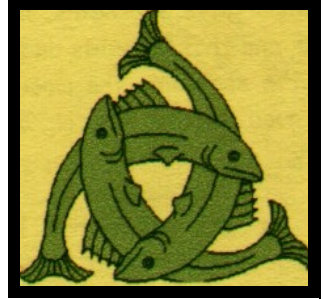


# THE TRINITY NEWS



HOLY TRINITY ANGLICAN CHURCH SOOKE, BC

Vol. 4 No. 5

## *Our Clergy's Thoughts and Reflections*

Everyone has a favourite chapter in the Bible. Ours is Acts 29. Why do you think it is our favourite? What/why is yours?

Every Sunday during the Easter season, one of the readings before the Gospel is taken from the Acts of the Apostles. It was Luke's intent (Acts 1:8) to show the spread of Christianity "from Jerusalem (chapters 1-5) then throughout Judea and Samaria (chapters 6-12) and indeed to the ends of the earth (chapters 13-28)."

The process of being witnesses of Jesus began when the original group received the Holy Spirit. It was from that point on that they were filled with Power to witness to the Risen Jesus. People who were open to God accepted their testimony and became His followers. "It was at Antioch that the disciples were first called 'Christians.'" Acts 11: 26

What characterized this new religion was the new commandment their Teacher had given them: "Love one another; just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples." John 13: 34-35 Were there limits to the love they were to have for each other? No. "Greater love than this none has than to give one's life for one's friends." John 15: 13

Today some think of fear as the most powerful human motivator. Just scare people enough and see how quickly they do as you want them to. Not so for the followers of Jesus. In their lives, love had replaced fear.

"In love there can be no fear, for fear is driven out by perfect love: because to fear is to expect punishment, and anyone who is afraid is still imperfect in love." 1 John 4: 18

### **ACTS OF THE APOSTLES, CHAPTER 29**

When you looked up our favourite chapter in the Bible, Acts 29, what did

you find? Did you figure out why it is our favourite?

If your Bible stopped with chapter 28, should you consider contacting the publisher of your Bible and request a COMPLETE Bible – or at least ask for a partial refund? (See pg. 5)

So, what is your favourite chapter in the Bible?

Sincerely,

Alex+ / Nancy+

## DEACON WALLY'S REFLECTION:



Many people on Vancouver Island say they are 'spiritual but not religious'. My brief definition of religious is 'spiritual in community'. I've noticed that the majority of 'spiritual but not religious' people act proud or relieved of their choice. They seem to understand that 'spiritual' has more status than 'religious'. We are social mammals, and status matters.

My thoughts on why 'spiritual' is more comfortable than 'spiritual in community':

- our society prizes individualistic over community values;
- full individual control on the timing and content of spiritual practices;



- the thoughts and actions of others in the community never confront us; and
- conservative evangelistic Christians get media attention and are seen to be the whole range of Christianity.

The comfort of 'spiritual but not religious' is like a diet of hamburgers and fries – pleasing in the short run, but ultimately leading to lethargy and obesity.

What should Anglican Christians do about the 'spiritual but not religious' mind-set. I suggest that our best answer is to be true to our own journey with the Holy Spirit towards God. If others don't celebrate this, remember that humility and perseverance as two of the seven traditional virtues. Silence is not one of the seven virtues, so let's tell others of the joys and troubles of our journey. In time, probably generational time, this can help people move to spirituality in community.

## EASTER VIGIL MADE EXTRA SPECIAL—THE BAPTISM OF OLIVER DIEGO HENRY BINGHAM!



# Spiritual Development For All

For an individual or parish, spiritual development, learning and doing should go hand in hand. The goal is balance in order to attain spiritual excellence. The classical disciplines to master are:

**Prayer, Study, Fasting Service, Giving, Worship, Confession, and Silence.** For balance and well-being we shouldn't concentrate on just one discipline but all, lest our "doing" will lose its foundation, our learning lose its freshness.

For the remaining issues of our newsletters we will look at each of these disciplines and explore how they work together.

