

Chimes

St Paul's Cathedral

Volume 24 Issue 1 Lent & Easter 2017



Lent & Easter
2017

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ST PAUL'S CATHEDRAL

London, Ontario | Anglican Diocese of Huron

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Bishop of Huron

The Right Reverend Barry Clarke

Bishop-in-Charge and Interim Dean

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Chimes is the news magazine of St Paul's Cathedral in the Diocese of Huron and is published four times annually. We welcome your submissions although we cannot guarantee all submissions will be printed. Please send them to the Church Office.

Regular Worship Times

Sunday †	8:00am Holy Eucharist 10:00am Holy Eucharist † with Children's Program at 9:00am Sunday School Classes during the 10:00am service Nursery available from 9:00 - 11:30am
Monday	8:45am Morning Prayer
Tuesday	8:45am Morning Prayer
Wednesday	8:15am Holy Eucharist 12:15pm Holy Eucharist 7:30pm Holy Eucharist * * with the music of Taizé during Lent
Thursday	8:45am Morning Prayer
Friday	8:45am Morning Prayer
Third Sunday	4:00pm Choral Evensong

St Paul's Social Services

Fellowship Centre Lunch Program
Monday and Wednesday: 11:30am - 12:30pm

Daily Bread Food Bank
Monday - Friday: 9:30am - 12:00pm

Monthly Seniors Home Services

First Tuesday	2:30pm Extencicare
Second Tuesday	10:30am Mount Hope 2:30pm Chartwell

On the cover: A medieval prayer bead carved from boxwood, shown slightly larger than actual size. Created in the first quarter of the 16th century, this wonderful miniature carving depicts the Crucifixion (top) and Christ carrying the cross to Golgatha (bottom). Learn more: boxwood.ago.ca

Welcome!

Tradition! Tradition! Tradition! sings Tevye in the musical *Fiddler on the Roof*. “Because of our traditions, we’ve kept our balance for many, many years. Here in Anatevka we have traditions for everything... how to eat, how to sleep, even how to wear clothes. For instance, we always keep our heads covered and wear a little prayer shawl. This shows our constant devotion to God. You may ask, how did this tradition start? I’ll tell you I don’t know. But it’s a tradition... Because of our traditions, everyone knows who they are and what God expects them to do.”

Traditions play a significant role in our lives, in our Church, and in our faith and our spirituality. The discipline and traditions of Lent are now before us: Ash Wednesday and the Imposition of Ashes; the invitation by the Church to the faithful to a time of self-examination, prayer, fasting, and almsgiving, and by reading and meditating on the word of God.

“The unexamined life is not worth living,” is a dictum uttered by Socrates. Lent is a grace-filled tradition in which God reaches out to us with the invitation for refreshment and renewal of our faith as followers of Jesus. It is accompanying Jesus into the wilderness and dealing with our own demons, temptations, and addictions. Lent is the tradition in the church year where we are confronted by our attitudes, behaviours, complacency, and actions, seeking God’s mercy and forgiveness.

I invite you in the name of the Lord, to observe a holy Lent. The clergy of the Cathedral are available to journey with you in Lent—a journey to discuss any of the spiritual disciplines of Lent with you. Perhaps a private time of consultation and prayer. A time to hear confessions and experience the grace of God’s forgiveness. Together we are on a journey, and we need each other on this pilgrimage to Easter.

Tradition! Tradition! Tradition!—Ground us and root us in the life of God.

A lenten prayer I offer you. “Almighty God, by the prayer and discipline of Lent may we enter into the mysteries of Christ’s sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord.” Amen.

