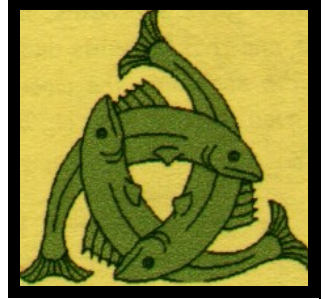


# THE TRINITY NEWS



HOLY TRINITY ANGLICAN CHURCH SOOKE, BC

Vol. 4 No. 10

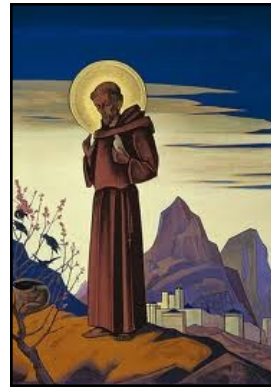
## *Our Clergy's Thoughts and Reflections*

Known as the patron saint of animals and ecology, St. Francis of Assisi took the gospel literally, by following all that Jesus said and did and in doing so he inspired the Church of his day right down to this generation. What would Francis have to say about global warming our important topic these days? For sure he'd say it had a lot to do with our faith since the Gospel says, "*Have dominion over the fish of the sea and over the birds of the air and over every living thing.... See, I have given to you every plant...every tree.... God saw everything that God had made, and indeed, it was very good*" (Genesis 1:28-31). "*The Lord God took the man and put him in the garden of Eden to till it and keep it*" (Genesis 2:15).

How are we to cultivate and take care of the earth? Scripture can't mean that everyone must become farmers! It does mean, however, that we all have a responsibility to care for the earth. These are easy words to agree to in theory, plus we feel good when we commit to caring for the earth. Being good stewards of creation is wholly holy, natural and reasonable. But it isn't as easy as it sounds because there are competing values. What would you do?

Start easy - with light bulbs! We know that traditional incandescent light bulbs use three to four times more electricity than energy-efficient ones, but have you seen them? Those environmentally friendly ones can look garish. Do aesthetics trump energy savings?

How about air and car travel? They leave a big carbon footprint, but there are benefits when travel is for enrichment. But, if you live on a bus line...taking the bus could save gas! Still, there may be extra time used in transfers; could that time be spent better, say elsewhere or with family? Growing some produce



ourselves is good stewardship, but should we use pesticides on crops, poison the gophers or spend extra on organic remedies?

### **Who Said It Was Easy?**

There are plenty of these sticky conundrums for the conscientious Christian; we'll never run out. But the bottom line is this: if we want to honor God's creation by preserving and protecting it, then we DO something, because what each of us does will make a difference. **Take personal responsibility for our own actions.** Whether it's refraining from lying, caring for those in need or respecting the environment, our own actions are the ones we control.

Like St. Francis, we must start by responding consistently to God's call to be faithful stewards of creation.

Sincerely,

Alex+ and Nancy+



## DEACON WALLY

*He continues his reflection on the recent meeting:*

At the Association of Anglican Deacons in Canada conference, the program on Native Spirituality included a smudging (the verb form of the noun smudge). Paul, a strong Cree Anglican, explained that a smudge was another form of incense. He burns the smudge during his morning and evening prayers. For southern Ontario, First Nations, like the Oneida, the materials for the smudge must include tobacco. Paul was from northern Saskatchewan and his smudge was a mix of sweet grass, sage and bark of poplar and cedar.

The smoke from Paul's smudge went first to the four grandmothers, who represented east (first because the rising sun), south, west, and north (last because of the place of the dead). Each of us pulled the smoke



towards our faces, and ritually cleansed ourselves from head to foot. AngloCatholic incense ritual and Paul's smudges heighten and do not replace Christian prayer.

As interesting as the smudge was, Paul's story of his life illustrates the complexities of the heritage of many First Nations' people.

*Oneida's Great Seal*

He was born in Saskatchewan of a Cree mother and Afrikaans father. He grew up in South Africa until he was ten. In 1946, with apartheid about to start in 1948, his mother sent him back to her family to finish growing up in northern Saskatchewan. He has lived most of his adult life among the Six Nations in southern Ontario, yet remains a Cree. Like coastal British Columbia, who is a member of a First Nation is defined by family and relationships, not by blood, or location, or faith, or wealth and position.



