
UPDATE

Parish Newsletter of St Barnabas Anglican Church, St Lambert, QC Easter 2016



St Barnabas' New Youth Service: Children act out the Gospel of Jesus anointed at Bethany (John 12, 1-8)



Left to right: Alex Hadley (standing), Peterson Lexima, Logan Carter (hidden), Michaela Carter, Lynn Lexima, Maya Chacon-Jacobs, Julie Hadley, Thomas Goernert (face hidden), Hanna Allen

Once a month, our Sunday morning worship service at 10 am is a new special Youth Service. It features modern liturgy and hymns in a special blue binder, and puts a focus on increased youth participation. Pictured above are Sunday School children acting out the Gospel of the day on March 13th, the story of the dinner given by Martha and Mary in Jesus' honour. The house is decorated (see banners top right) and the table is set with the best dishes. Mary washes Jesus' feet with perfume and wipes them with her hair.

Children and Youth play key roles in our Youth Services

(With help from Youth Band Leader, Elizabeth Huyer, and Sunday School Coordinators, Tala Strauss and Stephanie Tombs)



Reading the lessons . . .



Leading prayers . . .



Playing the music (with help from friends)



Extending the "Peace"



Carrying the cross. . .



From the Rector's Desk

The cross and the way to forgiveness

In order for forgiveness to happen, something has to die.

*Brené Brown **

Each in their own way, the four gospel-writers have exposed themselves, as well as their mentors' and their friends' intense memories of being with Jesus during the dark Passover pilgrimage that led to his arrest and death. All who were there remember being so close to him: remember the washing of feet, the holy meal, the intimacy of his prayers for them and for himself. And they remember with great regret their own distance from him: their unhelpful panic, their cowering, their watching from a distance, their inability to stand by him in his death pangs.

Before we read out the Passion on Palm Sunday each year, it is my job to assign the different parts. Someone gets asked to be Simon Peter, in the night hours before the cock crows, someone is asked to be Pilate. Depending on the particular gospel, some will be the thieves, someone will agree to take on the part of Judas, Judas as he is transacting with the authorities, 'What will you give me if I betray him to you? There aren't many 'nice' roles. Finally, all the congregation and choir have to pitch in with the harshest words of all: 'Crucify him, crucify him!'

Everyone is very quiet as we listen. We are moved by those betrayals, denials and challenges. What we only barely allow ourselves to say is, 'What would I have done, under the circumstances?' This is not an easy thought. If we can bear to let ourselves ponder this story, we are brought up against all the betrayals, surly challenges and denials of our own lives. We hear ourselves being seduced by mass thinking, and reproducing in our minds and on our lips the safe and easy narrative. We don't want trouble. We don't want change or vulnerability that might hurt us, hurt us a lot if things go wrong.

The story of Jesus' last week asks us to enter into the story in order for it to be able to heal us. We cannot be saved, cannot be transformed by someone else's story. Let me be clear: our life's adventures and misadventures are not the same as Jesus' story. We believe that what Jesus did, more particularly what God did in Jesus, was a one-time, universal challenge to the powers that warp and reduce life (Rms 5: 6-10). God has forced us to look at what it is to judge and condemn another, what it is to turn away from a friend when the friend most needs us, what it is to pluck out our swords and act vindictively. For many of us, the account of Peter's betrayal is most powerfully told in Luke's gospel. Luke shares a detail no one else mentions: after Peter's third denial, in fact while Peter was still speaking, the cock crowed, and *the Lord turned and looked at Peter.*

The poet Christina Rossetti ponders this moment in a poem that ends with the unvoiced meaning she ascribes to Jesus' silent gaze:

For, when thy final need is dreariest,
Thou shalt not be denied, as I am here:
My voice to God and angels shall attest,
"Because I KNEW this man,
let him be clear"