In the healing peace of Christ,
+Barry

Lent and Easter St Paul’s Cathedral

Wednesday, March 1

Ash Wednesday, 8:15am, 12:15pm & 7pm

Wednesdays,

March 8, 15, 22, 29, April 5

Holy Eucharist, 8:15am & 12:15pm

Holy Eucharist with the Music of Taizé, 7:30pm

Tuesday, April 4

Chrism Mass (Bishop Linda), 5:30pm

Holy Week and Easter

Sunday, April 9

Sunday of the Passion with Liturgy of the Palms
8am & 10am

Sequence of Music & Readings for Passiontide
4pm

Monday, April 10

Said Holy Eucharist, 7:30pm

Tuesday, April 11

Said Holy Eucharist, 7:30pm

Wednesday, April 12

Said Holy Eucharist, 8:15am & 12:15pm
Office of Tenebrae, 7:30pm

Thursday, April 13

Maundy Thursday, 7:30pm

Friday, April 14

Good Friday Liturgy, 12:00pm

Good Friday Children’s Liturgy, 12:00pm

Stations of the Cross, 7:00pm

Saturday, April 15

Holy Saturday / Easter Vigil, 8:30pm

Sunday, April 16

Sunday of the Resurrection: Easter Day
8am & 10am

Music at the Cathedral

Reflecting on Passion and Grace Throughout Lent and Easter

Andrew Keegan Mackriell

It seems impossible that we're already at the beginning of another Lenten Season at St Paul's—it seems like we were only just at Christmas, although this year we've actually had a few weeks longer between the two as a result of how the Liturgical Year falls, which is determined by Easter being the first Sunday (April 18th) after the first full moon (April 11th) after the Spring Equinox (March 20th).

As many know, this is my favourite time of year (roll on Good Friday!) due mainly to growing up surrounded by so much of the most stunning liturgical choral music. And here at St Paul's we're also heading into a season of some of the most beautiful music ever written. Mass

settings through Lent will feature the music of William Byrd and Tomás Luis de Victoria, and on one Sunday we will sing the Ordinary (that's all the regular parts of the service) to accompanied Gregorian Chant for the first time. Our Propers (that's the Introit when we have one, Gospel Acclamation, Communion Antiphon, all of which change week to week) will continue to follow the Gregorian Chant scheme we adopted in Advent, which seems to fit so well into our liturgy and which also seems to have found favour with many of our congregation.

Motets at Communion will feature much from the English Reformation with composers such as John Blow, Henry Purcell, William Byrd, and Thomas Tallis—with one European, Orlando Lassus, thrown in for good measure.

On Palm Sunday (April 9th) we will have our *Sequence of Music & Readings for Passiontide*—always a very popular meditative introduction to Holy Week, with selected Biblical and poetry texts, and music that we most often are not able to sing at other times of the year.

With the hope that we may be back in our cathedral for Holy Week itself, we will again sing the *Office of Tenebrae* on the Wednesday evening (April 12th). This is a truly dramatic evening Office (actually a combination of the night-time and early morning monastic Offices) with choral psalms and responsories, spoken readings and prayers. Even if we're still worshipping in Cronyn Hall, this service will work extremely well in that wonderful acoustic!

Then we enter into the *Paschal Triduum: Three Days—One Journey* beginning with the Maundy Thursday evening service (April 13th @ 7:30pm) and *The Stripping of the Altar*, which leads into the *Celebration of the Lord's Passion* on Good Friday (April 14th @ Noon), and concludes with the high point of the church's Liturgical Year, *The Great Vigil of Easter*, on Holy Saturday (April 15th @ 8:30pm), which will be celebrated by our Bishop, The Right Reverend Linda C. Nicholls, and at which we will be joined by members of the London Deanery.



Save the Date!

May 5-7 sees the third Three Cathedrals Choral Festival take place here at St Paul's. The Cathedral Choir will be joined by their colleagues from St Paul's Cathedral, Buffalo, and St Paul's Cathedral, Detroit, for a wonderful weekend of music-making. We start with Choral Evensong (London & Buffalo) on Friday evening at 6pm, followed by the Festival Pub Night, which this year will take place in Chaucer's Pub on Carling St, a short walk west of the cathedral. On Saturday, the cathedral will be full, with a morning open rehearsal of the choirs, an early afternoon concert by the musicians of Medway High School, and a Gala Evening Concert given by the three choirs. On Sunday, the three choirs will sing the morning Festival Holy Eucharist service, and, at 3:30pm, Festival Choral Evensong. More details will be available nearer the time, when we will also announce the arrangements for purchasing tickets. Save the date, you won't want to miss this unique international choral festival!

Also on Good Friday (April 14th @ 7:00pm) the choir with Deacon Pat will lead *The Stations of the Cross*—a short meditative walking journey through fourteen “stations” representing *The Way of the Cross* (the *Via Crucis*) taken by Jesus to his crucifixion. This short spiritual devotion has become increasingly popular with Anglicans and we are also often joined by a large number of parishioners from St Peter’s Cathedral Basilica that evening.

On Easter Sunday, *The Sunday of the Resurrection*, the St Paul’s Cathedral Brass will join us for a festive celebration of the Resurrection.

