

THE DIOCESAN TIMES



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DIOTIMES

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Serving the Anglican Church in Nova Scotia and Prince Edward Island

Painting it backward, painting it forward...



Photo: Look up, look waaaay up.

Painting ... it doesn't capture attention and conjure up images of a particularly exciting Church project, does it? Well, it was one that our Church recently embarked upon and one we are thrilled to report, pardoning the pun, *it's a wrap!*

Our St. John's Anglican Church, a beacon on the hill in Milton, PEI, is a storied William Critchlow Harris design with more than a century of proud history. Today, it is home to less than 100 congregation members, both city and country folk, who come together for Sunday worship.

The extent to which this was a thought-provoking process to undertake merely came with the stubborn realization, after two-years, that our volunteer parishioners were only so-inclined to scrape and paint

just barely beyond their own level of reach. Admittedly, none of us are as fleet of foot and as daring as we were in our youthful days; to climb ladders, mount scaffolding and put on safety harnesses. Admittedly, none of us really wanted to risk limb and life, with prospects for calamity and injury assured, let alone risk liability to the Church.

The realization also dawned that it had been several years since we had last undertaken this work and that, looking further upward at the peeling of our beautiful Church steeple, that the time had come to give this beautiful structure a necessary and new coat of protection from the elements.

With budget resources committed and after months of anticipation, we entrusted the work to Mallard Painting and welcomed their team in



Photo: Crane and lift ladders hard at work.

early September. Blessed with splendid weather, by spray and stroke, row upon row of cedar shake took on a refreshing, glowing silver grey. Boom lifts helped conquer the steeple, restoring its proud ochre red hue. White trim on the windows gave the final pop.

As the deft hands of proud craftsmen were laying their final brushes, it was almost by divine coincidence that on the day of September 19th, we tolled the bells to mark the passing of our sovereign Queen Elizabeth II and to pay

our final respects for a long and well-lived life of service. And as we stood inside the steeple, between the clangs, we couldn't help but also reflect on this wonderfully resilient Church of England, that has also so well and steadfastly served generations of our parish family.

Painting the Church became so much more for us than a timely structural investment – it offered a spiritual reminder of how important it is to live in our gratitude, to respect our precious inheritances, to

honour the legacies of those who came before us and to extend the blessings to those who come behind us.

So, the next time you embark on painting your Church, remember this simple call to action ... *paint it backward, paint it forward!*

SUBMITTED BY:
JEFF BERRY, SENIOR WARDEN
ST. JOHN'S ANGLICAN CHURCH
MILTON, PRINCE EDWARD ISLAND

#EmbraceEquity



CYNTHIA PILICHOS, ANGLICAN CHURCH WOMEN DIOCESAN BOARD

Imagine a gender equal world. Imagine a world free of bias, stereotypes, and discrimination. Imagine a world that is diverse, equitable, and inclusive. Imagine a world where difference is valued and celebrated. And speaking of difference and celebration, let us celebrate women’s achievements, while also raising awareness against bias. Let us take action for equality. Collectively we can all **#EmbraceEquity**. The foregoing “imagination” is the vision put forward by the International Women’s Day 2023 campaign with the theme **#EmbraceEquity**. Just imagine.

The history of International Women’s Day stretches back more than 100 years, when the day was first observed across Europe and America in 1910 and is celebrated annually on March 8. The day focuses attention on progress made by celebrating the acts of courage and determination by ordinary women who have played an extraordinary role in the

history of their countries and communities, as well as a call for change.

While this opportunity to reflect on progress achieved and the issues yet to be addressed is encompassed in one day globally – March 8 - the work to ensure that progress is sustained and needed change is initiated is a year long enterprise, day after day, year after year. There are voices still unheard; women still unable to reach their full potential; women and girls still denied access to education, health care, and employment; there is still a long way to go for women to reach full equality with men.

International Women’s Day is powered by the collective actions of many. It is collective action and shared ownership for driving gender parity that makes International Women’s Day impactful. In the words of Gloria Steinem, world-renowned feminist, journalist, and activist: “The story of women’s struggle for equality belongs to no single feminist, nor to any one organization, but to the collective efforts of all who care about human rights.” Gloria Steinem,

The Anglican Church Women Diocesan Board encourages parishes to honour the ministry of the women of the parish, both within the parish itself and the community at large, on Women’s Ministry Sunday, which is March 5 in 2023, three days before International Women’s Day. It is an opportunity to celebrate the hard-won progress that women have made in the church, as there are no avenues that are closed to them.

More and more, women’s ministry is being combined with that of men, and this is a direction that is encouraged in the last verse of the Anglican Church Women hymn, The Love of Jesus Calls Us (CP 434). In this verse, women and men are called to be co-creators with God in bringing about the kingdom of God, where love and peace and justice reign. This is a call to **#EmbraceEquity**, and we are all called to do that.

It is an equal opportunity enterprise, just like the Anglican Church Women Board’s Annual Projects are an equal opportunity contributing initiative. Women and men, groups and parishes are encouraged to contribute funds this year for All In For Youth! to ensure that Indigenous youth can attend and participate in the **CLAY 2023** (Canadian Lutheran Anglican Youth 2023) Gathering this summer. We want no financial barriers to Indigenous youth attendance. Cheques are payable to the Anglican Church Women Board, Annual Project in

the memo line, and can be addressed to Marjorie Davis, 204 - 111 Pebblecreek Drive, Dartmouth, NS B2W 0L1.

An event that is now open to all, and not women only, is the World Day of Prayer (<https://worlddayofprayer.net/index.html>) that is held the first Friday in March (Mar 3/23). While this global day was initially developed for women and is promoted by the Women’s Inter-church Council, with the resources for the day developed by women (this year, the Christian women in Taiwan for the theme: I Have Heard About Your Faith), it is an equal opportunity worship service available to all.

