

ANGLICAN LIFE

NEWSPAPER OF THE THREE ANGLICAN DIOCESES IN
NEWFOUNDLAND AND LABRADOR

A Section of the ANGLICAN JOURNAL

April, 2019



Resurrection of Christ stained glass window in Mother Teresa Cathedral in Val i Dejes , Albania /SHUTTERSTOCK



Photograph by Jonathan D. Rowe

From February 13-16, Queen's College offered an intensive course on the Theology of Mission. During this time, all three of the bishops from our province were on site and gave lectures about their experiences with mission. All three are Queen's College graduates. It was a rare chance to get a photograph of all of them together. From left to right, they are Bishop John Organ (Western Newfoundland), Bishop Geoffrey Peddle (Eastern Newfoundland & Labrador), and Bishop John Watton (Central Newfoundland).

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ANGLICAN LIFE in Newfoundland and Labrador is the newspaper of the Anglican Church of Canada in the Province of Newfoundland and Labrador. A co-operative effort of the three Dioceses in Newfoundland and Labrador, it publishes ten issues each year with an independent editorial policy.

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Congratulations to Clyde and Rowena Hapgood

Article and photographs by
The Rev'd Fred Marshall

On September 7th 1958, Clyde Hapgood began his ministry as a lay reader in the Parish of St. Andrew in Sunnyside. On January 27th 2019, at St. Paul's Church in Come By Chance, the parish celebrated the Conversion of St. Paul their patron saint, with Bishop Geoff presiding. At this service Bishop Geoff presented Clyde with a certificate recognizing his 60 years of faithful and dedicated service.

Almost five years ago as new rector of my first parish, I was presiding at four services each Sunday: 9am, 11am, 2pm and 7pm at St. Andrew's in Sunnyside, St. Matthew's in North Harbour, St. Michael and All Angels in Arnold's Cove, and St. Paul's in Come by Chance. The parish is blessed to have six lay readers and a deacon. Lay readers were assisting with the services in readings, intercessions, serving, and as Eucharistic

assistants. As the summer approached, members of the congregation asked if we could eliminate the 2pm service as most people would be away enjoying the summer weather. This seemed to be a reasonable suggestion and with the help of the six lay readers we could still have a service at each location with myself doing 9am, 11am and 7pm and a lay reader doing a morning or evening service. I recall going to Clyde and asking if he would be okay doing a service on his own. I will always remember his reply. In a soft and gentle voice Clyde said, "Yes, Reverend, that's okay; I have been



Bishop Geoff and Clyde

doing it for fifty years." My immediate reaction was "shame on me" for not recognizing the wonderful ministry of these lay readers. Their ministry was responding to God's call, just as was mine. We are many parts that make up the One Body of Christ. That was a very valuable lesson for a rookie priest.

Clyde continues faithfully and dutifully in answering his call as a lay reader. But that is not the end of the story. Clyde has a partner in ministry: his wife Rowena, who has been an organist for sixty-three years. Imagine, a couple with over 120 years of combined ministry. I continue to learn from both of them.

Congratulations Clyde and Rowena Hapgood—"Ducky and Ducky" as they affectionately call one another. You are good and faithful servants. You are a true blessing in God's Kingdom here on earth, and we pray an inspiration to younger generations, that they will someday follow God's call in their lives.



Rowena and Clyde

Upcoming Anglican Life Deadlines:

May Print Issue - 2 April
June Print Issue - 1 May

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JPEG or TIFF format.
Please include the photographer's name.



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With every blessing,

Michael Thompson
General Secretary,
Anglican Church of Canada

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MAR-JUN 2019

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Dear Readers of Anglican Life,

Please do all that you can in your parishes and in your communities to ensure support for Anglican Life and for The Anglican Journal. We in the province of Newfoundland and Labrador currently have the second largest circulation of diocesan papers—16,633 as of January 2019. That's a lot of people to reach, and I need your help. The March, April, May, and June issues of Anglican Life will run the above form for people to use to confirm their subscriptions, and there is also the toll free number, a website, and an email address. I want to be certain that **everyone who is currently receiving Anglican Life and who wishes to continue to receive it is aware that they need to confirm their subscription before June of 2019.** If you don't confirm the subscription to The Anglican Journal, you won't get Anglican Life.

Thank you for your help and for your continued support of Anglican Life in Newfoundland and Labrador.

Emily F. Rowe
Editor, Anglican Life

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May Easter Set You Free To Love And Be Loved

The Rt. Rev'd John Watton
Bishop
Central Newfoundland

As you get to the end of this small container of prose, you will read a "happy and blessed Easter" from me.

I would hope that you would receive it as coming from my Lenten journey to you, laden with experiences of struggle, devotion, love, and revelation.

But the truth is, I am writing this a full week before Ash Wednesday. At this moment, I have no idea what Lent will be like for me, for you, or for anyone in these dioceses.

What I hope to do, and what I shall do, and what I experience is yet to be seen! But by the time you read this, it shall be finished.

Wow.

There is something holy about that, I think.

Let me share a few thoughts here, to give you an idea of what I hope for you and our Church this year.

Depending on your age and experience, what follows in the next three points will either be something you may relate to, or just don't get... but that is the point.

1. Lent no longer has a cultural hold on our communities; schools don't close to send their children to church on Ash Wednesday. Communities no longer stop card games, dances, or refrain from festivals and celebrations during Lent.

2. Some of us within the Church think we should return to those practices because we believe that the shift in attitude is an indicator of something that is gone wrong in the world, and it is because they have left God behind.

3. Many people are separated from Lenten traditions, and when churches expend energy and time "calling people back," those people have absolutely no idea about something they have not experienced—most don't even care.

I have various memories of Lent. As a child, I remember it being a repressive time, filled with mixed signals and ambiguous explanations. I remember Easter egg hunts too.

Later in life, when our



high school would close for the afternoon on Ash Wednesday, some of us actually went to St. Martin's in Gander, but others headed quickly downtown to explore the newly opened Metropolitan Department store. The question: "Don't we HAVE to go to Church?" was answered in many different ways.

Even later in life, I became a practicing Christian, and returned to the Anglican Church, and one of the "little old ladies" there took an interest in me because of my youth work, and took it upon herself to explain to me the importance and value of the Church Year. The first line of James 4: 8 is a concise summary of what that lady guided me towards: "Draw near to God, and he will draw near to you." Hello deeper understanding! Thank you, dear departed soul for your teaching.

I fully know that Easter has no audible voice if it is not articulated through the journey of Lent.

Lent can be as simple as staying with the days of our Lord's teaching, death and resurrection as found in scripture, or as complicated as trying to find meaning through centuries of interpretation, tradition, and practice in spite of the shifting energies and realities of culture and technology.

In a recent conversation, someone who would be considered very serious about a committed life of faith said point blank to me, "I left the Church because I realized that I had enough of my spirituality being should

on."

The truth is, people don't believe the same way or the same things any more.

A recent song I heard described someone calling their home number by mistake, and not recognizing their own voice on the answering machine. That spoke to my heart and sense of mission. Hello to the truth of a world full of doubt and longing for meaning!

We need Lent. We need Easter.

I am a follower and student of Jesus who feels there is precious grace in Lent, buried in all the hubris and mistrust of that we have become as a Church and a society. I also believe grace can be reached in spite of the great distances between us, and so I (have) been trying to reach out during Lent.

One thing I have done was to create a group on Facebook entitled "Lent with Bishop John." The intent of the group is simple: rather than entice people back to something they have never experienced, I will be writing daily devotions about what I have experienced as foundational for a relationship with Jesus. If I can share a tradition I will do so, but I hope to help people somehow see possibilities of:

- Awakening to God's Love
- How personal doubts should be explored and not denied because of fear that you will be judged by others or some organization.
- God's acceptance of all.
- The beauty of accepting the doubt and darkness of others.
- Taking an inward journey



The altar at St. Martin's, Gander

Photo Emily F. Rowe

would be, and so paid full attention to the one who was speaking. Think about that: the simple gift of a moment's undivided attention changed the dynamic of the room, and we were moved from a homiletic exercise into a sacred time of trust and healing. Every ordained minister in the Diocese of Central Newfoundland gave and received trust, healing, and comfort. In that moment we all realized that we truly loved one another.

