

# SPIRITUS

## The Case for Bible Study



By Andrew Harding

Suppose that the Scriptures really do have something fresh to tell us about our lives and the part we have to play in our world. Suppose that the Scriptures can help us rediscover that we need each other, not only to become mature Christians, but to live out our vocations more fully and be faithful to our mission. In other words, what if instead of reading them, we let the Scriptures read *us*?

With these thoughts in mind, I want to pick up from where the recent Alpha course at Christ Church Deer Park left off. Around forty people met for six Tuesday evenings (and one Saturday) to share a meal and discuss core themes such as the Christian story, the authority of the Bible, prayer, the character of faith, salvation, and the Church. And now that the program is over, many participants want small groups to be a regular part of parish life. Currently at our parish, we have many fine groups, programs and community services, but no regular group where we study the Bible and speak mind to mind and heart to heart with each other.

Do we need another group and, specifically, one where we study Scripture together? Willow Creek Church, one of the large U.S. churches seen by some as a model of church growth, found a surprising fact about itself from a large survey. Members who

attended the many programs and services on offer were much more likely to report feeling unsure or stuck in their faith than members who had a rich prayer and Bible study life.

And yet, a note of caution. I know that study groups can be used to enforce conformity, to define and defend a particular policy or doctrine within the Church. There is also the opposite problem of reading the Bible in isolation from the communal practices of Christian formation—prayer, sacramental worship and faithful witness. The Bible, after all, is the Church’s book and our baptismal lives are rooted in forgiveness. Groups can also become comfortable where everyone agrees, and that’s that.

Healthy groups would recognize that they exist for the sake of the Gospel. They would do their part to create and renew a healthy church. At Christ Church Deer Park, that should mean reading Scripture in connection with the regular worship, practices, and ministries of the Church, because these are interrelated. How we understand the presence of Christ in the sacraments should shape our understanding of being together with other members. The way we pray and worship should shape our understanding of work, our use of money, marriage or singleness, and our sense of being good citizens. Exploring these connections through Bible study would not, I think, make for a dull evening.

Is it too idealistic to say we should study and grow together and build up the Church in the service of the Gospel? As a minority with a mission in the world today, we need all the help we can give each other to sustain a mission-shaped faith that is rooted in our immediate community.

✚ Andrew Harding and his family joined Christ Church Deer Park in 2019. He recently participated in the Alpha programme offered at our parish.

References:  
Samuel Wells ‘Learning to read again’, in *Learning to Dream Again*; Canterbury Press, 2013  
Stanley Hauerwas: <https://www.plough.com/en/topics/community/church-community/why-community-is-dangerous>  
<https://www.churchtimes.co.uk/articles/2008/28-november/news/uk/to-pull-together-we-must-study-together>  
George Sumner ‘Everyone seasoned with Fire, Every Sacrifice with Salt’: at <http://www.saintmargarets.ca/recorded-lectures>

### INSIDE

<i>The Case for Bible Study</i>	1
<i>New Worship Service</i>	1
<i>A Pilgrim’s Petition: Coincidence or Confirmation?</i>	2
<i>Yikes! Group Leader!</i>	2
<i>As God has Taught Us...</i>	3
<i>Memo to self: Prepare a CD review for Spiritus</i>	3
<i>Christ Church Deer Park day trip to St. Jacobs, October 2019</i>	3
<i>The Curious of Meeting of Dieterich Buxtehude and J.S. Bach</i>	4
<i>Volunteer Spotlight: Edna Quammie</i>	4
<i>Editor’s Choice</i>	5
<i>More Wellness that Works: Advent Treats</i>	5
<i>Dear Church Mouse</i>	5

## New Worship Service



By Cheryl Palmer and Molly Finlay

**God is always creating something new!** Change is in the very essence of our God, and so, it is not surprising that the Spirit has led us to making a major change in our worship life at Christ Church Deer Park. In our visioning/strategic exercise earlier this year, there was a clear and committed desire to start a third Sunday morning liturgy. A new and easily accessible Sunday morning liturgy was asked for in the Visioning Process, and it will be coming to fruition very soon.

