

Message from Fr. Stephen



What's Your Resolution?

I have been asked that question many times in the past few weeks. What is your New Year's resolution? To be honest, I have never been much for such things, probably because I am not very good at keeping them. But I think resolutions that attempt to make our lives and the lives of those around us better are great things.

Have you noticed how often New Year's resolutions revolve around weight? At the YMCA, where I work out, there are plenty of new faces. That's a great thing too. It is good to see people taking their health seriously and attempting to do something to make themselves more fit. The television is full of ads for diets and other weight loss schemes, no doubt making many investors and companies delighted by the billions that are being spent on weight loss.

The question all this raises for me is, how many people make spiritual resolutions at New Year's? I mean, think about it; we are not just physical beings, we are spiritual beings. Regardless of how physically fit we are, there is no way for us to be healthy and whole unless we factor our spiritual health into the equation. Even the finest specimens of human form experience the inner pain and dis-ease that a troubled spirit brings.

So, let me ask you, what is your spiritual New Year's resolution? I have some suggestions, naturally! Come to church services more regularly. Give sacrificially. Do something to help those in need. Pray each day, no matter how short and inadequate your prayers may seem to you. Read your Bible. Volunteer to do something at the church or for one of our outreach projects. Read a book about God or Christian life. Be more open about your faith.

There are lots of things we can do to improve our overall wellness by refusing to ignore our spiritual needs and the health of our souls. What will you do?

Fr. Stephen



Inside this issue:

Spiritual Development Committee	2
Are you AWARE	3
Children's Page	4
JAM News	5
Focus on Outreach	6
Choir Notes	7
Parish Calendar of Events	8

Sign of the Times



Spiritual Development Committee

RETREAT WEEKEND AT THE SISTERHOOD OF ST. JOHN THE DIVINE

Have you ever felt a need to deepen your relationship with God or have you ever found yourself asking questions such as: "Who are we in our relationship with God? How do we pray? How do we live out our faith? What do we do when we feel we have fallen short of 'more' that God desires for us?"

These are some questions four parishioners from St. John's Anglican, Port Hope queried at a Christian yoga/meditation retreat held January 14-16/11 located on the grounds of The Sisterhood of St. John the Divine in Toronto - a monastic community within the Anglican Church of Canada. The four women were Lyn Bradshaw, Nancy Hovenden, Claudia D'Agostino and myself, Catherine Lees. In an increasingly noisy and hectic society, I personally felt a need for spiritual companionship where I could begin to find a deeper relationship with God that is so much a part of our humanity. I was longing for a few days away from the stress of life in our overcrowded, over noisy and over busy culture. At the Guest Home, I experienced some sacred time apart, alone, with friends and the group.

The call of Christians as we learned is not to be half alive but to be fully alive. Hence, the weekend was appropriately titled: "Fully Alive": A Christian Meditation and Yoga Retreat. We came to better understand yoga as a spiritual path with the 'still centre' as its goal that can greatly enrich prayer life. Through the themes 'Awakening the Heart; Befriending the Body and Honouring the Sacred' we were able to fully experience our bodies and develop an awareness of the present moment as sacred. The group was led by Casey Rock a practicing yoga and meditation instructor of 20 yrs. with a Master of Divinity from University of St. Michael's College.

Our contemplative Spirituality and Christian Meditations were led by a well versed spiritual instructor who gave enlightenment to prayer rooted in spiritual practices of the 4th century. Today, there are Christian meditation groups/meetings held in over 120 countries. The Centering Prayer and Christian Meditation used daily throughout the retreat was based on the prayer-phrase MA-RA-NA-THA the Arabic translation...Come, Lord Jesus. This mantra since has become apart of my everyday living. The aim of Christian meditation as we learned is to allow God's mysteries and silent presence within us become more the reality in our lives which gives meaning, shape and purpose to everything we do and are.

The weekend schedule consisted of regular yoga and meditation sessions, prayer, participation in the Sister's daily life, Eucharist, Taize Movement, Compline and celebrating The Feast of the Dedication (6th Anniversary), St. John's Chapel. Through these experiences came the knowledge that contemplation is the highest expression of intellectual and spiritual life. In other words a spiritual wonder; an awe and gratitude at the sacredness of life, and for being. As quoted by Thomas Merton, *New Seeds of Contemplation* "It is a vivid realization of the fact that life and being in us proceed from an invisible, transcendent and infinitely abundant source".

