oblitative, dislocating to both body and mind. We might expect that we will be prostrate, inconsolable, crazy with loss. We do not expect to be literally crazy, cool customers who believe that their husband is about to return and need his shoes. In the version of grief we imagine, the model will be "healing." A certain forward movement will prevail. The worst days will be the earliest days. We imagine that the moment to most severely test us will be the funeral, after which this hypothetical healing will take place. When we anticipate the funeral we wonder about failing to "get through it," rise to the occasion, exhibit the "strength" that invariably gets mentioned as the correct response to death. We anticipate needing to steel ourselves for the moment: will I be able to greet people, will I be able to leave the scene, will I be able even to get dressed that day? We have no way of knowing that this will

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not be the issue. We have no way of knowing that the funeral itself will be anodyne, a kind of narcotic regression in which we are wrapped in the care of others and the gravity and meaning of the occasion. Nor can we know ahead of the fact (and here lies the heart of the difference between grief as we imagine it and grief as it is) the unending absence that follows, the void, the very opposite of meaning, the relentless succession of moments during which we will confront the experience of meaninglessness itself."

Honour your grief in whatever way you need to, and honour other people's grief as well. After all our Lord Jesus wept and was deeply grieved to core of his being (John 11:33,35) – so grieving is Holy, and messy, and normal. Our Christian hope of the resurrection and eternal life promised in Jesus does not negate our grief, only softens it so that maybe it doesn't become unbearable.

May that hope carry you through to the other side of your grief, a journey which will last a lifetime and which will meander this way and that, but ultimately will end in joy and glory.

In Christ,  
*Rev. Graham*

## Thoughts of Gratitude

I am grateful for:

- the taxes I pay, as it means I have work and income
- for the pants that feel a bit too tight, as it means I have enough to eat
- for the extra work after a party as it means I was surrounded by dear people
- for the snow that needs to be cleared as it means that I have a home
- for the openly uttered complaints over our government as it means we live in a free country that supports free speech
- for the parking spot in the most distant corner of the parking lot, as it means you can afford a car

*Gratitude*  
is the best  
*Attitude*

- for the tiredness and the aching muscles at the end of the day, as it means that I can work hard
- for the alarm clock, that rings in the morning, as it means you have been given another day as a present

## Sometimes it is worth to change your perception.

*What do you complain about that you can be thankful for?*

*Submitted by  
Brigitte Livingstone*

## Goodbye, My Friend

How do you say goodbye to a love one? How does the world keep spinning without that person?



If tears could build a stairway and memories were a lane, I would walk right up to heaven and bring you back again.

I wish I had the opportunity to say "thanks" one last time. To say "thanks" for your friendship! To say "thanks" for your generosity! I wish I could have hugged you one last time.

The special memories of you will always make me smile. I wish I could have you back just for a moment, but God needed you more. In the words and music of David Rogers, "God must have needed an Angel."

In the words of Isaiah, "The righteous perish, and no one takes it to heart; the devout are taken away, and no one understands that the righteous are taken away to be spared from evil. Those who walk uprightly enter into peace; they find rest as they lie in death."

I am not saying "goodbye" because I know I will see you in the rainbows in the sky.

Rest with God, Loveday, until we meet again.

*Nadia Murray*

## 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

## 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

## 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

## She Walks in Beauty

(Lord Byron)

She walks in beauty, like the night  
Of cloudless climes and starry skies;  
And all that's best of dark and bright  
Meet in her aspect and her eyes:  
Thus mellowed to that tender light  
Which heaven to gaudy day denies.

One shade the more, one ray the less,  
Had half impaired the nameless grace  
Which waves in every raven tress,  
Or softly lightens o'er her face;  
Where thoughts serenely sweet express  
How pure, how dear their dwelling-place.

And on that cheek, and o'er that brow,  
So soft, so calm, yet eloquent,  
The smiles that win, the tints that glow,  
But tell of days in goodness spent,  
A mind at peace with all below,  
A heart whose love is innocent.

*Submitted by  
Janice Pfeiffer*

## Pop Tab Update

To date we now  
have 104,400  
which is  
approximately  
105 pounds of  
tabs. Thanks so  
much and keep saving!!



*Pauline Flemming*

## Daylight Saving Time Begins

**Sunday, March 8, 2020.**

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

## *Save the Date*

**The Lenten Retreat  
will be Saturday, March 21**

at the Sisterhood of St. John the Divine.  
Watch the bulletin in February  
for more details.

## O Great Spirit, Hear Us

(Anonymous)

An Indigenous Prayer

O Great Spirit, whose voice we hear in the winds and whose breath gives life to all the world, hear us.