Shall we pray?

O Jesus use this Lent, to help us die...to let go, to simply be honest with our lives, about our lives, and find the way to trust that when we do, that which you came to accomplish will be there to rescue us after all. Bless the Church in this tradition where it brings grace to people, but above all bless each heart and voice, broken or strong, as we journey together home. Amen.

Is that not what Resurrection speaks of: moving from what has died, however it has died, to new awareness, understanding and hope?

Brothers and sisters, happy and blessed Easter. May you be set free in new ways to love and be loved.

+John, Central
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Anglican Chaplaincy Within Eastern Health, St. John's, NL

Article and photographs by
The Rev'd Canon Ed Keeping
Co-ordinating Chaplain

The Anglican Chaplaincy within the healthcare system of Eastern Health is sponsored by the Diocese of Eastern Newfoundland and Labrador.

On October 1st 2018, Bishop Peddle accepted the resignation of our Weekend Chaplain, Father Keith Sheppard, who is now continuing in parish ministry in the Petty Harbour area. We give thanks for the ministry that Father Keith shared with the patients within Eastern Health. With his resignation the doors opened to see more changes in our Chaplaincy Program. For several months, the Rev'd Canon Iliffe Sheppard and I assumed the weekend chaplaincy ministry.

On January 20th 2019, we then welcomed the Rev'd David Pilling as a full time chaplain to Eastern Health. Rev'd David's ministry includes St. Clare's and Waterford Hospitals and the Miller Centre/ DVA. He will further serve as our new chaplain to Pleasant View Towers where approximately one hundred Anglicans reside. We welcome Rev'd David with us as we share together in this ministry.

As the Coordinating Chaplain, I am glad to have the Rev'd Canon Iliffe Sheppard continue with us as our new weekend chaplain. Canon Iliffe was working part time as a chaplain prior to Rev'd David join our team.

One of the greatest

challenges that we face as chaplains is the great need to have members of the St. John's and area churches involved as Eucharistic Assistants to help us to bring the Sacrament of the Holy Eucharist on Sunday mornings to the bedside of Anglicans who are recovering from their illness. I would ask you, as Anglicans,



Iliffe Sheppard, David Pilling, Ed Keeping

to become involved in this ministry having considered it prayerfully. If you feel that God is calling you to serve in this capacity, please be in touch with me at: Edward.Keeping@easternhealth.ca. We need people who can give of their talent and time for this special ministry on a Sunday morning for 60 to 90 minutes. Participation in this ministry can be scheduled



Keith Sheppard's farewell

for those interested on a bi-monthly schedule. We encourage the rectors of the parishes to bring this to the attention of their Eucharistic assistants.



Celebrate Earth Sunday—Choice of Two Dates

Submitted by The Rev'd Gerald Giles
Article and photograph by Sue Carson

As spring approaches, Creation Matters Working Group, a National Church group, encourages your parish to prepare to celebrate Earth Sunday, either on Easter Day—21st April or the following week 28th April.

As part of the service, plan to sing *All Things Bright and Beautiful*, one of the most famous children's hymns written.

Cecil Frances Alexander was inspired by the countryside, but now the areas that were *bright and beautiful* are shrinking because of resource extraction, uncaring multinational companies and an apathy for preservation.

Creatures both great and small are disappearing; in the sea and on land due to over-fishing, pollution and destruction of habitats. The world was captivated by the plight of the orca whale who held her dead calf out of the water for 17 days last summer. Shipping and lack of salmon have made her orca pod vulnerable.

And for a small creature—the plight of the monarch butterfly seems to have motivated many people to plant milkweeds.

One hopes it is not too late to save these and other creatures, both great and small, that are finding it hard to survive.

Others verses in *All Things Bright and Beautiful*

mention radiant flowers—but increasingly non-native species are crowding out indigenous plants.

Vibrant birds are still singing, and most of us have heard the loon's wild haunting call, but increasingly their numbers are decreasing.

We still have cold winds in the winter; but in the Canadian Arctic warmer winds have been blowing. In her book *The Right to be Cold*, Sheila Watt-Cloutier, the Inuit activist, documents the dangers a warming Arctic is having on Inuit peoples.

Sea ice is disappearing, and it is harder and more dangerous to hunt; polar bears can't find enough food; and melting permafrost is causing homes to sink.

That *pleasant summer sun* didn't seem quite so wonderful in the summer of 2018 with people dying from the heat in Ontario and Quebec.

The hymn mentions the *Rocky mountain splendour*—who could destroy our iconic Rockies? But in the Appalachians Mountains in the US, coal mining companies are using explosives to blow off the tops of mountains to expose the coal.

The burning of coal is one of the worst climate emitters. The destruction of the mountains leads to soil erosion—causing mudflows

so the rivers below are polluted.

In Canada those *forests in the fall* have become paper or they are destroyed for bitumen extraction. Insects are killing many varieties of trees making them more susceptible to forest fires.

In other parts of the world rain forests are disappearing at an alarming rate to provide land for farmers or to grow palm oil.

The final verse of the hymn says : **He gave us eyes to see them ... And lips that we might tell ...**

So, what do we need to do about these climate change disasters?

As Anglicans and stewards of creation, we must acknowledge these losses. We must use our eyes to see and our lips to tell; our fingers to write to all levels of Government; our hands to plant trees; our feet and bodies to walk and march; and our hearts and minds to pray.

Our Creator is great, and he has made all things well—it is up to us to ensure it stays well.

Please celebrate Earth Sunday—not just one day but for 365 a year.

Sue Carson is a member of St. James Dundas and Chair of Greening Niagara. d.carson@sympatico.ca.

The Power of The Resurrection

The Rt. Rev'd John Organ
Bishop
Western Newfoundland

I remember as a child running as fast as I could pass the cemetery on the road near our home, especially at night. I was not afraid of "ghosts and goblins," but rather that it was a dark hole in the ground where loved ones were and where, one day, I would be. A cemetery in the middle of the community was not a comforting sight.



Though raised an Anglican, I did not have, in the early years of my life, an understanding of personal life beyond death for loved ones departed. Perhaps my notion was the "general resurrection," and until then a deceased Christian rested in the earth. And if the cemetery was out on the barrens, and loved ones buried in times of cold, windy and even stormy days, a dark hole in the ground was for me the lasting and discomfiting impression of where a person went after they died and were buried.

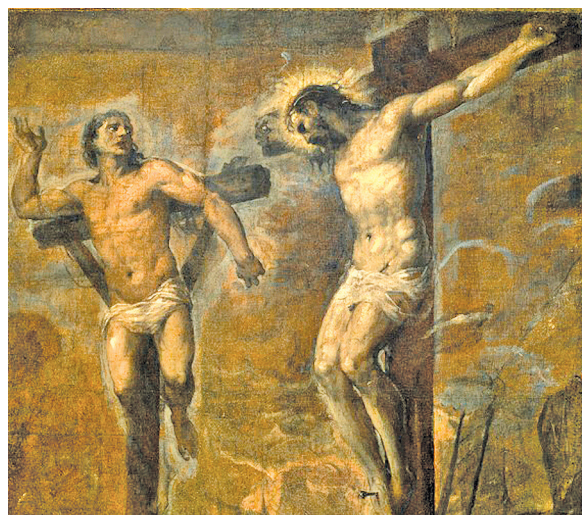
All that changed for me when I was 17 years old. As a group of friends sitting around on a summer evening under a sky filled with stars we became philosophical—perhaps it is more accurate to say, theological. We asked out loud what this life was all about and if there was other "life out there" somewhere. The conversation came around to Jesus—not religion or any particular denomination—but simply and no doubt profoundly to Jesus. As our discussion unfolded, we began to talk about Christ's resurrection and then about

what happens to a person when they die. One of our friends began to say that the dead don't wait in the ground. He claimed they instantly enter into a life beyond this life, a life in God. I found myself becoming very interested in what my friend was saying. He referred to Jesus assuring one of the people crucified alongside him that "today you will be with me in paradise" as evidence for instant life beyond death. The more we talked, the more drawn in I became, and I began to hope for my deceased brother whose death at the age of five had caused such pain and grief to my parents and siblings. As the conversation went on like this, I began to speculate that maybe my brother was not in a dark hole in the ground after all—maybe he lives. And suddenly, I no more reached that thought when I said, "Yes, that is what I am looking for!" and instantly I was fully embraced within a luminous

light. I was convinced that my brother was alive and with God. My immediate response was to get home and tell my mother that my brother, her much loved son, was alive and ok.

that life allows us to give fully and freely of ourselves here to help make the world more like the way God always intended it to be.

have passed away, including our mortality. The power of his resurrection empowers us and gives us hope beyond the grave. Because of Christ, we will live for ever. Our life is no longer one that extends from the cradle to the grave, but is now eternal because of the saving work of Jesus Christ. He overcame the grave for us and forgave sin, our separation from true life, self, God, one another, and creation. Now freed and raised up, we know and experience a power that enables us to live transformed and transforming lives. We can now know and love God and love our neighbour as well, making the world a better place for everyone.