The visioning process showed demographic evidence of a large number of people in our neighbourhood between the ages of 30 and 50. We see few of those people at Christ Church Deer Park, though many have had childhood/teenage engagement with the church. The new service, beginning January 19, 2020, at 9:15 am, is a response to the Spirit’s call to attract and invite more people

with the transformational love of Jesus... specifically those who live near us but have fallen away from going to church.

The new service will have an informal and relaxed feel and will be shorter—45 minutes in length—with great new music, a homily, Eucharist, and a vibrant Children’s Ministry. We are particularly excited about the musicians, drawn from the congregation, who will be leading the music ministry of this new service. This promises to be a service that all ages, including our youth, will enjoy. And of course, we will have a time of fellowship following the service.

How will this all fit together? Do we have enough people for three Sunday morning liturgies? Where will it be held? How will a third service affect our present services? There are a lot of questions surrounding the new service, and there will be kinks to iron out,

but some of you may recall that in the not-too-distant-past, Christ Church Deer Park had three Sunday morning services. This is not our first effort at figuring out busy Sunday mornings. The joy of three liturgies is the ability to cover both traditional and contemporary forms of worship, thus providing a range of expressions of our praise. With a said eucharistic service (no music) at 8:00 am, a service of congregational praise with Eucharist at 9:15 am (with piano and guitar), and a choral Eucharist at 10:30 am (with choir, classical hymns and anthems), our faithful community of worshippers will have a wide choice of services to attend. At 9:15 and 10:30 we will continue to offer children’s programming. So, mark your calendars and join in the excitement of a new creation!

**New times: Choose one. Attend a different one each Sunday, until you settle. Do not settle. Bring a friend!**

**8:00 am**

**9:15 am**

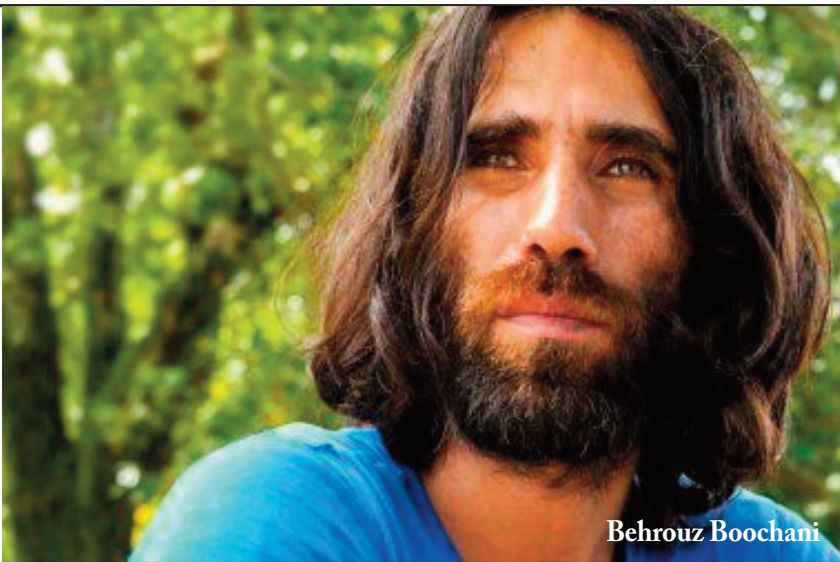
**10:30 am**

✚ Cheryl Palmer is the Incumbent at Christ Church Deer Park, and Molly Finlay is the Associate Priest.



# A Pilgrim’s Petition: Coincidence or Confirmation?

By Genevieve Chornenki



Behrouz Boochani

This past September, I—a dubious Christian in more ways than one—walked on the Way of St. Francis. A one-hundred-and-eighty kilometre trek through the Umbrian countryside, much of it on dry, cracked mountain trails that ascended and descended without mercy.

Shortly before starting out, I finished reading Behrouz Boochani’s *No Friend But the Mountains* and was aghast at Australia’s inhumanity towards asylum seekers. Behrouz had been imprisoned on a remote Pacific island without charges or trial, with inadequate food and inferior medical and dental care for over six years. I was indignant on his behalf. How, I asked, could a supposedly benevolent deity countenance renewed concentration camps?