## THEOLOGIAN LEONARDO BOFF

Many of us have friends who belong to other Christian churches and in particular the Roman Catholic Church. With the recent changes being

proposed by the Pope, this article should prove of interest, but it is only accessed through the website. It is written by a visionary theologian Leonardo Boff, who left the Franciscan Order and priesthood after numerous attempts by church authorities to silence him. He continues to encourage those **seized by the movement, not the institution, begun by Jesus of Nazareth.** A notable distinction in itself. Here is the website:

<http://leonardoboff.worldpress.com/2011/08/13/encouragement> I hope you enjoy it! ~Nancy+

## Another Look at our Stewardship

In all of Jesus' teachings it is obvious that God wants a clear line of communication with us, one that is unencumbered by unnecessary possessions or excessive wealth that is not in the service of others. As we pray that God will help us strip down to what is enough for us to **abide** in God - no more, no less - let us also take the time to make an active review of our family finances - meaning all family members join in the conversation.

Our Parish Council also engages in a financial review to make sure our parish budget is the moral document that undergirds the public witness Holy Trinity gives.



## THOUGHTS TO PONDER

Taken from a book by Alex+ and Nancy+, published in 1982.

### The Gift of Conscience

What does it mean to be created in the image and likeness of God? It means to be able to know the truth and to make responsible decisions. God's gift which allows us to do this is the gift of conscience. Every time you and I knowingly choose to do the good, we are using God's gift as God intended it. The Scripture foundation for this thought is found in the book of Genesis 1:26 - 28.



Questions for reflection:

Week 1 - Do I think of myself as a "gift of conscience" from my God?

Week 2 - What kind of choices do I make daily? Do I consciously make most of my decisions?

Week 3 - When people look at me and my behavior do I think they have reason to think of God?

Week 4 - How have my thoughts and actions changed this month?

Week 5 - List the difference in my daily living since I started these meditations.

## Lily's 5th BIRTHDAY!



Holy Trinity's Best Blest, gather at A&W's for a planning lunch. Pictured L—R are Elizabeth Spalding, Miranda Welsh,

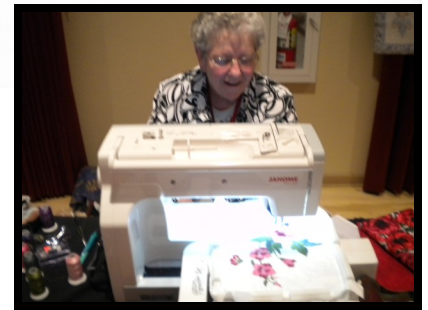
Maureen Downey (Christian Ed. Director), and in the background is Scott Spalding

See the listing, posted on the Bulletin Board, for this year's themes and activities!

## THE SOOKE

### FALL FAIR

Saw many entries from parishioners at Holy Trinity:



**Marie Lott**, pictured here is busy at work. She had winning entries with quilting, machine embroidery and appliqué. **Flo Tickner** took the Most Points in the Adult Baking as well as Adult Kitchen Craft categories. **Lily Hogarth-Wood** had the best scarecrow! (Yes, that's Lily pictured above!) **Victoria Sutherland** received first place for her painting.

**Elizabeth Spalding** (pictured above) & **Bernice Thompson** had entries as well.

**BAKERS & CRAFTERS ALERT!** Val Mills has informed us of the **All Sooke Arts & Crafts Christmas Show**, November 18—20. Holy Trinity has been given a table and we need to fill it with sale items for the three days!! This is a great fund-raiser as well as an opportunity to be better know in the Sooke Community. In what ever way you can contribute, e.g. staffing, baking and or crafting, it is welcome. See Val for details.

# Spiritual Development for All

## Part Six: The Spirituality of Worship.

Worship is a corporate event that brings people together:

- \* to honor God's presence
- \* to join voices and pray in song
- \* to pray for one another
- \* to hear words of encouragement, instruction, direction and absolution
- \* to draw near to God by remembering what Jesus said and did
- \* to seek glimpses of the eternal in the daily life of a Christian

Worship can take many forms. A healthy congregation, whatever form of worship it values, will take worship seriously and do it well.