Having Women’s Ministry Sunday for our diocese be the first Sunday in March means that we can capture the focus on women, their accomplishments and their challenges, that is promoted with International Women’s Day on March 8. Take the time to celebrate on Sunday, March 5 the extensive ministry within the parish and the community of the women in your midst . . . and . . . if that ministry is being carried out in partnership with men, celebrate them, too! **#Embrace Equity!**

In celebrating women and their accomplishments, whether for Women’s Ministry Sunday, International Women’s Day, or whenever, we are reminded of Mao Zedong’s words: “**Women Hold Up Half the Sky.**”



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PREVIOUS INCUMBENTS



BUILT THE TOWER



INSTALLED GAS LIGHTING



MAGNIFICENT BEARD



FOUNDED THE SCHOOL



DID WONDERS FOR THE ROSES



NAME ON A PLAQUE



LARGELY ABSENT



INTRODUCED INNOVATIONS



ABOLISHED INNOVATIONS



LEFT UNDER A CLOUD



WROTE A BOOK



BUILT CHURCH ON NEW ESTATE



DAY OFF: FRIDAY



UPSET THE FLOWER ARRANGERS



PUB OUTREACH MINISTRY



BEFRIENDED THE METHODISTS



STARTED THE FOOD BANK



KEPT THE PLACE GOING

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BISHOP'S COLUMN



Bishop Sandra Fyfe,
Diocese of Nova Scotia and
Prince Edward Island



Instructions for living a life

It is a wonder-filled world

One day while on retreat, I was walking the outdoor labyrinth at The Tangled Garden in Grand Pre when I noticed a buttercup. It was the time of year when dandelions carpeted the nearby hills and fields – not to mention the labyrinth itself – so seeing a yellow flower was not at all unexpected. Thinking back, though, I'm not sure why this buttercup stood out or how I happened to notice it amongst the riot of yellow at my feet. But once I did, I paid attention, wondering if there might be another. After spending some time in the center of the labyrinth for prayer and reflection I made my way out slowly, this time looking more closely for another buttercup. I found none.

While this might seem like such an insignificant moment, hardly worth recounting (or even remembering) for me it wasn't. Somehow seeing that one, lone buttercup was a wondrous experience. First, that it was there "hiding" among the dandelions. And second, that I had noticed it! At the time, I didn't know much about the late American poet Mary Oliver, and certainly wasn't aware of her poem, *Instructions for Living a Life*, but those three simple declarative statements that comprise the entire poem captured so well what had happened that day:

Pay attention.

Be astonished.

Tell about it.

These words also capture well the spirit of the season of Epiphany, a word meaning "revelation" or "manifestation." As this season unfolds, our gospel readings offer us a bird's eye view into life-changing moments as more and more people encounter Jesus and see him for who he really is. Following a star, wise men diligently search for this infant king. Having finally found him, they leave utterly astonished and travel home by a different road. Jesus' cousin, John the Baptist, is shocked to learn that Jesus wishes to be baptized by him, and not the other way around. John's disciples see in Jesus "the lamb of God who takes away the sins of the world," and he invites them to "come and see" where he is staying. Fishermen leave their nets and families to follow this One who proclaims the good news of the kingdom and heals the sick. Crowds gathered on a hillside learn that blessing is not about what you have acquired, but who you are in the eyes of God and understand themselves as beloved. Finally, disciples who keep falling asleep awaken to the wonder and awe

of a mountain-top experience where Jesus' face reveals the glory and majesty of God.

Epiphany is a season of wonder that asks us to "pay attention," not only to these stories, but to the world around us. Otherwise, we may miss those moments of encounter when God's presence is being revealed. Like a buttercup in a labyrinth full of dandelions, God often shows up where we least expect it – among the weeds and ordinariness of daily living; through moments of grace to face what might seem an impossible challenge; by supplying courage and resolve to tackle an injustice; or by offering moments of breathtaking beauty in which we can rest and be refreshed for the journey ahead. Epiphany calls us to "be astonished;" to be alive to the reality that God is all around us.

Mary Oliver knew this well. Described as "a mystic of the natural world," she was able to capture her ongoing astonishment in simple lines of prose that invite readers into a deep engagement with creation and all her creatures. To assist her in this, she usually carried a hand-sewn notepad with her on her walks so that she could record impressions and phrases. However, she once found herself walking in the woods with no pen. She said she later hid pencils in the trees so that she would never be stuck in that situation again. And thank goodness for that! For what was revealed to her on those walks was calling out to be shared, so that we, her readers, could enter into these mystical experiences with her. Through her words we can see and hear and know something of the majesty of creation, which also reveals the majesty of God.

And while we may not hide pencils in the trees, Epiphany compels us to "tell about it" in whatever ways we can, that the glory we have seen and known and experienced can be shared with others. As we journey through this season of increasing light and lengthening days, may we be open to the ongoing revelation of God's presence in our midst, and may these "Instructions for Living a Life" lead to transformation and growth for us all.

+Sandra

Failing forward

The concept of **Failing Forward** could be, at first glance, an uncomfortable one. Perhaps it is the word “failure” that evokes a negative reaction. However, the term is meant to be helpful, coming from a best-selling book written by leadership guru John Maxwell. In his book, Maxwell chronicled the history of various people who had failed miserably before they found success. In *Failing Forward*, Maxwell addressed how some may be natural at achieving, while others are prone to struggle. What contributes to personal successes? Is it luck, an inheritance, education, high ethical standards, determination, or, could they be the result of strategies and adaptation?

This article will not be a rehash of that best-selling book, but mention of it, sets the stage for understanding struggle, further highlighted in the examples to follow.

A friend recently helped me by putting together an IKEA product. It was an item with several pages of drawings that show how to assemble the piece of furniture. It was crucial to do everything in the step-by-step order. When he had almost finished, he realized he had made a major error. The project could not move forward. The error would mean that we would have to take apart our entire product and start over. I was amazed at his resolute determination



Bryan Hagerman

to get it right the second time and with my help, we did. I was further amazed at his handling of the situation. He did not get mad or upset at himself, there were no curse words, nor an atmosphere of anxiety or anger in the room. He “failed forward.” My role became that of an encourager. When the item stood completed in my office, I thanked him for his work, and recognized the quality of his problem-solving skill. The finished product now sits in my office, and when I look at it, I am thankful for what he taught me that day.

A monstrous feat it was to build a major railway in Kenya, beginning on the coast, travelling through the African plains and lion country, over The Great Rift Valley and into Uganda. The line ended up being called The Lunatic Express. It was thought that only a lunatic would attempt such an engineering project.

Many died from lion attacks as they entered the Tsavo plains, as well as from malaria, and accidents on the job. Although there were serious struggles, the pursuit towards connecting Kenya to Uganda continued. Upon reaching The Great Rift Valley, which is at some points 10,000 feet above sea level, the engineers realized even more the difficult conditions. At times they must have felt deluded, but they carried forward into and over the highlands, entering Uganda with success. They had to make changes, adapt, and develop new engineering strategies, overcome the danger of lions, and negotiate warring peoples. They weren’t stymied by failure, but “failed forward”.