The Sisterhood of St. John the Divine was founded the 8th Sept 1984 by Hannah Grier Coome a Canadian woman whose vision was the community be in obedience to two Great Commandments - to love God and to love one's neighbour. A community given to prayer and good work, to song and service in the community. In observation it was evident the Sisters openness was to prayer, hospitality, companionship in their journey of faith, spiritual counsel, scholarly research and writing, music of sacred texts, teaching and nursing.

In conclusion, I came to understand that our life is a unity because it is centered in the mystery of God. To know that unity I had to see beyond myself and with a perspective greater than what I generally see, when self interest/ego is our dominant concern. Through the art of meditation practice, I will have opened this form of knowledge by participation in the life and spirit of Christ. As I walked through the doors of the Convent, it was like coming home. the sense of comfort and connectedness never ceased to amaze me. I was humbled yet treasured the silence, was nourished by the worship and felt peace in the Spirit which was so obviously present.

Submission by Catherine Lees, St. John's Anglican, Port Hope

Lexicon: A Look at Church Words

Shrove Tuesday

On March 8, our Men's Club will host their annual Shrove Tuesday Pancake Supper. Have you ever wondered where the name came from and why we traditionally eat pancakes on that day? Ask no more!

Shrove Tuesday is the last day in the Christian year before the season of Lent, which begins on Ash Wednesday. The term Shrove Tuesday comes from the ancient word *shrive*. To shrive is to confess your sins. Lent is a season of penitence. For this reason, it is customary for many Christians to confess their sins to God before engaging in the practices of a holy Lenten season. For many, if not most, Christians the practice of a holy Lent involves fasting or abstinence from certain foods. Because they are loaded with ingredients traditionally abstained from during Lent – eggs, butter, milk or cream, sugar, syrup – having pancakes on Shrove Tuesday became an easy and delicious way to use these things up and enjoy one last feast on them before the forty days of Lent.

So now you know! Come fill up on Shrove Tuesday!

Are You AWARE?

Aware stands for Anglican Women Alive Renewed Enriched (sorry guys)

Last year 5 Ladies from St Johns (as well as some friends) attended the Peterborough AWARE and we had a blast! If you are a women age 18 to 100+ you are invited to a powerful weekend April 29,30 & May 1st

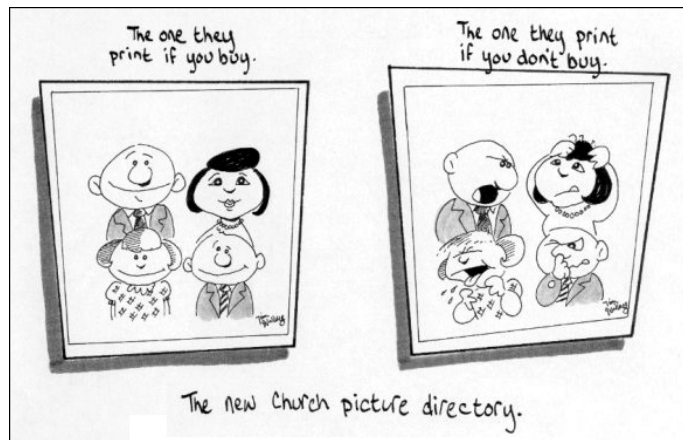
The weekend takes place at Elim Lodge (a Christian cottage resort) on Pigeon Lake just north of Peterborough.

This is a casual weekend of rest, reflection, friendship, prayer ,music, and God. (oh and good food and fun) So if your spiritual fuel tank needs a top up or you just need a break to recharge this is a weekend you won't want to miss!

For more information you can check out the website www.awarepeterborough.com or speak with me or Deacon Sheila .

Registration is limited and forms are available on line.