In the first church on my walk, I lit a candle for Behrouz. A statue of the Madonna stood beside the candles, her head turned to the right, her gaze off in the distance. “Look me in the eye,” I challenged her. “Get Behrouz off Manus Island. Now.”

Just outside Assisi’s cathedral, a small cavern contained a table with pens and paper and a box for written petitions to St. Clare, the female counterpart of St. Francis. When my turn came, I wrote a polite petition. “Santa Clara. Please. Get Behrouz off Manus Island.”

The climb out of Assisi was steep and challenging, the slope strewn with cobbles and scree. Behrouz became a dusty pink stone that I slipped into the back pocket of my jeans. We were pilgrims together, I by choice, he by circumstance. The ascent was arduous and I distracted myself with a mantra, *Behrouz Boochani off Manus, Behrouz Boochani off Manus...* Two hours later when I arrived at the top, I could barely puff out his first name. Still, I continued my petition at the hermitage where St. Francis used to contemplate.

On the rural parts of my trek I found small stone chapels, privately owned, locked and inaccessible. When I finally saw one with an open grate on the windows, I scrawled a note on a paper napkin and shoved it past the metal bars. “Behrouz Boochani. Asylum seeker jailed by Australia. Remember.” I used big capital letters and added a row of exclamation marks. Only later did I realize that I misspelled his name.

Churches big and small peppered my route. Wayside shrines. Crosses. Occasional inukshuks. At each location I marked my intention with a candle, a note, a stone, a command. I stood before a statue of St. Anthony bearing the words “Si quaeris.” *Yeah, I’m asking*, I muttered. *Who’s listening?*

When I finally returned to Toronto, I turned on my computer for the first time in two weeks. Any news about Behrouz? Still on Manus Island. And Operation #NotForgotten, a campaign to raise \$3 million dollars to bring refugees like him from Manus and Nauru to Canada? It had yet to reach \$10,000. How disappointing. I added Behrouz’s name to the prayer list at the back of the church, but listened with cynicism to a sermon about red, green, and orange lights in response to petitionary prayer.

Still nothing.

On the morning of Thursday, November 14, 2019, I picked up my wrist watch and started to strap it on. “That’s curious,” I said. The watch stopped running shortly after 2 am. “Must need a new battery.” I reset the time and hurried off to an early morning appointment. For the balance of the day, the watch worked normally, and around 7 pm I was surprised and delighted to learn that Behrouz was a free man. The government of New Zealand had given him a visitor’s visa to attend a literary festival in Christchurch, and he told the media that he did not intend to return to Manus, ever.

I rarely pay attention to social media, but something prompted me to check out Behrouz on Twitter. I saw that upon arrival in New Zealand, he had tweeted, “I just arrived...So exciting to get freedom after more than six years.”

Then I looked at the time of his tweet: 2:02 am – 14 Nov 2019. That was Toronto time.

⊕ Genevieve Chornenki is the volunteer editor of Spiritus.



# Yikes! Group Leader!

By Tony van Straubensee

Alpha

**My wife, Mary, and I were persuaded** to go to the Alpha program which has just concluded after seven weeks.

I was horrified to find myself appointed a group leader, and I took it on with trepidation. Mary nervously joined a different group. (There were five groups.)

After all, I am an amateur Christian at best and in no position to be considered an authority on Christianity. It could be embarrassing. But it wasn’t. And it was a perfect opportunity to learn more about my faith. I have always had trouble explaining why I am a Christian—time to learn.

In fact, Alpha is a gentle program which begins with a wonderful dinner provided by Danylo Dzwonyk, followed by excellent videos and plenty of questions to talk about.

We could be ourselves, show ignorance without embarrassment, learn from each other, and not be threatened or concerned about our thoughts.

My group was made up of seven delightful people, and we got to know each other which was a huge bonus. Mary loved her group as well and adored her leader, Jan d’Angelo.

