

# SPIRITUS

## Lent: A Time to Take Stock

By Robert Gorham

We think of Lent as a time of preparing for Easter, but the origin of the season suggests a different emphasis. Although the season did develop as a time of preparation for Easter, it is also a time for new Christians to prepare for their first Easter celebration. In other words, Lent was a kind of boot camp or spring training for the main event that was to follow. Lent was a time to reflect and prepare for facing the challenges of daily living as a Christian. Lent was a time to prepare for life.

The model for Lent was the forty-day retreat in the wilderness that Jesus took before he began his public ministry. In the wilderness, Jesus faced temptation. In the wilderness, Jesus examined his own faith and his own life. In the Lenten wilderness, Jesus prepared himself for what was to come. He prepared for life.

During his wilderness retreat, Jesus engaged in some spiritual disciplines. He fasted. He prayed. He withdrew from daily obligations and engaged in deep soul searching. Jesus examined his life up to that point: where he had been, where he was now, and where he was going. He took stock of his life. And it is the “taking stock” of our lives which is the heart and soul of Lenten spiritual



disciplines for us. Lent invites us to a time of spiritual examination—to taking stock of our lives and, in particular, of our spiritual lives.

We go regularly for health checkups. Through the Internet we take stock of our social and economic lives on a daily basis. Should we not periodically devote a least a little time and energy to our SPIRITUAL lives as well?

Lent is a time to ask hard questions, to retreat, to withdraw, all for the purpose of pursuing personal and spiritual growth. To step back for the purpose of moving forward. To take stock for the purpose of achieving constructive change in our lives.

At the beginning of his ministry, Jesus retreated to prepare for the life ahead of him. To get ready for the challenges he expected. To prepare for the crises he could predict. To be ready for the suffering he anticipated. And so, for us, Lent is also a time to retreat, to prepare for the life ahead of us, the challenges we will face, the trails we will endure, and difficulties which await us.

Lent is a time to prepare ourselves for life and renew our relationship with our God.

✚ Robert Gorham is the Interim Associate Priest at Christ Church Deer Park.

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## Notes from the Music Library: Lent 2018

By Emily Chatten

John Stainer

I had a particular Lenten hymn stuck in my head and was prepared to write about it until I noticed that John Stainer’s “God So Loved the World” was on our Lenten music list at Christ Church Deer Park. Our director of music suggests that we are all rather lucky; had I not changed my mind, you would be reading about “40 Days and 40 Nights!”

I knew little about “God So Loved the World,” but less about its composer, John Stainer. Stainer lived through the height of the Victorian era (1840-1901), spending the majority of his time in London and Oxford. He did nothing by halves: at the age of 9, he was named a full chorister at St. Paul’s Cathedral, London, and, at the age of 32 in (1872), was named organist of St. Paul’s Cathedral. He was knighted by Queen Victoria in 1888. In March 1890, Sir John and Lady Stainer were on an extended vacation in Italy when he died unexpectedly.

During his career, Sir John Stainer wrote anthems, 150 hymn tunes (only a handful of which are used today), hymn harmonizations (including “The First Nowell”), service music, organ music, secular madrigals, and at least one other oratorio, which was his PhD project. (Continued at top of page 2)



## PromiseLand & Young Anglican Leaders (YAL) Report: Lent and Beyond!

By Hilary Keachie

The season of Lent is nearly upon us. But before we embark on this 40-day journey, I hope you will all join us for our festive and delicious Annual Pancake Supper. Following copious amounts of pancakes and sausages, all children and families are invited to a short and informal Eve-of-Ash-Wednesday family service. We will gather in the chancel to reflect on the meaning of the season of Lent, think about concrete ways we can mark this time, and burn palm crosses from last year to make ashes. It’s always a bit tricky to change gears from food and celebrations to quiet reflection, but this service provides an opportunity for our families, especially those who can’t make it to an Ash Wednesday liturgy, to mark the beginning of Lent in a meaningful way. The service will run from 6:30 to about 7:00 pm.