As a spiritual discipline, worship invites the individual to enter into community.

### The heart of this discipline is participation:

- \* Being part of the worship event
- \* Helping others to worship effectively
- \* Receiving help from others
- \* Seeing in each other's faces a glimpse of God, and hearing in each other's voices the sound of God's voice.
- \* Entering into an attitude of obedience and self-sacrifice, in not needing to get one's way, but yielding to the needs of the body.

As important as worship is, a healthy congregation keeps worship in perspective. It is one activity among many, one spiritual discipline among many, one claim on clergy's time, one use of facilities, and one component of the congregation's budget.

When worship grows out of proportion, it tends to strangle other ministries. When congregations offer nothing but worship they then have no resources for calling on visitors and members, undertaking out-reach projects, teaching, and other activities that speak strongly to people's actual needs.



*"He will cover you with his feathers, and under his wings you will find refuge. His truth is your shield and armor."  
Psalm 91:4*

## PSALMS FOR PRAYING: An Invitation to Wholeness ~ Jan C. Merrill

Those who dwell in the shelter of Infinite Light, who abide in the wings of Infinite Love, Will raise their voices in praise: "My refuge and my strength; in You alone will I trust."

For You deliver me from the webs of fear, from all that separates and divides; You protect me as the bird shields its young, Your faithfulness is sure, like an arrow set upon the mark.

I will not fear the shadows of the night, nor the confusion that comes by day, Nor the dreams that awaken me from sleep, nor the daily changes that life brings.

Though a thousand may deride this radical trust, ten thousand laugh as I seek to do Your will, Yet will I surrender myself to You, abandoning myself into your Hands without reserve.

For you have sent your angels to watch over me, to guide me in all my ways. On their hands they will bear me up, lest I dash my foot against a stone.

Though I walk among those who roar like the lion, or are stealthy as the adder, in your strength will I be saved.

**"Because you cleave to Me in love, I will deliver you; I will protect you, who call upon my Name. When you call to Me, I will answer you; I will be with you in times of trouble, I will rescue you and reverence your life. All through the years, will I dwell in your heart, as Loving Companion Presence, forever."**

**Shirley Roodbol** contributed the following for your "Light Moment" of the day!



### **SHIRLEY AND MARCY**

A mother was concerned about her kindergarten son walking to school. He didn't want his mother to walk with him. She wanted to give him the feeling that he had some independence but yet know that he was safe. So she had an idea of how to handle it.

She asked a neighbour if she would please follow him to school in the mornings, staying at a distance, so he probably wouldn't notice her. She said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, the neighbour and her little girl set out following behind Timmy as he walked to school with another neighbour girl he knew. She did this for the whole week.

As the two walked and chatted, kicking stones and twigs, Timmy's little friend noticed the same lady was following them as she seemed to do every day all week.

Finally she said to Timmy, 'Have you noticed that lady following us to school all week? Do you know her?' Timmy nonchalantly replied, 'Yeah, I know who she is. The little girl said, 'Well, who is she?' 'That's just Shirley Goodnest,' Timmy replied, 'and her daughter Marcy ....' 'Shirley Goodnest? Who is she and why is she following us?'

'Well,' Timmy explained, 'every night my Mum makes me say the 23rd Psalm with my prayers, 'cuz she worries about me so much. And in the Psalm, it says, ' Shirley Goodnest (surely goodness) and Marcy (mercy) shall follow me all the days of my life', so I guess I'll just have to get used to it!'