And he said to him, "Truly, I say to you, today you will be with me in paradise." Luke 23:43

light. I was convinced that my brother was alive and with God. My immediate response was to get home and tell my mother that my brother, her much loved son, was alive and ok.

That moment, for me, was an encounter with Christ's resurrection and his victory over the grave and his swallowing up of death for the entire human race. In Christ we are made a new creation and former things

Happy Easter. May you know most profoundly for yourself the power of the resurrection and be filled with new hope, new power, new joy.

+John, Western
Newfoundland



A Life Worth Living

Article by Debbie Ryder
Photograph by Sandra Durdle

Frances Sweetland, a life long member of the church family at Christ Church Bonavista, was given recognition for her years of dedicated service to God and her church on December 14th, 2018.

As a young woman, Frances began playing the organ at the church. She has been in many different positions within the church: youth choir director, Sunday school superintendent, GFS member, and altar guild, to name a few. To this day, after 60+ years, she still plays the organ and directs the senior choir. You can count on one hand the number of church services that she has missed. Her dedication has been remarkable. I remember when her husband Cyril passed away many years ago, that the following Sunday she was back playing

the organ. It was at that time that I realized and admired the faithfulness and strength of this lady.

When speaking to Frances, she can tell you of many stories and events that have taken place in the parish. She has gathered many mementoes of various events and when you are looking for a certain thing, whether it be a particular order of service or pictures of something from years back, she can put her hands on it. She has seen many clergy come and go, and things that have changed over the years. One thing that has not changed is her faithfulness.

We commend you Frances, and thank God, for you! You have remained steadfast to the faith. What a wonderful life in service to our great and mighty God!

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Happy Easter—To Me

Ronald Clarke
Columnist

Easter, for me, takes on more meaning as I get older. When I was younger, I seldom thought very much about death. Death, after all, was for the elderly or the unfortunate. I was young, healthy, well-protected. Whenever I heard of somebody dying I felt sorry, in a general sort of way—but while others might die every once in a while, I was sure that would not happen to me, at least not for a long, long time.

Most other people, I guess, feel the same way I felt. When we are reminded of death because somebody else dies, we either try to push the thought from our minds as far as we can, or else sweeten the whole experience as soon and as much as possible. So, we buy fancy cards, send expensive flowers, shake hands with the bereaved, and get away from there fast! We treat death as we would handle unpleasant odours in our kitchens—spray sweet perfumes (deodorants or whatever) and ignore the basic situation underneath.

So, if you are not overly concerned with death, then you're not overly excited about resurrection.

But, as I get older, I can no longer dismiss the thought of death so easily. Old people surely die—and I'm getting older! As I get older, however, death loses more and more of its terror for me for several reasons.

First, I have learned through increasing maturity that death is a natural process—just as birth is. I was born, brought from another "world," or mode of existence, into this world. Like death, birth was not an entirely pleasant process, but it was necessary because my father God willed that I should spend some time in this "vale of tears," hopefully doing his will. So, here I am, and if I'd had a choice, I probably would not have been born at all!

So, again, as my life had a beginning, it must have an end—naturally. One of these days I must return to that other world, God's



Photo by Emily F. Rowe: Resurrection Window from The Cathedral of St. John the Baptist, St. John's, NL

realm from which I came. Foolishly, like everybody else, if I had a choice I would not leave this world either. Would not leave this world? How foolish indeed! This world is full of work and worry and uncertainty and disappointment and illness. Not want to leave such a place? Why not?

Ah, yes, the promised joys of that other world begin to sound more and more attractive as I get older. Increasing age diminishes my physical appetites, decreases my vitality. As I become more weary, the thought of rest and heavenly bliss become more and more attractive.

And what's Easter got to do with all this? Well, according to the scripture, because Christ died for me I am saved, "born again." And because I am saved I have inherited, through Christ, eternal life in God's kingdom, that other world that I am so foolishly afraid to go to!

Not only did Christ die, but he rose! At his resurrection, the Scripture tells us he had a new body, a spiritual body. That new body no longer had those physical characteristics that so often make life so miserable: the cravings of hunger, the debility of fatigue, the gnawing of pain. The spiritual body of Christ is perfect in every detail.

Because Christ



rose, I too shall rise, and my resurrection body will also be spiritual and perfect. Oh, how wonderful it will be never to be hungry, never to be tired, never to be ill. And how wonderful it will be to be rid of a "bum" leg that has hampered me since childhood. I think I shall joyfully run and jump and kick for at least a century and a half, just to enjoy my new leg.

Oh, yes, Easter not only means that I don't have to be afraid of death but Easter means that in God's good time, I too shall have a perfect, spiritual resurrection body like that of Christ, the first fruits, brought back from his death on Calvary that Easter day 2000 years ago.

If we *really believe* the story of Good Friday and Easter, then all of us should be waiting eagerly, impatiently, for that life of security and immeasurable bliss that awaits us in God's other kingdom. Once again, thank God for Good Friday and Easter.



GSP 2019 Is Coming Soon!

Article by Phoebe Burrows,
Sarah Hedderson, & Keegan Pike

For the past 5 years, youth between the ages of 12 and 19 have had wonderful experiences learning about God, their faith, and how to incorporate them into everyday life. GPS (God's Positioning System) is an annual conference for youth held around the province focusing on vocation, self discovery, and building relationships with fellow youth.

In previous years, youth have had the opportunity to hear from many different keynote speakers including Scott Evans, Bill Cliff, Mark Dunwoody, and Sheilagh McGlynn, as well as participate in other activities such as outreach projects for local charities, wellness activities, arts and crafts, and fun games. This year's keynote speaker will be Jenny Salisbury. Jenny is an arts major from Toronto with a theatre background who is sure to provide a fun and enriching weekend for everyone involved. This year the conference

will be held at the Lavrock Camp and Conference Centre from April 5-7th. This retreat venue offers great accommodations and an enjoyable outdoor environment, exceptional for fun and recreation!

Youth from grade 7 and up are invited to join us this spring for a faith enriching and overall fun experience. Everyone will be sure to have a great time. Many participants from previous years say it's an incredible experience exploring faith while making new friendships outside of everyday church life, and all have enjoyed themselves tremendously. We hope to see new faces this April: all are welcome! GPS

For more information about GPS 2019, please contact Canon Amanda Taylor at: revamandataylor@gmail.com or Archdeacon Roger Whalen at: angcathedral@nf.aibn.com

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Embrace The New Life of Easter

The Rt. Rev'd Dr. Geoff Peddle
Bishop
Eastern Newfoundland & Labrador

When was the last time you were surprised—*really surprised*—by some good news? Maybe it was an unexpected call from an old friend. Or perhaps it was good news from the doctor who told you that your medical problem was not as serious as first thought and could be easily cured. Perhaps your surprising good news was an income tax refund you didn't think you were entitled to. Maybe it was a sudden improvement in your child's marks at school or your own situation at work.