Here are some random comments and questions to give you a flavour of our discussions:

- Jesus is the Lens.
- My favourite bible story is...
- What do you think of sports stars looking up and blowing a kiss after a home run or goal?
- Do you think the Lord is trying to speak to you?
- I feel hugged by God.
- God won’t intervene in Climate Change.
- We have to open the door to let Jesus in.
- Hard to figure out why Jesus died for us.
- What makes you happy?
- Soft heart, hard feet.

Don’t ask me what this all meant. Rather, join Alpha the next time it comes here. You’ll enjoy it, and there are some good laughs in the group session. But there are plenty of serious subjects and thoughts. I learned a great deal.

Our clergy, Cheryl, Molly, and Cathy did a terrific job in pulling this off!

We concluded with the understanding that Christ Church Deer Park is our family where we have friends, and it is our home with lots of love. You bet!

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



# GROWING HEALTHY STEWARDS

TIME, TALENT & TREASURE TO CCDP

**As God has  
Taught Us...**  
Each of you,  
with as much  
as you can, give  
in proportion  
to the blessings  
which the  
Lord God  
has bestowed  
on you.

- Deuteronomy 16:17

The Stewardship committee is asking you to ponder this excerpt from Deuteronomy and to consider that "joyful giving" involves the following key principles.

- **It must be a gift,**
- **It is planned,**
- **It is proportionate,**
- **It is a sacrifice, and**
- **It comes from our substance, not our excess.**

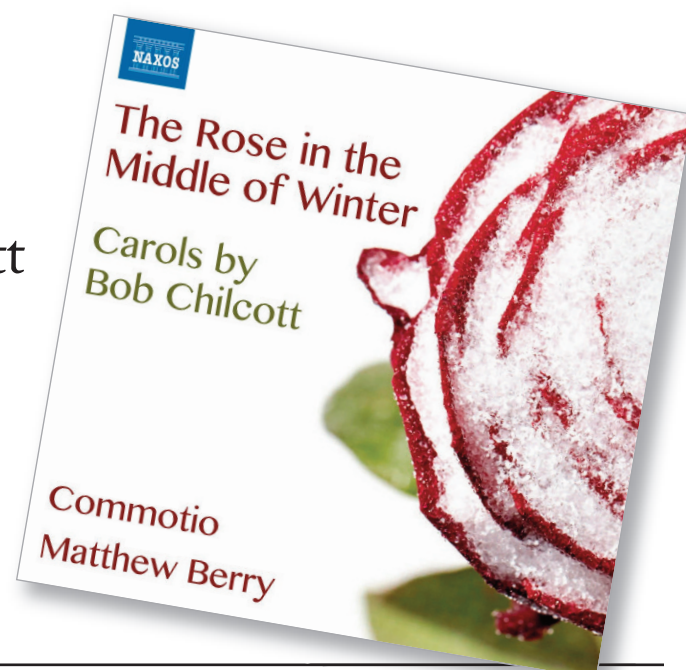
As we've recently marked Commitment Sunday, taking some time out of our busy lives to think about what Christ Church Deer Park means to us and also what the activities we support there mean to us, as part of our faith and life with Christ, is an important part of our personal ministries. Each of us will come to our own decision and it will be the right one for us. We only ask that, in the process, you take the time to think and pray about what your personal commitment will be for the coming year.

Please use the gift form mailed to you in the recent Commitment Sunday package to make your giving commitment.

Thank you in advance for your prayerful consideration. We know your gift commitments will be heartfelt and generous, whether made at year-end or as your ongoing contribution in 2020 and, regardless of when you plan to give, please, if you will, send in your gift form to help our Management Team plan for the upcoming year.

Thank you!

