

SPIRITUS

Our Parish Response to the Syrian Refugee Crisis

By Jennifer Roblin

No doubt you have heard about the terrible Syrian refugee crisis that is unfolding in the Middle East and Europe. According to The United Nations Refugee Agency’s figures, 6.5 million Syrians have been displaced within their own country, and over 3 million have taken refuge in Turkey, Jordan, Lebanon, and Iraq. Turkey alone is currently dealing with 2.5 million such people, several hundred thousand in camps, and the rest simply at large. These people are trying to hold their families and lives together after fleeing the trauma of Syria’s civil war.

Christ Church Deer Park is responding to this appalling situation by undertaking the sponsoring of a Syrian refugee family to Canada. After several parish meetings, including one with Ian McBride from the Anglican United Refugee Alliance (AURA), a core group of parishioners will lead our initiative to settle a Syrian refugee family in Toronto.

To carry out this initiative, we need to raise approximately \$40,000 to cover the family’s travel expenses to Canada and the living expenses of their first year in Toronto. We also need to assemble a team of caring people to guide them through life in our city — everything from securing an apartment and getting OHIP cards through to settling their children in school and studying English as a second language.



Sponsoring a Syrian family is a serious commitment and one not undertaken lightly, but as we know at Christ Church Deer Park, we are at our best as human beings when we are serving others.

There is much to be done and you will be hearing more over the next few weeks about how you can be a part of welcoming the family to our country and assisting them to get settled. You may already have filled out a questionnaire indicating how you would like to contribute. If so, thank you! Any contribution or support — large or small — will be greatly appreciated. Together, we all can really make a difference.

✚ Jennifer Roblin is one of the Christ Church Deer Park parishioners leading this sponsorship initiative.

EDITOR’S NOTE: To journey into the life of a Syrian refugee girl who is now living in Lebanon visit www.nytimes.com/2015/11/08/magazine/the-displaced-hana.html

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Natural Church Development at Christ Church Deer Park

by Barbara Johnston

Christ Church Deer Park is embarking on a research-based process to gauge the spiritual health of our church. We will be using the Natural Church Development (NCD) resource that is recommended by the Diocese to carry out a spiritual “checkup” of our parish in order to better understand its strengths and to identify opportunities for renewal.

Initially, thirty parishioners have been invited to complete a survey. These

parishioners come from a variety of backgrounds and meet the following program criteria:

- Commitment to the parish
- Active involvement in ministry; and
- Membership in a group that meets regularly.

We are blessed that so many of our church’s members meet these criteria, but the recommended size of the survey is thirty. Those who have not been chosen on this occasion will

have an opportunity to participate in the future. The survey group met with the Natural Church Development team on Sunday, November 15, 2015 to fill out the survey, which will be anonymous and confidential.

Once the survey results have been calculated and analysed, we will share them with the parish. From the results, we’ll be able to see where we stand on the eight “Quality Characteristics” of NCD:

- Gift-based ministry
- Passionate spirituality
- Effective structures
- Empowering leadership
- Inspiring worship service
- Holistic small groups
- Need-oriented evangelism; and
- Loving relationships.

Research has revealed that all of these characteristics are critical components of the life of healthy, growing churches.

“The NCD process is a sophisticated diagnostic tool...based on the only comprehensive international research ever done into what causes churches to grow or decline. The NCD survey complies with the highest international statistical standards for validity and reliability.” For more information on Natural Church Development and its survey process visit <http://ncd-canada.com> where you can download a 21-page introduction.

We are looking forward to leading this initiative to learn more about how Christ Church Deer Park is fulfilling God’s mission and meeting the needs of parishioners. Any comments or questions? Please let us know — we’d be happy to chat with you.

✚ Natural Church Development team of Christ Church Deer Park: Chris Byers, Anita Chung, Barbara Johnston, Tony van Straubenzee, and Canon Kevin Robertson.

Join Us as We Journey Through the Advent Season Together

By Andrea Christensen

Advent is the time to prepare ourselves to come close to the mystery of Christmas. In 2015, the first Sunday of Advent is November 29th. The liturgical colour will change to blue, and we will observe a range of traditions and practices to help us mark the season.

Join us after worship from 11:30 am to 12:15 pm during the four Sundays of Advent to share Biblical wisdom, music, and meditation as we keep watch together and prepare for the coming of the Christ Child. Speakers will include Matthew Otto, Jesse Billett, Andrea Christensen, and Canon Kevin Robertson. (Adults only, please! Craft table will be available for children in Elliott Hall.)