Easter begins here, in that reversal of grim fatalism that has us withdraw into lives clamped down by our own fearful actions and judgements. And whether we are scarred most by our own bitterness at what we have endured, or by our inability to face up to our own worst moments (they may be inextricably intertwined, in the end) whatever dark, scarred places we finally have to face up to in our individual lives and in our lives as members of damaged and hurtful communities, families and societies, we are called to trust that worst is what Jesus' death courageously and painfully challenged. It was the cross that made Easter possible, and it is what makes it possible for the first Easter to transform us two thousand years later. Maybe we don't *feel* this new and transformed life. When we feel that way, we can remember these words from the theologian Paul Tillich: The opposite of faith *is not doubt; it's certainty!* Faith includes doubt. Faith is often puzzling and it often seems to ask us to do things that are unfair, like forgive others, or too risky and pointless, like try to forgive and accept ourselves. Faith requires us, even if we can't get past our doubts, to remind ourselves that because of the brave and compassionate life of Jesus, we have been promised the Holy Spirit. That promise goes out to each and every one of us stuck in life's messes with nothing but a Holy Story and each other. It requires us to believe, right alongside our doubts, that the Spirit is taking our seemingly impossible cases straight to the heart of God, interceding for us with sighs too deep for words (Rms 8:26). With our unique, wobbling, unvanquished faith we each shout out our Easter refrain: *Alleluia, alleluia, alleluia!*

* Brené Brown is a practicing therapist and researcher known for her work on vulnerability, shame and rising after a great fall. You will find her online. She is also an active Episcopalian (an American Anglican). This quote is from her book, *Rising Strong*:

In order for forgiveness to happen, something has to die. If you make a choice to forgive, you have to face into the pain, you simply *have* to hurt'... Forgiveness is so difficult because it involves death and grief. [In my clinical research] I had been looking for patterns in people extending generosity and love, but not in people feeling grief, and at that moment it struck me: Given the dark fears we feel when we experience loss, nothing is more generous and loving than the willingness to embrace grief in order to forgive. To be forgiven is to be loved. The death or ending that forgiveness necessitates comes in many shapes and forms. We may need to bury our expectations or dreams, we may need to relinquish the power that comes with being right, or put to rest the idea that we can do what is in our hearts and still retain the support or approval of others,

Whatever it is, it has to go. It isn't good enough to box it up and set it aside. It has to go, it has to die, it has to be grieved. That is a high price indeed. Along with this she cites Archbishop Desmond Tutu and his daughter, the Rev'd Mpho Tutu: forgiveness doesn't always have to mean letting go of the anger, nor is it altogether altruistic. It helps us heal.



Easter Services & Events



Thursday, March 24th Maundy Thursday – Service at St Barnabas at 7 pm, with traditional stripping of the altar.

Friday, March 25th: Good Friday – Ecumenical Good Friday Walk for Peace in the Middle East: through the Village area of St. Lambert. Begins at St Andrew's at 10 am and finishes at St Barnabas at approximately 12 noon. Rain or shine.

Sunday, March 27th: Easter Day – Two services at St Barnabas, 8:30 and 10 am.



The Good Friday Walk for Peace in the Middle East, March 25th, 2016

After 5 years of war in Syria, this year our Ecumenical Good Friday Walk is also a PEACE MARCH, with each step, a prayer. On Friday, March 25th, 2016, let's all march and pray with Jesus, whose answer to violence was PEACE. Our walk with Jesus brings us into 4 Christian churches in the heart of St. Lambert for the celebration of 20-minute prayer services starting at 10 am, in the following order:

- (1) St. Andrew's Presbyterian (496 Birch),
- (2) St. Lambert United (85 Desaulniers),
- (3) St-Lambert catholique (41 Lorne), and
- (4) St. Barnabas Anglican (95 Lorne).

Join us for an experience that will unite us all in prayer for peace in the Middle East.

Here is a real-life joke *(as told by Gayna Knowles)*

Gayna Knowles and Tom Rodden both attended the service at St Barnabas on Ash Wednesday for the anointing of ashes. Later that day, they decided to also take in the same service at St Francis of Assisi. When it came time to go up for the placing of the ashes, Gayna told Tom that she wouldn't go up as she had already received ashes in the morning. Tom said, "So you don't want to be double-crossed!"