Immediately after Easter, the cathedral choir will take a two week break from leading our worship, and will return for the *Three Cathedrals Choral Festival* **from Friday, May 5th to Sunday, May 7th**. For this wonderful biennial Festival we will again team up with the cathedral choirs from Buffalo and Detroit, some 70+ singers, for a weekend celebration of all that is best about our Cathedral tradition. On the Friday evening, the Festival opens with Choral Evensong sung by the Buffalo and London choirs at 6:00pm, followed by the *Pub Night* featuring the *Festival Jazz Trio*—this year we will take this event to *Chaucer’s Pub* instead of using Cronyn Hall. With sponsored beer, wine, and appetisers, this is sure to be a very enjoyable way to start the weekend. The *Festival Gala Concert* will take place as usual on the Saturday (May 6th @ 7:30pm), and the three choirs, singing together, will lead the Choral Eucharist and Choral Evensong (@ 3:30pm) on Sunday, May 7th.

The choirs are already hard at work learning the music, much of which is new to one, two or all three of our choirs, and we hope that you will Save the Date and join us for a weekend celebration where *Music Echoes History*.

As always it seems, it’s all round a very busy time for our musicians coming up, and I thank them in advance for their enthusiasm, commitment, and patience!



Another Date to Save!

We are delighted to announce that the Cathedral Choir will host the **Choir of Trinity College, Cambridge**, who will sing a concert at St Paul’s on **Tuesday, July 18**. This choir was voted the fifth best choir in the world by the UK’s “Gramophone” magazine.

The choir comprises choral and organ scholars, all ordinarily undergraduates at the College, and perform under Trinity’s renowned Director of Music, Stephen Layton.

Proceeds of the concert will go to Project Jericho.

Thanks to a generous donor, the total ticket sales purchased for this concert will be matched up to \$10,000.

More information will be made available nearer the time, but make sure to put the date on your calendar!

Sundays @ 9

According to Father Richard Rohr, God is not what most people think. Visions of an angry, distant moral scorekeeper or a supernatural Santa Claus handing out cosmic lottery tickets to those who attend the right church or say the right prayer dominate our culture. For many others, God has become irrelevant or simply unbelievable. It is Rohr’s belief that changing our perception of God has the potential to change everything. This is why he wrote *The Divine Dance: The Trinity and Your Transformation*. Rohr’s latest book explores the early Christian image of the Trinity: *perichoresis*, a circle dance. The unending flow of giving and receiving between Father, Son, and Spirit is the pattern of reality. God is not only a dancer, but the Dance itself! Join us for this new *Sundays @ 9* series as we explore and grow into the presence and practice of God. All are welcome. Coffee and childcare are provided. — *The Rev’d Mike DeKay*

Resting in the Father's Presence

Learning a New Way to See God

Leon Baltas

For a good part of the year my wife Meg and I worship at the Church of Saint Edmund in Tobermory, the northernmost congregation in the Diocese of Huron. By its location, Tobermory attracts many visitors and some of them worship at Saint Edmund's. One of the visitors over the past few years has been Mandy Smith, a transplanted Australian who with husband Jamie (a professor of Biblical Studies) and two children lives in Cincinnati, where she is lead pastor of University Christian Church. This congregation, apart from the functions typical of most congregations, also practises a campus ministry and operates a coffee house.

Just over a year ago Mandy most generously sent me a copy of her recent book, *The Vulnerable Pastor*. The book contains an astonishing number of theological gems and I am discovering a few more of them during my second reading. Running through the book is the author's refreshing candour about her own human frailties which she argues make her a better pastor. (Saint Paul had something to say about thorns in sides, about human weakness and God's strength in 2 Corinthians 12.) With the Editor's indulgence I plan to submit a few more articles on aspects of this book for inclusion in *Chimes*. For the present issue I include a portion of the book describing the author's action and inaction while she was overcoming a bout of burnout. I find this and other interactions by the author with God just fascinating and they give us a new way to see God.

Her mother had come to take over family chores while Mandy was recovering.

"... I was released to just be.

One night during this time I trudged upstairs to bed with the sense that there was still one more task for my exhausted mind before blessed sleep. It disturbed me to realize that the task I dreaded was the process of reading and praying myself into God's presence. With every step around our spiral staircase my mind took a new turn, and I remember the exact step where I swore off my devotions. I had given the physical work to my mother and I would give the spiritual work to my Father.