To prepare for Advent individually or in your home, consider some of these ideas:

- Put a Nativity scene or crèche on display in your home — there are lots of different types you can buy or make! — and talk about each of the characters with your family.
- Do an act of community service for those in need (as a family or with a friend).
- Walk through Advent with an Advent calendar.
- Make an Advent wreath for your home. You'll need five candles (one of which goes in the centre) and some greenery. Many online resources are also available to assist.
- Pick up a copy of *Advent Prayers for a Household* available at both entrances to the church or download them from the Anglican Church of Canada at www.anglican.ca/wp-content/uploads/2013/11/Advent-Prayers-for-a-Household-printer.pdf

✚ Andrea Christensen is the Associate Priest at Christ Church Deer Park.

CHRISTMAS SCHEDULE

ADVENT SERVICES 2015	
NOVEMBER 29 / ADVENT 1	
8:00 am	Said Eucharist
10:00 am	Advent Lessons & Carols, Sung Eucharist (followed by an Advent Study in the Arthur Smith Room)
4:30 pm	Advent Jazz Vespers
DECEMBER 6 / ADVENT 2	
8:00 am	Said Eucharist
10:00 am	Sung Eucharist & Lighting of the Advent Wreath (followed by an Advent Study in the Arthur Smith Room)
DECEMBER 13 / ADVENT 3	
8:00 am	Said Eucharist
10:00 am	Sung Eucharist & Lighting of the Advent Wreath (followed by an Advent Study in the Arthur Smith Room)
4:30 pm	Christmas Jazz Vespers (Ellington's Nutcracker Suite)
DECEMBER 18 / FRIDAY	
7:00 pm	Christmas "Church on Tap" in Elliott Hall
DECEMBER 20 / ADVENT 4	
8:00 am	Said Eucharist
10:00 am	Sung Eucharist & Lighting of the Advent Wreath (followed by an Advent Study in the Arthur Smith Room)
CHRISTMAS SERVICES 2015	
DECEMBER 24 / CHRISTMAS EVE	
7:00 pm	Family Eucharist & Pageant
11:00 pm	Midnight Mass (preceded by a Carol Sing at 10:30 pm)
DECEMBER 25 / CHRISTMAS DAY	
8:00 AM	Said Eucharist with Carols
10:00 am	Sung Eucharist with Carols
DECEMBER 27 / CHRISTMAS 1	
8:00 am	Said Eucharist
10:00 am	Meditation on the Nativity in Readings & Carols, Sung Eucharist

A Personal Reflection on Advent

By Elsa A. Jones



Advent is a time of preparing, not only our homes, but also our hearts and our minds, as we wait. Advent, by the colours used, represents repentance, royalty, and joy. The circle of the Advent wreath reminds me of God's endless mercy, which has no beginning or end. For me, the wreath's greenery represents our hope of personal newness and renewal. The candles symbolize the light of God, which continues to shine in the darkness of our lives.

Why do I love Advent? This goes back to my younger days, growing up in rural Jamaica. My siblings and I attempted to make our first Advent wreath. We had our greenery, our pink and white candles, but we could not get a purple candle in the local stores. Our dear mother was the organist of the local church. When she saw the sadness on our faces, she did everything she could and, yes, she obtained the candles from the city. My delight to see the beautiful candle and what the colour meant to the Advent season gave rise to my love not only for Advent but for the color purple.

As I begin my Advent journey, the season brings me to a rich enlightenment of the blessings of the celebration of Christmas. This time helps me as a lay person to draw closer to God and to reflect. It is my time for restoration and renewal.

During this season, I learn not to put limits on what God can do. If God used people like Moses and David, He can use me, and this is part of the wonders of my Advent journey. I will use the opportunity to give hope, by helping those in need, and to speak for victims of injustice and the marginalized of our society.

Advent is a time for me to slow down, to be alone in a quiet space, as I enjoy some moments of peace and joy. I am given the opportunity to set aside time to focus on God so that I can grow in daily relationship with Him. I learn to exercise patience, to realize my need for God and for his faithfulness to me. It is a time for me to cry out "Come, Lord Jesus come." In the quietness I am made aware of the presence of God in my surroundings and in my life.

✚ Elsa A. Jones is a member of Christ Church Deer Park with a strong commitment to hospitality as a hallmark of Christianity.