I AM AWARE, Debbie Irwin



Upcoming Spiritual Development Events

More to the Movies, Saturday February 19

Letters to God is a family movie based on the true story of a young boy who is battling cancer and how is daily prayer letters to God strengthen his family and community in hope and faith. Join us in the parish hall on Saturday, February 19 at 5 p.m. to enjoy a discussion, pizza, popcorn and the movie. The movie is rated PG and has the Parents Television Council seal of approval. Help us plan the right amount of food by signing up on the list at the back of the church or by contacting Shane Watson (905-885-8622 | shane.watson@me.com).

Saturday March 12

Our annual parish retreat was a great success last year and we're looking forward to another fulfilling day again this year. The Reverend Geoffrey Sanguine will be leading us on this one-day retreat in the peaceful surroundings of the Canton United Church. The day will start at 9:30 a.m. and wrap-up at around 4 p.m. In addition to talks delivered by Fr. Geoff, there will be time for worship and quiet reflection. Lunch will be provided. Sign-up on the list at the back of the church or contact Shane Watson (905-885-8622 | shane.watson@me.com).

March 16, 23, 30 and April 6, 13

Our annual Lenten study, titled "The Life and Time of our Patron Saint, John", will be presented by Fr. Stephen. The study will be held in the parish hall the five Wednesday evenings following Ash Wednesday. The evening will start with a simple soup supper at 6 p.m., followed by the study. Sign-up on the list at the back of the church or contact Shane Watson (905-885-8622 | shane.watson@me.com).

Call for Books

Did you just read a great Christian book? Please consider donating it to our Parish Library. Books can be donated by either leaving them on the lower shelf of the library book return table or by speaking to Claudia D'Agostino.

Kid's Club Calendar - Winter/Spring 2011

January 2		Epiphany / Escape to Egypt
January 9		Boy Jesus in the Temple
January 16		Jesus is Baptized
January 23		Jesus in the Wilderness
January 30		The Leaven <i>Children's Eucharist</i>
February 6		The Mustard Seed
February 13		The Great Pearl
February 20		The Good Samaritan
February 27		The Sower <i>Children's Eucharist</i>
March 6		The Great Banquet
March 13	First Sunday in Lent	Children's Service (no Kids' Club)
March 20	Second Sunday in Lent	Lenten Puzzle
March 27	Third Sunday in Lent	Jesus and the Children <i>Children's Eucharist</i>
April 3	Fourth Sunday in Lent	Jesus and Bartimaeus
April 10	Fifth Sunday in Lent	Jesus and Zacchaeus
April 17	Sixth Sunday in Lent	Palm Sunday: Jesus the King
April 22	Good Friday	Jesus' Last Passover
April 24	Easter Sunday	Jesus is Risen: Appearance to Mary Magdalene
May 1		Children's Easter Service (no Kids' Club)
May 8		Jesus is Risen: Road to Emmaus
May 15		Good Shepherd and the Wolf
May 22		Good Shepherd and the Lord's Supper <i>Children's Eucharist</i>
May 29		Thomas
June 5		Ascension
June 12	Pentecost	Last Kids' Club until September
June 19		St. John's Outdoor Worship and Picnic Fruits of the Spirit
July 4- July 8		Shake It Up Cafe Vacation Bible Camp 9:00 am to 12 noon Ages 3 to grade 6
September 11		Kids' Club resumes

Sunday School Lent Activities

Children from Kids' Club will once again share their "Journey through Lent" at Children's Time during Worship. Beginning March 13, the First Sunday in Lent and Children's Service, there will be Old Testament and New Testament readings with the children, then symbols or an activity will be shared with the congregation reflecting the message of each "stop along their Lenten journey." As this is a multi-generational activity, everyone is invited to participate and assist the children with the readings. If you would like to be involved, please let Marianne or Jenny know.

Vacation Bible Camp

Lets Get Cookin!

Mark July 4 to July 8 on your calendars for **Shake it Up Cafe: Where Kids Carry Out God's Recipe** Vacation Bible Camp.

Jesus calls us to "shake up" our lives and become his followers. The Bible gives us the recipe: be ready for God's call, give happily to God and to others, believe fully in Jesus, remember Jesus' life and teachings and celebrate God forever. **Shake it Up Cafe** introduces us to stories of biblical festivals that reveal these key ingredients of "the recipe" and link the Old Testament, the New Testament, and our lives today.

