



THE FLAME AND THE CROSS

THE NEWSLETTER OF
ST GEORGE'S CHURCH

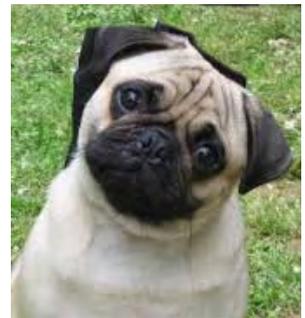
10 March 2013

Rector: The Rev. Dr Neil Mancor
Secretary: Mrs Caroline O'Connor
514-457 6934

The Rector Writes:

One of the great privileges of my life and occupation is that I get to be in Church twice every Sunday of every week of the year. When I was training for ministry and anticipating a lifetime of ministry, I did not appreciate that this meant a lifetime of presiding over services big and small, over and over and over again. Yet over the past fourteen years of my ministry, I have come more and more to value this regular cycle of worship. It is an anchor for my life and faith. My faith and sense of closeness to God is bound up in the regular act of worship.

My Sunday morning begins early with two dogs begging to go out. Then I sit down to print my sermon and prepare my mind and heart for the services, before unlocking the church and turning the lights on. At St George's, we have two distinctive services, both of which I enjoy participating in. Our 8.00 a.m. service is a quiet, reflective service based on the traditional words of the *Book of Common Prayer*. Every week we gather to remind ourselves that Jesus Christ offered "a full, perfect and sufficient sacrifice for the sins of the whole world". I can practically say the service by heart, and that is the point: these beautiful words penetrate the heart with their truth, power and mystery when they are spoken over and over again. I always appreciate that the 8.00 a.m. assistants also make the effort to come early to Church and assist us in our worship. After that I have a cup of tea and wait for the church to start hopping. The first clue is that I hear Jean-Francois warming up on the organ; then the lower hall begins to get noisy as your Sunday School teachers and the coffee team arrive to set up; the choir rehearses; the Church springs to life. There is always a large cast of characters involved in our Sunday morning gathering. Our 10.00 a.m. service is based on the *Book of Alternative Services* which tells us that God "welcomes sinners and invites us to His table." That invitation is at the heart of our Christian life. Our 10.00 a.m.



can be raucous, especially when all of our little ones come. The sound of children reminds us that we are alive. After it is all over, I turn off the lights and lock the doors. It is time for lunch.

WEEK by week the services happen. Week by week we worship. Week by week the gospel of our Lord Jesus Christ is proclaimed. Week by week the Church is there for you. We have many choices in how we spend our time and Sunday mornings are no exception. There may be other more exciting options, other more pressing engagements than going to Church, which so easily gets lost in the shuffle of life. But there is nothing more important to the whole of your life than developing your relationship with God and faith in Jesus Christ. For 2,000 years the way Christians have grounded themselves in that faith is by going to Church every Sunday morning.

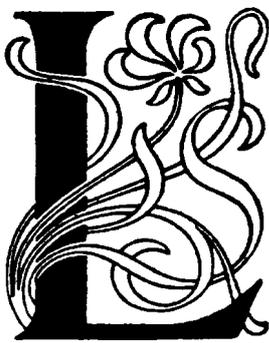
THANKS for all you do to make our Sunday mornings happen. Your very presence enriches our worship for everyone.

Neil

Easter Dates:

Saturday, 23 March	2.00 p.m.	Easter Craft Day
Sunday, 24 March	10.00 a.m.	Palm Sunday Procession with Palms; Sunday School Cupcake event to support the Girl Power/Wolf Spirit programme.
Thursday, 28 March	5.30 p.m.	Maundy Thursday Seder Supper
Friday, 29 March	10.00 a.m.	Good Friday Eucharist
	7.00 p.m.	Celebration of the Lord's Passion with choir
Sunday, 31 March	8.00 a.m.	The Resurrection of Jesus Holy Communion
	10.00 a.m.	Choral Eucharist





Leadership Team

At the recent Vestry meeting, the following leadership team members were reappointed or re-elected:

People's Warden	Peggy Downey
Deputy People's Warden	Gordon Bingham
Treasurer	Kevin Glasgow
Envelope Secretary	Richard Howarth
Rector's Warden	Marian Simpson
Deputy Rector's Warden	Dale Stilwell
Parish Council Chair	Gerry Zampini

As we begin this new year, we welcome Dale Stilwell as Deputy Rector's Warden, replacing Jimmie Skerget, whose dedicated efforts over the past four years have been greatly appreciated. Our meetings are on the third Wednesday of each month, but we are in more frequent, less formal contact by person or by email. We are grateful for a very positive and productive 2012, and give thanks for all of your support and involvement in the life of St George's Church.