In my heart I knew that I read and prayed every night not to make God close but to make myself aware of his closeness. But gaining that awareness took a lot of work: putting off the cares of the day, focusing on the truths of Scripture, journaling, praying without wandering or snoozing. Wouldn't it be easier to just stop and be aware of his closeness? So every night for a month I brushed my teeth, turned out the light and just basked for a bit. I didn't say anything or ask him to say anything. I just trusted that he was there, that he was good, that he loved me and that that was enough. The darkness all around me was God. The silence was God. The sleep was God.

After a month I resurrected some of my more structural spiritual disciplines. But they were different. I did them for a new reason and with more creativity, because I'd had a month-long holiday with my Father. And just as my mum and I reminisce now about that month we shared life together, even still my Father and I draw from those shared experiences. And I've become okay with living again."



Excerpt from:
Smith, Mandy. *The Vulnerable Pastor*.
InterVarsity Press, Downers Grove, IL 2015



Mother's Day 2017

A PWRDF/ Huron Hunger Fund Opportunity

The Rev'd Canon Greg Smith, Chair, HHF/PWRDF

Not everyone is aware that Mother's Day was not always as we know it today: a day, on the Second Sunday in May, for cards, flowers and gifts for mothers, making Mother's Day weekend one of the most profitable shopping weekends in North America.

Mother's Day had its origins as a Women's Activist Movement for peace in the aftermath of the American Civil War. Julia Ward Howe (author of the Battle Hymn of the Republic: "Mine Eyes Have Seen the Glory of the Coming of the Lord") is credited with a call for mothers to unite in refusing any longer to send their sons and husbands to death and injury in war. She and those who joined her in the Mother's Day Proclamation of 1870 called for the decision makers of the world to find alternative methods for dispute resolution: "Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after their own time the sacred impress, not of Caesar, but of God." It was a mothers' movement which gained momentum and eventually was honoured in the proclamation of national holiday in the USA.

Fast forward to this generation. Some today are considering that it might be time to reclaim Mother's Day from the greeting card and florist industry and return it to some semblance of its original purpose.

The Primate's World Relief and Development Fund in the Diocese of Huron (the Huron Hunger Fund Committee) is offering the opportunity for local parishes to do just that for Mother's Day 2017. It is call to use that day to honour mothers in the world by uplifting the many programs promoting and aiding in Maternal, Newborn and Child Health (UN Millennium Development Goals 4 & 5). PWRDF has become a major partner with Global Affairs Canada (GAC) in its work through partners in several countries with a focus on "All Mothers

and Children Count". GAC is providing matching funds to those contributed by PWRDF for such programs as Solar Suitcases for maternity caregivers, provision of ambulances, birthing clinics, midwives training, and more. PWRDF/Huron Hunger Fund Committee is offering a worship resource for the Liturgy of the Word in Sunday services using reflection on Biblical stories to help the people of Huron understand the issues of Maternal Health in the world and why having healthy mothers and babies is a major factor in peace and development globally. We are called on this Mother's Day to acknowledge how important the gift of birthing is to the world, as well as the gift of mothering nurture in the lives of children who may grow up to be tomorrow's leaders. It is also a day to recognize how difficult and how risky and even impossible motherhood is for some people globally.

Sunday, May 14 is Mother's Day in the North American context. Sometimes, we in the Church, spend a lot of energy trying to resist the cultural context in which we find ourselves. Instead, we might consider the opportunity to bring deeper meaning to some of the practices which - let's face it - attract the enthusiasm of the majority of people both inside and outside the Church. A worship resource for use in the local parish focussing on global issues of motherhood will be found on the diocesan website under the Social Justice tab. The PWRDF brochure: "Maternal, Newborn and Child Health Program" is available from <http://pwrdf.org/resources/promotional/> and a short inspirational video is available on Youtube as "PWRDF Maternal Care" <https://youtu.be/Z6HMLArFkrq>

We who follow and gather around one who came through the sacred waters of birth and who was nurtured by a human mother can surely claim this day as a day with theological substance for everyone.

Editor's note: This article will appear in the April edition of the *Huron Church News* but is reprinted here by permission of The Rev'd Canon Greg Smith to promote the work of the PWRDF locally in the parish of St Paul's Cathedral. Please get involved and follow their work on the new Facebook page, "Huron Primate's World Relief and Development Fund" www.facebook.com/pwrdfhuron/.