**November 4, 2019**  
**Memo to self:**  
**Prepare a CD review**  
**for *Spiritus***  
*The Rose in*  
*the Middle Of Winter*  
**Carols by Bob Chilcott**  
Naxos (2013)



by Ward Lindsey

- These are reflections on the sacred music program presented over several Sundays by Rev. Cathy Gibbs where we discussed Christmas carols on the Sunday after All Saints Day.
- Discussion out of season? Reminds me of Christmas carols being played in the mall the first week of November.
- Decorations are starting to go up and seasonal merchandise fills the store shelves.
- Can't we just go back to the good old days? Whatever they are!
- Days that predate the internet and the electronic highway that we daily commute on.
- Simpler days that are rooted in our childhood made up of initial life experiences.
- Shorter daylight hours and darker nights that can only accentuate new fallen snow.
- The season of Advent falls into place also.
- Be prepared! I must get the winter tires installed on the car.
- Who wants to get stuck somewhere when the sun has set and we face the darkness?
- December 21 is the actual beginning of winter according to the position of the sun in relation to the Northern Hemisphere.
- Location, location, location.
- By my calculation of the seasons, mid-February is the middle of winter.
- And here is this CD titled *The Rose in the Middle of Winter*.
- Perhaps this collection of 21st century carols composed by Bob Chilcott has as its focus the blooming of faith, just as Snowdrops break through the snow in late February.
- Perhaps the mixture of text and poetry provides the familiar along with new expressions to anchor the season.
- Be it a "silent night," or a "plough blade of snow," or a "moonless darkness," or a "dance in his soul," or a "truth sent from above," or a "star to lighten our darkness."
- For the words inspire us to envision music.
- The words precede the media.
- Which was the sacred music context explored by Cathy Gibbs.

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

## Christ Church Deer Park Day Trip to St. Jacobs, October 2019

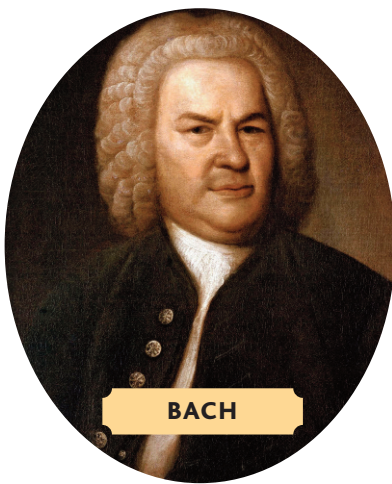




# The Curious of Meeting of Dieterich Buxtehude and J.S. Bach

## Lübeck, Schleswig-Holstein November 1705

By Emily Chatten



Dieterich Buxtehude is considered the first great organist, and his best-known student, J.S. Bach, was likely responsible for disseminating his work. Bach’s style changed considerably after studying with Buxtehude in Lübeck for three months during the winter of 1705–1706.

I first started playing Buxtehude as a teenage in medieval churches in Denmark. Somewhere along the line, I heard about Buxtehude offering Bach his daughter’s hand in marriage. I’d always giggled over the story; the daughter may have been ten years older than Bach, and her age is likely the reason Buxtehude was so worried about marrying her off. Little is known about the encounter, but this is how I envision the conversation.

Dieterich noticed a chill in the Baltic air as he walked home for lunch across the St. Mary’s churchyard. Winter was descending on Lübeck, and he was thankful the churchyard was protected from the worst of the elements. As he opened the door, the smell of fresh bread greeted him. His wife Anna was setting the table for lunch.

“What have you to say for yourself, husband?” she asks.

“There has been a young man around the church as I practise these past few days. They say he has walked from Arnstatd.”

“From Arnstatd? But Dieterich, that is almost 300 miles away!”

“Yes, Anna...”  
“At this time of the year, in this rain and cold. Do you know anything about him?”

“His name is Bach. He is twenty and comes from a large musical family, though I heard he was orphaned over ten years ago and has since been raised by an older brother. I understand he has some talent as an organist.”

Anna is nonplussed. “You understand he has some talent as an organist?”

“That’s what I just said.” Dieterich feels a tiff coming on.

“Of course it’s what you just said! Have you forgotten you’re looking for a successor at St. Mary’s who will also be the husband for our Anna Margareta?”

“No, I haven’t forgotten. But they both need someone special.” Dieterich will not be outdone.

“You won’t know if he’s the one unless you speak with him, Dieterich.”

“I suppose you’re right Anna.” Dieterich sighs as he gives in.

Sitting at the organ bench after lunch, Dieterich felt irritated. He hardly needed his wife to tell him the importance of his successor at St. Mary’s Lübeck.