Music Library Notes

By Emily Chatten

Having shared my little secret about hymns in the last issue, it won't come as a surprise that music is my favourite thing about the seasons of Advent, Christmas, and Epiphany. At the beginning of November, I start getting out my CDs, but I'm not talking about the fifty or so tracks you hear looped on the radio and in shopping malls. I'm talking about centuries of music for the seasons!

Veni Emmanuel is one of the oldest and most well recognized of Advent hymn tunes. We often sing it during the Advent Service of Lessons and Carols as "O Come, O Come Emmanuel." The tune is one of the seven O Antiphons, so named because each one starts with the exclamation *O* — as in "O Wisdom", "O Lord", and so on. The O Antiphons are said to date back as far as the reign of Charlemagne (771-814).

Prior to the Reformation, one verse of the O Antiphons was sung each evening leading up to Christmas Eve, with *Veni Emmanuel* sung on December 23rd. The hymn version of *Veni Emmanuel*, "O Come, O Come Emmanuel", comes from a fifteenth-century processional used by French Franciscan nuns. It first appeared in translation in London, England in the mid-nineteenth century and was quickly described as the "most popular of Advent hymns!"

Keep an ear out for *Veni Emmanuel* throughout the Advent season at Christ Church Deer Park.

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

EDITOR'S NOTE: On Sunday, December 6, 2015 at 7 pm, the Sisterhood of St. John the Divine will hold an Advent Carol Service of music and readings that celebrate the seven great "O" Antiphons. Visit www.ssjd.ca for details.

A Place for Santa, and Santa in His Place

by Genevieve A. Chornenki

One December afternoon when my son was three years old, I arrived to pick him up from day care. I found him standing next to James, who, with his mother’s encouragement, was proudly listing off the many things that he expected Santa to bring him for Christmas. Oh my! I have nothing against Santa Claus, but this was not the kind of peer learning that I had in mind for my son at that age.

In our household we anticipated Christmas in ways that were sacred and secular. We counted down an Advent calendar on which Kermit and Miss Piggy played de Maupassant’s *Gift of the Magi*. We made our own Advent wreaths and lit a candle Sunday by Sunday. We put out a crèche, leaving the manger vacant until it was time to add the Christ Child. And, as Christmas approached, we made it known that Santa would visit our home on Christmas Eve but that he would bring one — just one — present, and that would be a surprise. We never invited our son to create his own list or to covet a range of gadgets, trinkets, or toys. We did not take him to sit on Santa’s lap and whisper his heart’s desire. Nor did we use Santa to enforce household discipline: *You’d better watch out!*

Each Christmas Eve, our son would hang a stocking and get one of us to write his note to Santa, indicating where the stocking was located and what to do if the present was too big to fit inside. Along with the note, he would leave Santa a snack (and, I confess, a shot of whiskey). On Christmas morning, most of the snack would be gone and Santa would have left a scrawled thank you together with a gift that always seemed to be just right. How Santa knew what to bring was all just part of the mystery and wonder of Christmas. There were other gifts at Christmas — from parents, family, and friends — but the givers were always identified, acknowledged, and thanked.

Was all of this too much control on the part of earnest parents? I think not and here is why. When our son was older and in PromiseLand, he was repeatedly asked to fill in the blanks on a series of standard prayers: *Lord, I am thankful for...* *Lord, I am sorry for...* and so on. I saved these notes in a scrapbook, and year after year our son consistently completed this one: *Lord, I need nothing.*

☛ Genevieve Chornenki is the volunteer editor of Spiritus.

A Walk in the Park



By Tony van Straubenzee

When I was nine years old, I was sent to an Anglican boarding school for boys. There was a lovely chapel, and we were required to attend once a day and twice on Sundays.

On Sunday morning, after chapel we couldn’t go out and play until we memorized the *Collect for the Day*. We took “Religious Knowledge” and we learned to pray. I entered a period where I became a selfish little twit by praying for good everything — good marks, to be good at sports, to have a good complexion, to be tall, dark and handsome!

I even prayed during cricket matches and when I was at bat I’d pray before every pitch — I could say “through Jesus Christ Our Lord” faster than anyone.

It was a phase, but the habit of praying has stuck with me. Seventy years later I pray every morning while walking my dog Tommy. As we meander by the University of Toronto, through Queen’s Park and up Philosopher’s Walk, I say the Lord’s Prayer followed by prayers for my family, friends, and the special situations of the day. And I thank God for all the blessings in my life.