We are small and weak. We come to you to find strength and wisdom. Let us walk in beauty and make our eyes ever behold the sunset.

Make our hands respect the things you have made and our ears sharp to hear your voice.

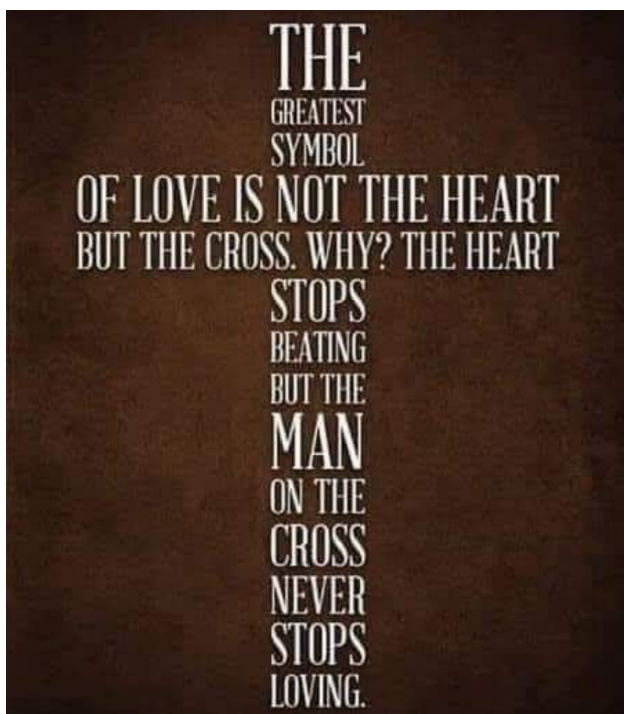
Make us wise so that we may understand the things you have taught our relatives. Let us learn the lessons you have hidden in every leaf and rock.

We seek strength, not to be greater than our brothers and sisters, but to fight our greatest enemy – ourselves.

Make us always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset our spirit may come to you without shame.

*Submitted by*

*Brigitte Livingstone*



*Submitted by*

*Pauline Flemming*

## Financial Update

Here is a summary of income and expense for January to October 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 – Oct 2019	Jan – Oct 2018	\$ Change	Budget 2019
<b>Income</b>				
Donations	126,080.89	141,175.89	- 15,095.00	174,350.00
Fundraising	8,132.06	6,638.72	1,493.34	13,000.00
Building Rentals	58,794.90	59,312.60	- 517.70	85,000.00
Other	5,928.00	1,771.83	4,156.17	0.00
Grants	71,000.00	52,199.99	18,800.01	85,000.00
Total Income	269,935.85	261,099.03	8,836.82	357,350.00
<b>Expense</b>				
Personnel	164,027.42	136,905.87	27,121.55	194,000.00
Worship	11,837.36	11,806.79	30.57	10,000.00
Outreach	7,983.50	10,497.59	- 2,514.09	17,000.00
Buildings	73,905.14	69,108.14	4,797.00	81,050.00
Administration	36,978.10	30,808.64	6,169.46	45,154.36
Total Expense	294,731.52	259,127.03	35,604.49	347,204.36
<b>Net Income</b>	- 24,795.67	1,972.00	- 26,767.67	10,145.64

## Parish Events

**Advent Lessons & Carols:** Saturday, December 7 at 4:00 p.m. Start the season right with Advent Lessons & Carols. Enjoy music you will not hear anywhere else, and readings close to the hearts of our ancestors for thousands of years.

### **New Creation: A Creative Service**

Wednesday, December 11 at 7:30 p.m. We will reflect on Isaiah 11:1–10 and the Sabbath that the Advent of Christ will bring. Enjoy a relaxing and engaging service, and an intimate and powerful Eucharist. No preaching!

### **Prayer Morning at Grace:**

Saturday, December 21 from 9:30 a.m. to 12:30 p.m. The morning will be divided into half-hour sections beginning at the hour and the half hour. Our time of worship will end with Eucharist at 12:00 noon. You are invited to bring a sandwich and stay for fellowship following Eucharist. Coffee, tea, and muffins will be provided. **For more information, please see page 7.**





Have you ever asked yourself "Where is God?" and "Does He answer prayer?"

I have recently asked myself that question. Where is God when you need His help? Why doesn't He help when He sees disaster is about to happen? Why does God allow one person to live and another to die?

As humans, we are frequently disappointed by what we see as God's action or inaction. We feel that we do all the right things and God doesn't respond; He abandons us to "our own devices." What have we done wrong? What sin have we committed that He doesn't think we are worthy of His time?