The Alongsiders Prayer Ministry at St. Paul's

Blessing and Service

Stacey Clark

There is a ministry at St. Paul's that has been serving our faith community and the wider world for more than 15 years, and yet perhaps you've never heard of it: The Alongsiders.

Each day, in the comfort of their homes, members of The Alongsiders take action: they pray. The community at St. Paul's, personal concerns, loved ones, the world at large—all these facets of life are cherished, remembered and supported in the quietness of hearts or in fervent words.

Initially inspired by the Anglican Fellowship of Prayer, this ministry encourages daily prayer through the publication of a monthly prayer calendar. Alongsiders also respond in prayer to urgent needs and concerns as relayed by St. Paul's clergy (with the person's permission), as listed in the Intercessions, and in response to individual requests relayed via a telephone chain.

When members of our parish are no longer able to attend services at St. Paul's due to poor health or busy schedules, they can still actively

contribute to our community through the generosity of their prayer ministry. Participation in this group has been a comfort to many, providing a sense of purpose while at the same time keeping them connected and reinforcing a rich spiritual life.

This Lent, perhaps you might consider taking up a new spiritual discipline as a means of drawing closer to God. The Alongsiders invite you to join them in daily prayer. Below you'll find the Prayer Calendar for the month of March. This suggests a Bible reading and a prayer to get you started each day. From here, let your heart open up to the love of God and to the healing power of prayer. You may be surprised to find where it leads you! Your participation will be both a blessing and a service.

If you would like The Alongsiders to pray for you, please contact Deacon Pat via the Office (519-434-3225). It is a great comfort to know you are not alone.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wednesday March 1 st . Joel 2:1-17. A prayer for Ash Wednesday Almighty God, who alone can bring order to the unruly wills & passions of sinful humanity: give your people grace so to love what you command and to desire what you promise, that, among the many changes of this world, our hearts may surely there be fixed where true joys are to be found : through Jesus Christ our Lord.			2. Joel 2:18-32 Give thanks for our country of Canada, where we have many freedoms, including where we worship.	3. Joel 3: 1-21 On this world day of prayer, let us join hands with all our brothers & sisters & pray for peace in our time.	4. Romans 5:1-19 Bless and guide all in positions of power and influence. May their decisions help to resolve the conflict in our world.
5. Matthew 4:1-11 Pray for all who seek employment. May their search prove to be successful.	6. Deuteronomy 6:10-25. Please pray for all who mourn that they may find peace. May God hold them in the palm of His hand.	7. Deuteronomy 8:1-10. Let us pray for the sick & those in pain, that they may be comforted.	8. Psalms 91:1-16 On this International Woman's Day, let us pray for all women, especially those who live in fear & conflict.	9. Psalm 121:1-8 Let us pray for our clergy team, Bishop Barry, Michael, Virginia, Ros & Deacon Pat, as they lead us through Lent.	10. Genesis 12:1-20 Let us lift up in prayer our whole Cathedral family as we worship God in Cronyn Hall.	11. Romans 4:1-12 Pray for our Syrian families. May they feel safe in our community.
12. Romans 4:13-25. Pray for our staff Carrie, Tom, Tim & Brad. They are a welcoming face to all who visit our Cathedral.	13. John 3:1-17 Let us pray for the lonely & shut-ins. May we reach out to them with love & understanding.	14. Exodus 17:1-16 Pray for our outreach programs, Daily Bread and Fellowship Centre.	15. Psalm 95:1-11 Bless & guide all who work in our Justice system.	16. John 3:22-36 Pray for our educators, whose devotion & dedication help mold the minds of our younger generation.	17. John 4:1-20 As we celebrate St. Patrick's Day, let us use our common sense in our celebration, so all will arrive home safely.	18. John 4:21-42 Let us give thanks to Andrew & the choir, whose gift of music we enjoy each Sunday.
19. Matthew 1:1-17 Pray for our church leaders: Justin Welby, Colin Johnston, Fred Hiltz & Linda Nicholls.	20. 1 Samuel 16:1-23. On this first day of Spring, let us stop & hear the birds & be thankful.	21. 1 Samuel 17:1-25. On this International Day for the Elimination of Racial Discrimination, let us pray for peace & understanding.	22. 1 Samuel 17:26-40. Let us always be thankful for the work of our police, members of the Armed Forces, firefighters & paramedics. May God keep them safe.	23. 1 Samuel 17:41-57. Let us pray for all who travel. May they arrive at their destination safely.	24. Ephesians 5:6-21. Give thanks to our volunteers at St. Paul's. Their service is invaluable to the life of the Cathedral.	25. Luke 1:26-38. Please pray for all who work in healthcare. Guide, strengthen and sustain them.
26. John 9: 1-17 Pray for peace in our hearts, homes & communities.	27. John 9:18-41 Father, let us pray for our young people as they decide which path to take in the future.	28. Ezekiel 37:1-14 Pray for all who are preparing for baptism and confirmation.	29. Ezekiel 37:15-28. Let us pray for planet Earth. May we take good care of our home.	30. Psalm 130:1-8 Let us pray for our pets, our faithful companions, who are a great source of love & companionship.	31. Romans 8:1-17 Let us pray for our retired Bishops: Percy, Bruce, Jack, Terry & Bob.	