Einstein is often given credit for a definition of insanity. It is; **“Doing the same thing over and over again, hoping for a different result.”** This, to me, looks like a definition of failure. Failure is when we don’t adapt to conditions that may produce success.

When counselling others as a therapist, people are often surprised to hear that the most important time during therapy is between visits to the therapist. It is here that work is done to overcome a mental health issue. In the doing of that work, which takes time and effort, clients may fail forward as they practice strategies given by the therapist. For example, in learning to overcome

rumination, clients may be taught to change their internal thinking channel by distracting themselves with a positive helpful thought pattern, by working on a puzzle, or by making a cup of tea. They fail forward, as they struggle to execute the strategy consistently. Their successes are the fruit of perseverance.



We all struggle in certain areas in our lives. It is not the struggle that is difficult, but in maintaining a strategy that moves us forward to success without giving in or up. It is often helpful to have a clear view at what success looks like as we move in that direction. That view provides a needed motivational factor. The person who ruminates, reiterating thought loops, realizes by practicing strategies how well off they are when working towards a cessation of

these loops which drag them down emotionally. This being said, they may yet struggle with falling back into the rut of iterative thought loops. Applying a strategy gives them the tools to “fail forward”.

Here is a final anecdote. A client was given an interesting assignment by his therapist. Said the therapist, **“when you come back in two weeks, I want you to be able to juggle two tennis balls.”** At the next session the client demonstrated his success by juggling for the therapist. **“Now said the therapist, when you come back in three weeks, I want you to juggle three tennis balls”.** Three weeks later, the client flawlessly juggled in front of the counsellor. **“What was the secret to your success?”** asked the therapist. **“Well”** said the client, **“in the beginning, I consistently dropped the balls, but I did not give up. I continued on day after day until I no longer dropped a ball.”** Herein lies another example of “failing forward.”

What area in life are you failing in? If failing, is it the strategy you have employed, or if failing forward, is it the ability to see it through to the end by adapting as you go. The latter leads to success.

Bryan Hagerman
Outreach Counsellor
St Paul’s Church
Halifax, NS

For all the Saints (February)

Submitted by Rev. J.K. Morrell

February 2nd - The Presentation of the Lord

For over 30 years as a Priest in a number of countries and provinces, I have experienced February 2nd in a number of different ways. What stands out for me were parishes who would hold a Service on February 2nd, where all the candles that the church might use for the year – pavement candles, altar candles, torch candles and the special ones for a Baptism or Marriage -- would be blessed. People would also bring candles from home and we would celebrate Candlemas together. I brought this Service to St. Mark’s in the Hydrostone during my 7 ½ years there. It would be a wonderful celebration for any church.

Its origins go back to Luke’s Gospel [Luke 2:21 – 38]

where following Jesus’ naming in Bethlehem, his parents had to take him to Jerusalem. The chief title “The Presentation,” comes from the ancient Jewish law that every firstborn son had to be dedicated to God’s service. The Law of Moses allowed parents to redeem their child by offering something else in his stead. In Jesus’s case, Mary and Joseph offered the redemptive substitute which the law appointed for the first-born of poor parents, “a pair of turtledoves, or two young pigeons.”

Luke also records how the Christ-child was greeted by Simeon and the prophetess Anna, two figures who represented Israel’s longing to see the Redeemer promised by God. Simeon took baby Jesus in his arms and offers a prayer of Thanksgiving the -- *Nunc Dimitti* -- Lord, now lettest

thou thy servant depart in peace according to your word -- BCP], which acclaims Jesus as the saving Light of God. This has been a staple Canticle in our Service of Evensong. To symbolize the enlightening truth of Christ, the western Church developed the custom of blessing candles on this feast — hence its other title, Candlemas.

In celebrating the feast of the Presentation, the people of the Church become like Simeon, who cradled the infant Light of salvation in the crook of his arm and knew him to be as fragile as a candle-flame. In baptism, in meditating upon Scripture, and in the Eucharist, Christians cradle the same Light and take responsibility for the life of Christ in our world.

February 5th – The Martyrs of Japan

On this day in 1597, twenty-six Christians were crucified near the Japanese city of Nagasaki. We remember their faithfulness under great suffering and honour them as the martyrs of Asia. Jesuit missionaries had been active in Japan for over forty years, and they had converted large numbers from every class of Japanese society. The ruling Shogun eventually banned all missionary activity because he feared that the growth of the Christian Church among his people would prepare the way for an invasion by Europeans.

The Jesuits took care not to offend the Shogun and were able to continue with their work by becoming as much like the Japanese in dress and habits as they could. But in 1593 a group

of Franciscans arrived, who openly violated the decree against missionary activity. In 1597 the Shogun, tired of their open proselytizing, ordered the arrest of six Franciscan monks and twenty Japanese Christians. The prisoners were subjected to torture, then marched from Osaka to Nagasaki to be crucified. For the next 20 years missionaries enjoyed peace.

However, persecution was renewed in waves during the first half of the seventeenth century and continued even after Japan’s rulers closed their country to foreigners. Nevertheless, when Europeans once again entered Japan in the mid-nineteenth century, they found many pockets of Japanese who had preserved in secret, some living vestiges of Christian faith and practice.

NEWS FROM AWAY



Photo: Repurposing and saving at the same time.

Dear Diocese,
Carole Aylard is an active member of The Church of St. Andrew in Cole Harbour and very committed to the 5th Mark of Mission “To strive to safeguard the integrity of creation and sustain and renew the life of the earth.” Carole has been very active in the Diocesan Environment Network and is the editor of the DEN Enews that arrives in your inbox and appears on your parish Facebook every Tuesday morning. I would like

to thank Carole for her firm desire to tread lightly on the earth.
Epiphany blessings,
Rev. Marian Lucas-Jefferies,
Coordinator, Diocesan Environment Network (DEN)

Resolutions and Promises
by Carole Aylard
T’is the season as I write this awaiting the arrival of the New year but still in the midst

of a season where our secular and sacred worlds collide more than any other time of year. We meet Jesus at the manger and have the opportunity at Epiphany to ask ourselves what gifts we too can bring to the Christ child. Smack in the middle is New Year’s where resolutions are made with promises to keep them.
The environmental movement is another place where our sacred and secular worlds meet. Not collide as if at cross purposes but coalesce into one purpose. We meet at our 5th Mark of Mission - To strive to safeguard the integrity of creation and sustain and renew the life of the earth. Sacred or Secular – our goal is the same. Can our New Year’s resolutions and the answer to what we could bring to the Christ child be the same? Can we commit to traveling lightly on our fragile earth and renewing it for future generations?
I have a young grandson and introducing him to recycling and composting has been fun. Explaining how worm poop becomes soil was hilarious. You just know how little ones love to talk about poop. A worm compost bin in the house, AKA vermiculture, is definitely a New year’s goal.