When Tommy and I reach a certain spot, I know where I should be in my prayers. I can see the faces of the people I pray for — many have now passed on but they were part of my life and I like to remember them. Somehow, this ritual sets me up for the day!

And Tommy loves it — particularly the trees in Queen’s Park — and he doesn’t care if I’m tall, dark, and handsome. And now, neither do I.

☛ Tony van Straubenzee has been a parishioner of Christ Church Deer Park for 50 years. Tommy has been Tony’s faithful friend for 9 years.

Stewardship Update

by Bob Hutchison and Innes van Nostrand

Christ Church Deer Park has a challenge to finish our 2015 financial year without a deficit. Parishioners must consider the financial position of the parish, how important it is to them and their families, and their ability to make a positive financial contribution for 2015 and beyond — for each to do our part.

In our report to the parish in the last edition of *Spiritus*, we indicated that the financial position of Christ Church Deer Park is in a deficit for 2015 and is projected to increase to as much as \$90,000. We can avoid this result if, collectively, we all step up. There is urgency, and action is required.

The Management Team and the Stewardship Committee are focusing actively and rigorously on the financial position of the parish and steps to eliminate a deficit in 2015. There are a number of reasons for the prospect of a deficit. On the positive side, the parish is very active and the demand for services and activities is high. This increased activity, of course, comes with a cost. On the negative side, there is a sense of complacency among members as to the need to maintain robust financial support. There are other factors such as an uncertain economy and aging parish population, but those considerations should not prevent us from operating without a deficit.

As a first step, the Stewardship Committee has been enhanced with some new, experienced, and

enthusiastic members. It now comprises Michael Baker, Pat Butler, Bob Hutchison, Innes van Nostrand, David Moore, Pam Taylor, and Richard Varkey who is our parish Treasurer. The enhanced committee met and considered a number of short-term tactics for 2015 to eliminate our deficit as well as developing longer term stewardship strategies to improve the parish’s financial operating position.

With respect to 2015 activities, all parishioners will now have received a personal communication relating to their stewardship support to date as well as an invitation to consider increasing it. The committee members and others will now be contacting as many parishioners as possible in person or by telephone to discuss what the parish can expect from them in stewardship support.

One particular request that is being made of parishioners is to designate their United Way gift to be received by Christ Church Deer Park. This is a common and simple process that is permitted by the United Way, and a number of parishioners have followed it by designating that their gift should

go to the parish. For parishioners making their donations online, the United Way’s online forms readily identify Christ Church Deer Park. For donors using giving forms, Christ Church Deer Park’s registered charity number is 11885 5071 RR0001.

The longer term strategies for improving our financial position will be considered by the committee in the coming months, and the input and suggestions of parishioners will be sought. In this regard, we plan to hold a few trial forums or meetings to engage the congregation. Other enhancements will include better data and communication tools, more flexible giving options, more regular donor engagement, and planned giving programs, as examples.

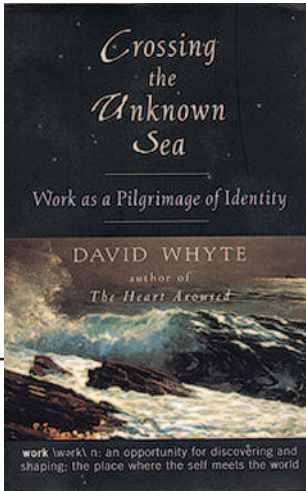
We look forward to working with the parish for the balance of 2015 and the years to come. The committee welcomes your ideas and suggestions. In the meantime, we hope parishioners will respond to our 2015 financial requirements and step up with an enhanced financial contribution.

☛ Bob Hutchison and Innes van Nostrand are co-chairs and members of the Stewardship Committee at Christ Church Deer Park.

Book Review

by Ward Lindsey

Crossing the Unknown Sea: Work as a Pilgrimage of Identity
by David Whyte (Riverhead 2001)



David Whyte is an author of poetry and prose who lives in the Pacific Northwest of the United States. His youthful interests were founded within Marine Biology but this only proved to be a stepping-stone along his career path. He currently is a sought-after speaker on creativity and leadership as they apply to individuals and organizations.

Crossing The Unknown Sea is a book of events in the life of David Whyte through which he transitions into the depths of himself. The picture of a sea voyage venturing towards an unknown horizon is developed and built upon throughout the book. Written in 2001, David Whyte presents threshold thoughts that withstand the historic events of the last decade and a half.

