



St. Paul's Journal

Epiphany 2019



Dear friends:

The articles in this issue of St. Paul's Journal, have again been called for, put together, and managed on a time line by St. Paul's capable Office Manager Gail Fulop. Under the theme of 'Epiphany', the issue gathers up the insights and commitments of those in leadership in the lay ministries of our parish, in particular: our Senior Warden, one of our two faithful Regional Council Representatives, our Director of Music, one of our Chancel Guild Co-directors, and our Outreach Counsellor.

I thank all the writers warmly for both the work they do and the time they took to write about their efforts. Once again, I would urge you to read *St. Paul's Journal* as a way of getting to know another handful of fellow parishioners.

But what exactly is 'Epiphany'? The short answer is that it is the event described in *Matthew 2.1-12*, though the consequences of the story are written deeply into others of our Scriptures and into the history of our earliest Christians ancestors: the God of the

ancient people of Israel has become the God of the whole world through Jesus, God's son.

The opening lines of T.S. Eliot's "The Gift of the Magi"—"*A cold coming we had of it, / Just the worst time of the year For a journey, / and such a long journey*"—repeat, almost word for word the opening lines of a 1622 Christmas sermon by the English Bishop and King James Version Bible translator, Lancelot Andrewes. What is it that captured the imagination of these two great Christians?

The Magi, travelling it seems from Persia, far to the East, were witnesses to the universal salvation brought by Jesus the Christ. They spared neither difficulty—nor danger—in their journey to Bethlehem to worship the infant Christ, to whom they presented gifts befitting the universal King he actually was.

If we consider our life to be a pilgrimage, and there are very good reasons to do this, where are he headed? Is it to some place smaller than the Kingdom of God, to a place crammed with people just like us—or to a place where all God's creatures dwell?

Paul Friesen

Parish Life & Mission at St. Paul's

An Epiphany Book Review and Reflection

In the past fifty-five years since his assassination, we have learned so much about John F Kennedy. The circumstances of his death, and his life, and his impact as President have been debated and examined in detail. Opinions have ranged widely on his record and behaviour. I recently had an opportunity to read a book by a Canadian award winning journalist and author Andrew Cohen. Specifically, Cohen wrote the book *Two Days in June: John F. Kennedy and the 48 Hours that Made History*, published in 2014.

Cohen researched his topic carefully, and his subject Kennedy equally carefully. The two historic events were a speech on June 10, 1963 which led to the *Limited Nuclear Test Ban Treaty* of 1963. This represents an important and arguably first step back from the Cold War. And on June 11, 1963 he made an historic speech which led to *The Civil Rights Act* of 1964. Clearly these are two significant and pivotal points and days in Kennedy's history. Yet, as the book shows there were so many other pressures on those two days - his life was filled with competing pressures. Meetings, and phone calls and personal and social events. Newspapers, correspondence, and television showered him with opinions and information. His attention was also consumed by his various health challenges, ranging from serious back problems to battles with weight, all which made up part of his days on June 10 and 11th.

So what did he say that was so powerful? In short, his speech suggested that we did not need to focus simply on an external enemy, but on ourselves and our attitudes. And he said that we need to look for peace in the world as an offshoot not of power through arms races, but through our own attitudes towards others (including the Soviet Union).

In terms of the domestic issues, there was much unrest in parts of the United States about integration and segregation. Governor Wallace was opposed to equal rights and the legislation that was prompting his resistance. He said in part "In a time of domestic crisis" men of good will should be able to overcome politics. He said "Law alone cannot make man see right". He continued, saying "The heart of the question is whether all Americans are going to be afforded equal rights and equal opportunities, whether we are going to treat our fellow Americans as we want to be treated. " These two speeches were, as noted above, transformative in their impact. They left an impact not only on the minds of those who heard them. They had a power to shape significant events, and lead to change. We do not know what inspired Kennedy to make his choices, but he was thinking about the need to change and transform our views not through the power of force but through a spirit of reflection, and through a personal examination of our beliefs about others.

As I write these words, we are now through the season of Advent, and within the season of the twelve days of Christmas. And we are looking forward to the season of Epiphany. In the Anglican Church we know the meaning of Epiphany as showing forth or manifesting. It is an important part of the church annual cycles, in that it is a time for sharing and showing forth the power and the glory of Christ.

Like Kennedy, we are amidst a world of many distractions, pressures and choices. In the words of Archbishop Justin Welby about Advent and Christmas, he sees it as a time to

prepare through study leading to action, “A key message of the Bible is transformation. And now, more than ever, our lives, communities, and society will all benefit from the re-discovery of the Bible as a source of transformation.” May this Epiphany be a time of personal reflection and transformation, and one which we show forth the power and love of Christ to others around us.