Upcoming Parish Events

Ladies Afternoon Guild Luncheon and Card Party: Wednesday, April 13th at 12:30. Cost is \$12. For tickets see Muriel Martin, 450-672-5654. Muriel reports that tickets are going fast!

Parish Rummage Sale: This popular event takes place on Friday April 29th, 4 – 8 pm and on Saturday, April 30th, 9am – 1pm. Of course the fun part takes place the week before the sale when all the regulars (and we hope a few new people) gather to unpack and arrange the treasures. Jeff Goernert is once again in charge.



L'Évangile: Une Histoire à Partager: Coming soon. (This has been postponed from original dates announced in the flyer) Watch for future dates, at St Mark's Church in Longueuil. This is a discussion group (in French) focusing on the history of the Anglican Church, led by Richard Gauthier and Yves Samson. To reserve a place, call 450-646-5503 or email info@stmarkslongueuil.ca.

The Reverend Richard Gauthier

A Fundraising Fundraiser



Our Church of St Barnabas and the Steeple Chase Variety Players will present their first annual "Raise the Roof Fundraiser" on May 7th, 2016, at 7pm in Memorial Hall.

Join your Hosts, Jen Morehouse, Gayna Knowles, and Tom Rodden for an evening of great music, good cheer and fellowship.

Tickets: \$15 (18 and over), \$10 (13-17) and FREE for persons 12 and under. Separate donations (\$10 or greater) over and above the price of admission will be entitled to a tax receipt. All proceeds will go towards keeping our spirit-filled buildings standing proud and secure, going forward.

We Need Your Support!

Jen, Gayna & Tom

Quiet Day – Associates of St John the Divine and Friends, Saturday May 7th, in Dart Hall, 9:30 am to 3 pm, led by Carolyn Pratt. For more information, see Gayna Knowles.

Men's BBQ for St Barnabas Day: Saturday, June 11th. Mark your calendars!

Low Impact Aerobic Exercise Program: led by Ron. You can now exercise twice a week, Tuesdays 1 – 2 pm and Thursdays 10-11 am. Come and bring a friend.

Bishop's Golf Tournament is Coming Back!



Mission Works Golf Tournament

Save the Date: Monday, June 6, 2016

New Location!

Country Club of Montreal, Saint-Lambert

programme.office@montreal.anglican.ca

Putting together a tournament takes a lot of planning – would you like to help out?
If so, please contact me at email address above. Thanks!

Nicki Hronjak
Programme Office
Diocese of Montreal

Parish News

Parish Officers for 2016: At our annual Vestry Meeting held, February 2016, the following slate of officers was elected or approved for the current year.

<i>People's Warden</i>	<i>Gayna Knowles</i>
<i>Deputy People's Warden</i>	<i>Jim Grant</i>
<i>Rector's Warden</i>	<i>Doug Morehouse</i>
<i>Deputy Rector's Warden</i>	<i>Helen Allen</i>
<i>Treasurer</i>	<i>Catherine Gillbert</i>
<i>Envelope Secretary</i>	<i>David Blizard</i>
<i>Finance Advisory Committee</i>	<i>Ron Harrison</i>
<i>Lay Assistants</i>	<i>Dave Blizard</i>
<i>Parish Council</i>	<i>Judith Austin</i>
<i>Property Committee Chair</i>	<i>Tom Rodden</i>
<i>Altar Guild President</i>	<i>Susan Hill</i>
<i>Choir President</i>	<i>Barbara Brown</i>

*Companions in Faith
Men's Group
Ladies Afternoon Guild
Update (newsletter)
Deanery Representatives
Synod Lay Delegate
Parish Communicator*

*Celeste Couchman
Jim Grant
Gayna Knowles
Mary O'Malley
Muriel Martin & Anne Dijkman
Jeff Goernert
Judy Birrell*

Meet Our New Deputy Wardens:



Photo by Paul Bonnell

Deputy People's Warden: Jim Grant

Everyone knows Jim - a fixture in our parish for many years. He is most often seen in the kitchen as chief cook at our social functions (think roast beef dinner and June BBQ). As well, he works at all kinds of jobs around the church that require his expertise, assisting Tom Rodden, the property manager. And he chairs our Men's Group. A very busy man as you can see. Jim has been a Warden before so we are delighted that he has agreed to help steer the ship one more time. Welcome Jim!