As a Marine Biology graduate, David Whyte lands his dream job as a naturalist in the Galapagos Islands. He finds out, however, that within our work we can lose our freedom, imagination, and identity. The result as he describes it is “complete loss and deadness.” To give direction to this situation, he delves into the inheritance of life experience from previous generations within himself and he is challenged to stand at his own frontier of unknowing.

Within *Crossing the Unknown Sea*, David Whyte progresses from young man to mature poet. In like manner, the book itself moves from an autobiographical stance to one of interpretive thought and nuance from the mind of a poet.

⊕ Ward Lindsey is a Christ Church Deer Park chorister who enjoys contemplative prose and poetry.

EDITOR'S NOTE: For more of David Whyte's work see www.davidwhyte.com/works.html

Congregational Care Team

By David Moore

We all probably have family or friends who are ill and are homebound or in institutions. And so, we adjust our schedules and call or visit them — sometimes with food, books or just good companionship; sometimes to drive them to medical appointments. This is what the Congregational Care Team provides to many parishioners in addition to the spiritual care provided by our clergy. We do for them what you would do for a friend in need, and it is our pleasure and privilege to do so.

Many of those we call on want to know what is happening at Christ Church Deer Park, and we provide them with this connection. We also make sure that they receive a copy of this newsletter.

One member of our parish “family” has been institutionalized for several years as a result of a stroke. Three team members take turns so that someone from Christ Church Deer Park visits

once a week. This parishioner is able to communicate so our conversations are mutually enjoyable, and the “payoff” comes when we are told, “I am so pleased you came. I appreciate your visits so much.” That is what makes our mission so worthwhile!

At present, eight parishioners serve on the Congregational Care Team. We meet once every six to eight weeks and use email to update one another as to the status of those we care for. We work closely with our clergy, hoping to relieve them of some of their pastoral calls.

The team welcomes new members to this important and rewarding ministry. If you would be interested in being part of the team and/or finding out more please call David Moore, 416.975.5506 or email dt.moore@sympatico.ca.

⊕ David Moore is a long time member of Christ Church Deer Park and the chair of the Congregational Care Team.

CCDP Goes to the Dogs ...and One Hamster!

By Henry Zaluski

On Sunday, October 4, 2015, Christ Church Deer Park welcomed some canine visitors, including Katie, Duffy, Tommy, Lucy, Suri, Daisy...and Oatmeal the hamster plus their human friends. The event was the annual Blessing of the Animals. This ancient tradition celebrates the Feast of St. Francis of Assisi. Francis recognized the divine beauty in all creation. His love for animals and his identification with the poor made him one of the most admired saints in the Church.

At the Blessing of the Animals, Kevin and Andrea led a short service — interrupted by a bark or two — then blessed each animal. Afterwards, all of our guests were given loot bags with special treats courtesy of Aditi Shourie and Gautam Shourie of our local Pet Valu at 1560 Yonge Street, Toronto.

It was a wonderful afternoon filled with furry friends and fellowship. Next year, let's hope that a kitty will be brave enough to attend too!

⊕ Henry Zaluski is the People's Warden at Christ Church Deer Park and provides the creative design of Spiritus.



Happy Advent – PromiseLand and Young Anglican Leaders!

by Hilary Keachie

The leaves have turned, the air is cool, and Christmas decorations are already in store windows. Advent is coming and, as always, there is much to do to get ready! But before we get to Advent, a look back on our fall in PromiseLand.

Throughout the month of October, the children of PromiseLand marked World Hunger Action Month. We focused on two Biblical stories about hunger: God’s miracle of manna to feed the hungry Israelites, and Jesus feeding 5,000 people with one boy’s meager lunch of five barley loaves and two small fish. Based on these stories, the children discussed what “enough” means, especially in terms of food

distribution and waste, and they talked about ways they can take action against hunger. We also “took action” together by baking and delivering Thanksgiving muffins for four families affected by poverty, collecting over 100 canned and dried food items for the Churches-on-the-Hill Food Bank, and making Halloween treat bags for the guests of the Community Breakfast.

Just before Advent, at our annual Christmas Fair, the children and teens will be hosting a bake sale in support of Christ Church Deer Park’s sponsorship of a Syrian refugee family. We invite everyone to stop by and enjoy a delicious treat while supporting this most important cause.