Five Easy Ways to Go Green at the Cathedral and at Home

Honouring the Fifth Mark of Mission.

The Rev'd Deacon Pat Henderson

1. Save energy

- If you're not using it, turn it off.
- Enable energy saving settings on equipment.
- Unplug anything that still sucks energy even when it's turned off, such as cellphone chargers, things with blinky lights, etc.
- Plug equipment into power bars and turn them off until needed.

2. Live healthier

- Choose foods that are local, organic and sustainable for meetings, lunches and catered events.
- Get rid of toxic cleaners and personal products in your kitchens and bathrooms.
- Add plants to your home or workspace—they filter the air.
- Take the stairs instead of the elevator.

3. Waste less

- Set 'double sided' as the default setting on your printer.
- Go electronic instead of using paper copies: phone and email, use overheads and power point presentations, get e-subscriptions, and use web resources.
- Switch to cloth towels and napkins in kitchens and bathrooms.
- Compost kitchen scraps.

4. Conserve water

- Use a stainless steel commuter cup instead of bottled water.
- Keep a pitcher of water in the fridge instead of running the tap.
- Scrape dishes instead of rinsing before putting them in the dishwasher,
- Don't pour water down the drain—use it to water plants

5. Commute smarter

- Walk or cycle to church.
- Take public transportation and buy bulk passes to save money.
- If you must drive, carpool or car share.
- Choose hybrid rentals and taxis.



Easter Memorial Flowers

Giving in Memory and With Love

Audrey Smith

The Altar Guild welcomes donations toward the cost of decorating for Easter. If you would like to help in this way, please place your donation on the collection plate Sunday or bring into the office by **Friday, April 7, 2017**.

Please include your name and envelope number, and if it is a memorial donation, the name(s) of those to be remembered.

Flower offering envelopes are available from the Greeters.

Adapted from: <http://www.dauidsuzuki.org>

A Visit to the London Muslim Mosque

Connecting With London's Community

The Rev'd Deacon Pat Henderson

I was delighted that approximately 50 people answered Okba and his family's invitation to come to the London Muslim Mosque on Wednesday January 25, 2017 for a tour.

We were greeted by Imam Abd Fatah Twakkal who graciously welcomed us into his community of faith.



He explained that the doors opened in 1964 and since then the London Muslim Mosque has been a growing and flourishing community. It is hailed as the first mosque in Ontario and the second mosque in Canada.

We were invited into the central worship for a question and answer period at which time the Imam explained how Muslims truly live out their lives and their faith in peace.

We then witnessed the evening prayer service and afterwards we were invited to a lecture hall in the lower floor for some more Q & A time together.

At the London Muslim Mosque, they strive to provide service, guidance and support for our community in accordance with the teachings of the Quran & Sunnah towards building a better society.

It is my prayer that there will be an opportunity to continue the engagement and learning for both our communities in the near future.

Their Vision:

To be a holistic Islamic community focused on education, jurisprudence, and social activities

Their Mission:

Provide an environment for spiritual, intellectual, social, and physical balance in accordance with Quran and Sunnah

Their Guiding Principles:

- Follow the Quran and Sunnah in Actions and Words
- Acquire Knowledge, Develop Empathy and then Act
- Adapt with Boundaries in Mind
- Love For Others What We Love For Ourselves and Respect Their Choices
- Operate with Excellence
- Support Environmental & Financial Sustainability
- Follow the Five Pillars of Faith (below) which are the framework of the Muslim life.