Imagine the fun he will have feeding the worms when he comes to visit Grandma.
My goal this past Christmas was to lessen my personal footprint on the earth as much as was possible. Leftover fabric was used to make gift bags. Forty-year-old maps wrapped around gifts became conversation pieces in themselves. I wondered if next year I could use an old shirt of my husbands to make a bag. The way in could be through the buttons. Could it become a cherished gift bag traded between my sons in the years to come? We all have too much stuff and a creative search through belongings as you spring clean might find a new life next Christmas as wrapping. I usually use recycled Christmas cards as tags but one year I used old photographs of family members. It was easy to see who the gift was for and the laughter and memories the photos brought were priceless, especially when shared with newer family members.
In the more immediate future, are you dreaming of the garden season? Can you commit to mulching leaves and grass clippings as garden bed nourishment? In my yard with several mature maples,

not one leaf goes to the curb. Those on the lawn are mulched for winter cover on the vegetable garden. The ones in the other gardens give winter cover and provide habitat opportunities for pollinators. In the spring once the weather warms, they are mulched for all the beds or composted.
Have you ever thought of growing vegetables indoors? A friend grows hydroponic broccoli sprouts and lettuce. What a great way to have healthy food and save money at the same time. What can you dream for the earth?
The Church of Saint Andrew in Cole Harbour is in the middle of a Reimagining process. We have dreamed many dreams individually and collectively. Lent will be a time to distill these dreams into plans, immediate and long-term. My dreams include community gardens and creative ways to use our property for the good of the community. What about your dreams? What will you resolve to do for the earth in 2023 as an individual and as a parish? Can resolving to work at renewing the earth be your Epiphany gift to the Christ child?

Mothers’ Union – still making a difference

BY MARY STONE
CANADIAN MOTHERS’ UNION
PRESIDENT

2023 is a year of milestones for four Mothers’ Union Branches in the Diocese of Nova Scotia and Prince Edward Island.

- 60 Years**
- Emmanuel, Spryfield 1963
- 50 Years**
- St John the Evangelist 1973
- 40 Years**
- St James, Armdale 1983
 - Church of St Andrew, Cole Harbour 1983

What was happening in our world 60 years ago? What has changed? Lots! Back then there were only 2 or 3 television channels, the internet did not exist, most moms did not work outside the home, telephones were attached to the wall, most families had only one car, seatbelts were not mandatory, no one had gone to the moon, there were no bank machines, couples married much earlier in life, mothers were the primary care givers, air travel was for the privileged, smoking was advertised on TV, car seats were not regulated, people



did not buy bottled water, only women joined Mothers’ Union, radio was the only portable music, pixie hair cuts were the rage... and more.
Mothers’ Union branches were composed of mostly young mothers and so discussions centered concerns about family issues and caring for children.
As the world changed and evolved, these four Mothers’ Union branches prevailed and evolved.
What is different about Mothers’ Union 40 – 60 years later? With some revisions, the Mission of Mothers’ Union, its Aim, Objects and Beliefs are the same as those of 1963. The present motto Christian Care for Families Worldwide

reflects our commitment to not only caring for our own families, but also reaching out to families in our communities and around the world. In doing so the definition of what makes a family has broadened and expanded.
Membership has also changed over the years. Women of other faiths and cultures have joined. Men, appreciating the work of the Mothers’ Union, are joining as members, in leadership roles and in support roles.
As with many volunteer organizations, membership has fluctuated and decreased since 1963; although, Emmanuel in Spryfield started out with 8 members 60 years ago and now has 17, two of which are the original members, Mary Wilkie and Vivian Collier;
St John the Evangelist started with 5 members 50 years ago and they now have 22 members, of which Gerry Connor is the only original member;
St James Armdale began with a group of 17 members 40 years ago and now has 14 members, 4 of which are original members, Bee Mason,

Irene Spargo, Doreen Wong and Dianne Cutler;
The Church of St Andrew, Cole Harbour started with 10 members 40 years ago and now has a membership of 13 with two original members Jill Hogg and Ada Hetherington
What keeps these branches active and strong? All four branches would say that over the years fellowship, support, learning, care for each other and purposeful work are the main glue that has kept them going and motivated. Their most memorable times were celebrating large events and working as a group to contribute to their church and community – activities that involved cooperation, sharing, doing, and good times.

Like most organizations, the recent pandemic created an opportunity to evolve and learn in a technological sense. Members are in touch with the rest of the world instantaneously. We see and talk with other members at home and around the world via online meetings, practically face to face. These are exciting times.
They are also times that

are both confronting and challenging us with opportunities and difficulties that differ from the past. A major change in the life of Mothers’ Union is the average age of our membership. Rather than being seen as a challenge in itself, it has created the wonderful opportunity for us to recognize, celebrate, utilize and share the accumulated wisdom and expertise which comes from decades of service to our families, our communities and our Church. Mothers’ Union has gone outside the walls of their churches to cooperate and collaborate with organizations that address the needs of the community. I pray that all of us will embrace this rich reality and continue to use Mothers’ Union as a force for good in a world, perhaps, that needs us more than ever.
1 Thessalonians 5:11: “Therefore encourage one another and build one another up, just as you are doing.”

It's A New Day!

Onward and upward



Photo: Cod liver oil

Leohoho -Unsplash.jpg

AGM DISCUSSION QUESTIONS:

- What is good in our parish? What gives joy and life?
- How do we make a difference outside our congregation?
- What could we stop doing that would free up resources of time, energy and money?
- Where is God at work in our community and how can we help?
- What can we try that would bless our neighbours?
- With whom might we partner?
- What do we need to learn about? What advice do we need?
- What are our next steps?

By Rev. Canon Lisa G. Vaughn

Ah, annual meetings, the cod liver oil of church life! Like the tried-and-true health supplement, they may taste awful, but they are good for us.

Do these yearly corporate gatherings have to be dreary and draining necessities? Not at all. Despite the myth and dated perceptions, annual general meetings do not have to be *only* about looking in the rear-view

mirror and drilling down on the financials. Perhaps they can be reframed with the adage, as one of my mentors, Rev. Canon Rod Gillis, used to say, '**Onward and upward**'.