“Johann Christian bring me that young man who walked from Arnstatd,” he barked.

“Of course, mi ‘Lord.”

His assistant returned with the young man. Dieterich looked him over. “What is your name, young man?”

“I am Johann Sebastian Bach of Arnstatd.”

“And why are you in Lübeck?”

“News that you are seeking a successor has reached Arnstatd. I was hoping to learn from you while you are still teaching.”

“Is that so?”

“Yes, sir.”

“You don’t want to be considered for the position as my successor?”

“If you believe I merit it sir, yes. But I came here to learn.”

“The successor for my position will agree to marry my daughter Anna Margareta,” Dieterich adds.

Bach swallows loudly. “I shall look forward to meeting the young lady.”

After three months in Lübeck, Johann Sebastian Bach walked back to Arnstatd. Buxtehude died barely a year and a half later in May 1707. Bach carried his own transcripts of Buxtehude’s music back to Arnstatd where they played a major role in the transmission of Buxtehude’s music outside of Lübeck.

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

References:  
Snyder, K.J. 1987. (1997). *Dieterich Buxtehude: Organist in Lubeck*. Rochester: University of Rochester Press.

Snyder, K.J. 1986. *To Lubeck in the Steps of J.S. Bach*. *The Musical Times*. 127 (1726): 672-677.



## Volunteer Spotlight: Edna Quammie

By Deborah Wilkinson

### Edna, when did you first start coming to Christ Church Deer Park?

I first came to Christ Church Deer Park in 2006. That year I started helping with the community breakfast and became a reader/server. I also helped at the rummage sale and the Christmas Fair.

### Please tell us a bit about yourself.

I was born and raised in New Milford, Connecticut. There I was a member of St John’s Episcopal Church, and I went to St. John’s Episcopal School of Nursing in Brooklyn, New York. The majority of my nursing years were spent in the operating room and working with regional nerve blocks.

### What brought you to Canada?

In 1970, I came to Toronto because I was drawn to the Toronto General Hospital where I worked in the operating room for ten years. Then I went to the Holland Orthopaedic and Arthritic Hospital, now part of Sunnybrook Health Sciences Centre. In 1989, I went back to Connecticut, but only for a year. Coming back to Toronto was great; I had made many friends and really liked the city.

### What did you do on your return to Toronto?

I worked part time at the Toronto East General Hospital and part time at a cosmetic clinic.

This was a period of uncertainty in the health care system. The Toronto Western Hospital needed nurses, so I went there where I was happy to work in neurosurgery. It was a good experience. I returned to the Holland Centre in 2001 after 9-11. Looking back, I can say that I enjoyed those years.

### Do you have a dream vacation?

My dream vacation would be to visit all of the New England states in all four seasons.

### Favourite Tea?

Oolong.

### A favourite sports team?

Buffalo Bills.

### What are you currently reading?

*The Great Believers* by Rebecca Makkai. It’s the story of AIDS and its effect on a group of friends.

### In what ways do you volunteer at Christ Church Deer Park and why is it important for you to do so?

I still volunteer at the community breakfast where it is a pleasure to prepare breakfast for our guests and work with other volunteers who are wonderful and caring people. It is good to see the guests interact with each other and with the volunteers. There is a feeling of community, gratitude, and a sense of belonging. The spirit of “love thy neighbor.”

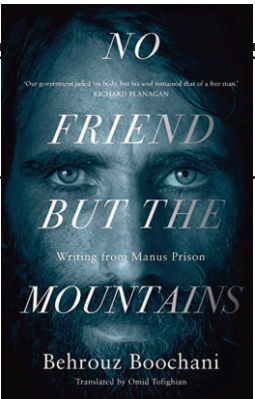
### Is there anything else you’d like to add?

I forgot to mention that my favourite ice cream is Rocky Road!

Deborah Wilkinson currently serves as People’s Warden at Christ Church Deer Park. If you would like to be interviewed for an upcoming issue or want to offer someone’s name, please contact Deborah at [ccdpcoffee@gmail.com](mailto:ccdpcoffee@gmail.com).