Consider **Confession** - it opens one's eyes and heart to distance from God. **Prayer** seeks to bridge that distance. **Mission** follows as a way to express gratitude for feeling closer to God. **Giving** follows as a way to act out Christian values in one's personal life. **Fasting** follows as a way to rethink one's life in basic ways. **Silence** follows as a chosen place to listen to God's response to our rethinking and Meditation asks for more.

Look around you here at Holy Trinity. We have leaders, smart and willing ones, and we also have what could be called Christian entrepreneurs whose convictions demand that they take risks in order to help a broken world. Their faith is strong enough to embrace failure, their love plays out in collaboration, their humility doesn't seek control or applause. Some of this work is done within the parish and others done without. You need to talk to people and get to know them before you can recognize and understand the spiritual vitality, that essential ingredient that drives their passion and concern.

## For this month let's explore Prayer.

Prayer means talking to God in whatever language or form one can manage (spoken words, song, writing, weeping, laughing, sighs too deep for words). In Scripture we find the Lord's Prayer, Miriam's Song,

Jesus' prayer in the Garden: a formal prayer, an exuberant outpouring, a cry from the depths. Many of the Psalms have a liturgical form.

Reading a set prayer helps to introduce the sound of prayer, but the larger goal is to pray spontaneously from the heart. Some find that setting aside a regular time for prayer helps to underscore prayer's importance. The point of prayer isn't to attain an orthodox understanding of God, but to stand under the umbrella of God's love. If prayer strays from doctrine or custom, so be it. The free soul will find its way to the place where God waits.

Life itself tends to be the first teacher. Both the joys and sorrows of life evoke in us a desire to pray. But listen to us when we say "Oh, God!" after a surprise, or when we look heavenward, or when we say, "Lord, help us" in a crisis. Those are prayers, and as Paul said to the Romans, they come forth unbidden from that place in us, that "spirit of adoption," which God has planted in us.

Your starting point for developing prayer is to realize you already have it in you; honor the instinct you already have for prayer within yourself! Then reduce the expectations and performance anxiety that often are associated with prayer. An honest prayer spoken from the heart conveys more depth than an eloquent prayer read from a book. A child saying, "Thank you, God, for this food" can be a livelier mealtime prayer than a grownup's well-chosen phrases. We need to let our hearts speak, in whatever language they can.

God yearns to be in relationship with us, and God wants that relationship to be grounded in full mutual acceptance: our accepting God's truth, God accepting our truth, and ourselves living in truth. In other words, no hiding. Prayer is our way out of hiding.

Work on your discipline of prayer this month and next we will look at the spiritual discipline of study.

~ Nancy+



# Children prepare for Easter Play

# PALM SUNDAY PROCESSION



PREPARE...THEN

In Jerusalem the greens of the area were Palms; in Sooke we had traditional Palms but added the Cedar branches as it would be done were Jesus in our area. The service began out in the Garden and we processed around the church singing "All Glory Laud and Honor."

PRACTICE...



The weather, while a bit windy, was most cooperative...meaning no rain!

PRACTICE...



AND PRACTICE SOME MORE!



~ Photos on this page by Alice Huo

## VITAL VITTLES DONATES to JAPANESE DISASTER RELIEF

~ organized by Mary Brown

Vital Vittles lunch guests, along with several Holy Trinity Parishioners have been collecting money and good wishes to send through the Red Cross to the Japanese Disaster Relief fund.



On 3 consecutive Fridays, March 26, April 1 and April 8, a special box was provided for coin donations. Small lengths of red ribbon representing prayers and good wishes, were also available for those who wished to participate, but did not have extra coins to spare. The final tally was a grand total of \$333.05, along with heartfelt prayers and good wishes represented by 18 lengths of red ribbon. Lunch guests were delighted to have the opportunity to show support to those suffering from the devastating effects of the earthquakes, tsunami and nuclear disasters in Japan. Our continued prayers and good wishes go to all the survivors of these terrible events. We wish them God's Blessing as they go about rebuilding their lives, homes and communities.