Plans for 2013 focus initially around the upcoming Easter festival. We encourage your prayerful participation in all of the events and services detailed elsewhere in the newsletter. We are continuing to take into account the outcome of our Natural Church Development survey by, for example,

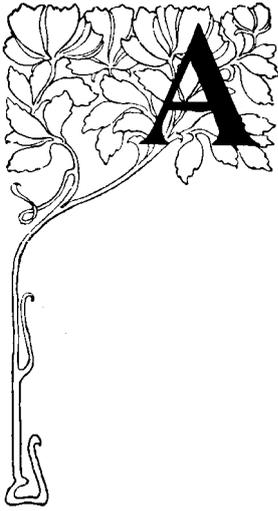
- "tweaking" Sunday services,
- developing new small groups for our young families,
- endeavouring to reach out, (in the Fall: divorce care for kids, Alpha);
- encouraging social interaction within the congregation (in May: theatre night, in June: "Guess who's coming to dinner").

Teams of lay leaders are meeting to plan, train, and conduct various programs. We are discussing ways to enhance our current programs and, perhaps, extend them. For example, we would like to expand our youth ministry for young adults.

We are constantly concerned with stewardship, maintenance and the upgrading of our facilities.

This year, St George's will have hosted the World Day of Prayer on 1 March. We appreciate the trust you have placed in us, and we welcome your input, suggestions, and prayers. We address all communications carefully and confidentially. As Neil quoted Paul, "There is so much for us to do. Let us together do God's work in the name of our Lord Jesus Christ" (Galatians 6:9), remembering that God's "power working in us can do infinitely more than we can ask or imagine." (Ephesians 3:21).

Peggy Downey



Around the Parish

Shrove Tuesday

Back in the days when Lent was more strictly enforced, all goodies such as butter had to be expunged from one's kitchen. The day before the beginning of Lent, Ash Wednesday, all the butter in the house had to be used up, hence the other name for the day before, Mardi Gras. In many countries, it was celebrated as a last fling. In England, where oil was not common, pancakes had to be



cooked in butter, so pancakes featured in the Anglican traditional last celebratory party. In many parishes, cooks held races, pans in hand, flipping pancakes. We are unable to do that here, given our winters. The next best thing is to throw a Pancake Supper, augmented by sausages. We are even lazy enough to use stationary electric griddles and flip the pancakes with a spatula. On 12 February, our gallant gentlemen cooks lined the side tables, hot griddles, spatulas and batter to hand. They fed a hungry horde; at the end of supper, Casey and Libby who had been working in the kitchen needed to sit down and relax.

Our Wonderful Music

I'm sure many of you must wonder how so few can produce so much lovely music on a Sunday morning. Well, the secret lies on a Thursday evening. In just two hours Jean-François introduces us to the hymns, anthems and service music for the following Sunday. Then with a little cajoling and much humour we learn the techniques to make music from the written page. No practice is the same and every week we gain new insights into musical mysteries. We are blessed to have such a wonderful teacher and beautiful organ, but of course we need an audience and we could not ask for a more appreciative and knowledgeable one than the St George's congregation. We would very much like you to share in this rewarding ministry. At this moment as we prepare our Easter services we especially need male voices as Bruce and Bill are travelling for the next while.

Sing, breathe and discover how music can lift the heart and the spirit....

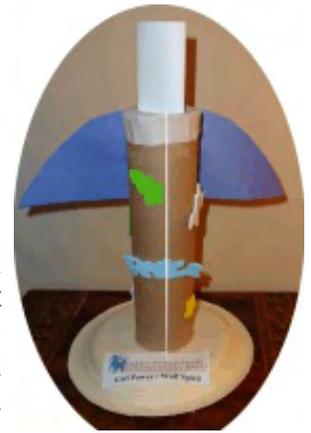
Please contact Jean-François or any member of the choir for more information.