Emerging out of several years of COVID, with substantial societal and Churchland change, annual meetings are fantastic opportunities to **take stock for the future**. We can consider what things are working, vital and strong, then plan for the next year

and beyond.

One of our key values as Anglicans is that of an **abundance theology**. We believe and strive to live into the truth that our God is generous and good. Therefore, we have more than what we need – in time, talent, treasure – to answer the missional call in our communities. (Only a cruel God would call us to ministry without providing what we require to undertake it.)

Here are some best practices and ideas for an inspiring and hope-filled AGM:

- Share the annual reports well in advance and only speak to the important highlights during the meeting. In other words, **use your meeting time productively and positively**.
- Advertise your annual meeting with a **warm invitation to all parishioners** that this year's meeting promises to be focused on present blessings and hopeful perspectives for the future.
- When compiling reports, try to include **pictures**



Rev. Canon Lisa G. Vaughn,
Diocesan Parish Vitality
Coordinator

of people and your church life. Photos of the building and empty pews are not stimulating and only reinforce things instead of relationships and faith.

- Include in the agenda under 'New Business', an opportunity to **celebrate** what is good and also to discuss the year ahead.
- Be mindful of the language in your written communication and discussion time. Rather than, "the whatchamacallit *costs* so many dollars", say, "**We invested our money in...**"
- Remind those in attendance that the financial report, budget and buildings, are *the means* for doing ministry. These are not **the reason we exist**.
- Discuss the '**why**' of the faith community. For example, "To participate in God's mission of reconciling the world to God through Jesus Christ" (Diocesan mission). This may include revisiting your parish's mission and vision statements.
- Make a list on a flipchart or white board: **How we make a difference outside of our congregation**. Include categories – local,

regional and beyond. This can include nursing home care, foodbank support, PWRDF, Missions to Seafarers boxes, celebrating Pride week, acknowledging African History Month, Indigenous rights, etc.

- Identify and propose the **first next steps** for the ministries and **priorities for 2023**.
- **Plan a day away, retreat or workshop** for all your congregational leaders. Invite not only those who hold official offices (wardens, treasurer, envelope secretary, etc.), but also those who serve in other capacities – greeters, choir members, property caretakers, etc.

Annual meetings are perfect occasions to reinforce and build on the strengths and gifts our gracious God has given our faith communities. Certainly there may be losses to acknowledge and difficult changes ahead, but by virtue that your congregation is still alive in present in your community is a reminder of the call to be faithful with what we do have in this time and place. Our neighbours need us, now more than ever. How will we respond with compassion and joy with the love of Christ?

Onward and upward, indeed!

Rev'd. Canon Lisa G. Vaughn is the Diocesan Parish Vitality Coordinator. For additional articles, inspiration and insights on congregational vitality and mission see the Facebook page "Parish Vitality Coordinator – Diocese of NS & PEI", and the Anglican Net News, "Six-Minute Study"



The Connectors Five

By Rev. Lisa G. Vaughn

Come alive in FIVE!

Participants in The Connectors are inspired and equipped to explore missional possibilities in the local community. Our Diocese's fifth leadership learning cohort begins soon. There is still time to apply!

The Connectors FIVE initiative takes up to ten participants through a year of praying, learning and engaging in missional ministry. Through 10, two-day sessions skills are fostered in spiritual gifts discernment, rediscovering the

local community, exploring authentic discipleship and learning how to build respectful relationships with new people. Six sessions are held in person, while four are hosted on Zoom.

This supportive network of peers – a blend of lay and clergy - mutually encourage one another, while being held accountable to missional goals. The Connectors involves study, discussion, goal-setting, trying new approaches to ministry, guest speakers and mutual peer support. Emphasis is on experimenting and doing ministry, not just learning about it. Each year cohort members

report having clarity about their sense of call and are more confident in ministry.

Facilitators for the 2023 group are Kim Lively (The Connectors FOUR), Bishop Ron Cutler (retired) and Parish Vitality Coordinator, Lisa Vaughn. Costs are covered by the diocese.

Are you curious and interested? Or know someone from your congregation who would be?

DEADLINE is February 13th. Visit: www.nspeidiocese.ca or e-mail lvaughn@nspeidiocese.ca

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SECOND SUNDAY IN LENT

Sunday, March 5th 2023




Women's MINISTRY Sunday


EMBRACING CHANGE IN NEW AND WONDROUS WAYS

Women's Ministry Sunday was initiated by the Anglican Church Women Diocesan Board to recognize and promote the many ways that women live out God's mission in the church and community. It has evolved from: honouring the women and the ministry of their organized groups within the parish, to recognizing their ministry beyond the parish, including within their professional and community volunteer activities, to their collaboration with men where they work together for a common purpose, achieving a shared goal. To quote the Anglican Church Women hymn:

The Love of Jesus Calls Us
434 Common Praise verse 4.....



*The love of Jesus calls us in swiftly changing days,
to be God's co-creators in new and wondrous ways;
that God with men and women may so transform the earth,
that love and peace and justice may give God's kingdom birth.*



Text: Herbert O'Driscoll

Fiona devastation in Marshville



Photo: Fiona damage caused cottage to float towards marsh.

By REV. JOHN K. MORRELL

We had suffered minor damage during Hurricane Dorian in September 2019 and in January, 2022 a violent storm sent ice floes around all our front yards and the beach road with minor damage to buildings. Hurricane Fiona was a totally different storm.

We began some preparations days before, positioning a

number of items in our spare bedroom in case we had to evacuate. Tuning into the weather report late Friday night, the heaviest winds and rain were predicted to land far East of our position. In the middle of the night, we heard some pounding on our front wall thinking siding might be coming off. At 7:10 a.m. on Saturday, I woke up. The pounding was spray from the

storm surge rushing over our lawn and slamming into the front of the house. Rocks, boulders and mud covered our front lawn. The mobile home near my West door had flipped over onto our beach access road.

From my East door, I saw one neighbour's cottage totally destroyed – the wind exploding their front plate glass window and blowing out

their back wall.

Two other cottages near the beach had floated towards the marsh. Two other cottages and two trailers had also floated into the marsh and were under three feet of water. The wind and storm surge was unbelievable and high tide was still hours away.