Good news, whenever or however it comes, is always welcome, for it brightens even the darkest of days and brings life and light and hope to all who receive it. The popular song by Anne Murray expresses the idea well: *"We sure could use a little good news today."*

Did you know that the word "Gospel" means "Good News?" The Christian Gospel contains what generations of Christians have always regarded as the best "Good News" there is: the story of Jesus' birth, life, death, and resurrection. The "Easter Gospel" contains a great deal of "Good News."

According to John's Gospel (Chapter 20) it all begins early in the morning with Mary Magdalene coming to the tomb of Jesus



only to discover that the stone covering the entrance was rolled away. Mary ran to the disciples and told them that, "They have taken away the Lord out of the tomb, and we do not know where they have laid Him." The other disciples came to see for themselves, but did not find Jesus. Mary remained near the tomb weeping, and a little later when she looked inside there were two angels sitting where Jesus' body had lain. When she turned around, Jesus was standing near her, but she did not immediately recognize him. It was not until Jesus spoke her name—"Mary"—as he had so many times before that she recognized her Lord again. Mary ran to the disciples and announced what she had witnessed with the words, **"I have seen the Lord!"**

Mary had come to the tomb early expecting only to

find death but instead found an empty tomb, a risen Saviour, and the best Good News of all time. Mary came expecting death but found life in all of its abundance. Jesus, whom she loved and followed was not dead but alive!

The "Good News" of that first Easter, coming as it did, to Mary in desperate need of "Good News" after the death of her Lord reminds me of a story I have shared before at Easter. A few years ago, I used to drive past a certain apartment building every morning. It was not a particularly attractive structure. The building was cold and grey from the outside and every apartment had an identical balcony with an iron rail along the

edge. Some balconies had barbecues on them, some had clotheslines, others even had bicycles placed there for safe-keeping. But one balcony stood out every time I drove past it in the summer. It stood out because the owner had filled the balcony with flowers. There were flowers in pots on the floor; there were flower pots hanging from hooks on the sides of the balcony; there were flower pots balanced on top of the iron railing. The balcony was an explosion of colour and life in the midst of a dreary and cheerless view. That apartment balcony was to me a little bit of "Good News" each and every time I passed it. I don't know who the owner of that apartment

was. But I can tell you one thing: he or she was an Easter person. Whoever they were, they knew the value of life and colour in this world. They knew how to celebrate with what little they had. They knew how to plant a garden even if the only lot they had was a little four-foot by eight-foot balcony.

We too are Easter people. If our faith stopped at Good Friday, we would have nothing to celebrate. May we embrace the new life our Lord brings to us on Easter, and echo the words of Mary so long ago: **"I have seen the Lord!"**

+Geoffrey, Anglican
East NL



image © vicspacewalker / SHUTTERSTOCK

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Thanksgiving For Fred

A look back at the Primate as he prepares to retire

Cynthia Haines-Turner
Columnist

The March edition of the Anglican Journal focused on the ministry of the primacy, including information on the nomination and voting process for electing a new primate. Because that will be one of the tasks for delegates gathered at General Synod this July, our current primate, Archbishop Fred Hiltz has called us all to prayer for the bishops who will nominate, for the clergy and lay people who will vote, and for those presiding at the worship and the election. The election of a primate, along with a number of other decisions to be made in July, will have far-reaching effects on who we are and who we become as a Church alive to God's mission in this country and in the world.

For the moment, however, I really want to



pause to offer prayers of thanksgiving to God for the way in which God's Spirit has worked through our current Primate, Fred (as he likes to be called). I give thanks to God not only for how Fred has shared God's love with us but also that he has reminded us to love one another, and for continually referring to 'our beloved church' in such a way that it becomes part of our speech

and part of our mind set. It seems to me that God's Spirit, working through him as he has shared that love, has produced a joy in serving that is both apparent and infectious. I give God thanks for the way in which Fred is a peacemaker and peace bearer, for the patience and respect with which he has listened and discussed and considered all positions and points of view on the issues and concerns facing our Church, waiting on God's time, not ours. I have experienced first hand his gentleness, kindness and generosity of spirit that makes us all feel valued and respected. As one of God's faithful servants, we see in him how God is calling us all to faithfulness. In the time he has been Primate, Fred has had to

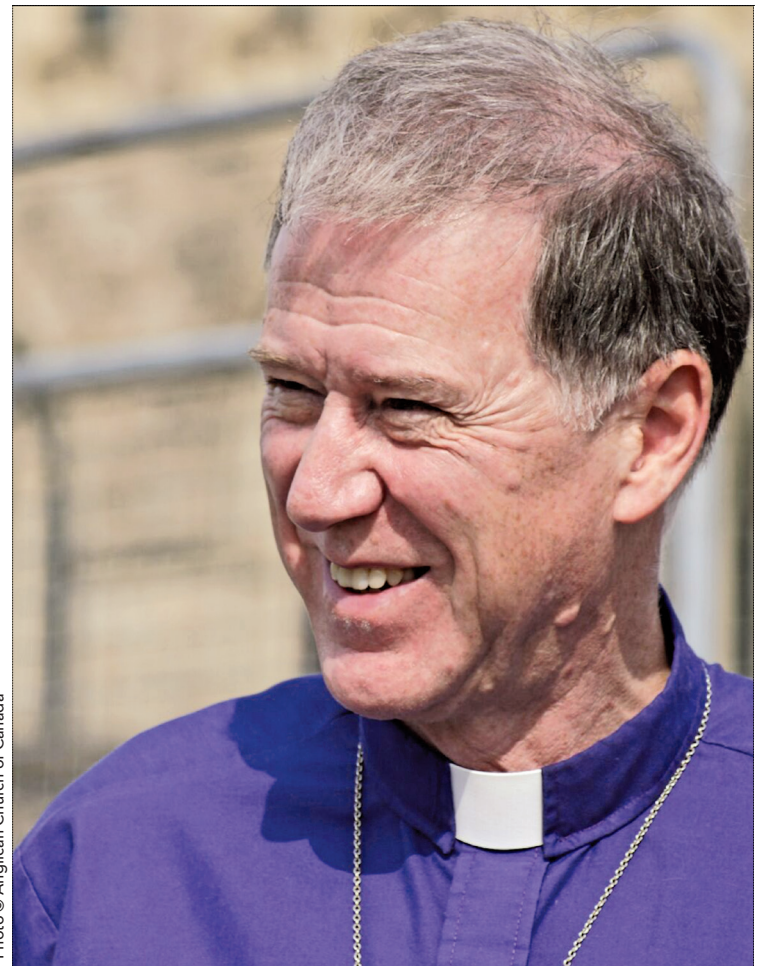


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Primate of The Anglican Church of Canada,
Archbishop Fred Hiltz

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deal with many demands on his time and energy and patience, and has needed to exercise the kind of self-control for which he is so well known. Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control—that is the fruit of the Spirit we read of in Galatians. It's not a check list where you get to tick off each attribute and say 'yup, I've shown that'. Instead, it's the fruit of God's Spirit

at work and as such, these qualities can be, and are, visible and apparent in all of us. But I particularly want to say a prayer of thanksgiving to God for God's Spirit, which has been manifest in such a way in Fred that these gifts have become part of his spiritual DNA. Through him, we see the power of God and what God can accomplish in each of us if we allow God's Spirit to live and move and breathe within us. Thanks be to God.

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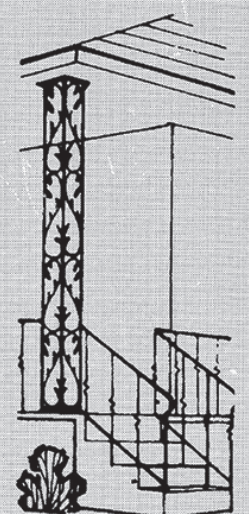
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International Year of Indigenous Language

News From PWRDF

Article by Mona Edwards
PWRDF Representative, Diocese of Western Newfoundland

Why does it matter that we protect indigenous languages? Because not only are they a tool for communication, but they are instrumental in preserving each person's unique identity, cultural history, traditions, and memory.

PWRDF supports the preservation of language and culture in Canada and also in the developing world.

Losing language is one of the tragedies of First Nations, first through colonization, and then with the residential school system.

In British Columbia we support the Nuuchah-nulth Economic Development Corporation (NEDC), by providing access to a loan fund to help indigenous youth with new business ventures, which creates wealth, employment and independence.