*Patrick Hartling
Senior Warden*



Regional Council Report

Activity and Sharing of Our Churches

Every day in our church is a busy day. I want to talk about Wednesdays at St. Paul's, Grand Parade.

Early in the morning coming across the Grand Parade, I smile when I see the sign in front of the church – *'Come in We are Open'*. Yes we are, and for about six months of the year our main doors are physically wide open inviting people in.

There is another sign in front of the building that says – *'You have been told there is no free lunch, but that is not true, it is here every Wednesday at 12.00 noon.'*

I wake up Wednesday morning knowing I am going to have a happy day. I will set up for service and then take communion.

I get on with my job noticing that there is an expert in to check our Stained-Glass Windows. One member of the congregation is painting in the office; another is manning the welcome desk. We will have several guests for the service, for the lunch, those looking for help, and tourists and there could be several others working on church business. We are lucky we know what we have to do. Jesus told us what to do.

During the Communion service we kneel together at the rail and share our faith and our souls are nourished. And as we invite the friendship of our guests, we are

strengthened. This supports our baptismal vows for a Christ-centred life.

While we are at service, there are several people preparing for the noon meal. Many have prepared great food, soups, stews, chowders and all the good things that go with this. One member of the congregation is a superb baker and her desserts are the best I have ever had. As she works on Wednesday, one of her children might join her.

Passing the dining area you will see a community gathering of people enjoying the meal, the warmth of the room, the conversation, and their neighbours. They are involved with one another, the guests, staff, clergy, and tourists. It is a happy atmosphere and our bodies are nourished.

Many of our guests have deep needs and each Wednesday Paul, our Rector, takes four of them on a grocery shopping trip. They will have \$50 to spend and will receive help in making the best decisions for their needs.

Many of us feel happy on Wednesdays. Please include *'Wednesday at St. Paul's'* in your prayers.

Sandra MacLennan
Regional Council Representative

From the Music Director

As the calendar year comes to an end and we enter the Epiphany season - I can't help but look back and reflect on how many folks helped out and aided in making our Advent and Christmas music services happen.

From experience, I know that making such events succeed takes a lot of hands - not only dedicated musicians - but lots of other folks with great talents as well.

The greening of the church, the reception post-Christmas on the Grand Parade, and those who keep the steps clean and driveway clear all helped in making our congregation and community guests alike feel very welcome.

Here's to 2019!

Andrew Killawee
Music Director



Christmas On The Grand Parade

December 10, 2018

Beyond the Chancel Steps: An Introduction to the Chancel Guild

As we begin another year and the light of Epiphany shines upon us, I pray that by featuring the Chancel Guild in this edition of the Journal it will enlighten others to join the Chancel Guild Ministry.

What We Do

We care for the Chancel Area of the Sanctuary and the Memorial Chapel:

- By vesting the communion tables
- By keeping the communion tables and rails dusted and polished.

We care for the Sacred Vessels, Hangings, Linens, and other items that are used to carry out Church services.

We assist the Clergy in the performance of their duties:

- By setting the Table for Holy Eucharist
- By marking the Gospel and Prayer Book for services
- By preparing the travel kits for those who cannot worship at Church
- By serving at Traditional and Contemporary Church Services, Seasonal Celebrations, Baptisms, Weddings, and Memorial Services.

Who We Are

Leadership: Julia Atkins *Co-Director*
 Margaret Bateman Ellison *Co-Director*

Members: Approximately 12 persons are members. Women and men who have worshipped regularly at St. Paul's for at least three months would be welcomed as potential guild members.

Our Work Ethic

The Chancel Guild is a quiet, unassuming, and unobtrusive ministry that faithfully works unseen, perfecting little things that go unnoticed by most.

Members work in teams on specific tasks; and are responsible for arranging a substitute when unable to serve as scheduled in the quarterly roster.

Becoming a Member of the Guild

Members pay an annual \$5.00 fee to be a member. Potential Members receive an Orientation Session and initially shadow experienced members until they have learned about the tasks involved.

The Guild meets twice a year and members are asked when they would be able to serve before quarterly schedules are created. Seasoned members serve as Duty Captains on a monthly rotation.

Anyone interested in joining the St. Paul's Chancel Guild may contact Julia or Margaret or call the Office.



*Be one of the faithful who work unseen &
Unobtrusively give of their best
Who spend life perfecting little things which
may pass unnoticed by the rest.*

*Theirs are the hands that dust the rails &
check the flowers and keep the linen fair
They finish tasks with cheerful reverence &
polish silver & brass with murmured prayer.*

*They are the ones who freely give their time
thought and love with glad accord
Who softly tread the by-way of resolve &
Share the peace of God as reward.*

*Margaret Bateman Ellison
St. Paul's Chancel Guild Co-Director*



When The Glass is Jarred, "Put on the Other's Shoes"

John drove up to the drive through and ordered his drink. In a hurry for an important meeting, he was eager to get it and go. At the window he was mistakenly given something he had not ordered. In a rush, a bit anxious, he responded, "Oh no problem. This must be for the person behind me. (smiling) I'll wait for mine. You must be cold in this wintry weather with the window open." He could, however, have responded this way, (loudly, and scowling) "How could this be? I clearly ordered another drink. Do you have a hearing problem? Now I will be late for work! Could I speak to your manager?" Fortunately when John's inner emotional glass was jarred, he chose kindness. Imagine how the barista felt. John had put on her shoes.