I don't know why bad things happen to good people but I do know I am not alone in asking that question. David the Psalmist, God's chosen king, had the same questions we do. Read his psalms and see how often David asked God where He is and why He doesn't help. If David had questions, then we are in good company and should give ourselves "a break" when we have those questions/feelings. I recently read a romance novel (no judgement please) where the female character told the male character for help in his darkest hour, he should read Psalm 139. I decided to check it out to see if it would help in my dark hour. Psalm 139:4-10 states, "Even before a word is on my tongue, O Lord, you know it completely. You hem me in behind and before and lay your hand upon me. Such knowledge is too wonderful to me. . . . Where can I go from your spirit or where can I flee from your presence? If I ascend to the heavens, you are there; if I make my bed in Sheol you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me and your right hand shall hold me . . . even the darkness is not dark to you, the darkness is light to you."

God created us and knows infinitely more than we know. He knows what is best for us and what would not be good. Parents, you

know that sometimes your children ask for things that would not be good for them, and you do not always give them for what they ask, and when they ask for it, because you know what's best for them. In the same way God knows what is best for us. We are God's children and He gives us what is best for us at the time that is best for us.

I don't know why bad things happen, why good people die, but I do know where God is. He is around me and holds me in the palm of His hand. I believe Him when He says in Jeremiah 31:3, "I have loved you with an everlasting love." I also believe Jeremiah 29:11 when God states "For I know the plans I have for you, plans to prosper you and not to harm you. Plans to give you hope and a future."

We will never know why bad things happen; why some people live and some die, but one thing we do know that God has it all in control. God tell us in Isaiah "Fear not, for I am with you. . . . I am your God, I will strengthen you, I will help you, I will uphold you with my righteous right hand." Thanks be to God!

*Nadia Murray*

## Musicians at Diocesan Synod



Craig Gustafson, Grace (Scarborough); Lisa Newland, St. Matthew the Apostle (Oriole); David Harrison, St. Mary Magdalene; Andrew Colman, Christ (Deer Park); Sherman Hesselgrave, Holy Trinity (Trinity Square)

*Photo by Tay Moss, Messiah*

## Radical Personal Responsibility, Part 3

My last article was about the "personal" part of Radical Personal Responsibility (RPR). Today I want to talk about the "responsibility" part.



One of the major ways we abdicate our RPR is what I call "Waiting for the Adults to Arrive." It goes like this: We're sitting in a group. There's something difficult to be done and none of us feel completely qualified to do it.

We can sometimes behave like this: a) we complain about the problem; b) we badger each other to take the lead; c) we wonder out loud what's wrong with us since other groups don't have this problem; d) we blame the system, history, fate, our former leaders, and kids these days; or e) sometimes we do the job but we take on too much and do it poorly in a passive-aggressive way so that no one will ask us to lead again.

We behave in these ways because: 1) we don't feel qualified; 2) we're afraid we'll fail; 3) we have low self-worth; 4) we think someone else "ought" to be doing this; 5) we're overwhelmed with our other responsibilities and don't want anyone to find out; 6) we're ashamed; or 7) we really want to be loved and other people doing things for us without asking anything of us in return is how we prefer to feel loved.

That's hard to hear. The good news is that we're ALL like this in the back of our minds. Our "inner child" is desperate for the adults to arrive and take care of things, and there's no use denying that part of us feels this way sometimes.

Most of the time, we put that "inner child" in his or her place, stand up straight, and step into the job that needs to be done. All of us, at one time or another, have gathered together to assess a problem, discuss various solutions, divide up tasks, and get the job done. Church committees are full of this sort of thing.

But there are times when we don't do it so well. In the last 100 years, our churches

have had the privilege of hiring staff and priests, and have benefited from economic situations that gave us a lot of volunteers. We are used to giving church-jobs to other people. The upshot of this is that we now feel weak, powerless, and poor.

And we can't do that anymore. That time is over. We can behave from a) to e) for all the reasons from 1) to 7) and more, but what we really need to do is address our larger problems the way we do in our smaller committees.

We know how to do this. We don't have to wait for employees or clergy. We don't have to wait for permission.

We are the adults. All that's required is that we take back the responsibility our ancestors abandoned.

We make the time. We meet and assess the problem. We divide and conquer. We learn and grow when we don't know.

We do this with administration, decisions for the future, outreach, preaching, leading Morning Prayer, and other jobs we don't feel qualified for right now.

This takes Radical Personal Responsibility, and it also takes community. Miracles happen when we come together as radically-responsible Christian adults in a community of respect, authenticity, vulnerability, and faith.