Editor’s Choice

*No Friend But The Mountains: Writing from Manus Prison*  
Behrouz Boochani,  
translated by Omid Tofighian  
(Anansi International, 2018)



A first-person account of life in a modern day concentration camp on Manus Island. Originally written in Farsi and sent out in instalments that were “thumbed on a phone,” this is a heart-breaking memoir by Kurdish-Iranian journalist Behrouz Boochani. It details the harsh realities of life in a refugee detention centre set up by the Australian government.

*Sound Mind: My Bipolar Journey from Chaos to Composure*  
Erika Nielsen  
(Trigger Publishing, 2018)



Erika Nielsen is a Toronto-based cellist who roller-coastered from exhilarating highs to intolerable lows until she was diagnosed with bi-polar disorder at the age of twenty-seven. The diagnosis was a shock. Is my mania the same thing as my creativity? she wondered. In *Sound Mind* Nielsen explains how a new life awaited her and how she constructed a routine, stable, and very satisfying life. “As the poem by Antonio Machado suggests,” she writes, “it was only by walking, that I made the road.”

More Wellness that Works: Advent Treats

By Robert Gorham

Here are two desserts to enjoy during the Advent Season. Both are made with 0% Greek Yogurt:

Dessert 1

- Ingredients:
- 750 g 0% Greek Yogurt
  - 40 g Fat-free Vanilla Jell-O Pudding mix
  - 1 can of crushed pineapple

In a medium-sized bowl mix the Greek Yogurt and the pudding mix. Add and mix in a can of drained crushed pineapple. Pour into a container and place in fridge for a couple of hours.

If I use a chocolate pudding mix, I add frozen cherries. Fruit cocktail is also good with the vanilla pudding mix.

Dessert 2

- Ingredients:
- 750 g 0% Greek Yogurt
  - 11.2 g No-sugar Jell-O, any flavor.

In a microwaveable bowl mix the Greek Yogurt and the Jell-O powder.

Put in microwave for one minute then stir. Put in microwave again for two minutes and then put in an airtight container in the fridge for two hours before serving.

Fun to make and a refreshing and guilt-free dessert. Enjoy!

Ⓔ Robert Gorham served as Interim Associate Priest at Christ Church Deer Park in 2018. He is now an Honourary Assistant and remains an active member of the parish.

Dear Church Mouse



Dear Church Mouse,

Not long ago, I was invited to a parishioner’s home for coffee. When I admired an item on display in the living room, my host said, “Lovely, isn’t it? I helped myself from the church as payment for my services over the years.” I’ve been praying over this ever since. Who should I report the theft to?

*Aghast*

Dear *Aghast*,

Do you think your host’s pilfering will be added to your own list of sins? I suggest you estimate the value of the item and donate that amount to the parish. If that doesn’t relieve your suffering, at least you’ll get a tax receipt.

Dear Church Mouse,

One of my children scolded me for singing all of the parts of the Eucharist instead of just the bits earmarked for the congregation. They said I was being childish and that the choir sings the big parts on my behalf. That’s news to me. Should I stop?

*Stifled*

Dear *Stifled*,

Suffer the little children! This mouse sings in order to pray twice. The two of us just need to keep it down.



Editor:  
Genevieve A. Chornenki

Creative Design:  
Henry Zaluski

**WANTED**  
CONTRIBUTORS AND  
PHOTOGRAPHERS  
OF ALL AGES AND STAGES.

Would you be willing to take on a specific assignment or take pictures? Is there something you would like to research and write about? Do you have a constructive comment? Or, is there an activity or initiative that you would like others to join? If so, please contact us at [spiritus@christchurchdeerpark.org](mailto:spiritus@christchurchdeerpark.org)

Submissions should be 250 words long and in Word format, and all submissions will be subject to edit. **Copy deadline for the next edition is Friday, January 31, 2020.**

A big thanks to all of the contributors for this issue of *SPIRITUS*.



Christ Church Deer Park  
1570 Yonge Street  
Toronto ON M4T 1Z8C  
416.920.5211  
[TheresLifeHere.org](http://TheresLifeHere.org)