~ Shirley Roodbol

### ***Our answer to question on page one:***

*While the written account of the beginning of Christianity ends with chapter 28, our favourite is the part that we, together, are writing with our lives today!*

## WORSHIP CONCERT THE BIG HOUSE COMMUNITY BREAKFAST

**Fund Raiser!**

On Saturday May 7, at 7 pm, Sooke Baptist Church. This Worship Concert will feature The Fraser Cambell Band and you can check it out on their web site: [www.FraserCambellMusic.com](http://www.FraserCambellMusic.com). Admission is by donation. Like Vital Vittles, this program is run with volunteer supporters. They are providing approximately 2500 breakfasts a year. The program aims to provided kids with a good hearty breakfast before they go to school, as well as feeding individuals, and families.

*If this fund raising concert is a success, The Fraser Cambell Band plans to do another one later on in the year to support our very own Vital Vittles Free Lunch program.*

Come out and show your support. Donate generously. Your gift provides food for those in need. If you have any questions about the concert, drop by and see Andy the Pizza Man as he is one of the organizers.



### **LOVELY HOT CROSS BUNS**

Those great buns at the Easter Vigil came from Cobs in Langford with a generous discount. Thanks to Andrew Anglin, the Franchisee, and his great bakers.

We'll be back next year!



## ***GRAEME REFLECTS ON GOOD FRIDAY & EARTH DAY***

It seemed somehow appropriate that this year's observance of Good Friday also fell on the secular observance of Earth Day, a 24-hour period when we two-legged residents of this small, green and blue planet are spurred to think about our natural environment.

On this most solemn of days in the Christian calendar, when we remember the ultimate sacrifice that Jesus made for those of us who have come after him, it was only right to think about the natural environment that we have received from our ancestors, and the legacy that we are going to leave to our children.

As the eyes, ears, voice and hands of God on Earth, we are charged with being the protectors and supporters of our fellow human beings, champions of those who have been dealt a tough hand in life. We are also called on to be challengers of those who would abuse their positions of political power and financial authority for personal, short-term gain. In my mind, that's one of the reasons why the organized Christian church has lost its way in recent years - that it became a comfortable part of the 'establishment' instead of the spiritual and social conscience of society. Jesus certainly did his best work on the fringes of society, not through hob-knobbing with the power brokers of his time.

But we are also called upon to be the stewards, the caretakers of this remarkable gift that God has given us - this home called Earth - a place of such beauty that it can, and should on a regular basis, take your breath away. Working outdoors every day on an East Sooke farm for the last 18 months, after spending most of my life in big cities, has opened my eyes to many things. Paramount of these is that we human beings, while blessed and beloved in God's eye, are only a part of the big picture.



There are red-winged blackbirds burbling out their infectious call while balancing on a cat-tail at pond's edge.

There are Great Blue herons taking to the skies with a majestic flap or three of their broad wings.



There are fat, sassy brown sea otters sunning themselves on the weathered rocks along Sooke Harbour.

And yes, there are even banana slugs crawling patiently along the forest floor, conducting their own care-taking duties as issued to them by God. I think all of these must have been present in Eden as part of the delights that greeted Adam and Eve.



In this latest national election, it seemed most of the discussion focused on ethics and egos, fighter jets and gun registries - everything but the environment. The discussion has become somehow twisted into an either/or scenario instead of both/and ... that you can be in favour of a strong economy or a healthy environment, but you can't have both. As fallible creatures interested in our own self-preservation, we will too often lean toward our own financial comfort at the potential expense of our natural environment that is as fragile as it is fruitful.

For Christians, who should have tender, loving care for God's creation implanted onto our DNA, every day should be Earth Day.