Photo by Mary O'Malley

Deputy Rector's Warden: Helen Allen

Helen is efficiency in motion. Nurse by profession, mother of 4 children (3 boys and a girl), Beaver leader, caregiver to her mother-in-law, she still finds time to hold down 2 full-time jobs and one part-time. Whatever Helen takes on, she does a fine job. So we are lucky that she has agreed to join our Management Unit. Welcome Helen!

Lenten Lunch

Our Lenten lunch at St Barnabas was cancelled in March due to the snowstorm that never materialized. That means less money for the PWRDF so let's see if we can all give a little extra to the fund to make up for this.

Lenten Bible Study: The books of Genesis and Job were explored and discussed during Lent with the Reverend Gwenda and Guy Tombs. Gayna Knowles gives us more detailed information.

There were 10 of us who gathered to study two Old Testament books this Lent - 2 sessions of Genesis with Guy Tombs and two with Reverend Gwenda studying Job. We did excerpts and an overview of both books.

Genesis with Guy:

We looked at the creation story and the story about Abraham. The people were polygamous but Abraham had a strong faith in God. God makes a covenant with Abram & says 'go, I will make you a great nation.' God establishes His covenant with the people of Israel. This is an introduction to Jewish history. We noticed how God spoke directly to the people which led us to question why we don't seem to hear God in an intimate relationship anymore. Some felt they do have a good relationship with God and told us about past experience.

Job with Gwenda:

The Book of Job can be heavy material too. Again we read passages which led to more discussion. Job is an excellent choice to read during Lent. The purpose of Job is to illustrate God's sovereignty and faithfulness during a great time of suffering.

It tests us & teaches how important it is too have a strong faith. Wisdom is hidden from human minds but Job believes he should persist in pursuing wisdom by fearing God and avoiding evil. It is during our times of great and often undeserved suffering that we have the greatest opportunity to realize God's love and forgiveness no matter what our situation. It is difficult to even try to understand what God is doing with our lives. Humans don't know everything and should not try to declare what they do not understand. Once Job admits that - God humbles Job and then blesses him.

This led us to the book "*Why Bad Things Happen to Good People*" by Rabbi Harold Kushner, a book some of us read in the 80's. We agreed that a tragedy in our lives improves who we are: we benefit by growing and becoming better people with a stronger faith. Trust in God. These study groups help us to share ideas and to become more familiar with the Bible as we move forward on our spiritual journey.

By Gayna Knowles

Tom Rodden Celebrates 95 years



Our Property Manager, Tom Rodden, celebrated his 95th birthday on December 28th. The parish feted him in January with a cake during Coffee Hour. Tom chairs the property committee and is an active worker around the church. He has been very involved in all the renovations that have recently taken place at St Barnabas. He is forever young. We wish you continued good health, Tom, and many happy returns of the day.

Rector's Warden Gayna Knowles presents Tom with his birthday cake *Photo by Andrew Staples*

Our Syrian Refugee Family *by Michelle Goernert*

Samer: father

Thaera: mother

Majd: son, 11 yrs

Leen: daughter 9 yrs

On Feb 13th, Jeffrey and I drove the family to Ville St-Laurent so they could visit their daughter's friend and neighbour from Damascus. The family had immigrated to Canada only 3-4 weeks ago. I know that they had a wonderful evening as they came out of their friends' building full of smiles, even though the temperature was -25 degrees. Brrrr!