During Lent, the children of PromiseLand will be embarking on 40 days of generous living. Drawing inspiration from the Stewardship initiative “40 Acts,” we will talk about how simple acts of kindness and generosity can transform our society and world. The children will be invited to take home “Family Wall Charts” with daily challenges like writing encouraging sidewalk chalk messages, calling up a relative or friend you haven’t seen in a while, or baking cookies for your neighbour. Each Sunday, we will explore Biblical stories about generosity and do a group generosity project. It is a fun and meaningful way to mark this important season in our church year. Stay tuned! (Continued at top of page 2)



(Chatten continued) Without a doubt, what we remember Stainer for today is his oratorio, “The Crucifixion,” and in particular, its centrepiece celebrating John 3:16-17: “God So Loved the World.”

“The Crucifixion” is a meditation, a work of devotion in which Stainer drew on the traditional dramatized Holy Week plays that used chorales and hymns to bring the Passion to ordinary people. Stainer used a libretto by Rev. William Sparrow-Simpson. In reviews, the libretto was criticized as too evocative and the score as vulgar and theatrical. Vulgar may actually have been an association with the common people whom Stainer was trying to reach. “The Crucifixion” is commonly a tool of worship between church choirs and their congregations.

Of the hundreds of pieces of music that Stainer wrote during his life “The Crucifixion” and in particular “God so Loved the World” live on in the hearts of church choirs and congregations.

⊕ *Emily Chatten is a Christ Church Deer Park chorister who helps to maintain the parish music library.*

(Kachine continued)Our Lenten journey will culminate in Holy Week. On Palm Sunday, the children will be invited to enthusiastically wave palm branches as we process around the church (and maybe even outside?!) and then will lead us in a dramatic, re-telling of the Passion narrative. On Good Friday, all children, teens and families are invited to our Stations of the Cross walk around the church. We will visit the various stations as we remember Jesus’ final walk on the way to his crucifixion. We will hear the familiar story, sing meditative Taite music, and reflect upon what each step of the journey might mean for our own lives. Finally, we will celebrate Jesus’ victorious resurrection with music, treats, and a scavenger hunt on Easter Sunday. It is such a joyous day, and I look forward to celebrating it with the children and teens of Christ Church Deer Park!

This winter and spring we will also be offering confirmation preparation classes for teens. We will meet for eight weeks to explore our baptismal vows using a curriculum called “I will, with God’s Help.” We’ve used this curriculum before at Christ Church Deer Park, and what is particularly helpful about it is the way that it connects each of the six vows to real life, what they mean for us in this time and place. We will look at historical aspects of Christianity, the creeds, the Lord’s Prayer, and various Biblical stories, all through the lens of how they help us to follow Jesus and live Christian lives. We will also put our faith in action by working together as a confirmation class on an outreach initiative. In keeping with our tradition at Christ Church Deer Park, we would love to partner each of the confirmands with a mentor who would meet with the teen to offer guidance and encouragement, answer questions, and generally support the confirmand through this part of their faith journey. If you would consider taking on this important role, please speak to Hilary. Please also keep our confirmands in your prayers as they prepare and journey toward confirmation!

⊕ *Hilary Keachie is the Director of Children and Youth Ministries at Christ Church Deer Park. She is also a theology student at Trinity College.*

# The Poverty of Despair



By Wendy Finlay

As I live through a time of personal and professional uncertainty, it would be rather easy for me to fall face first into despair. Despair is dangerous, as it leads away from God and faith.

Prayer can soothe a parched faith, but despair, if left to grow, may become all-consuming and could well lead me down the road to desolation.

In June and July of 2017 when I lost my job, I thought that I would find another job with ease and continue down the path I was on, happy to work, but not paying attention to where I was headed. But things did not move as quickly as I had anticipated, and eventually I found myself despairing over my future, tempted to blame others for the results of my own actions. I had to draw myself up short and accept that I am responsible for my own health, finances, friendships, and salvation. Doing that required self-acceptance and truth.

What of Jesus? The path that God lay before him was challenging and fraught with danger. Surely, he was tempted to turn away from the path to Calvary, to insist upon a different way, a more palatable one. But he didn’t succumb to temptation; he carried on and in faith surrendered himself to the work that lay before him. I must do the same. This includes accepting my current situation and acknowledging that my own actions or lack thereof have contributed to my poverty of faith and finances.