We packed up the car with our supplies and two cats within the hour and first headed to the Ocean Breeze Cottages. No one was there to offer us a Chalet to evacuate to. We then headed East on Route 6 towards River John, steering around fallen trees. About halfway there, we met the Fire Department coming West to rescue someone in a cottage East of us which was surrounded by water. They asked if we were out taking pictures --- "No, my wife replied, we are evacuating!"

We settled in with a friend in River John for the next 24 hours (she had a generator). I slept on a couch with the two cats in her sunroom, my wife in one of her bedrooms. On Sunday, we returned to our home, the wind had died, the water had receded, we had a community hand pump for water and a wood stove. Damage to my property consisted of a trench behind my beach rock wall which was

8 feet wide, 4 feet deep and 100 feet in length dug by the storm surge and inundating my front law with sand, rocks and mud.

There were numerous minor damages including our one and only evergreen tree which was knocked down. Some items from our freezer found a home in our friend's freezer as well. Thus, we began the two weeks with no power. Fortunately, we had booked a Western vacation trip for October 1-10 to go to Calgary, Banff and Vancouver and were able to luxuriate in warm beds, heat and hot water.

Fortunately, there was only one recorded loss of life and few injuries from what was called the biggest hurricane to hit Canada since records were being kept over one hundred years ago. However, the big lesson that was learned was that everywhere people were helping each other with food, shelter, generators, property and tree clean-up. Groups of Mennonites arrived shortly from Manitoba to help clear down trees on people's lawns in River John. They asked for no money but did offer a Bible and a prayer! Tragedy can bring out the best in people. In River John it certainly did!



reconnect & reframe

a series of conversations on our future
sponsored by the dioceses of
Fredericton & Nova Scotia and Prince Edward Island



reconnect & reframe for the future

Faithfully living out God's missional call today requires us to see ministry and congregational life in fresh ways. Join in a series of online conversations to discover how to reframe our perspectives and reconnect with our neighbours in order to grow and flourish.

reconnect & reframe is a learning and exploring partnership between the *Diocese of Nova Scotia & Prince Edward Island* and *Diocese of Fredericton*. Sessions are **Thursdays evenings** on

ZOOM. Each includes a dynamic presentation on a particular theme, several local examples, followed by small group discussion.

The first module, beginning January 26, is a **four-part series on Collaborative Ministry Leadership**. Learn how to build effective teams of laity and clergy, lead through liminal times, avoid burn-out, and creatively adapt. Includes practical case studies.

Speakers for this first series include *Diocesan Bishops Sandra Fyfe* and *David*

Edwards, as well as *Rev. Dr. Heather McCance*, Director of Pastoral Studies at Montreal Diocesan Theological College.

Collaborative Ministry Leadership runs January 26, February 2, February 9 and February 16.

SIGN-UP HERE: www.surveymonkey.com/r/reconnectreframe

Other multi-part **reconnect & reframe** modules in early 2023:

- Rethinking Community Engagement

- Reimagining Buildings & Property
- Funding Sources for Innovation (alternate revenue streams)
- Fresh Expressions of Church (starting new congregations)

Each of the modules features real-life examples and many Maritime church scenarios.

Anyone may attend any of these free sessions. We encourage congregations to send a team. Individuals are warmly welcomed too.

Got questions? Contact: Lisa Vaughn lvaughn@nspeidiocese.ca 902-789-4840



Teach us to Pray:

Partners in Prayer



Photo: Praying for someone in particular is a gift – prayer partners are both a gift and a blessing.

For several years, I met regularly with a man who was seeking spiritual guidance. He would sometimes share his concerns for his family or his work, but mostly we discussed prayer – how to pray, when to pray, what to pray. He lamented his difficulty in setting a regular daily time for prayer: when praying at bedtime, he often fell asleep, “mid-petition”. When praying in the morning, he felt rushed and distracted, getting family to school and himself to work.

He also identified that he felt alone in his prayer – not alone from God so much but isolated from others. He loved Sunday worship but through the week, he missed the fellowship and shared prayer. In examining ways to minimize this sense of isolation, I suggested praying morning or evening



Rev. Frances Drolet-Smith
Diocesan Representative,
the Anglican Fellowship of Prayer

prayer alongside a monastic community, that praying at the same time might offer a sense of inclusion. Again, the discipline of length and timing were challenges for him.

Some time later he told me what was most helpful was

our agreement to pray for each other for a few minutes every day at 3 p.m. Regardless of where we were or what else we were doing we made a covenant to pray for each other. A lot of years have passed since we first made that pact. In fact, he’s moved to another province but I hear about him from neighbours. Despite the passage of time, I marvel at how often, when 3 p.m. rolls around, that a prayer for him still rises in my heart. The bond we forged over several years of partnering our prayer still carries on most mid-afternoons.

Having a “prayer partner” is not a new concept. The author of the ancient book of Ecclesiastes muses on the value of relationships: “It’s better to have a partner than go it alone . . . if one falls down, the other helps . . .” (Ecclesiastes 4: 9-10 The Message)

In the 7th century Aidan of Lindisfarne, an Irish monk, developed an effective ministry throughout Northumbria. His influence included the development of schools in which the monks could be formed in their faith. Upon entering a school, each of the brothers took on an “Anam Cara”. Anam Cara is a Gaelic word that means “supportive friend” or “soul friend” or “prayer partner” - one who accompanies another

on their spiritual quest. Aidan counselled that such a partner relationship had a sustaining quality and would assist a brother’s faith to increase exponentially.

A prayer partner is a wonderful gift to give yourself today. Among the potential benefits a prayer partner can offer is:

- **encouragement** – affirm what you’re doing well and that you are loved.
- **support** – assist you to hang on when you’re discouraged
- **accountability** – help you remember and maintain your commitments
- **strength** – aid in carrying burdens
- **focus** - remind you that Jesus is able to meet our needs and answer our prayers

Prayer partnerships are a covenant relationship with the participants themselves determining “how” the partnerships are lived out. Clergy, spiritual directors, parish organizations, and friends are all good sources for leads on potential partnerships. Both the Anglican Church Women and the Mothers’ Union encourage similar prayerful pairings, for they strengthen both individuals and communities.

The parameters of such relationships can be as simple

as my daily 3 p.m. prayer for my partner, or can be more complex. Each Tuesday evening, at 8 p.m., a friend who lives on the west coast “meets” me on Zoom for Compline. Granted, it is a little early for Compline, especially for her, but it’s the best time to connect with each other, given our full lives. After several years, we’ve become familiar with each other’s families and a wide range of church and community concerns. Following a brief “catch-up”, we share in Night Prayer, using the booklet produced by the Anglican Church of Canada. We alternate weekly, taking turns as officiant and reader of psalm and a Gospel. A place – a holy space really is created as we pray for each other aloud. This is a powerful experience and in it I am reminded that my friend, my partner in prayer, has truly heard the joys and concerns of my heart and offers them to God on my behalf. This experience has deepened my prayer – and our friendship.