This Advent season, the children of the parish are invited to get ready for the arrival of the Christ Child by lighting the Advent candles week by week, adding symbols of our faith to the Jesse Tree and, of course, by preparing the annual Christmas pageant! On Sunday, November 29, 2015, we will begin full-pageant rehearsals. There are roles for everyone who would like to be involved — from sparkly angels to regal magi — and we hope that as many people as possible will help us to tell this most holy and amazing story. We may also have a surprise guest appearance, so watch for it on Christmas Eve!

Our Young Anglican Leaders are very committed to serving in liturgy, and we will spend some time this fall and winter practising reading and leading the Prayers of the People (with the microphones in the sanctuary), and doing crucifer and acolyte training. They will take on various leadership roles in our upcoming “Everybody Upstairs” services, and I hope that all parishioners will encourage their participation and enthusiasm. Their involvement and leadership in PromiseLand, the Nest, social action projects, and Sunday worship truly demonstrates the depth of their commitment to this community and to living out their Christian faith.

I wish you peace and joy as we prepare for the birth of the Christ Child together!

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

¡Ven a nuestras almas!
¡Ven no tardes tanto!

by Matthew Otto

The church year is an opportunity for worshippers to experience all aspects of Christ’s life and ministry, and to reflect on the relevance of faith in our contemporary lives. In my role as music director, I constantly strive to emphasize the church’s liturgical seasons through congregational song. Advent marks the beginning of our church year, inviting us to wait in joyful anticipation for the coming of our Saviour. In my own faith journey, Advent is a uniquely prayerful season, a time to be grounded in and renewed by prayer.

In our household, we celebrate Advent by praying the *Novena de Aguinaldos*. This set of Vespers, recited during the nine days before Christmas, is an important Christian tradition in Colombia, Venezuela and Ecuador. The novena is a combination of songs, daily reflections and prayers. For many families, it is an opportunity to visit relatives and friends whilst sharing in food and fellowship. It serves as a model of profound solidarity and joyful expectation, despite the many deep seeded socio-political challenges that plague South America. The beauty and repetition of the text draws the worshipper into conversion.

In our family, this ritual provides an opportunity to be completely “in the moment,” keenly aware of God’s unfailing grace. It allows us to more authentically experience anticipation. In a world of instant gratification, the concept of anticipation is highly countercultural, perhaps as countercultural as the season of Advent itself. *The Novena de Aguinaldos* is our way of responding to Advent’s call to wait in joyful hope. Whatever your Advent discipline, may it be a chance to pause, reflect and enter into the mystery of God’s Incarnation.

Advent Blessings.

⊕ Matthew Otto is the Choir Director and Organist at Christ Church Deer Park.

What’s this Family Stuff all About?

by Bob Shea

Most of us oldies raised in the Anglican tradition cut our teeth on the BCP (Book of Common Prayer) and were imbued with the notion that our parish congregation, wherever located, was a “family”. The concept has a firm scriptural basis: Jesus and the Gospel writers allude to the notion of family frequently, and most of us buy into the warm and fuzzy concept that somehow we as a church group are part of the family of Christ.

“Family”, however, is a complicated concept. A revered member of the parish once told me her family has a sign over their back door that tells family members, “Remember as you go out today, most people think we are a normal family.” The older I get, the more I appreciate that there is no such thing as a normal family.

Problems emerge, however, when you try to match the reality with the ideal concept of a loving, self-sacrificing group of people in a parish congregation. The reality is harder stuff. The fact is, we have all sorts and sizes, along with inborn prejudices so that our church family suffers all of the shortcomings of the “normal” family. Yes, we have cliques. Yes we have power struggles. Yes we have prejudices. Yes we have gossips. But overall, we have one redeeming quality: through our love of God and His action within each one of us, we forgive and ask forgiveness. This is what sets us apart.

One good analogy for our church family is the body with all the appendages. As a body, we are totally interdependent. This means that every bit, no matter how small, even a little toe, is important to the body of the family. There is no priority of the parts, and it behooves all of us to care for the smallest member if our family is to function as Scripture calls us to do. Have you stubbed your toe lately? There is no need to remind you how this lowly part of the body can humble the entire system when it is injured. Likewise, we as a church family must be loving and vigilant to the needs of every member of our family. As Christmas approaches, this is a good time for us to show how much we value each and every member of our parish family.

Blessings.