1) The Testimony of Faith: The testimony of faith is saying with conviction, “La ilaha illa Allah, Muhammadur rasoolu Allah.” This means “There is no true god (deity) but God (Allah), and Muhammad is the Messenger (Prophet) of God.” This testimony of faith is the most important pillar of Islam.

2) Prayer: Muslims perform five prayers a day, at dawn, noon, mid-afternoon, sunset, and night. Prayer in Islam is a direct link between the worshipper and God, and in prayer, a person feels inner happiness, peace, and comfort.

3) Giving Zakat: All things belong to God and wealth is therefore held by human beings in trust. The original meaning of the word *zakat* is both ‘purification’ and ‘growth.’ Possessions are purified by setting aside a portion for those in need, and, like the pruning of plants, this cutting back balances and encourages new growth.

4) Fasting the Month of Ramadan: Every year in the month of Ramadan, all Muslims fast from dawn until sundown, abstaining from food, drink, and sexual relations. By cutting oneself off from worldly comforts, even for a short time, a fasting person gains true sympathy with those who go hungry, as well as growth in his or her spiritual life.

5) Pilgrimage to Makkah: The annual pilgrimage (Hajj) to Makkah is an obligation once in a lifetime for those who are physically and financially able. The Hajj is performed in the twelfth month of the Islamic calendar. Pilgrims wear simple clothes which strip away distinctions of class and culture so that all stand equal before God. The end of the Hajj is marked by a festival, Eid Al-Adha. This, and Eid al-Fitr, a feast-day commemorating the end of Ramadan, are the two annual festivals of the Muslim calendar.

Renew the Cathedral

Accessibility and Dignity

Bette Ferguson

As many of you are aware, the accessible washrooms have been completed! They were opened in time for the Spaghetti Dinner in October. The Renew Team organized the dinner with all proceeds going to Project Jericho and it was a bonus to have the washrooms completed at that time.

Sincere thanks to all who donated to make this Phase 2 of the Renew Campaign possible! And a big thank you to Gord Rolleston and his volunteers for all their work.

After Christmas the renovations to the main office were completed, including new carpeting for the main office and the Dean's office. Please check it out, and visit the Renew website "reachoutbuildwithin.com"



Children's Ministries at Easter

The Godly Play group will learn the *Faces of Easter* during Lent. This series of Godly Play lessons looks at Jesus' life from birth to His crucifixion. Looking ahead to the *Stations of the Cross* on Good Friday, we will use different items to represent each stage of the walk, making it a more visual and tactile experience. We'll also make some special cookies that will be shared on Easter Sunday.

Please join us for the season of Lent and the celebration of Easter. For more information on family activities for Lent please check out the website 40acts.org.uk.

I am very thankful for the help and dedication of all of our volunteers—without them, our program would not work. — *Heather Clark*

Visiting the London Muslim Mosque was a welcomed opportunity as it provided a wonderful learning experience. Imam (religious leader) Abd Fatah Twakkal and his community were incredibly welcoming and willing to answer any questions we had regarding the Islamic Tradition. For a community that has been constantly stereotyped and shed in a negative light, I found this visit very encouraging and hopeful. Our faith traditions may seem different at first glance, however, they have many similarities. An incredibly important one that we should remember is that we both acknowledge Jesus as being sent from God (Allah). I would encourage others to visit the London Muslim Mosque, as I believe there is great potential to develop a strong relationship between Church and Mosque and I look forward to see what this might look like.

— *Lauren Brierley*

I thoroughly enjoyed visiting the London Mosque with other members of St. Paul's Cathedral. The Imam was very welcoming and seemed surprised that so many members of St. Paul's had gone to visit the Mosque. I found out that there are many similarities between our faiths: They believe in one God; They believe that we are called to love and serve our neighbours; Just as we at St. Paul's have ritualistic prayers, they also are called to prayer, seeing it as an integral part of their lives. I feel that my own personal faith has broadened since visiting the Mosque. We are all one people under one God, and we are called to reach out to others as we go in Peace to Love and Serve the Lord. — *Heather Clark*

I was delighted to participate in our visit to the London Mosque with a number of our parishioners from St. Paul's Cathedral. The warm welcome was a sign of respective journeys of faith. I valued the Imam highlighting important elements of Islam. And I was struck by the discipline of prayer that Muslims engage in to express their faith. It reminded me of how we often take our faith for granted and fail to practice our own disciplines and spirituality. — *The Right Rev'd Barry Clarke*



Pilgrims praying at the Haram mosque in Makkah. In this mosque is the Kaaba (the black building at right) which Muslims turn toward when praying. The Kaaba is the place of worship which God commanded the Prophets Abraham and his son, Ishmael, to build.