REV. FRANCES DROLET-SMITH
DIOCESAN REPRESENTATIVE,
THE ANGLICAN FELLOWSHIP OF PRAYER

Photo by Phillip Goldsberry on Unsplash

Vital Church Maritimes Conference



VCM 2023 is coming soon! Our popular and practical conference is **April 27 - April 29 in Truro, Nova Scotia**. This year’s theme is Setting Sail!

Engaging in ministry these days often feels like taking a voyage to an unknown destination. It requires skill, prayer, vision and imagination. We are not alone. Climb aboard, pull up the anchor and let us set sail, learning and exploring together.

This year’s Vital Church Maritimes conference emphasizes spiritual formation and discipleship, as well as opportunity consider present realities and future trends. Guest speaker is the **Rev. Canon Dr. Dawn Davis**, professor at Huron University College, London, ON. She grew up in Dartmouth and worshipped at St. Luke’s.

Inn on Prince hotel is the conference location, including meals and accommodations. An **interactive Zoom option** is also available.

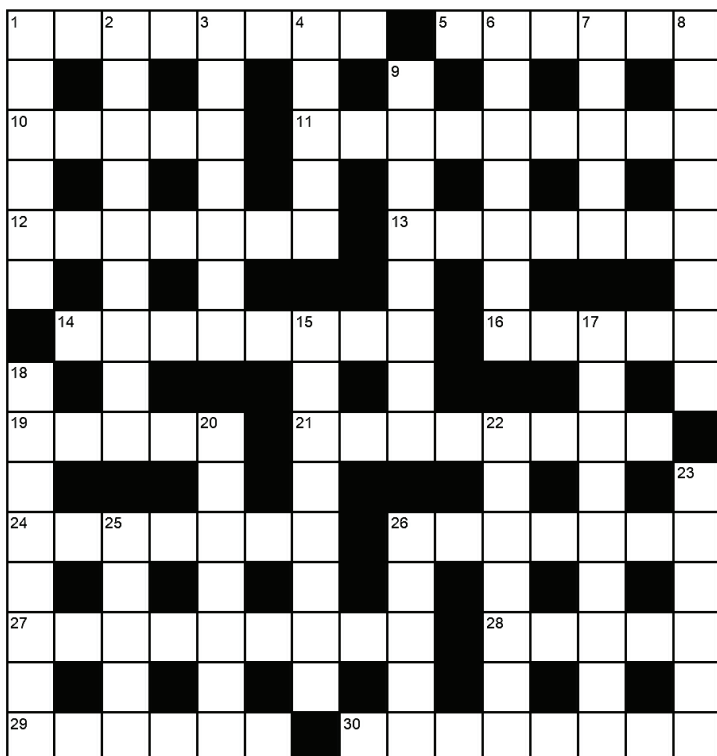
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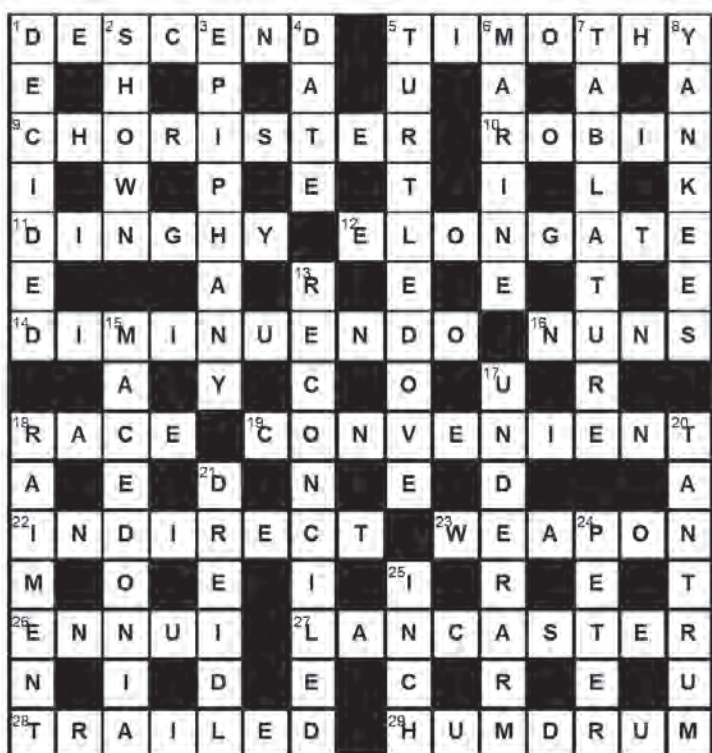


December Bible Crossword

by Maureen Yeats



January Puzzle Answers



Dinner Theatre Plays

by Heather D. Veinotte, Playwrite

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FEBRUARY 2023 Clues

ACROSS:

- 1- Very short epistle of Paul (8)
- 5- Old Testament prophet, two books named after him (6)
- 10- Verification of a financial account (5)
- 11- Country in South America (9)
- 12- Old Testament minor prophet (7)
- 13- Instructs (7)
- 14- Follows instructions (8)
- 16- City in ancient Phoenicia (5)
- 19- One who acts in place of another (5)
- 21- Casseroles made with large flat noodles and sauce (8)
- 24- Things one aims for (7)
- 26- Juicy tropical fruits (7)
- 27- Annual plant grown for its bright flowers (9)
- 28- Frighten (5)
- 29- More unhappy (6)
- 30- Elevated areas of skin containing watery fluid (8)

DOWN:

- 1- Biblical book of poetry (6)
- 2- Unable to be erased (9)
- 3- Tempted (7)
- 4- African mammal related to the giraffe (5)
- 6- Plants that only last one year (7)
- 7- First husband of Bathsheba (5)
- 8- Close connections (8)
- 9- Disturbs (8)
- 15- Joined the armed forces (8)
- 17- The Office of a Deacon (9)
- 18- Apostle chosen to replace Judas Iscariot (8)
- 20- Place to see stage plays (Br. sp.) (7)
- 22- First book of the Bible (7)
- 23- Fall-blooming garden flowers (6)
- 25- Speedy (5)
- 26- City on the Tigris River in Iraq (5)

ANGLICAN CHURCH WOMEN BOARD, Diocese of Nova Scotia & Prince Edward Island

Annual Project 2022/23

All In For Youth!