~ Graeme Morton

# THE TEA SHOP BLESSING

When Alex and I lived in Borrego Springs I was asked to bless a new business space; it was to be a Tea Shop featuring such tea names as Serenity, Immunity, Longevity, etc. This was to be a new experience for me but upon reflection I realized it was a great opportunity as many in our town were much like here in the northwest... spiritual but not religious. (See Deacon Wally's article pg 2)



Before the day came when I officially blessed the shop, I pondered on what words I'd say? To begin, who was my friend inviting, other than the Board that she'd mentioned? What to use? Water? Candles? Flowers? I come from a tradition that uses all of these for worship... but this wasn't to be a worship service. Still, I believe that as human beings, if we are fortunate, we pick up on the world around us via sight, sound, taste, scent, and touch. I felt I needed to find a way to connect these senses with a sense of the sacred in the work space because I wanted to honor this reality: there is no place where the Divine, God, is not found. But, keeping that thought would you say that... "...the ground on which you walk at the office is holy?" There are many for whom the sacred and the ordinary are not incompatible at work. But for most that would be a laugh-out-loud moment!

Joseph Campbell said, ***"Your sacred space is where you find yourself again and again."***

But how can we, as professed Christians, bridge the connection between these spaces? Neither here in Canada nor in the US is keeping the sacred in the workplace easy. Its likely that Muslim believers find it difficult to finding a space and time to practice their five prayers of the day. In the US, Company policies often dictate which symbols can and cannot be visible, and images that are seen as proselytizing can be problematic for the Christian, Jewish, and Buddhist

workers. However, workers can always utter silent prayers or meditations. To bridge the potential gulf between work space and sacred space takes much thought: what is the policy, what is allowed to be displayed in my workspace, can there be anything there to see, smell, or touch to remind me of what I believe? Can I even have time during my work day to pray or meditate?

View your work space with new eyes. What serves to remind you of your deeper purpose there? Taking moments to reflect upon the timelessness of the God can infuse your workday with meaning it may otherwise lack.

As it turned out it didn't matter what I ended up using or saying to bless the Tea Shop; God goes wherever we go.

Find your sacred space—it's there inside you; return to it over and over again. You will soon discover you've built the bridge between the sacred space and your work space, wherever that may be—even your kitchen or garage — and it will become a familiar and blessed path to you.



~ Nancy+

***A Guide to parish furnishings/donations was presented to Alex+ on Easter Sunday. Noting that not every item could be included, Mary Brown, editor of the project offers these words. First are ones copied from 'Last Words' page of 'Guide': The book is by no means a comprehensive account of all the gifts and features of interest that may be seen in the church. For example, there are chair-back book-holders designed and made by Joan Taylor and others, service-books and hymn-books donated in memoriam and several beautiful liturgical vestments. Meanwhile, stored away in the new Holy Trinity Church is the bell that was in the bell-tower of the former Holy Trinity Church.***

So many objects are tangible evidence of the on-going generosity that members of the congregation and friends in the community bring to Holy Trinity Church. Through their gifts large and small, general and specific, people demonstrate faithful commitment to the church to the greater glory of God.

~ Mary Brown

## MARK YOUR CALENDARS FOR MAY

- 2 Federal Elections
- 7 Rotary Annual Spring Event @ SEAPARC—Our Plant Sale is at 9 am  
Worship Concert @ Baptist Church, 7pm
- 8 Mother's Day 10 am Holy Communion
- 12 Canadian Blood Services 12:30 - 8 pm
- 14 Men's Breakfast @ Mom's Café, 9:30 am
- 17 Parish Council @ 7 pm
- 18 Mothers' Union @ HT 1:30 pm
- 23 VICTORIA DAY—OFFICE CLOSED
- 25 Worship Committee 11 am  
Women's Journey 11:45 am  
Men's Lunch Noon @ Mulligans



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## CELEBRATIONS

### *Birthdays*

- 4 John Yates
- 7 Marley De Kelder
- 11 Ian Seidel
- 16 Brian Fitchett      17 Foster Isherwood
- 20 John Green      21 Katia Bingham
- 23 Margaret Green      24 Karl Heinz Mosig



### *Anniversaries*

- 19 Margaret and John Green
- 22 Myrna and Rod Sullivan
- 27 Kay and Karl Heinz Mosig
- 31 Norma and Brian Fitchett