On February 16 a bunch of friends from the Oecumen-Réfugiés committee surprised Mr Samer with a birthday cake to celebrate his 50th birthday. He seemed very touched.

The parents have started their intensive French classes (6 hours per day) in Brossard; they are using the public transit RTL to get there and are working hard at their French lessons. Majd has also started some violin lessons at the Preville Arts Centre which he seems to

enjoy a lot. The young girl, Leen, has decided to follow in her brother's footsteps and sign up for the Beavers and Cubs. She has also received a warm welcome there.



Hanna Allen and Majd at Cubs Winter Camp

Parish Report on Family Ministry for Fall 2015 to Winter 2016 *By Tala Strauss*



As the first year that Tala Strauss and Stephanie Tombs work together as a team to create a Sunday school and family ministry at St. Barnabas, we look back with delight at how much has happened in the last months. While we are a small group of kids and youth, we have wonderful young members who contribute immensely to the life of the church.

The year started with the small room downstairs being beautifully decorated thanks to parishioners at St. Barnabas who immediately donated furniture, books, and decorations. With that encouragement, Stephanie and Tala began dreaming, with Stephanie leading many of the crafts and arts and Tala focusing on planning and teaching. Both shared the work of imagining ways to engage youth of all ages, given that the age of kids and youth who come on a Sunday ranges from two-year-olds to teenagers. Another important change is that we have moved to having Sunday school activities every Sunday, making it possible for families to attend when they can without risking coming on the "wrong" Sunday.

Some of the highlights of the past months included (but are not limited to) several liturgical plays, family services, purchasing Jesus Storybook Bibles for families to be used in Sunday school and at home, kids contributing to the baptism service, making welcome cards for the Syrian refugee family, making Advent wreaths during the Roast Beef Dinner, making soup for the entire church with the gracious help of a parent, drawing and painting and creating all sorts of things. Some of the lessons included learning about prayer, Christian hospitality, God's plan for redemption, Advent, Christmas, Epiphany, Mardi Gras, and Lent.

This coming year we dream of continuing to offer regular Sunday school with activities that all ages can participate in, a growing understanding of the importance of children and youth participating in church community and the liturgy, building on what we have learned about faith and community at St. Barnabas, adding more fun family-friendly events to the St. Barnabas calendar, and telling more biblical stories through art, play, crafts, reading, teaching, and discussing. Ultimately, we hope that children and youth who attend or visit St. Barnabas will not only hear the message of the gospel and God's love for the world shown through Christ and the church, but will experience it in the way we as a church welcome them. We also hope that they will catch the love of Christ and spread it in their homes, neighbourhoods, schools, and friendships, as many of them already have done!

We are very thankful for funding from the Diocese for this small but vital ministry and for support from the parish as we experiment with ideas and activities. Most importantly we are grateful for the families who commit so much time and energy to ensuring their kids can participate in the life of the Body of Christ.

Black History Month *by Judith Austin*

February was Black History Month and Judith Austin of our parish made a presentation at St Joseph's Anglican Church in Brossard on Feb. 28th. Here is a summary of the presentation.

Why Black History? Many people Black and White are unaware of the contributions Black people made to build and strengthen Canada. Black History month started as early as 1926 in USA

Why February? February is the birth month of Abe Lincoln and Frederick Douglas; both were abolitionists who were responsible for bringing an end to slavery in the United States.

In Canada the idea of Black History was started by the railroad porters in Toronto in 1950. Quebec historian Marcel Trudel in his book, "**Canada Forgotten Slaves" Two Hundred Years of Bondage**, translated into English by George Tombs narrates the arrival of the first Black, Mathieu da Costa, a translator for Samuel de Champlain's first expedition to New France (Quebec) in 1605 and the first slave, a young boy, given the name of Olivier le Jeune by a Jesuit Priest in 1628.

Blacks settled in Canada from PEI to British Columbia. Many came through the Underground rail road and at the end of slavery in Canada in 1820. Canada was not as welcoming as we are led to believe.