Now Lent is upon us, and I am unemployed, savings depleted. Lent is traditionally a period when we make resolutions to improve our lives by giving up, say, smoking or chocolates. What if we were to use Lent as a journey toward a renewal of faith by freeing ourselves from expectations and by taking on the challenge of living with Faith, Hope and Charity no matter what our circumstances may be?

The past is gone. My current challenge is to have faith in Divine Providence and to replace despair and desolation with optimism. God offers us the gift of renewal. I will accept that gift and use Lent as a time of renewal and joyful anticipation.

⊕ *Wendy Finlay is a lay reader and chalice bearer at Christ Church Deer Park.*

# A Simple Question



By Ward Lindsey

The question was simple, direct, and seasonal. “So, what are you doing for Lent?” I was asked. My thoughts quickly went to the fact that I have been an Anglican from birth and the 40 days of Lent are not a foreign experience. However, the question of doing something can be a challenge or an opportunity at times. Just like when I retired a number of years ago and was asked, “So, what are you going to do with your time? You are aware that for some people retirement can be a difficult adjustment?”

For certain, retirement is an adjustment. For all of my life since kindergarten, at least, I was busy doing something that had been laid out in front of me. The years in school and university had me doing homework in all of its forms. My years in the business world had me doing everything that was outlined within my job description. To climb the career ladder, the reality of “doing” took on the tasks of further education, putting in overtime, and responding when travel was required. So, in retirement, what was I going to do? I had become a human doing. But, are we not referred to as human beings? Could I now in retirement make the decision to place life in a context of being? After all, it was Hamlet who asked, “To be, or not to be? That is the question.”

Perhaps I have learned that Lent is a stance of attitude and not doing. And for this year it will have expression in the be-attitude “Blessed are those who hunger and thirst after righteousness, for they will be filled.”

⊕ *Ward Lindsey is a parishioner and volunteer chorister at Christ Church Deer Park.*

# A Meditation on Love

by Edna Quammie

**I believe we are loved before we are born.** Our parents share their love of each other with us. We can inwardly know through their love for us that love means warmth, comfort, and belonging. The love is renewed through our baptism and with the vows made by our godparents. With this celebration, our godparents teach us to love one another and to accept that we are a child of God.

As we grow in our family and in our church community, we learn to share and express this love. We learn to love God through our parents. We learn acts of acceptance, kindness, compassion, and empathy towards others. We practise these duties and obligations, keeping in our hearts and minds that we, through God’s love, are children of God.

At this Lenten season, while we await the resurrection of Christ, it is a time to ask God to guide us into the happy and loving Easter season. Let us pray that we will all know to receive and give love with our whole hearts.

Not only is love all we need, it is what we need more of!

⊕ *Edna Quammie is a retired operating room nurse and a member of the Congregational Care Team at Christ Church Deer Park.*

# Meals on Wheels: Volunteer Opportunities

by Anne Larkin



**Christ Church Deer Park** has had a long-term relationship with Yorkminster Park Meals on Wheels, which celebrated its 50th year of operation in 2017. We are among the first churches to be involved and continue to have a number of parishioners who volunteer. Mary Chamberlain was the chair of the board for a number of years. This initiative now has over 200 clients and has delivered 32,000 meals to their doors within boundaries that run from Spadina Road (or, at one point, Bathurst) to Mount Pleasant Road and from Lawrence Avenue to Shaftesbury Avenue.

In conjunction with SPRINT Senior Care, Meals on Wheels delivers hot meals between 11:00 am and 12:30 pm, seven days a week. Meals consist of soup, an entree, and dessert, and they cover a wide array of special diets and diet preferences (renal, low salt, no pork, diabetic, low fat, puree, minced, for example). Frozen meals are delivered weekly and can be any combination of entree and soup or dessert, or just entrees.

Clients of all ages and capabilities are served, and their needs can be short (post hospitalization), long term, or occasional (certain days of the week).

Meals on Wheels volunteers provide regular client contact, ensuring a client's safety and a providing a security check—a "neighbourhood watch" program, in effect. Sometimes the volunteer is the only person a client may see or talk to in any one day. Volunteers can also put clients in contact with other social services that allow them to stay healthy and independent in their own homes.