Shân

Lenten Project

These Lenten banks were distributed for parishioners' change towards the Primate's World Relief and Development Fund.

Currently, the PWRDF is partnered with Nishnawbe Aski Nation youth through the **Girl Power and Wolf Spirit** program which strives to be a "comprehensive community-based program created with a resiliency based focus centred on all positive behaviours that promote health and well-being through education and role-modeling". Nishnawbe Aski Nation (NAN) is a political territorial organization that represents 50 First Nations with homelands and traditional territories that encompass two thirds of Ontario. NAN First Nation territories stretch from the Manitoba border in the west to the Quebec border in the east and from approximately the 50th parallel in the south to Hudson and James Bay in the North. It has been working for more than a decade to empower young people in its communities to identify the problems, needs, and solutions affecting indigenous youth. Who better than youth to help youth in these communities, to become the strong, confident, and competent people that they can be?



Last year, over 200 young people in 10 communities participated in these leadership development programs. Over the years, youth have learned about issues of violence, suicide prevention, drug and alcohol abuse, leadership, and self-image through traditional teachings and medicines.

This year St George's would like to support **PWRDF** and its efforts to fund Leadership Programs for Indigenous Youth within the Girl Power Wolf Spirit Program. Please help us help young people in our First Nation Communities by collecting your change during Lent. You may place it in the Fish Bowl at Coffee Hour or take a Lenten Bank home with you.

The Sunday School

A Sioux Prayer Translated by Chief Yellow Lark 1887

Grandfather Great Spirit all over the world
The faces of living things are alike.
With tenderness, they have come up out of the ground.
Look upon your children that they may face the winds
And walk the good road to the day of quiet.
Grandfather Great Spirit,
Fill us with the light.
Give us the strength to understand and the eyes to see.
Teach us to walk the soft earth as relatives to all that live.



Lenten Lunches

The Lenten Lunches are held at Christ Church, Beaurepaire on six consecutive Wednesdays in Lent between 11.30 a.m. and 1.00 p.m.



It consists in a hearty soup, bread-roll, cheese and dessert. Coffee or tea is also served. The cost is \$7.00.

Come out, treat a friend to lunch on any Wednesday in Lent. It is a pleasant and easy way to reach out and increase our commitment to Mission. Last year a little over \$3,500 was raised by the five churches involved.

All proceeds go to the PWRDF. It is very worthwhile cause.

St George's will host the lunch at Christ Church on 13 March this year. I hope you will come and support us. But, as with all fundraising, success is not achieved alone, involvement by the Parish is essential. It really isn't a lot of work and many hands make the work easier and fun. With this in mind, I will be asking for help in the following areas:

Help with baking beforehand. Many squares are needed for dessert.

Help on the day (9.00 a.m.–2.00 p.m.) to prepare, serve lunch and clean up.

A donation to off set the cost of making the soup. I make 5 large pots of soup (this year Minestrone) in the church kitchen to serve approx 120 people.



Paul and I will coordinate St George's day on 13 March. Please let us know if you are interested in helping or sign up on the sheet provided at the back of the church or downstairs.

THANK YOU. For further information call me at 514-457-5397 .

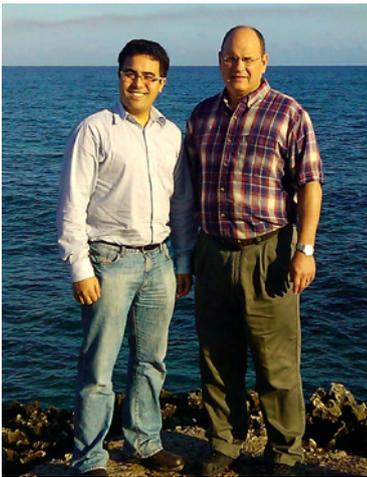
Susan Tweddell

A Not So Young Seminarian Looks Forward

Just about this time last year I wrote a short story about my experience as a seminarian at St George's and my looking forward to the next chapter in our relationship together. Well, this next chapter is quickly coming to a close in this not so young seminarian's story and new one is about to begin. Graduation is on the horizon as this not so young seminarian eagerly awaits its arrival. 6 May is the date set for this long-anticipated day.