Large population of Blacks (3000) who fought for the British against the Americans migrated to Nova Scotia after the War of 1812 and lived in a community known as Africville. It was deemed an "American style ghetto". These settlers were promised some land by the British after the war, but they did not follow through, leaving them without food, shelter and clothing. Africville grew to be a tight knit community of law abiding, tax paying, Baptist citizens who did their best to survive in the conditions they faced. It was later demolished by the City of Halifax in 1970. Residents were forcefully removed and relocated to subsidized Government housing, with little or no compensation.

Black Pioneers in Western Canada were told by the Laurier Government in 1911 that their race was deemed unsuitable to the climate and requirements of Canada. Between 1905 & 1911, over 1000 Black Americans immigrated to Western Canada. In 1925, most immigrants came from Eastern Europe and settled in the West to farm. Asians, Blacks, Jews and persons from India were still on the "most unwanted" list.

In 1979, the City of Toronto recognized February as Black History Month, followed in 1995 by an Act of Parliament recognizing Black History Month. In 1995, Canadian Parliament recognized February as Black History Month. In 2006, The National Assembly of Quebec passed Bill 39 "L'histoire de Noir"

Black History is celebrated throughout the Western World: USA – February; Great Britain – October; Australia – July; Germany – February; France – No official month

Building versus Preserving by Guy M. Tombs

In many walks of life, we face the option of either building or preserving what we know. I said "walks of life" – another way of putting the point is that one can either move forward or stand in the same place. That is another analogy for building, creating, developing, on the one hand, and preserving, keeping, holding, on the other.

This choice is perennial in one's life, one's family and one's relationships, one's work, one's dwelling, and well of course one's church.

What is perhaps curious is that both activities, building and preserving, are essential. However, preserving – for a church, means its traditions, its real estate, its parish numbers, its smile – preserving is a matter of maintenance. It can be seen as a cycle, and actually that is a good way to remind oneself of what needs to be done each week! The modes of thought, the habits, the turns of phrase – that connect with and support the efforts of *preserving* are of a certain sort – well, to be blunt – they are "familiar" to us.

On the other side, there is *building*. Building, I surmise, involves many different sides of one's personality – initiative, creativity, risk-taking, trying something new, when it doesn't work out – gritting one's teeth but not giving up. Building often involves *new people who* were not drawn to the church by its *preserving* approach, but are if they sense it is *building* something new. Building can be more exciting than preserving; but it can also be more frightening because it may involve failure. Preserving seems not to; although preserving may well *mask* hidden failure – routine patterns of thought that have a habit of covering things.

A church body talks about growth, and often uses expressions such as "Growth in Christ", so *growth* is seen as a key positive. Growth is an organic matter. *Building* moves us along the road to growth; *preserving* is akin to survival; of course survival is essential to growth, but not the same thing.

A curious aspect of growth in human circles is that one inevitably has another dynamic at play, when building a group of people. The circle grows and many are delighted, but while this is going on – some are silently thinking, "But when will we close the doors?" – meaning that their concept of "how big" the group should become is pre-set, but not discussed. So the comfort-level of some will be a few new church members while the comfort-level of others will be many, many more.

Why this is happening is hard to explain – but here is an attempt: some people, from the start, when *building*, are preoccupied with *preserving*, and this includes *preserving their role* in the group. So the larger the group becomes, and the more unfamiliar, the more fearful they may be that there will no longer be a role for them in the group. And, to add to this perspective, more than one person can come to this view independently, and this can slow down the building effort.

A few thoughts, but no absolutes. What curious creatures we all are!

<p>Contributors to this edition of Update: The Reverend Gwenda, Wendy Beausoleil, Paul Bonnell, Jeff Goernert, Michelle Goernert, Judy & Norm Birrell, Gayna Knowles, Guy Tombs, Tom Rodden, Andrew Staples, Judith Austin, The Reverend Richard Gauthier, Tala Strauss, Helen Allen, Mary O'Malley (Editor).</p>
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