If you are interested in Yorkminster Park Meals on Wheels or know someone who is, please visit their website [ypmealsonwheels.com](http://ypmealsonwheels.com) or call 416-482-0549.

⊕ *Anne Larkin is a long-time member of Christ Church Deer Park who serves others in a variety of caring ministries, inside and outside of the parish. She is on the board of Yorkminster Park Meals on Wheels.*

## A Canadian in America



by Tony van Straubensee

**I like most Americans**, most of the time. And I believe they like us, most of the time. Their service in stores and restaurants is far superior to ours, but sometimes it is over the top.

When one goes into a restaurant, invariably the server says "My name is, whatever, and I will be looking after you tonight." So, before they get a chance, I say to them, "Hello, my name is Tony and this is Mary and you are serving us tonight." They laugh.

We are careful with what we say about their politics, but sometimes my big mouth can't resist. The other day a man said, "How do you like living in a socialist country?"

"To what are you referring?" I asked.

"Your medical system—it covers everyone—must cost you a fortune in taxes."

I told him my medical history and how fortunate I was to be treated efficiently and quickly. And then I asked, "On Sundays when I drive around here in Sarasota, your churches are packed. Do you go?"

"Of course," he replied.

"What do you do in there? Do you pray?"

"Of course," he replied.

"Do you pray for the 23 million people who don't have health care?"

That ended the conversation.

On the subject of immigration, I tell them what a multicultural city Toronto is and how we think it is healthy and good. "You might be the only white person on a subway car," I say.

"Really?" is the reply that I usually get. "What is it, Afghanistan North?"

I sat beside a very pleasant lady the other night at dinner. When I told her I was from Toronto, she said "Oh, you are a Canadian. My cousin married a man up there—they live in Winnipeg—maybe you know them!" So as not to be rude, I said that the name sounded familiar.

"Does it always snow up there?"

"Well, it is a lot like Alaska—ask Sarah Palin."

But I love them anyway.

⊕ *Tony van Straubensee is a long-time parishioner of Christ Church Deer Park and a regular contributor to Spiritus.*

# I See Things Differently Now...



by Jayne Miles Simpson

Some months ago, in preparation for hockey season, I learned that my son Hunter needed new skates; he had outgrown his size 12 ones. When his father presented a TOO-large pair from his basement, I informed him that new skates were needed, but he refused to contribute to Hunter's hockey. He replied that this was a sport that I had chosen, so I must be the one to pay.

I could not afford new skates any more than I had been able to afford Hunter's existing ones so, I ran an advertisement on both Kijiji and Craigslist:

*Wanted.  
My son has grown out of his Hockey skates.  
We need a pair of Size one skates for a nine year old  
by this Saturday. I will pay \$20.*

Later that afternoon, I got an email from a person who said they had a pair of size one skates, as well as a size two pair, if the size ones didn't fit. Fabulous! I confirmed that the cost would be \$20, but he said no, they would be free. Then he volunteered to bring them to Eglinton and Avenue Rd. right away. That worried me; on the Craigslist posting I had given the major intersection where we live, but the owner of the skates was in Scarborough, quite a distance by TTC. So, instead of an immediate encounter—for my own peace of mind and safety—we agreed to meet the following day at a Tim Hortons closer to where he lived.

Upon arrival, I saw a pair of skates on a table in front of a fairly large man who was about my age. As we had a coffee and visited, he began to tell me about himself. His name was David. He had played hockey as a boy, and his single mother had found hockey to be expensive, too. He had been a goalie, so the expense was even more prohibitive. He told me that whenever he has some money, he looks at the "want" part of Craigslist, and, if he can, he buys the things that people need. Hearing this, I asked David to take my \$20 and put it towards the next purchase that he would choose to make. This pleased him.

David told me that when my advertisement appeared on Craigslist, he thought of his own mother and immediately went to a swap shop at Victoria Park and Eglinton. They had the skates there, so he bought them and emailed me. He had been feeling very down, but when he bought the skates for Hunter, it felt like Christmas, and that made him feel so good.