⊕ Bob Shea is an active member of Christ Church Deer Park who cares deeply about the parish and its members.

Why do We Stand, Sit, and Kneel During the Service?

by Andrea Christensen

From what I recall of my studies, the Greeks taught that holiness involves separating the spirit from the body as if the two are distinct, but the Hebrews disagreed. The Bible sees us as whole beings — body, mind, and soul. Anglican worship acknowledges this wholeness by making ways for worshippers to express devotion, not only by listening and speaking, but also by engaging in physical acts. In some churches, the congregants also smell incense and take in the mystery of a particular moment. We even open and close our eyes during worship as ways of including or silencing our thoughts.

Different feelings accompany different postures and actions. So, there are multiple ways to enter into the experience of worship at Christ Church Deer Park.

We are fortunate to be able to participate so much in worship. We do so by listening, of course, but we also speak in unison as a response to the prayers, psalms, and greetings. When we hear, “The Lord be with you,” we reply, “and also with you.” Speaking gives the congregation a voice and engages the worshipper in prayers, affirmations, and Scripture reading.

Kneeling evokes a quiet, reverent humility when preparing to come into the presence of the Lord or at the conclusion of the service before we go forth in Christ. We are able to show reverence by bowing or kneeling at times that we feel are especially sacred, such as receiving the Eucharist or praying in silence afterward.

Sitting prepares us to listen with attention. We sit to hear the lessons, but when the Gospel is introduced there is a procession to honour it, and we rise to stand as it is read. Standing enables us to show honour and give dignity to that for which we stand. And, because we are the redeemed people in Christ, it is also appropriate to stand before Him in prayer such as for the Prayers of the People or during the Eucharistic Prayer when the bread and wine are consecrated.

All of these activities allow us to express what words alone cannot convey, and it is a wonderful thing to do so together. When we are at worship, we are a collection of diverse individuals yet at the same time, we are one person in Christ. By using our bodies, minds, and souls, we are gathered together and fully engaged in worshipping our Lord and God!

✉ Andrea Christensen is the Associate Priest at Christ Church Deer Park.

Dear Church Mouse



Dear Church Mouse,

Can somebody please do something about that weed patch on Yonge Street to the north of the front entrance? It’s full of goldenrod that’s now gone to seed and it looks terrible. I’m not the only one who thinks so yet when I complained, I was told that it’s what goes on inside the church that matters, not the weeds. How can that be right?

Frustrated

Dear *Frustrated*,

Please — don’t be. Your frustration is a measure of your caring and that counts a lot. Have you considered raising the issue with the parish property committee to see if it has the manpower and time to work with you to address your concerns? It might not, however. It’s made up of volunteer parishioners like you, and the committee and staff have many demands on their resources with the aging building and all. So what about a less bureaucratic approach? You and your like-minded friends could develop a concrete plan to get rid of the offending plants and keep the area weed free into the future. Whether this means weeding it yourself, disposing of the weeds, and replanting the area, or springing for a landscaper who could professionally “naturalize” the area and minimize maintenance would be up to you. No doubt there are other options too. Work up a plan, *Frustrated*, and run it by the property committee. Barring serious objection from the committee, I say you’re free to carry on, and God bless you for your generosity.

Now, as for whether the church building and grounds matter, *Frustrated*, of course they do. They should be respected and cared for like a woolen suit or a pair of leather boots, especially since they’ve been handed down from one generation to the next. What’s really at stake here is who should do the care and to what standard. And that’s a problem, *Frustrated*, because despite its name, Christ Church Deer Park is not a city park looked after by ratepayers, nor does it levy maintenance fees to look after the building and grounds like a condominium corporation. (Though maybe it should.) So your thoughtfulness in taking the initiative around this issue is really important, *Frustrated*. Thank you.

Sincerely yours,

Church Mouse

What on Earth?

These little beauties are hiding in in plain sight somewhere in Christ Church Deer Park. What are they? Where are they located? What purpose do they serve?

Contact us at
spiritus@christchurchdeerpark.org
to share your thoughts. We’ll publish the best answers in the next issue of *Spiritus*.

Photos: Bob Shea



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.

Submissions should be 250 words long and in Word format, and all submissions will be subject to edit.
Copy deadline for the Lent edition is Friday, January 8, 2016.

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



Christ Church Deer Park
1570 Yonge Street
Toronto ON M4T 1Z8
416.920.5211
TheresLifeHere.org