In Alberta, we support the First Nation Adult and Higher Education Consortium (FNAHEC) which develops courses for online delivery. These courses contribute to understanding among Blackfoot people of their origin, culture, and language. FNAHEC offered courses to 1100 people who shared their knowledge and information with 2200 beneficiaries. Students who availed of these courses



Marion Delaronde shows off a puppet used to teach and preserve first nations language and culture at the Kanien'kehaka Onkwawén:na Raotitiohkwa Language and Cultural Centre.

image from PWRDF

are very grateful for the opportunity to learn about their history and indigenous knowledge. Credits earned can then be transferred to other mainstream universities.

In Quebec, the Kanien'kehaka Onkwawén:na Raotitiohkwa Language and Cultural Centre (KORLCC) works to preserve and strengthen that native language and increase community access to culturally relevant programs and workshops that promote, reinforce and increase traditions.

PWRDF helps encourage wider indigenous dialogue

and solidarity by supporting programs in Peru, the Philippines, and Mexico, specifically the Continental Network of Indigenous Women of the Americas, allowing them to meet, share experiences, and contribute to preserving their identities. We also help in training midwives, improving food security, and enhancing advocacy.

Living in a bilingual country makes us realize the importance of preserving native tongues, and this should be the case for everyone everywhere.



Photo by James Chou from www.unsplash.com

Lent—A Time For Self Care

Allison Billard
Columnist

My theme for Lent this year is self care. As moms (and dads too!) we often sacrifice ourselves, our alone time, our hobbies, our sleep—all of it—for the benefit of our children. We let them come into bed, we forgo that run, or that class, or even just that new book we want to read, we take them to their own activities, organize play dates, or attend parties.

I often hear "you can't pour from an empty cup," and how true that is! I can't meet all my children's needs if my own aren't being met. If I am tired and stressed, I can't be as patient, kind, and caring as my children need. If I haven't had any time to be alone, untouched, I don't have any tolerance for all the touching my children need—my kids are very touchy! They need a lot of hugs, snuggles, and hands-on time and I have a very low touch threshold before I become overwhelmed. That is especially true if I haven't been sleeping well and haven't made any time for self care (running, reading, knitting, time with adults!).

During Lent and Holy Week I often give up things like social media, or alcohol (we all have our indulgences), but this year my focus is going to be on getting back to things I need to be a better person, a better parent. I am going to go running again. I am going to make time for yoga, and reading, and spending time with just adults.

We need to be very intentional about self care.



We naturally want to care for our children; it is how the human race has survived, but it is less natural at times to care for ourselves. There is more to life than just surviving it.

Which is a funny sentiment for me to even write at this point in time, because my feelings about bringing the kids to church is essentially that it's just something I have to do and survive. I do not find church attendance with two boys who don't particularly love Sunday school to be very fulfilling or inspiring. Mostly it's frustrating. But I hear that I'm not the only one who finds it to be that way so I guess that is one thing I just have to survive for now?

I will add this to my Lenten journey of self care: find a way to overcome that hurdle and meet my own spiritual needs as well as those of my children. Just how I might do that remains a mystery. Maybe I'll have an update for my next column, check back then.

What will your own Lenten journey be?

Anglican Life also has a webiste!

www.anglicanlife.ca

See more stories, links to the three Anglican Dioceses of this province, links to our Facebook posts, and PDF copies of back-issues of Anglican Life



News From Port Blandford

Articles and photographs by
June Holloway



Memorial Tree Lighting

On Tuesday evening, December 18th 2018, at St. Aidan's Church in Port Blandford, a Memorial Tree lighting service was held. Family members and friends gathered at the church for a service of carols and remembrance. The theme that was used for the service was Snowflakes. As each snowflake that falls is unique and differs in shape and size, so too were the many friends and family we came to remember. Each family and friend that we paused to remember left an impact on each of our lives.

As the Christmas carol was being sung, the families and friends that requested it brought forward snowflakes in remembrance of loved ones, and they were placed on the Christmas tree inside the church. When the service was finished the tree was beautifully decorated. Then everyone went outside, and while Silent Night was being sung, our tree outside on top of the hill was also lit. All gathered back in the church hall for a nice cup of hot chocolate and sweets and fellowship.

Fellowship With Food and Friends



On December 11th 2018, members of the ACW at St. Aidan's Church in Port Blandford along with their spouses or friends had a wonderful evening of food and fellowship. The evening began at 6pm with a beautiful potluck cold plate supper prepared by the ladies. After supper they were entertained with music from a few of the church members. A great evening of fellowship was enjoyed by all.

Christmas Pageant

This was the scene on Sunday December 10th 2018, when a group of the children in Port Blandford from St. Aidan's Anglican Church and from Alton United Church came together for the Children's Christmas service and pageant at St. Aidan's.

They brought the story of Jesus' birth to their families and friends gathered together in worship, in recitations, songs, and a pageant entitled "One Night in Bethlehem." They finished their pageant by singing a beautiful song called Christmas is Love. Rev'd Isaac then

talked to the children about Christmas and the baby Jesus, and they prayed a special prayer together. Rev'd Isaac gave thanks to the kids for a lovely service and asked that the congregation to do so as well with a round of applause.



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When Need Becomes Desperation

Article by
Dr. David Morgan

Though you are reading this article in April, I am writing it in late February. It's the middle of the night on one of the coldest days so far this winter.

Right now, in St. John's, it's -12 C with a wind chill of -24 C. Environment Canada has issued an "Extreme Cold Warning" for every region of the province, except for Coastal Labrador. Wind chills are forecast to dip as low as -35 C over the next 36 hours.

As the text of the weather warning says, "Cover up. Frostbite can develop within minutes on exposed skin, especially with wind chill."

On really cold days like this, I am reminded of a story my wife told me. A couple of years ago, she was running some errands downtown before a blizzard that was expected that night. The forecasters were calling it a "weather bomb". Everyone in the City was prepared to shut things down for a couple of days.

She came across a man who was panhandling. She gave him some money. She asked if he had a place to shelter from the coming blizzard. He did not, he said, "I can't stay at any of the shelters."

A thousand thoughts ran through my wife's head in a split-second about what to say next. This man was about to spend the night on the street in a blizzard. She was about to return to her warm home, safe and sound from the coming storm. Her home was less than 1 km away and she could house him overnight. But, who was this man? What were his needs? Would we be safe with him in our home?

Her church was even closer. And, there was an empty church hall right next to it. Both buildings were warm. Both buildings were empty. She had access to the keys. Could she just let him in? If she let him in, would she spend the night there? Would she be safe if she did that? Would she be overstepping her relationship with the Parish?

In the end, she simply wished him well, but continued the exchange a bit longer than normal to be a friendly, caring stranger to a person who had nothing. Was it the right thing to do? We don't have an answer to that. Did the man survive the storm? We don't have an answer to that either.

As the weather warning says, "Cover up. Frostbite



can develop within minutes on exposed skin, especially with wind chill. Risks are greater for those without proper shelter." If you read between the lines, that warning really says, "Those who have to spend the night on the street might freeze to death."

My wife told me the story as soon as we saw each other that evening. We prayed. We cried. We committed to doing something.

First, we educated ourselves about how to connect someone with services when we see that need has become desperation. Even if you have no idea what to do, you can contact the police – they know where to point people. Second, we got an answer to why the man was not welcome at the shelters. We learned that many shelters have specific mandates (e.g. women only) and that people can get "blacklisted" for past behaviour.



Photo by Jon Tyson from www.unsplash.com

Finally, we've begun trying to make a difference. Our Parish doesn't have the capacity to run a full-time shelter, but it has under-used space and plenty of volunteers who would happily step up in an emergency. We started to connect with local organizations to find out what sheltering needs were not being met, and what minimum standards needed to be met for an emergency shelter. We brought the idea to the Parish to see how people would react,

and it was overwhelmingly positive.

We are slowly making progress. Some days, there are challenges, but we keep pushing. And, even if we can't achieve the exact vision, maybe we can achieve something close.