We talked a long time, and I learned that David had done some studies in religion. He is an Anglican and likes the higher services at church. Sometimes, he goes to the Cathedral in downtown Toronto, but he has difficulty waking in the morning because he is bi-polar and his evening medication keeps him sleeping through early services.

What a conversation David and I had!

Later, I described my encounter at Tim Hortons to my family and shared this insight: When I was "Mrs. Miles," I never had the opportunity to meet people like David. My privilege meant that I did not have to ASK anything, from anyone. Now that my material circumstances are different, I periodically have encounters like the one I had with David, encounters that open my eyes and benefit me in unanticipated ways. And when that happens, I always walk away saying, "Thank you, God."

⊕ *Jayne Miles Simpson is a parishioner at Christ Church Deer Park.*



# Lent: A Journey of the Mind

by Genevieve Chornenki

This Lent, as part of the stocktaking that Robert Gorham encourages us to do, I'm planning to withdraw a little from daily life each morning to engage in a Lenten discipline. But it won't involve austerity or self-denial. Instead, I plan to indulge myself. I intend to wallow in a series of writings that explore alternatives to conventional, petitionary prayer. My focus will be non-petitionary prayer, prayer that does not involve asking a personalized Deity to do something—bring world peace, end drought, get me a publishing internship, or make the Anglican Communion get along.

The notion for my 2018 Lenten practice germinated last fall. I was reading *Mysticism: A Study and an Anthology* while on a walking holiday in Portugal and Spain. On page 220 there was a reference to the Jesus Prayer—"Lord Jesus Christ, son of God, have mercy on me, a sinner." I was familiar with that prayer; Anglican author Madeleine L'Engle used it to comfort herself en route to the hospital in an ambulance after a car accident. But the author of my book, F.C. Happold, took the prayer somewhere else. He wrote that while the Jesus prayer looks like "an ordinary petitionary prayer," it is really a mantra. And he defined a mantra as "a microcosm of some eternal reality which one wishes to contemplate, a peg on which to hang one's most profound inner experience, a means of awakening dormant forces in the soul." Lest the reader interpret that as mere navel-gazing, Happold maintained that the real objective of such a prayer is "to change the one who prays." Change the one who prays? Not invoke a higher power? Now that was intriguing.

I confess to harbouring reservations about petitionary prayer. I wonder, particularly during the Prayers of the People, whether by defaulting to that type of prayer we aren't unwittingly letting ourselves off the hook and excusing ourselves from taking responsibility and concrete action in the world. Does petitionary prayer promote passivity? I'm reminded of when my father suffered a debilitating stroke. "Oh, Genevieve," one of my siblings said. "I'm praying that if God won't make him well, he'll take him soon." My perspective was that rather than being down on our knees, praying for our father's demise, we should have been actively advocating for his welfare at the nursing home and visiting him on a regular basis, even if that were inconvenient.

Writer Thich Nhat Hanh captures my reservations in this anecdote. Two Buddhist nuns from his retreat centre spent some time at a Catholic convent in France. When they returned, the nuns expressed envy at the Catholic sisters. "The sisters in the convent are able to hand over all responsibility to Christ," they said. "They entrust everything to Him. They don't need to do anything. It's a very attractive way of living! In Buddhism we have to do everything...to take our destiny into our own hands and sometimes it makes us feel so tired!"

So, in anticipation of Lent, I've been hoarding a small stack of reference books on prayer—*The Journey Inwards* by F.C. Happold, *The Energy of Prayer* by Thich Nhat Hanh, *Help, Thanks, Wow* by Anne Lamott, and *Contemplative Prayer* by Thomas Merton. I hope to dedicate time each day to exploring these works, without any specific destination in mind.

The journey that I will embark on does not have a road map, will not include companions, and certainly won't involve any form of extroverted, explicit evangelism. It will be private and personal, my way of taking stock for the purpose of achieving constructive change.

☪ Genevieve Chornenki is the editor of Spiritus.



## "GREAT DAY!"

Sunday, January 28, 2017, was a "Great Day" indeed as a full church sang the wonderful and relevant song in welcoming the Rev. Canon Cheryl C. Palmer as incumbent of Christ Church Deer Park. Two former parish rectors helped celebrate with The Right Rev. Kevin Robertson presiding, and The Rev. Canon Dr. Timothy Elliott preaching. Cheryl was resplendent in her multi-coloured cope that was a parting gift to her from Christ Church Deer Park in 1996, after five years as our honorary assistant. A cocktail reception followed in Elliott Hall with the youth of the parish serving guests.