The fun begins July 4 and ends July 8 from 9:00 am to 12 noon for ages 3 years up to grade 6. Volunteers (adult and teens) are needed.

JAM (Jesus and Me) Youth Group

Gift Cards –Our shop and support gift card sales in December raised \$217 for the Rector's Discretionary Fund. This month, January gift card sales raised \$10. We will continue to sell gift cards each month for those specials gifts you need or just for your regular everyday needs. Orders and money must be in to the Church office by the third Friday of each month (we will not be ordering in the months of July, August or December) by 9:00am. Order forms and retailers list may be found at the back of the Church on the Youth Bulletin Board.

Bottle Drive – Our bottle drive on Saturday January 8th raised \$207 for the Rector's Discretionary Fund. Thanks to Colin Sears and Tyler Elliott who went door to door asking for empties. Also thank you to Jackie Foote for her countless trips to Beer Store to return the bottles.

Upcoming Events

<u>Dates</u>	<u>Activity</u>
Fri. Jan. 14th 7:30-9:30pm	Planning and Games Night (in Youth Room)
Fri. Jan. 28th 7:30-9:30pm	Baking Cookies and Muffins for Nursing homes and Shut ins (Lower Parish Hall)
Fri. Feb. 11th 7:30-9:30pm	Delivery of Cookies and Muffins (meet outside church)
Fri. Feb. 25th 7:30-9:30pm	Bring a talent and share with the group (we are very musical – meet in the Youth Room)
Fri. Mar. 11th 7:30-10:00pm	Movie Night "We are Marshall" How to we deal with Tragedy? (Lower Parish Hall)
Fri. Mar. 25th 7:30-9:00pm	Games Night (Youth Room)
Fri. Apr. 8th 7:30-9:30pm	Lenten Study "Masking Our Inner Selves" (Youth Room)
Fri. Apr. 29th 7:30-9:30pm	Event Still to be planned

Come JAM with US!
Check us out on Facebook too!

Outreach Committee

Did you know that through the sale of your good used clothing and books at the Treasure Trove we were able to support many local charities last year including ...

1. Youth for Christ
2. Benevolent Society
3. Habitat for Humanity
4. Alpha House
5. Rector's Discretionary Fund
6. Greenwood Tower Dinners
7. Food bank
8. Christmas Hampers

As we begin another year we look forward to continuing this support and to others as we are able. Perhaps you or someone you know would like to volunteer in the Treasure Trove this year to help us sort and hang on Mondays and Thursdays from 9-12 am or sell on Friday or Saturdays from 9-12:30 .Please speak to Bev. Kelly or Pat Honey and come on board for a win/win opportunity to help our local community while enjoying some great fellowship with your fellow parishioners.

Submitted by John Le cain

Prayer Chain, St. John's Church

Just over a year ago we put together a small group of parish members who know that God has put it on their hearts to pray. When each one was approached, under the guidance of Fr. Stephen, to be a part of this new prayer chain for St. John's Church, there wasn't any hesitation, as they agreed.

So, you may question, as did they, what exactly is a prayer chain? I already pray for different ones in the church, family and friends, so how could this be different? This is an excellent question, because this is different, and yet a little the same. Hmmmm....let me explain a little better.

When we pray for members that we've heard on the Sunday prayer list, or we know of family members who are having difficulties, friends that you would love to see come to the Lord, your prayers go out to God to intervene, usually until you no longer feel the need to pray for them.

But, let's say that....well, let's use John and I for an example. Our son was in a pedestrian car accident. He was thrown 30 feet, after he was hit from behind. He lived in London, ON. He had very little ID on him, as he was just walking his dog. It took 2 days for the hospital to track us down to tell us that he was in a coma, and we'd have to hurry. What does one do in these circumstances? Panic won't help, thinking for a long time won't help, because you have to hurry, so how do you stay calm enough to drive to London on a wintery night, wondering what you'll see when you arrive? The first thing I did was to phone the first person's name on the church prayer chain, very quickly relayed what we knew, and asked them to pray. We knew that within minutes there would be people praying for us. Then I phoned our daughter, and got on the road. We knew that there wasn't anything we could do at this point, but drive. The quiet peace that we had as we drove was only received because we knew that we could trust that others were praying, and therefore God was hearing the prayers, something we could barely do ourselves at that time. We were so very thankful for this dedicated group of parish members.