*The Lord bless you and keep you; the Lord make His face shine upon you, and be gracious unto you; the Lord lift His countenance upon you, and give you peace.*

*May Shirley Goodnest and Marcy be with you today and always!*

~~~~~

Thanks, Shirley!

## **SPIRITUALLY GROUNDED CHANGE AGENTS**

How can we be change agents? First, we must keep our faith in our basic goodness. Second, we can express ourselves fully. Thirdly, we can reach out to others to help us along.

In that spirit consider taking these three steps toward becoming the change agent that you want to be and see.

### **Step 1: Recognize that we are always changing.**

We do change all the time: depending on where we put our attention, the company we keep, and our physical environment. Not surprisingly, the most effective tools to mold ourselves are spiritual practices. So take a close look at yourself; what are your strengths and weaknesses in relation to your spiritual life?

**Step 2: Recognize that we are not always the best judges of ourselves.** While each of us is living in his or her own highly personalized internal world, the notion of an independent self is also a myth. We need to check in with others in our community to see how we are perceived.

### **Step 3: Reach Out to Get Help and to Inspire Others.**

Imagine that you are going in for delicate brain surgery. You are frightened. How well the surgery goes will determine who you are going to be, and so you reach out to those close to you. You ask them to hold you and your well being in their thoughts and prayers – and they in turn feel honored by your request. While step three isn't brain surgery it can be a frightening step none the less. Be bold, take that step and reach out to your close community for their help in being your best in relation to these aspects of a spiritually grounded life. Your request will honor your group and will help you in becoming the great person you are called to become. Your bold step may empower your friends as well.

~ Nancy

## GROWING PARISHES AND ONES

**IN TRANSITION** *find it is helpful to stop and take an assessment of where they want to go, how to get there as well as how to live in the present. This article is in preparation for our Parish Visioning Meeting with Canon Marion Little on October 2nd.*

In Christian Ministry, and at Holy Trinity, we strive to hold ourselves accountable to this call:

We recognize that God made all creation, that we are a diverse people of God who bring special gifts and evidences of God's grace to the unity of our parish and to society. Above all, we are called to be faithful to the example of Jesus' ministry to all persons.

We value all of God's creation as good, and all of God's children as capable of bringing special gifts to our church and to society; we recognize special gifts among us can be gifts of engaged listening, careful feedback during disagreement, and suspension of judgment and retribution. The diverse people of God are indeed just that—diverse. We do not always agree. But if we heed this call to value all of God's creation, we show our world how to disagree in remarkable and loving ways.

Jesus shared a parable that speaks powerfully to our time. In the parable of the wheat and the weeds (Matthew 13:24-30), he shares a story about difference, discord and judgment that becomes a parable of grace. When asked if the weeds should not be culled from the wheat field, the householder claimed the responsibility to judge what would happen to the weeds when the harvest came. The householder did not dispute that there were weeds in the fields, but the judgment of which were weeds and what would happen to them was the householder's to make. The householder refuses to judge at the beginning. This is a story about rushing to judgment, and Jesus shares a caution based on our human nature to take action on assumptions that may or may not be true. When separation is graciously postponed, what is perceived as weed may be found to be wheat indeed! The reign of God as we know it now, as we experience it, as we try to be faithful within it, is not precise and neat and orderly.

This imprecision comes as a grace to us. First of all, it frees us from the building of walls that exclude and efforts

to have a "pure" community. Surely careful thought must be given to the articulation of Christian doctrine and the exposition of Christian behavior. But the grace of imprecision allows us to keep those who differ with us within the concern and the care of God. Secondly, strengthened and guided by the grace of God, we must make our own prayerful decisions about good and evil, about right and wrong as clearly as possible. But the ultimate judgment upon others and upon ourselves is not ours to make. Only God can make such judgments, and in due course this will be done. In the meantime, we must be more patient with one another. Because we do not have to sort out now who is and who is not within the reign of God, we can live with openness and freedom toward others. We must not separate ourselves from those who see things differently. This is a parable about grace and about being faithful in living it.