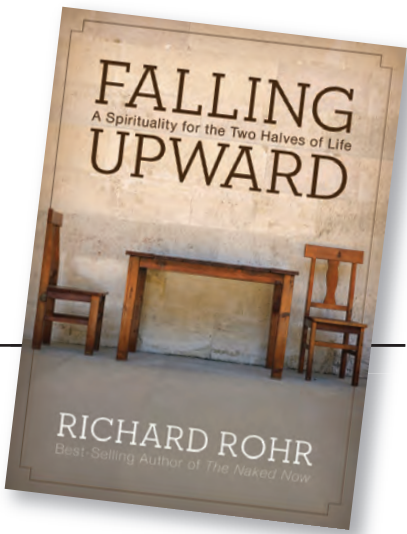




# Book Review

by Ward Lindsey

*FALLING UPWARD*  
*A Spirituality for the Two Halves of Life*  
by Richard Rohr  
(Jossey-Bass publisher 2011)



“Are we there yet?” is a question that a youngster will often ask during a journey. An explanation of the journey status usually ensues. Richard Rohr in his book *Falling Upward* sets out to bring to our attention the expression of personal spirituality within a journey comprised of two halves of life. In the second half, “heaven/union/love now emerge from within us, much more than from a mere belief system, or any belonging system, which largely remains on the outside of the self.” To reach this point, however, one must go through the first half of life that sees us stumbling in “the tragic sense of life.” Rohr is clear in his belief that “what looks like falling can largely be experienced as falling upward and onward into a broader deeper world, where the soul has found its fullness.”

Rohr is quick to point out that what he is saying is counterintuitive. For this reason, clarity of thought is his goal so that one will be able to draw their own conclusion. For me, he reaches a point where his words resonate with reality, leaving one to reflect that their personal experiences and thoughts are not so oblique after all.

So much of the journey through the two halves of life is grounded in the amount of life that one has experienced. Richard Rohr wrote *Falling Upward* during his 70th year, and that lends validity to his thoughts. His depth of life is aided by the fact that he is a Roman Catholic Franciscan priest who does not shy away from discussing “the habitual and familiar (that) are so falsely reassuring.” He stands by and develops his reasoning not only through Biblical references but also by drawing a thread from myths, philosophers, and poets. Chapter by chapter there are gems of insight that touch not only on the individual but also the church and politics in the 21st century.

In *Falling Upward*, Richard Rohr succeeds in communicating the need to be aware of the two halves of life. For him, within the gospel “the falling became the standing.” His journey status is one of passionate spirituality.

⊕ Ward Lindsey is a parishioner and volunteer chorister at Christ Church Deer Park. He is also an avid reader with a wide-ranging curiosity about human beings and how they make sense of the world.

# Finding Joy in the Observance of Lent

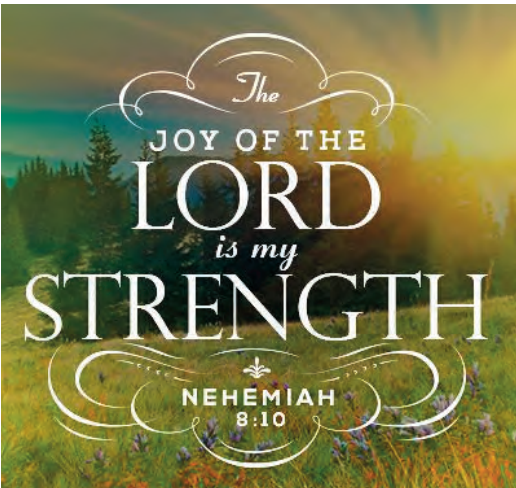
by Elsa A. Jones

**As we begin the Lenten season,** we each take on a more sombre attitude in our daily lives. During this time, we are called to pray more, to fast, to give up or take on something, and to be more helpful. But Lent can and should be a joyful time in our Christian walk; it is a time of growth and renewal.