In Christ,  
*Alice J. Stewart, Associate Pastor*

## 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 March 15.

## Hats for Hope

Our Knitting and Quilting Group made these hats for girls and women who have cancer to wear. Thank you for your concern to members of our community and beyond!



*Photo by Jonelle Douglas*

## 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 October 31, **\$5,324.78** has been donated. **Thank you!!** Our goal for 2019 was \$5,215.10

**faith  
WORKS**

**Works of faith**  
IN THE DIOCESE OF  
TORONTO SINCE 1996

## Prayer Morning

During our year of Sabbath, we are planning to have 3 prayer mornings. The prayer morning will consist of half-hour periods where we will have readings from Scripture, prayers of the people, and extended periods of silence for individual prayer to bring to God our needs and the needs of the church, the community, and the world.



The time reflects our belief that prayer matters. Prayer enables our Lord to work, it engages us, and it brings us into the mind and will of God. In our busy lives we need time to pray and we need concerted prayer that shows our dependency on God in all our endeavours.

There are many aspects to prayer:

- We can praise God for his untold blessings to us.
- With prayer there are times for listening, for meditation, for just being aware of our Lord's presence.
- We must be open to admit our own failings and sin.
- Above all, we can bring our petitions to him: our concerns; and our requests for ourselves, for our church, and for our community and our world.

**Our first prayer morning will be Saturday, December 21 and it will begin at 9:30 a.m.** It will be divided into half-hour sections beginning at the hour and the half hour, each lead by members of the congregation. **Feel free to come or leave as you need if you are not able to come for the entire time.** Our time of worship will end with Eucharist at 12:00 noon.

The structure for each half hour will be:

- Psalm
- Scripture Reading – followed by a time for reflection
- Prayers of the People
- Silent Prayer – an extended period of quiet for personal prayer
- Closing prayer followed by a hymn



## Christmas Services

### Christmas Eve

**Tuesday, December 24**

7:00 p.m. Casual Eucharist  
10:15 p.m. Carol Sing  
11:00 p.m. Midnight High Mass

### Christmas Day

**Wednesday, December 25**

9:00 a.m. Eucharist

### First Sunday after Christmas

**Sunday, December 29**

9:30 a.m. Christmas Lessons & Carols  
with Eucharist



## A Christmas Poem

(Clay Harrison)

Christmas is so many things, I know,  
Like candy and holly and mistletoe,  
Or lighted candles on a Christmas tree  
Or a month-long, frantic shopping spree.  
It's a time to bake and to decorate,  
For sending out cards and to celebrate.

Christmas is laughter that's sprinkled with  
tears,  
Fond memories of friends from those bygone  
years.  
It's Frosty and Santa, Rudolph and elves,  
A time to reflect and examine ourselves.  
It's snow balls and sleigh rides into the  
night,  
Bone-chilling breezes and stars shining  
bright.  
Christmas for some is a new pair of shoes,  
A hand-me-down coat your big brother can't  
use . . .

But more than these things, above all the  
rest,  
It's a season of love when all earth is blessed  
By a Child in a manger in old Bethlehem  
Where His star in the East never grows dim.  
On this very night, so tender and mild,  
The hope of mankind is reborn in a Child!

*Submitted by  
Doreen Brown*

## Saint Day

### Prophets of the Old Testament (December 9)

We remember the prophets of the Old Testament and number them among the true saints and witnesses of Christ — not because some of their sayings may be construed as foretelling his birth, but because they recalled Israel and Judah to God's covenant and uttered the word of God's justice so that the people might return and seek redemption from the Lord.

Prophecy took many forms in ancient Israel and was specially associated with "speaking in tongues," or the gift of ecstatic speech which could often sound like nothing more than musical babbling but was in fact uttering praise to God in the power of the Spirit. The first two kings of Israel, Saul and David, manifested this form of prophecy. But so did the prophets of the gods of the heathen — and, as a result, Israel began to look for more in the prophets of the one true God. They sought qualities like faithfulness to the inner meaning of God's covenant with Moses and the ability to relate Israel's contemporary experience of defeat and exile to the great passover out of Egypt into the Promised Land.

These were precisely the qualities found in the writings of the prophets which are included in the canon of the Old Testament; and we honour them during this season of Advent, because they show us how to expect the coming of Christ — in justice, in mercy, and as the fulfilment of the great passover of all creation, when we shall finally return from our exile and enter the true promised land, which is the glory of God and the kingdom of Christ.

*Almighty God, who raised up your servants the prophets to recall the children of Israel to faithfulness in the way of your covenant, grant us your Spirit, we pray, that we may hear their witness and offer to you the oblations of compassion and mercy; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

From For All the Saints, pages 372-373