Imagine your inner emotional world as a glass filled with all the raw emotions of life: anger, fear, kindness, joy, love, disgust, surprise, and trust to name a few. At the moment your emotional glass is jarred one of those emotions will spill out. It may be reactive and negative, or responsive and positive. Given the stimuli you faced, this will say a lot about you, and what controls your inner world at that moment. It also speaks to *how you choose* in the moment. No matter how much time we have between stimulus and response, a choice is made. We can choose to put on the others' shoes, or not.

How we nuance all human situations, no matter the jarring of our emotions without exception, is key. What spills out after being jarred speaks to who we are. And stepping into the shoes of the other, frames our response.

Consider humor. This is a wonderful way of provoking laughter and amusement. It can be found in a simple comic book, a comment, a joke, simple irony, or a comedic routine. Humor helps to release unhealthy emotions which might be pent up and frozen, relaxing us. However some of humor can be defined within the scope of passive aggressive behaviour, which puts something or someone down, or is insulting.

Comedians are the best at this art form. Not all humor from comics is passive aggressive. Passive aggressive comments come in the form of sarcasm, rudeness, insults, shaming words, guilt. Individuals known for this characteristic are kept at a safe distance. It is for the most part maladaptive behaviour. Some of the worst bullies use this form of humour. They insult the shoes that the other wears.

How we relate and communicate to others, and inwardly to ourselves, can come from a source of adaptive or maladaptive functioning. Another way of looking at it could be emotional maturity versus

childishness. It can come in how we nuance comments, relationships and life in general.

Gossip is a form of maladaptive behaviour. It murders another's reputation and integrity. Maladaptive behavior can also be very manipulative. It occasionally speaks through covert comments, or double entendre. Foul sarcastic humour also serves a maladaptive purpose. It keeps others at bay. Adaptive people are the ones we like being with. They live within a world bounded by great integrity. These are the people we want to be around, and desire to emulate.

In the Christian experience, relationships are key. This is the Jesus way. For example; Paul said, "In all humility, consider others better than yourselves." Empathy is about taking your shoes off and "putting on the others' shoes." When we have an advance sense of how the other will feel, we will want to moderate our comments. This is because we will have worked out what it is like having put on the others shoes.

And we want the wearing of their shoes to be an emotionally comfortable fit. So when the glass has been jarred we want the

response to be something we would want for ourselves. An important adage is, "talk to the other as you speak to a deeply loved person."

When Jesus' emotional glass was jarred, God spilled out. Jesus always put on the shoes of the one he was addressing. The *Fruit of the Spirit* can be our response. Love, Joy, Peace, Patience, Kindness, Goodness, Gentleness, Faithfulness, Self-Control. Under this influence, and like Jesus, God can spill out.

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." *Colossians 3:15*

Bryan Hagerman
St Paul's Outreach Counselor
www.bryanhaerman.ca

Empathy

St. Paul's Church, Halifax*Liturgies & Readings: Ash Wednesday 2019–Trinity Sunday 2019***25 January 2019 Draft**