In the Caribbean where I grew up, Lent was our journey to and in anticipation of Good Friday. Our service on that day was three hours long, but we were rewarded with our favourite snack—slices of hot cross buns and cheese. Later in the evening, we enjoyed our supper, which was a delicious meal of fried fish, complemented with a special type of bread. My siblings and I looked forward to these goodies, and we were always so happy to feast on them. These customs from my upbringing live with me, as I still practise them in my home here in Canada.

One of the joys of the season of Lent is the opportunity to remember God's gifts to us. We normally see Lent as a sad time, but it is meant to be joyful as we look forward to a fresh start in our faith journey. Experiencing joy in Lent is a gift that each of us can enjoy.

Lent is a time of change and spiritual renewal that is both healing and life changing. It is a time of transformation so that something new can come forth in our lives. This transformation is so awesome. The joy of this season is that it leads us to the Resurrection and the great celebration of Easter with the opportunity to review and renew our own Baptismal vows.



During Lent we are more focused as we grow in our faith, and through daily prayers we are drawn closer to God as we experience His generous, unconditional love and His forgiveness. As we go through this time of the year, the journey, although serious in nature, is not meant to make us feel guilty; it is meant to strengthen our hearts as we prepare to receive God's Holy Spirit. Oh, what a joyful experience this is!

May you experience a Joyful Lent!

⊕ Elsa A. Jones is a member of the team that writes and reads the Prayers of the People for the 10 am Sunday Eucharist at Christ Church Deer Park. She also serves as lay reader at the 8 am Sunday service.

## Editor's Choice

*The Last Girl: My Story of Captivity, and My Fight Against the Islamic State*  
Nadia Murad with Jenna Krajeski  
(Tim Duggan Books, November 2017)

**The memoir of Nadia Murai**, a young Yazidi woman brought up in Kocho in Northern Iraq. In 2014, Islamic State militants besieged her village, rounding up younger women such as her and selling them into sexual slavery. After being sold and re-sold, Murai finally escapes with the help of sympathetic Sunni family and finds her way back to her remaining family members. A book filled with tension as the author chronicles the indignities that she suffered and her frightening trip back to freedom.



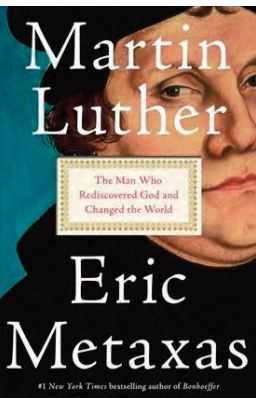
*Heirs to Forgotten Kingdoms: Journeys Into The Disappearing Religions of the Middle East*  
Gerard Russell  
(Basic Books, October 2014)

**A primer and useful companion to *The Last Girl*** for those who want to know more about the Yazidis and other religious groups with perilous futures in the Middle East. Many of the religions explored predate Christianity, and some of them were among Christianity's early competitors. The author, who speaks fluent Arabic and Dari, was a diplomat for 15 years, serving both the United Nations and the British Foreign Office. Much of his work is based on his extensive travels.



*Martin Luther: The Man Who Rediscovered God and Changed the World*  
Eric Metaxas  
(Penguin, October 2017)

**A lengthy but readable biography** of the brilliant and uncompromising Martin Luther who could easily outdo Donald Trump for invective. (Luther called King Henry VIII the “king of liars” and “a livid whore on the streets.”) This book follows Luther's transition from devout Augustinian monk and ordained priest to the husband of a former nun and the father of several children. The author documents the evolution of the Reformation, only some of which can be attributed to Luther's forceful personality. Be prepared for surprising, intimate details about Luther, including observations about his digestive troubles and the consummation of his marriage.







ASH WEDNESDAY SERVICES

**TUESDAY, FEBRUARY 13**  
**6:30 pm** – Eve of Ash Wednesday – a family-focussed service with music and the imposition of ashes, preceded by our parish Pancake Supper.