Let's Send Indigenous Youth to CLAY 2023

High costs of sending Indigenous youth to the **Canadian Lutheran Anglican Youth (CLAY) Gatherings** have prevented their attendance in the past.

We have the power to change this.
Support a group of Indigenous youth to attend **CLAY in August 2023.**

With God's grace and your generosity, we can do this!

Support the Anglican Church Women Board's Annual Project 2022/23, **All In For Youth!**

CLAY 2023

Cheques are payable to the Anglican Church Women Board, with Annual Project in the memo line, addressed to:
Marjorie Davis, Treasurer
204 – 111 Pebblecreek Drive, Dartmouth, NS B2W 0L1.

Contributions accepted until March 31, 2023.

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MISSION (is) POSSIBLE:

Diocesan Stories of People Responding to God's Call

Starting small for a big missional impact



Photo Stretch for Jesus. (From left) Rev. Tammy Hodge Orovec, Daphne Beeler and Anne King.

Stretch. Study. Sing. Share.

Here are a few stories of how our congregations are taking the gifts they have, turning those outwards to the community, and are making a difference in the name of Christ.

PARISH OF THREE HARBOURS – SERVING STUDENTS

When the parish's new rector arrived in Antigonish last October she immediately recognized an opportunity to serve the population at St. Francis Xavier University. Rev. Tasha Brubaker and the church leadership created 'St. Paul's Study Hall.'

"In looking for new ways to connect with students at St. FX, St. Paul's heard from a number of people that there is not enough quiet, comfortable study space for students before final exams," Rev. Tasha said.

In early December they opened the church hall, Tuesdays to Thursdays, from 1 p.m. to 5 p.m. for two weeks. They graciously provided healthy snacks (and some cookies!), coffee/tea/hot chocolate as students enjoyed the quiet space and Wi-Fi. The free invitation was shared on social media, through flyers posted around town, and placed in mailboxes of student rentals near the church.

"Much to our delight 10 students came to use the space," said Rev. Tasha. "As a

initiative, we were delighted with this turnout!"

Upstairs, St. Paul's sanctuary was also open. Several students enjoyed the peaceful, sacred place.

Rev. Tasha says, "Our plan is to continue to offer this space before mid-term exams and finals in the spring and to continue with this into the next academic year. Additionally, we connected with ACALA (Antigonish County Adult Learning Association) and one of their wonderful learners came to help as a volunteer."

"This is just the first of a number of ideas that are percolating to offer our space to outside users and to partner in creating with others in our community specific programs or events to minister to clearly identified local needs, particularly for small and mid-sized groups and events," she said.

PARISH OF ST. MARY & ST. JOHN (SUMMERSIDE & ST. ELEANORS) – YOUTH CHOIR

Music is one of the strengths of our Anglican tradition. This Prince Edward Island parish discovered a niche need in their city through their gift of song.

Although Summerside has an excellent, long-running adult community choir, there was not the same singing opportunity for children. When Sandra Gereau, the

parish's new organist and choir director arrived in the autumn of 2021, she recognized the need for a youth choir.

Rector, Rev. Colin Nicolle said, "After a year of getting settled in and a Sunday choir started, Sandy turned her attention to founding the youth choir. Through some early fall advertising and financial support from the Diocesan Church Society, the St. Mary's & St. John's (Summerside) Youth Choir was born."

"Our hope all along has been to provide a free opportunity for youth ages (roughly) 6-14 to develop and practice the foundations of reading music and choral singing, perhaps giving the choristers a chance to sing pieces they may not otherwise have a chance to sing," he said.

The choir has a broad repertoire of both sacred and secular pieces. Their first public appearance and performance was at St. Mary's on Christmas Eve. Along with traditional congregational carols, they sang *The Friendly Beasts* (*Jesus our Brother, Strong and Good*).

"We always emphasize to families that while this is a choir attached to a church it is fundamentally a community choir and religious affiliation with any church is not required for participation - all are welcome," explained Rev. Colin. "We welcome parents to stay for practices, which gives us an opportunity to get to know them better and

make their whole family feel welcome in the church."

There are currently 14 regular youth choir members, and several of these families now attend worship at St. Mary's Church.

ST. MARK'S, HALIFAX – PRAYERFUL YOGA

Rev. Tammy Hodge Orovec calls it, **Stretch for Jesus!**

It started with their 'stir-up' Sunday Ministry fair and outdoor service early in September. The leadership at St. Mark's was exploring ways to connect with the local neighbourhood.

"We hoped to meet and engage with our North End Community," said Rev. Tammy. "Although the service and fair did not attract many new people, one of the proposed ministries of yoga and meditation got some traction with the St. Mark's crew."

"I am no Yoga master, but I do daily yoga as a part of my own personal prayer, meditation and well-being practices," she said. "Based on the interest we had, we picked a time and we gave an hour of meditation and yoga a try."

The fitness and faith ministry began with a few parishioners who expressed how much they enjoyed it and especially that they were able to participate to the fullness of their abilities. Next they invited their neighbours by posting it on their church sign.

"We have had five different

people join us who had no association with St. Mark's," the rector said. "Some have become weekly yoga group members and one has even joined the parish and is attending weekly services."

"We do more than stretch. We pair our yoga with *Lectio Divina* reflection on a scripture verse. A verse we read repetitively and reflect on throughout our hour together," explained Rev. Tammy. "We do standing, sitting and floor yoga - adapting to the needs and abilities of those gathered. We meet in the church, which we acknowledge as a sacred space of prayer and meditation, adding our own meditation to the generations of prayer before us."

At the end of each session, attendees are encouraged to share their insights on the scripture passage. Then they are warmly and intentionally invited to other congregational activities and Sunday worship.

"Yoga has made church relevant to folks who would not have come to our regular services," Rev. Tammy said. "We are studying scripture, practicing meditation/prayer, planting seeds, taking care of our bodies and stretching for Jesus!"

Anyone may join in on Thursdays, from 5:45 p.m. to 6:45 p.m. at St. Mark's Halifax, 5522 Russell Street. If you enjoy singing, stick around for choir practice at 7 p.m.

Need a space to study?

The Hall at St. Paul's Anglican Church is open!

Dates: December 6, 7, 8 & 13, 14, 15

Time: 1 pm to 5 pm

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