There is need everywhere in our province and churches (and other faiths) are doing many good things to address the need. But what about when need becomes desperation? Take a few minutes over the next month to step back and look at your local situation. Maybe you need an emergency warming centre. Maybe you need to make the life-saving drug, naloxone, available in your community. Maybe members of your Parish could become trained in suicide intervention.

As the weather warning says, "Risks are greater for those without proper shelter." When need becomes desperation, sometimes the only goal is to make it through the night.

For more information and resources on social justice, check out www.anglican.ca/publicwitness/

Happy Birthday to The Rev'd Morley Hodder!

Article and photographs by
The Rev'd John Courage

Birthday greetings! On Tuesday, February 12th, the Queen's College community celebrated the 90th birthday of the Rev'd Dr. Morley Hodder. Beginning with Mid-day Prayer, which included a prayer of thanksgiving and Morley giving the blessing, we moved to the common room for a generous potluck meal and a birthday cake. The Provost, Dr. Rick Singleton, welcomed all to the celebration. Our Dean of Theology, the Rev'd Canon Dr. David Bell gave a delightful and humorous presentation on their early years at MUN faculty of Religious Studies. The Rev'd

Canon Dr. Frank Cluett spoke on the many years of personal friendship between him and Morley, and third year student Charlie Cox brought greetings on behalf the student body. The celebration ended with Morley expressing his very sincere thanks to Queen's College and those present and for welcoming him so warmly into the Queen's family. While Morley asked for greetings and good wishes only, food donations to the MUN Food Bank and cash donations to the Community Food Sharing Association were received with much appreciation.



St. Mark's Ladies Make Their Mark

Article and photographs by
Eileen Colbourne

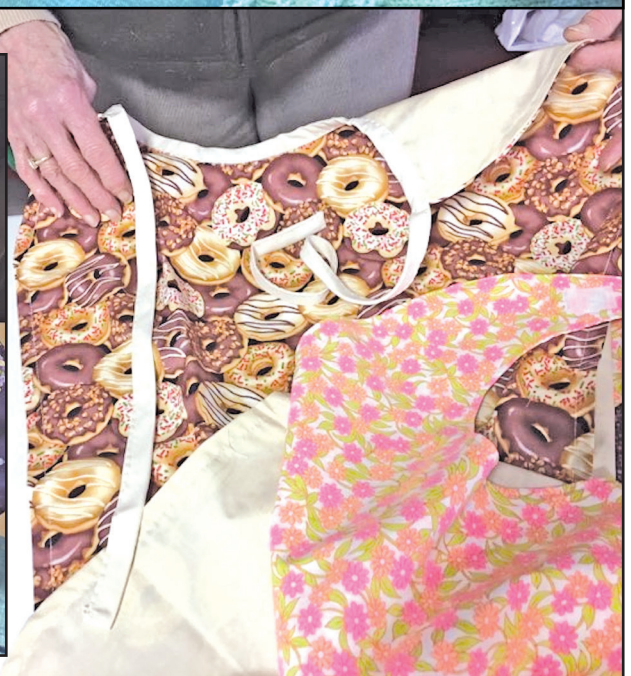
The ACW at St Mark's church folded in 2018, but many ladies felt a desire for a time of fellowship and maybe even a different focus on activities that women of the congregation would like.

It was with the help of Rev'd Robert, the rector of the parish, that an afternoon group formed. This group would provide a time for fellowship, and the ladies could bring their handiwork for couple of hours...board games and just pleasant

conversation could happen.

Willing hands and helping hearts have made wonderful things happen. The pictures tell the outcome of this very new group.

Heart pillows for cancer patients, pillow cases for Choices for Youth, baby sets, shawls for those on dialysis, shopping bags, walker caddies, and adult clothing protectors are some of the projects that we have finished.



Do You Know Someone Who
Would Like To Get

ANGLICAN LIFE

NEWSPAPER OF THE THREE ANGLICAN DIOCESES IN
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Confirmation in St. David's

Submitted with photograph
by Nancy Hulan



On December 16th 2018, the Parish of Bay St. George was proud to welcome The Rt. Rev'd John Organ (Diocese of Western Newfoundland) and his wife to St. Michael and All Angels' Church in St. David's for the celebration of Confirmation, which was followed by fellowship in the church hall.

Pictured are the Rev'd Norman Cutler, Bradley Legge, Tyrone Harris, Bishop Organ, Callie Gosse, and Jayden Harris.

Lavrock: A Ministry Worth Supporting

Kevin Smith
Columnist

The Lavrock Camp and Conference Centre recently received a planned gift from a local parishioner. The donor, an active supporter of the camp, purchased a \$50,000 life insurance policy which will be paid out upon her death. For now, the lady pays the premiums monthly and receives a charitable tax receipt at year end. Another win-win situation for both parties!

I met with the donor and asked why she had made such a gift. This was her response:

"I visit Lavrock yearly and am delighted to be able to help the kids attend such a camp. This facility is an important service to our young people and I want to see it continue."

Her enthusiasm for Lavrock is echoed by the Rev'd Canon Edward Keeping, chairman of the Board of Management. He outlined the history of the camp:

"In 1992, the Diocese officially opened Lavrock to host a camping program for young people and a place for clergy and lay to meet. Although it has been operating as a camping site, it is our hope to have it as a conference centre."

Their website introduces the camp this way:

Lavrock is a place to foster intellectual, emotional, and spiritual growth. A Lavrock is a lark. The Lavrock Centre is there to help us soar and sing like larks. In the 19th century, the Church in Newfoundland was served by bishops and clergy who navigated the coasts of the island in a ship named "The Lavrock".

The Centre accommodates about 165 people in the main building and ten cabins. In the main building there are three



Pictured above are the cabins at the Lavrock Camp and Conference Centre while the centre is being used by the CLB—just one of the many groups that use Lavrock.

conference rooms for 30, 50, or 100 persons. They also have a swimming area, ten canoes, a soccer field, and a paved basketball court. The camp chef and kitchen staff prepare a wide variety of meals three times daily and can accommodate 120 people in the dining room.

Some of the clients include five different senior groups, three youth groups, several choirs and church groups, and special interest organizations.

Canon Ed said the aim of the Board is to have Lavrock truly become known as a conference centre as well which will provide a place of hospitality to the wider community. In order to have this become a reality, we need to make some major changes in living quarters. And, this will take some financial support.

Canon Ed explained why Lavrock is worthy of support:

"When the Centre was opened in 1992, it was intended to be 'a place to foster intellectual, emotional and spiritual growth.' Today, as we see more people moving away from the life of the Church, we need the Lavrock Centre to play an important role in fostering spirituality and building community while offering programs to deepen the faith of our people. If we lose it, we, as a church, will never



again have a place like the Lavrock Centre. Let us honour our past by fulfilling the vision of 1992! Let us use it for the purpose of equipping people and clergy to become the people God wants us to be."

To inquire about making a Booking for the Lavrock Centre, please contact Mr. Todd Martin, the Lavrock Manager, at (709) 728-8672 or via email at: lavrock@anglicanenl.net

Kevin Smith is a gift planning consultant for Anglican East NL. He can be contacted at 709 739-5667 or by email: kevinsmith709@gmail.com



photograph by Inna Reznik / SHUTTERSTOCK

Godly Play in Newfoundland

Article by
Kathy Peddle

In 2009, Godly Play arrived on the shores of Newfoundland, and in a place rich in stories, wondering, and church affiliation it was a natural fit. Godly Play will once again arrive on our shores—this time in the form of the North American Godly Play Conference. We are excited and honoured to be hosting this year's conference and to welcome guests and fellow Godly Play enthusiasts from around the globe. We look forward to welcoming people from Canada, the US, the UK, Europe, and South Africa. It will be a time for all participants to deepen their understanding of the art and practice of Godly Play in the natural beauty of Newfoundland.

The theme of this year's conference, called "Come from Away—Come to Play" is to be held at the Sheraton Hotel in historic downtown St. John's from June 20-22. It is inspired by the name of the hit musical "Come from Away" which was inspired by a traditional Newfoundland expression for those not from the island, and also portrays our hospitality. It also references the importance of play in Godly Play's faith formation of children.