So how do we go about disagreeing? In every community, there will be conflict and differences of opinion, some quite strongly held. How we choose to disagree, more so than which position prevails, has a powerful impact on many audiences. As caring Christians, we carry responsibility for this impact whether or not we are aware of it. Here are some of the audiences that watch just how Christians disagree, argue, and debate together: our young people - youth and children who watch us as role models for their lives, our new members and the extended community of Sooke.

In the midst of engaged debate, our ability to listen to one another can weaken. True listening, hearing feelings and needs as well as ideas, can be enhanced when we can focus for a time on questions that help us discern one another's positions on matters of importance.

Remember that we are all called particularly to love those with whom we disagree. When we can find no other common ground, we can always count on the shared communion we experience at the Table of the Lord.

## LIFE...the Great Adventure!

Life would be a whole lot easier if God didn't make us such equal players in this adventure we call our lives. Some days, you just wish the Creator would make all the decisions for us, pre-program into our heads and hearts how we should think and act and what happens in our daily existence. That's especially true if we're going through a sad spell or challenging times.

But that's not how it works. We get to make the vast majority of choices, for better or worse. We get to look at our life as a glass half full or half empty. That's the deal. So it is with Thanksgiving, a secular, one-day celebration that symbolizes a quality that Christians should practice daily.



We have been blessed with this beautiful green and blue planet that has such an abundance of natural resources and staggering diversity of life forms, thanks be to God.



But then we get back to those pesky choices. How do we view the Bible's command that we be stewards of the Earth. Since we are (supposedly) the highest life form and created in God's image, do we have the right to take more than we need just because we have the power to do so? Or do we view our position as that of a sacred keeper of this garden, thinking not only of our own needs, but recognizing the intricate bonds that tie all life together. Doesn't the book of Genesis tell us, "God said let the earth bring forth living creatures: cattle and creeping things and wild animals of every kind ... and God saw that it was good." Who are we to exploit, to be foul, to mess up God's "good" work . . . but I'm off on a tangent.

We have the spectacular gift of love, family, companionship and friendship, thanks be to God. That's if we choose to accept and love our family and friends unconditionally, faults and all, as God loves us. And that opens us up to the gnawing pain of loss when someone you love passes away. My dad Richard died shortly before Gayle and I were married in 1993,

after which her dad Ray became a surrogate father figure to me for the last 18 years.

Ray died in August, and now I am without a father figure, something I have cherished even though I'm 58 years old. But my glass is half full, not half empty: I am lucky enough to have been mentored by two good, very different men. And for that I give thanks. As respected NHL coach Pat Burns is famous for saying in his final days of wrestling with terminal cancer, "don't be sad it's over, be happy that it happened."

Spiritual institutions such as Holy Trinity, and the Anglican Church in a broader context, face daunting challenges these days. Particularly in B.C., organized religion seems to be appealing to an ever-shrinking segment of the population, in a time when individualism and the secular pursuit of happiness are celebrated. Yes, I can worship God while walking Jake the dog along a sun-dappled path in Pike Road Park in East Sooke. But there is something just as special when I close my eyes during the Prayers of the People and hear a dozen different voices sharing a petition or a personal prayer that speaks to their heart. Worshiping with my 'spiritual family' at Holy Trinity gives me the strength of community.

And for that I am thankful.

Have a happy Thanksgiving, and remember to honour the turkey and the pumpkin, two of God's good creations.



**REJOICE IN THE LORD ALWAYS,  
AND AGAIN I SAY REJOICE!**

**Philippians 4:4**

**~ Graeme Morton**

## MARK YOUR CALENDAR

2 Holy Communion 10 am followed by Parish Visioning with Canon Marion Little from 11—1 during an extended Coffee hour.

5 Ladies Tea—3 pm

7 Vital Vittles Thanksgiving Dinner 11:30—1pm

8 Men's Breakfast @ Mom's Café 9:30 am

9 Bishop James' Annual Visit @ 10 am Holy Communion and Coffee Hour.

10 Thanksgiving Day—Office closed

16 Stewardship Sunday

18 Parish Council

19 Mothers' Union

26 Worship Committee—11 am; Women's Journey—11:45—1pm; Men's Lunch @ Mulligan's—Noon

### Look Ahead to NOVEMBER!

6 Remembrance Sunday (Daylight saving time ends!)

18—20 All Sooke Arts & Crafts Christmas Show @ Sooke Community Hall



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## CELEBRATIONS

### Birthdays

11 Richard Cousineau

21 Maureen Downey

24 Violet Cray

25 Marie Lott

27 Chrissy Ford

30 Shirley Roodbol



### Anniversaries

10 Pat and Don+ Lee;

Muriel and John Yates

21 Violet and Ray Cray;

Lucinda and Mike Welch

26 Helen and Ernie Bacon



**Ordination Anniversary**—Oct 24, Nancy+