This no doubt being my last contribution to the Flame & the Cross, I would like to express my thanks and gratitude to you all for your generous support, encouraging words and loving prayers. As I said in my last article this loving community has embraced me with open arms, open hearts and discerning minds. Your mentoring has helped form my understanding of priestly and pastoral ministry more than I could have known. Each time you prayed for me in our regular Sunday worship services I was encouraged, humbled and tremendously thankful.

And as you have prayed for me I have prayed for you also. It has been my prayer that the Lord continues to bless you and watch over you, that your relationship with one another continues to be enriched, and that your relationship with God grows ever deeper and stronger as you walk the path of faith. It may not always be an easy path to follow at times, but it is one that takes us on a journey of renewal, hope and love. Thank you for letting me walk that path with you these last two years, it has truly been a privilege.



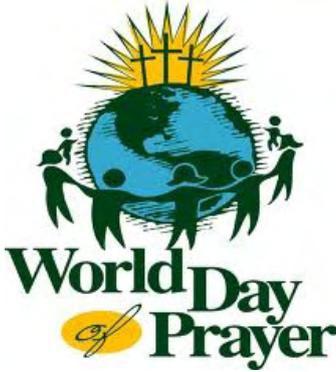
At the same time I would also like to pass onto you Nick's thanks and gratitude for the love and support you have shown to him over the years. He knows that you have been regularly praying for him as you have for me and he is extremely grateful for your support. The extent to which we have both been blessed by your prayers is beyond our knowing. He too wishes you well and prays for God's blessing on this faithful community.

I have included a picture of both Nick and myself on our cross-cultural learning trip to Cuba this past January. I am hoping to tell you more about it in the coming weeks ahead. Thank you again and may God bless you.

Lorne Eason

Ordinary life for most people is characterized by the sense that God is absent. A little metaphysics would alert us to the fact that if God were not present at every moment, we would not be here either. Creation is not a one-time event in the past. It is the ongoing gift of our being, at every level, from the humblest quark to the highest stage of consciousness.

Fr. Thomas Keating, O.C.S.O. is a Trappist monk and priest, known as one of architects of the Centering Prayer, a contemporary method of contemplative prayer, that emerged from St Joseph's Abbey, Spencer, Massachusetts in 1975.



The World Day of Prayer is an ecumenical celebration of prayer and prayerful action which grew out of 19th century concern for both home and international mission. The circle of prayer has expanded literally around the world, learning the great lesson that women praying with, rather than for, women of other races and nations, enriches their own experience and releases the power to accomplish tasks entrusted to them. Since 1927, women from 37 different countries, from Africa to Uruguay, have written and distributed the common services. Women from Canada have done this three times,

- † in 1931, using the theme, *Ye shall be my witnesses*
- † in 1960, using the theme, *Labourers together with God*
- † in 1978, using the theme, *Community spirit in modern life.*

This year's prayer service has been written by the women of France.

Women, men and children in more than one hundred and seventy countries celebrated this day of prayer on Friday, 1 March 2013. The writers from France, this year's country of focus, have chosen the theme, "I was a stranger and you welcomed me". This theme encourages us to look for a Christian response to struggles concerning immigration and for ways to welcome "the stranger". This worship service reaches into Jesus' identification with "the least of these" in Matthew 25. Participants were asked to put themselves in the



shoes of "the stranger", remembering their own feelings of being on the outside, and the blessings of welcoming and being welcomed. At St George's, on the afternoon of that day, we hosted ten West Island churches, representing five different denominations. Their choirs were welcomed, their gowns encouraged. The combined

choir was accompanied by Lynda Coffin at the piano and directed by Neil Mancor. The music was distributed in advance so all could sing out. Both men and women were invited. Liz Glasgow provided refreshments and the Municipality had agreed not to issue parking tickets.



The speaker was our own Philippe Aussel, himself from France.