But, it isn't always that extreme, it could be that someone is going into the hospital for surgery, someone knows another who has been diagnosed with cancer, and the time appears short, someone has broken a hip in a fall, and so on. It's the on-the-spot things that we pray for, as asked.

How does this work? Once I receive a phone call to pray (and permission is given by the person involved or their family), I call the next person on our list, and they phone the next one, and soon everyone is praying. We check at given times to update each other, to see if the critically is over, and should be removed from our list. Does that mean nobody is praying for them any longer? No, because as above, family members, friends etc. are still praying for a full recovery of whatever the situation is.

Is the prayer chain bound to confidentiality? Absolutely, without question.

We on the prayer chain are very thankful that it is God alone who is acting upon our petitions. We are very humbled by being asked, and then going to the Father, on behalf of another, for help. We then know that God is at work!

I hope that this helps everyone to better understand what the prayer chain is, how it works, and why we have put it into place. Please know that if there is a need, you may call me (you will always find my name and number on the back of the Sunday bulletin), and I will be on the phone immediately to the next one on the list until everyone is praying.

Faithfully submitted,

Jackie Brimblecombe

on behalf of the Prayer Chain, St. John's Church



ST. JOHN'S ANGLICAN CHURCH MUSIC & CHOIR NOTES WINTER 2011



I cannot believe that January 2011 marks my 14th anniversary here!! Well they say that time flies when you are having fun!!

I am so grateful for the support that I receive week-in-and-week-out. I particularly appreciate those who take time to make requests, suggestions or just ask questions. Each and every one of you in the parish are an important part of our worship experience and indeed, a part of our parish "choir".

Believe it or not, after just coming out of a busy Christmas season, my thoughts are already on Lent, Holy Week and Easter. This year, our Holy Week choral cantata will once again be held on Palm Sunday. Entitled "**Here is Love**" it is a great work to lead us into a time of reflection. If you would like to be part of our choir family to sing this beautiful work during the next several weeks, please come and join us on Thursday evenings beginning in March. There will be CD's available for those wishing to sing so that they may acquaint themselves with the music on their own.

We are grateful for the many voices that make up our choir each week. It is truly exciting to see how much it has grown! We are thrilled to welcome Janice Coburn back into our choir family. We are also blessed to have been joined by Mary-Ellen Goucher within the past few months.

We are always looking for new choir members – especially of the **MALE** persuasion (hint, hint!!) so if you have been putting it on the back burner and waiting for the right time — now is the time!!!

In Christ's Service,
Jaine Klassen Jeninga (a.k.a. Mrs. J)

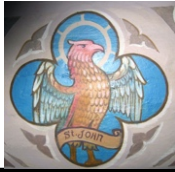


Deacon Sheila

ST. JOHN'S ANGLICAN CHURCH

42 South Street
Port Hope,
Ontario
L1A 1R8

Phone: (905) 885-2171
Fax: (905) 885-7592
Email: stjohns@stjohnschurchph.ca



We're on the Web at
www.stjohnschurchph.ca

Parish Calendar

Event	Date	Time & Place
More to The Movies featuring "Letters to God"	February 19, 2011	5:00 for 5:30 start in the Parish Hall
Baptism	February 20th	10:30 Service at St. John's Church
Shrove Tuesday Pancake Supper	March 8th	Parish Hall
Ash Wednesday	March 9, 2011	St. John's Church
Parish Quiet Day with The Rev. Geoffrey Sangwine	March 12, 2011	Canton United Church
Children's Lent Service	March 13, 2011	10:30 Service at St. John's Church
Good Friday	April 22, 2011	St. John's Church
Easter Day	April 24, 2011	St. John's Church
Children's Easter Service	May 1, 2011	10:30 Service at St. John's Church
Outdoor Service and Parish Picnic	June 19, 2011	10:30 Service at St. John's Church