**WEDNESDAY, FEBRUARY 14**  
**7:30 am** – Said Eucharist & imposition of ashes  
**12:00 pm** – Said Eucharist & imposition of ashes  
**6:00 pm** – Said Eucharist & imposition of ashes

LENTEN SERVICES

**SUNDAY, FEBRUARY 18 / LENT 1**  
**8:00 am** – Said Eucharist  
**10:00 am** – Sung Eucharist with the Great Litany

**SUNDAY, FEBRUARY 25 / LENT 2**  
**8:00 am** – Said Eucharist  
**10:00 am** – Sung Eucharist

**SUNDAY, MARCH 4 / LENT 3**  
**8:00 am** – Said Eucharist  
**10:00 am** – Sung Eucharist

**SUNDAY, MARCH 11 / LENT 4**  
**8:00 am** – Said Eucharist  
**10:00 am** – Sung Eucharist

**SUNDAY, MARCH 18 / LENT 5**  
**8:00 am** – Said Eucharist  
**10:00 am** – Sung Eucharist

HOLY WEEK & EASTER

**MARCH 25 / PALM SUNDAY**  
**8:00 am** – Holy Eucharist & Blessing of Palms  
**10:00 am** – Sung Eucharist & Palm Procession

**MARCH 27 / HOLY TUESDAY**  
**7:00 pm** – Devotional Service at Calvin Presbyterian Church/Deer Park United

**MARCH 28 / HOLY WEDNESDAY**  
**7:30 am** – Holy Eucharist  
**7:00 pm** – Devotional Service at Yorkminster Park Baptist Church

**MARCH 29 / MAUNDY THURSDAY**  
**7:00 pm** – Liturgy of Foot-Washing, Holy Communion and Cleansing of the Altar in the Sanctuary  
**8:30 pm** – Gethsemane Watch (Silent Vigil in the Chapel)

**MARCH 30 / GOOD FRIDAY**  
**9:00 am** – Stations of the Cross for Youth & Families  
**11:00 am** – Solemn Liturgy of Good Friday  
**12:50 pm** – Good Friday Walk with Churches-on-the-Hill  
**7:00 pm** – Church on Tap

**MARCH 31 / HOLY SATURDAY**  
**8:00 pm** – Great Vigil of Easter & Lighting of the New Fire (Followed by a Resurrection Party)

**APRIL 1 / EASTER SUNDAY**  
**8:00 am** – Holy Eucharist with Easter Hymns  
**10:00 am** – Sung Eucharist with Children’s Programs

Dear Church Mouse



Dear Church Mouse,

I have been a contributing and active member of the parish for many years and would really like to take on a senior leadership role. In particular, I feel a call to serve on management team. I believe it would benefit from my gifts. But I’m not very good at self-promotion, and I don’t know how to get the attention of those who count. No one has ever approached me, and getting nominated from the floor at Vestry is intimidating. Can’t we break with tradition and have a general call for nominations?

Good and Faithful Servant

Good and Faithful Servant!

You’re out there burning up to serve as a churchwarden and nobody knows?

Well, here’s what this mouse thinks. First, ditch the self-effacing attitude; it’s just the sin of pride turned inside out. Second, take a pencil and write down what you have to offer. Make a case for yourself. Third, let people know—the Incumbent, other clergy, management team members, and anyone else that you think is influential. If need be, enlist another parishioner to talk you up among the current leadership. And last but not least, don’t roll over and play dead too quickly. If you nobody takes you up on your offer, insist on concrete feedback, not generalities, so you can figure out how to increase your leadership chances in the future.

Dear Church Mouse,

Who are you?

Curious

Dear Curious,

Curiosity kills the cat—a necessary condition for my continued survival. Not a very satisfying answer for you. Sorry.

# WANTED RUNNING SHOES FOR COVENANT HOUSE



Covenant House, located in downtown Toronto, has a new program which allows kids staying there to work out at the gym nearby. Trouble is, they don’t have suitable clothing or shoes to exercise in. **They need our help! If you have anything at home – shorts, shirts, hoodies and running shoes (men’s or women’s) sizes 9 up...please drop them off at our Parish Office to Jayne Miles Simpson’s attention. Thank you!**



Editor: Genevieve A. Chornenki  
Creative Design: Henry Zaluski

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Christ Church Deer Park  
1570 Yonge Street Toronto ON M4T 1Z8  
416.920.5211 [TheresLifeHere.org](http://TheresLifeHere.org)