Participants will have the opportunity to share in worship, seminars, addresses, and storytelling while experiencing our genuine hospitality. There will also be opportunities to see more of St. John's, the oldest city in North America, located just a few miles from the most eastern point of North America, Cape Spear.

Featured speakers for

the conference include Dr. Elaine Champagne from the University of Laval who will explore Children's Spiritual Journeys; the Rev'd Canon Dr. Andrew Sheldon (Godly Play Advocate for International Development), who will address our readiness as Godly Play practitioners from emotional, theological, pedagogical and spiritual perspectives; Dr. Rebecca Nye, a specialist in children's spirituality, and the Rev'd Peter Privett, Chair of the Godly Play International Council, who will discuss their common interest and work in children's spirituality and international training. In the spirit of play and learning, there will be opportunities to hear familiar stories in unfamiliar languages (French, German, Spanish, and Afrikaans), to attend workshops and presentations on a multitude of topics including the use of Godly Play stories of God at Home, the theological significance of storytelling, using Godly Play in Vacation Bible Schools, Deepening Response Time...and so much more!

I wonder what part of this is about you?

The North American Godly Play Conference in 2019 will be a wonderful opportunity to experience firsthand all that is happening in Godly Play, to meet old friends and make new friends, and to share and learn together in our beautiful island home.

Are you ready?

To see the brochure and to register, go to Godly Play Canada: <https://godlyplay.ca>

Between The Lessons—The House of God and The House of David

The Rev'd Jonathan Rowe
Columnist

After the death of Ishbaal, all the other tribes of Israel come to David and swear their allegiance to him as king. (Remember that he had already been made king of his own tribe of Judah.) With the people's support, David gathers his army to take control of the city of Jerusalem. Although that city is best known as the centre of Israel's worship and its hopes and dreams, at this point in history, it was still under the control of a Canaanite tribe known as the Jebusites. Once David has claimed a new capital city, he makes arrangements with the king of Tyre, a merchant superpower on the Mediterranean coast, to build a palace in which he can finally live in peace and security.

Attentive readers might remember that we haven't heard much about the Ark of the Covenant since the Philistines returned it all the way back in chapter 6 of 1 Samuel. Having established his seat in Jerusalem, David's next task is to bring the Ark of the Covenant into the city. Now it is led into Jerusalem



in a great procession, with David dancing at the head. While he does, he earns the scorn of Saul's daughter Michal, who thinks he's making a fool of himself in public for all the world to see. This story is told to her shame, since there seems to be no room in her mind for someone to be both dignified and exuberant in worship at the same time.

Sometimes I wonder, though, if the story has not been as kind to Michal as it could be. When she married David, she was the first and only named woman in the Bible that we are told loved any man (as opposed to men loving women). She

sided with David against her father, and helped him escape from Saul's attempt to kill him. But when David was on the run from Saul, he left Michal behind. She got married off to another man to forge some other political alliance, and David married other women to build alliances of his own. Her father and brothers are dead, and she had been shipped back to David as a trophy wife or a piece of baggage as a last-ditch effort by Ishbaal to make peace with David.

Who could blame her if she had grown bitter and her affections for David went cold? Sadly, this is David's story, not hers, and her scorn is punished with a curse—she will be unable to bear children, making her even less valuable in the eyes of her society and culture. To modern eyes, hers is a story of great injustice and tragedy, while to those reading the Book of Samuel when it was first on the bestseller list, it is a story of a relatively minor character on the periphery of David's story getting her

just desserts. This is part of the problem when we read these ancient stories with modern eyes. The point that the author is trying to make is about David, rather than anyone else. As frustrating as it is for us, we have to leave Michal on the sidelines and watch as David's story continues.

As David rests in his royal house, he is struck with a pang of guilt. He is living in a palace, but the Ark of the Covenant is just in a tent. Ever since the time of the Exodus, the Ark was kept in a movable sanctuary called the Tabernacle. This arrangement made sense for a wandering, nomadic people. If the Ark was the symbol of God's presence among them, surely it would have to move with them. Now, however, David feels uneasy with the idea that he should have a fixed address (and a very comfortable one at that) while God does not. He proposes to build a Temple—a palace for God to live in that would be comparable to his own house.

And now a new

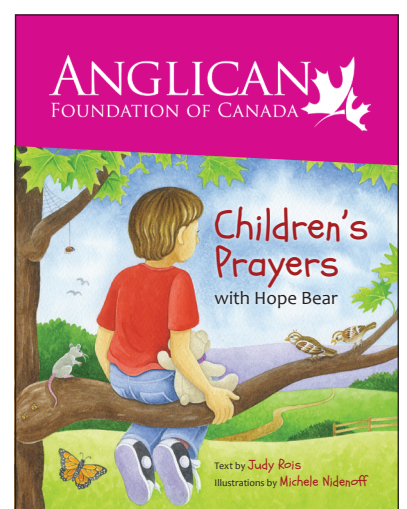
character comes into the story, who we will see more of in the coming chapters. Nathan the prophet receives a message from God that is among one of my favourites in the Bible. God says, in effect, 'I never told anyone to build me a house: I like living in a tent!' In a clever bit of Hebrew wordplay, God says that David will not be the one to make him a house (like a building) but that he will make David a house (like a family or bloodline).

Unlike Saul, whose dynasty was cut short, David will have a dynasty that will last forever. This will be important, since it will shape the Messianic expectations for generations to come, and of course, Jesus of Nazareth will be descended from the House of David. A son of David will be the one to build a house for the Lord, but first David will have to establish his own household and royal bloodline. But that's another story, for another time.

103rd Birthday at All Saints'

Article and photograph by
Shirley Balsom

Mrs. Annie Russell celebrated her 103rd birthday on February 19th, 2019. She is a resident of the Lohnes Complex. Mrs. Russell is the oldest parishioner of All Saints' Church in Corner Brook. Members of the Outreach Committee visit parishioners who are 90 years or older. Shirley Balsom and Ann Marie Turpin visited her and presented a fruit basket from the parish.



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News From The Parish of Forteau

Article and photographs by
The Rev'd Nath Larkin

Knitted goods donation for the cold winter weather

The ACW of St. John the Evangelist, and that Ladies of Capstan Island Labrador, proudly display their project of last fall. These are the knitted goods which were delivered to The Gathering Place in anticipation of the cold winter. A member of the ACW, Lily Fowler, delivered the items.



Above: knitted goods ready for those in need
On the right: delivery of the knitted goods to The Gathering Place



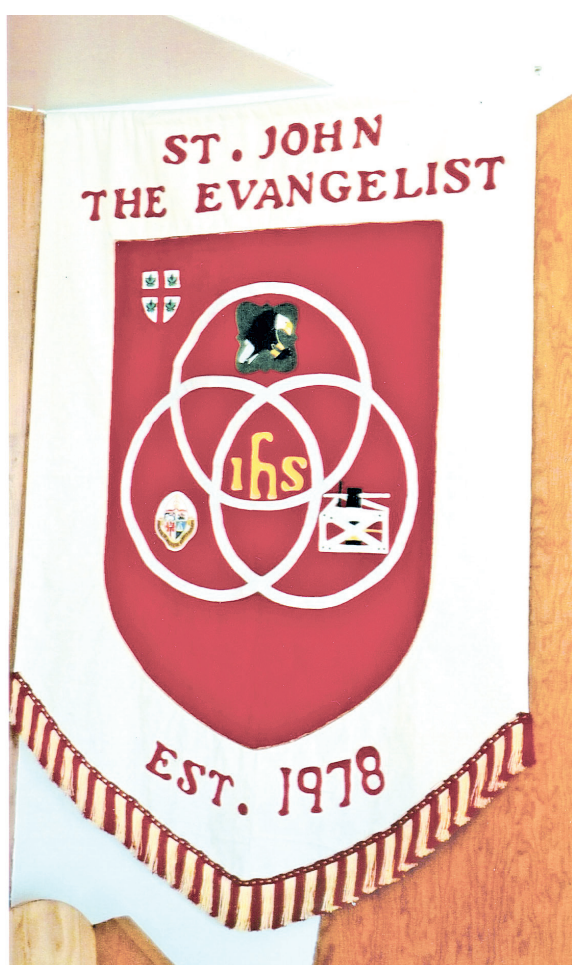
40th anniversary celebrated in style

St. John the Evangelist of Capstan Island, Labrador, in the Parish of Forteau celebrated its 40th anniversary in November of 2018. The church was once the schoolhouse, but was turned into a church when the children began to be bussed to a nearby community. This was made possible through the work of the people in the community.