6 March	Ash Wednesday <i>Purple</i>	11 am	Eucharist & Ashes <i>BCP</i>	6.30 pm	*Eucharist & Ashes <i>BAS</i>
	<i>*Joel 2.1-2; 10-17</i>		<i>Psalm 51.1-17</i>		<i>II Corinthians 5.20-6.10</i>
					<i>Matthew 6.1-8; 16-21</i>
10 March	Lent 1 <i>Purple</i>	10 am	All-Ages Eucharist & Litany <i>BCP</i>		
	<i>Deuteronomy 26.1-11</i>		<i>Psalm 91</i>		<i>Romans 10.8-13</i>
					<i>Luke 4.1-13</i>
17 March	Lent 2 <i>Purple</i>	10 am	Eucharist <i>BAS</i>		
	<i>Genesis 15.1-18</i>		<i>Psalm 27</i>		<i>Philippians 3.17-4.1</i>
					<i>Luke 13.31-35</i>
24 March	Lent 3 <i>Purple</i>	10 am	Eucharist <i>BCP</i>		
	<i>Isaiah 55.1-9</i>		<i>Psalm 63</i>		<i>I Corinthians 10.1-13</i>
					<i>Luke 13.1-9</i>
31 March	Lent 4 <i>Purple</i>	10 am	Eucharist <i>BAS</i>	4.00 pm	<i>Children's Choral Evensong??</i>
	<i>Joshua 5.8-15</i>		<i>Psalm 32</i>		<i>II Corinthians 5.16-21</i>
					<i>Luke 15.1-2; 11-32</i>
7 April	Lent 5 <i>Purple</i>	10 am	Eucharist <i>BCP</i>		
	<i>Isaiah 43.16-21</i>		<i>Psalm 126</i>		<i>Philippians 3.4b-14</i>
					<i>John 12.1-8</i>
14 April	*Palm & +Passion Sunday <i>Red</i>	10 am	Eucharist & Procession <i>BAS</i>		Parish Lunch
	<i>*Luke 19.28-40</i>		<i>Isaiah 50.4-9</i>		<i>Psalm 31:9-19</i>
					<i>Philippians 2:5-11</i>
					<i>+Luke 23.1-49</i>
17 April	Holy Wednesday <i>Red</i>	11 am	Eucharist <i>BCP</i>		<i>Holy Tuesday 16 April Flowerdew Concert??</i>
	<i>Isaiah 50.4-9a</i>		<i>Psalm 70</i>		<i>Hebrews 12:1-3</i>
					<i>John 13.21-32</i>
18 April	Maundy Thursday <i>Red</i>	6 pm	Eucharist <i>BAS</i>		Parish Supper
	<i>Exodus 12:1-14</i>		<i>Psalm 116</i>		<i>1 Corinthians 11:23-26</i>
					<i>John 13:1-17; 31-35</i>
19 April	Good Friday <i>Bare</i>	12 pm	Liturgy of the Cross <i>BAS</i>		
	<i>There will be multiple readings, to be announced.</i>				
20 April	Holy Saturday <i>White</i>	7.00 pm	Vigil of the Resurrection <i>BAS</i>		
	<i>There will be multiple readings, to be announced.</i>				
21 April	Easter <i>White</i>	10 am	Eucharist of the Resurrection <i>BCP</i>		
	<i>Acts 10.34-43</i>		<i>Psalm 118</i>		<i>1 Corinthians 15.19-26</i>
					<i>Luke 24.1-12</i>
28 April	Easter 2 <i>White</i>	10 am	Eucharist <i>BAS</i>		
	<i>Acts 5.12-32</i>		<i>Psalm 150</i>		<i>Revelation 1.1-11</i>
					<i>John 20:19-31</i>
5 May	Easter 3 <i>White</i>	10 am	Eucharist <i>BCP</i>		
	<i>Acts 9.1-22</i>		<i>Psalm 30</i>		<i>Revelation 5.1-14</i>
					<i>John 21.1-19</i>
12 May	Easter 4 <i>White</i>	10 am	Eucharist <i>BAS</i>		
	<i>Acts 9.32-43</i>		<i>Psalm 23</i>		<i>Revelation 7.9-17</i>
					<i>John 10.22-30</i>
19 May	Easter 5 <i>White</i>	10 am	Eucharist <i>BCP</i>		
	<i>Acts 11.1-18</i>		<i>Psalm 148</i>		<i>Revelation 21.1-6</i>
					<i>John 13.31-35</i>
26 May	Easter 6 <i>White</i>	10 am	Eucharist <i>BAS</i>		
	<i>Acts 16.1-15</i>		<i>Psalm 67</i>		<i>Revelation 21.9-22.5</i>
					<i>John 14.18-29</i>
2 June	Ascension Sunday <i>White</i>	10 am	Eucharist <i>BCP</i>		
	<i>Acts 1:1-11</i>		<i>Psalm 47</i>		<i>Ephesians 1.15-23</i>
					<i>Luke 24.44-53</i>
9 June	Pentecost <i>Red</i>	*9 am	Eucharist <i>BAS</i>		<i>*Downtown Bluenose Run</i>
	<i>Genesis 11.1-9</i>		<i>Psalm 104</i>		<i>Acts 2.1-21</i>
					<i>John 14.8-27</i>
16 June	Trinity Sunday <i>White</i>	10 am	Eucharist <i>BCP</i>		Parish Lunch
	<i>Proverbs 8.1-4; 22-31</i>		<i>Psalm 8</i>		<i>Romans 5.1-5</i>
					<i>John 16.12-15</i>



St. Paul's Church
An Historic Church
Serving the Living God since 1749
Anglican Church of Canada, Diocese of N.S. & P.E.I.

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Submissions to *St. Paul's Journal* are always welcome.

Why not submit a spiritual reflection, prayer, poem, or a book review?

The next issue of St. Paul's Journal will appear in the Pentecost 2019 Season.

Deadline for submissions: Thursday, May 30, 2019.