Harry Finnis

A Journey in Faith

Stacey Clark

Last November, at the 10am service on Remembrance Sunday, I noticed that one of the servers was wearing military medals. It was Harry Finnis. I thanked Harry for his years of service, and asked if he might tell me about some of his experiences.

Master Warrant Officer Finnis, Ret'd, began his military career with the usual compulsory service required of young men of his generation. After this stint, he briefly explored other trades, working as the chief steward's writer on the RMS Queen Elizabeth and as a floor manager for BBC television, among other varied jobs. Eventually, though, he decided to return to the military, serving with the Royal Green Jackets out of Winchester, switching to serve as an air traffic control assistant in the Royal Air Force in conjunction with the Civil Air Traffic Control at London Airport (now Heathrow) as part of the emergency response team, and then in later years he served with the Queens Own Rifles in Toronto.

While on active duty in Cyprus in 1963, Harry was awarded the B.E.M. (British Empire Medal) being named to the Queen's New Year's Honours List. He also established a new record for the number of soldiers recruited to the British military by a single recruiter. In fact, the reason why Harry was in Cyprus was because he felt an obligation to the young soldiers he had recruited, who had been sent to that island during the difficult transition from a British Crown Colony to a Republic. He left his recruiting tasks in order to serve alongside them, keeping an eye on his younger fellow soldiers, and keeping his word to many of their parents, with whom he regularly corresponded.

With almost 14 years of military service, Harry's recounting of his military experiences will keep any listener engaged for hours! And yet, these stories are only one aspect of his many accomplishments and adventures.

Having connections in Canada—a brother and his family—Harry decided to see a bit more of this country upon leaving the Royal Air Force. After working as the personal assistant for the CEO of Mogul International Mines in Toronto, and also working with the Army Reserves in that city, he was engaged as Town Supervisor for Nanisivik Mine on Baffin Island. Here he was also given special dispensation by the Bishop of the Arctic to serve as a Lay Administrator in the local chapel, leading worship and sharing Holy Communion with the miners and their families. In fact, he

was told that one of the main reasons he was hired was because he was a Christian.

After 3 years on Baffin Island, Harry “decided to move somewhere warmer”: Yellowknife! There he worked as the Sergeant-at-Arms for the Legislature of the Northwest Territories during the winter and as a water-bomber plane dispatcher for fire protection services during the summer. Meanwhile, having earned his pilot's license while living in Nanisivik, he then went on to become an instructor on ultra-light aircraft. He enjoyed flying his 4-seater Cessna on a regular basis, to visit family in southwestern Ontario.

He returned to the UK when one of his brothers fell ill, managing a small postal outlet in Windsor. His daily attendance at St. George's Chapel at Windsor castle led to his being hired as a Sacristan in their service—assisting the Dean and Canons, and serving at worship services which were attended by Her Majesty Queen Elizabeth II on occasion. He also served at the Celebration of the Marriage of Prince Charles and Camilla.

These days Harry leads Morning Prayer services at St. Paul's and attends Wednesday morning Eucharist before heading off to Compassion Canada, where he volunteers each weekday for

this charity that supports children in developing countries through local churches.

Harry has been working since the age of 13, upon being evacuated from a suburb of London to Swansea in Wales during WWII. As he recounted stories of his varied experiences, he often spoke of opportunities presenting themselves to him, of jobs being offered out of the blue, of being open to trying something new. What shines through his stories, though, is his generous heart, his openness and curiosity, his kindness and conversations, which have resulted in relationships that became opportunities.

Faith has been a constant throughout Harry's journey, since his early childhood at the choir school in Twickenham. We have been privileged to have such an experienced and decorated server in our midst. This time is drawing to a close, however, as Harry is now preparing to return to the Portsmouth region of England, to enjoy the company of his remaining brother.

Thank you, Harry, on behalf of St. Paul's, for your wisdom, your kindness, and your witness. God bless you as you embark on your next adventure.