Within the church there

are items that were locally made, such as the lectern which was made by Dave, Bob, and Joe Fowler. The font was made by Gilbert Fowler.

The bell, which is rung at the beginning of the service, came from a shipwreck nearly 80 years ago. The candlesticks on the altar were brought to Labrador in 1850.





The church service was well attended by approximately 60 people. Dean Flynn did the duties of the MC, and during the service a wreath of poppies was presented, and a minute of silence was observed for the veterans and the deceased members of the community who served in the armed forces.

The cutting of the cake was done by Nancy Flynn (who also made the cake) and the Rev'd Nath Larkin. Also on the cake table was a memory tree with a light for the deceased members of the community. There was a

plaque with a picture of the church, the four bishops, and all the clergy who have been there since its consecration in 1978. A Book of Common Prayer, which was presented to the church by the late Rev'd Martin Lane in 1978, was placed in a glass case as a memorial.

A certificate was presented to Mrs. Christine Fowler, president of the ACW and the anniversary committee, by MHA Lisa Dempster.

People stayed after the service for tea, coffee, and to be entertained by some local musicians.



Meditation As The Path To Universal Love

The Rev'd Canon Gerald Westcott
Columnist

Twenty five or thirty years ago (I am getting old) when I heard the word "meditation," I understood it to mean something that only Christian or Buddhist monks and nuns did. I didn't know of anyone who meditated, and if there was someone around who meditated, they probably would not admit it publicly. The practice of meditation was far from mainstream in our culture. The value and practice of meditation has thankfully come a long way from the hidden fringes of our society and much more into the mainstream.

In my first full time semester at Queen's College as a young seminarian in 1993, Sister Anitra, a nun of the Anglican Sisters of St. John the Divine in Toronto, led the very first retreat that I was ever on. During that time, she introduced us to a little book titled "Seeking God" by Ester DeWaal, and with that, an introduction to Benedictine spirituality and the Christian mediation

practice of Lectio Divina (Holy Reading). Lectio Divina is an ancient form of Christian meditation, but not the only form of Christian meditation. With the growing interest in Eastern Religion Spirituality (Buddhism and Hinduism) in the second half of the last century, Father Thomas Keating, a Cistercian monk in the USA, in 1975 emerged as one of the principal developers what is known today as Centering Prayer—another form of meditation found within the Christian tradition (in the Christian spiritual classic "The Cloud of Unknowing").

Since that time a number of Christian schools for meditation have emerged including the Shalem Institute for Spiritual formation and the Center for Action and Contemplation. Again, over the last fifty years, the Buddhist practice of mindfulness has become mainstream, being used in health and education institutions to promote mental health and wellness.



The practice of meditation crosses all religious and cultural boundaries, and it has everything to do not only with the universal evolution of the human consciousness as a whole, but it has everything to do with the evolution and deepening of every single person's consciousness.

In the Christian tradition, to follow the Way of Jesus is to die to self—die to self consciousness in order to open up to and live out of the deeper mind of Christ, the love that is Christ. Meditation is the universal



Photo Olivia Snow from www.unsplash.com

spiritual tool used to empty ourselves of the prison of the unrelenting and repetitive thinking mind. Much of the rampant anxiety of our day comes from people being stuck in the cages of their thinking minds. In the Christian tradition, Jesus tells us that there is more to being human than the thinking mind. We have a soul. We have a spiritual heart, a deep treasure in the soul waiting to be discovered. Meditation is the path that will lead you from the prison of self

consciousness to the open, spacious freedom of Love Consciousness. Too much of public and cultural life is lived at the self conscious level only, full of fear and division. As we learn to walk the meditative path, we will discover a deeper Unitive Consciousness, and we will have eyes to see the oneness of all of life in every person and in all of creation. We will learn to be IN Love (in Christ) with all of life. What a world it would be.

90th Birthday Celebration

Submitted with photograph by
Glenys Tilley



Jean Tilley of Springdale Newfoundland recently celebrated her 90th birthday surrounded by many of her family and friends. Jean has been a member of St. Luke's Anglican Church throughout her lifetime. A devoted church attendee, she has served as an active member of the church's ACW group demonstrating her Christian belief of service to others. Congratulations are extended to her by Rev'd Madonna Boone and the congregation of St. Luke's.

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St. Augustine's Parish Celebrates 50 Years of the Church Lads' Brigade

Article by Peter Stevenson
Photographs by Wendy Read

On February 24th, 1969, the charter was signed for Church Lads' Brigade Company #4548. Fifty years later to the day according to Col. Albert Pelley, Commanding Officer, St. Augustine's Company celebrated its fiftieth anniversary with a church service at St. Augustine's church. The service was the culmination of a weekend of celebrations which included the CLB companies from Harbour Grace and St. Mark's (of St. John's). All three companies were on parade on Sunday with the CLB Regimental Band in attendance. This was the end of a weekend together for the three companies which shared activities and held a sleepover in the parish hall on Saturday night.

Following the entrance procession, the service continued with the march in of the colours of the three companies, after which the Ode to Newfoundland was sung accompanied by the Regimental Band. The Regimental Band played several selections during the service, including Fight the Good Fight (the CLB hymn), Onward Christian Soldiers, Joyful Joyful We Adore Thee, and Praise My Soul the King of Heaven. After the passing of the peace, Col.



Former Comanding Officers of the St. Augustine's Company with their certificates presented by Col. Albert Pelley

Pelley recognized the many people who had contributed to the success of the CLB Company. The service was attended by a number of past commanding officers of the company. Each was presented with a certificate in appreciation for their service to the St. Augustine's CLB Company on the occasion of their fiftieth anniversary. Among the prior commanding officers is Col. Gail Dick, the current Governor and Commandant. Certificates were also



presented to four ladies who were members of the CLB Ladies' Auxiliary which was instrumental in the early success of the company. The ladies in attendance were Mrs. Irene Crisby, Mrs. Beverly Drover, Mrs. Velma Piercey and Mrs. Ida Read. Certificates were also presented to St. Augustine's Anglican Church Women and Men's Service Club for their support of the company. Col. Pelley presented a certificate to the Regimental Band marking the occasion,



Members of the three companies with the former Comanding Officers of the St. Augustine's Company



Col. Albert Pelley presenting the 50th anniversary certificate to Fr. Anthony with Governor and Commandant Col. Gail Dick

and Father Anthony made a presentation to the Band on behalf of the parish. Col. Pelley presented Father Anthony with a framed certificate marking the fiftieth anniversary to be hung in a prominent place in the parish.

The CLB Company members took part in many aspects of the service. The members of the companies served as greeters, they passed out the orders of service, took up the offering, read the readings for the day, and served as lay Eucharistic assistants for communion. At the end of the service, prior to the march off of

the colours, the Royal Anthem and the Canadian National Anthem were sung, both accompanied by the Regimental Band.

After the service, everyone was invited to the parish hall for soup, chilli, stew, sandwiches and treats. The anniversary celebrations concluded with the cutting of the anniversary cake. All in all, it was an anniversary celebration of which all the CLB members present should be proud, and of which St. Augustine's parish and its rector, Father Rudolph Anthony are very proud.



Col. Pelley and Fr. Anthony with the members of the Ladies' Auxiliary with their certificates

Prayer Quilts Blessed in Rocky Harbour

Submitted with photographs by
Dale Decker

During the Evening Prayer service at St. Matthew's in Rocky Harbour on Sunday, February 17th, Deacon Wilhelmena Green blessed 28 Prayer Quilts for the Parish of Bonne Bay North Prayer Quilt Group.

Also, four generations of the Pittman family attended the service, ranging in ages from 85 years to 3 weeks.



The Pitman Family: Doris, Denise, Heather, and Emily



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