

The Anglican Parish of Holy Cross

2828 - 19 St NW, Calgary, AB T2M 3V8 ~ Telephone: 403-289-8497
Email: office@holycrosscalgary.org Website: www.holycrosscalgary.org
www.facebook.com/holycrosscalgary www.twitter.com/holycrosschreh

Happenings around Holy Cross ~ November 2018

From the Rector's Desk:

Have you ever struggled to figure out just how to live out the Christian faith? Scripture includes some wonderfully lofty statements such as 'love your enemies' and 'forgive as the Lord forgave you'; sometimes it is hard to figure out how such statements can be worked out in our lives. Where do we begin? What does 'loving our enemies' actually look like?

One place to begin unpacking how we live our Christian lives is with a Prayer of Examen. A Prayer of Examen is a process by which we look at our life to discern the ups and downs of our faithful walk. If you are sports-minded person, think of it as reviewing the play-by-plays of our lives. The point of doing this is to learn from the places where we were closest with God and to learn to avoid places where we were farthest from God.

Take for example, Paul's famous passage regarding the 'Fruit of the Spirit' (Galatians 5:22). This is a wonderful passage speaking of God producing love, and joy, and peace, and gentleness in our lives. We sometimes read this passage without reflecting on how the fruit of the spirit is to be lived out in our lives. So, if you were to do a Prayer of Examen based on this passage, you might ask yourself 3 questions:

1. Where did I give the most love this week? Trace your life over the past seven days, and ask God to help you notice those places or situations in your life where you were an agent of love. It could be something as simple as a smile to a stranger, or a hug for a family member. When you think of a specific time of feeling loved, cherish that memory, and recognise that God's presence was there working through you.
2. Where did I receive the most love this week? As we attempt to live our lives in conscious awareness of God's presence, we also are called to recognise where we receive the blessings of God. These blessing occur in many different ways. We can feel overcome with the love of God through the sight of a glorious sunrise, or we can experience God's love through the actions of another. When God has led you to recognise a place where you experienced the blessing of love, take a moment and thank God for his presence and blessing.
3. Where did I not express love this past week? An important part of the Examen is learning from those times where we were not as strong of a Christian witness as we would have liked. Maybe we were snippy or short-tempered; maybe we held frustration or bitterness on a certain day. We want to recognise times where we stepped away from the full expression of God's love, so that we can learn how to avoid those times in the future.

Of course, we can do this 3-fold Examen with any part of our Christian life. Simply replace the word 'love' with 'forgiveness', or 'peace', or 'patience.' If you are looking for a place to start, why not take the Fruit of the Spirit from Galatians 5:22 and do an Examen on each fruit. Do one fruit per day – or take one fruit per week. The point is that if you commit to this, you will have 9 times where you enter into this prayer. Imagine going through a time of 9 weeks where you prayerfully reflect on your life of faith, and ask Jesus to reveal to you his presence and his call for you. The Prayer of Examen is a simple way to uncover the practical ways that our faith is to influence our lives, and learn just how close God presence actually is.

Agency for Special Offering for October, November, and December 2018: Hope International. To donate to this monthly outreach offering, please make your cheque payable to Holy Cross Church, and indicate **Hope International Development Agency** in the memo section. Your donation will be included in the Holy Cross tax receipt at the end of the year. If you have any questions, please speak to a warden or a parish council member.

Lectio Divina: Tuesday, November 13 at 6:30 pm in the St. Cyprian room. Lectio Divina, i.e. divine reading, is a practice deeply rooted in Christian history. In Lectio Divino, we sit with a Biblical text for the purpose of discerning the voice of Jesus as He speaks into our lives. For more information, please speak to Reverend Kyle.

Book Club: October 2018 *Dear Mr. Knightley* by Katherine Reay. This story is told totally in letter form. It is full of classical literary references and is easy to read.

“Samantha Moore has always hidden behind the words of others – namely, her favourite characters in literature. Now, she will learn to write her own story – by giving that story to a complete stranger” quote from back cover. The life of this 23 year old orphan is stranger than fiction. This is Katherine Reay’s first novel and she tells the story through the letters of a young woman’s journey as she becomes the person she was meant to be.

Book club unanimously all enjoyed this book and it sparked a very good conversation, which produced some self-examination of our relationships as we grew up and continue to grow. It is recommended as a good read and will be in the church library shortly. Submitted by Sandi.

If you are interested in joining the book club, please speak to a member: Wendy Dickin, Marlene Stevenson, Gloria Reid, Glynis McClary, or Sandi Poile. The book club meets on the 2nd Monday of each month at 7:00 pm.

Parish Council: is hosting a community service project to assist the Brenda Strafford Society to the end of December by collecting personal and household items for their residents. A list of requested items is on the table in the narthex and a donation box has been set up. The Brenda Strafford Society for the Prevention of Domestic Violence serves women and children who have been affected by domestic violence. They do this by providing a safe environment and through support service for women and their families. For information, call Miranda Dallalba at 403-702-4221.

ACW: All women are welcome to come to our monthly meetings and we are always looking for new people to join us. We normally meet on the first Sunday of each month after the 10:00 am service and coffee time. We have calendars for sale for \$7 each. Our next meeting will be on November 4, 2018 when we will have a guest speaker, Molly Cole, whose talk is titled “Is Your Church Dementia Friendly?” All are welcome. For more information, please call President Lisa Boulet at 403-399-2315 or email: holycrossacw.com.

Repurposing Used Stamps: The Canadian Bible Society uses stamps collected from donations across Canada to create charity boxes that are sold to stamp collectors and vendors. The revenue generated from the stamps is used to purchase Bibles for Canadian prison ministry. Ten pounds of stamps equals approximately six Bibles for distribution. Here’s how you can help: leave the stamp on the envelope and cut out the stamp, leaving a 1/4” border around the stamp, bring to church and place them in the collection box in the narthex. When the box is full, the stamps are given to the local Canadian Bible Society representative and, abracadabra, (but not quite by magic) wonderfully, prisoners get Bibles. For more information, please call Donna Uncles at 403-288-7636.

Candy Cane Tea and Bazaar

Saturday, November 24 from 10:00 am to 2:00 pm

The Candy Cane Count Down is on. Donations of crafts, gently used treasures, and books can be dropped off at the church during the office hours. Call ahead on the day you are coming to confirm someone is in the office to open the doors 403-289-8497. Volunteers will be on hand at the church on Friday, November 23 from 1:00 pm to 7:00 pm to receive your donations.



Some donations, baking for example, do not lend themselves to early arrival. Donations of fresh baking for the tea room and baking and deli table can be delivered to the church on Friday, November 23 from 1:00 pm to 7:00 pm or early Saturday morning by arranging with the conveners.

Please note: donations for the treasures table cannot be received on the day of the bazaar.

Questions? Contact one of the conveners: Wendy Dickin at 403-282-7700, Margaret Peyto at 403-289-1261, or Linda Peyto at 403-286-6791.

Anglican Fellowship of Prayer Conference: will be held here on Saturday, November 17 from 9:30 am to 3:30 pm. Have you ever found it hard to forgive someone? Have you found it difficult to forgive yourself? Holding on to resentment, anger, or bitterness is a sure way to poison our spiritual lives. The good news us that Jesus offers forgiveness as the solution. When we forgive, our anger turns to love and resentment turns to joy. Join our speakers, Friar Dan Gurnids, the Reverend Kyle Norman, and the Reverend Bonnie Luft, as they discuss how to move away from resentment, through forgiveness, and into an experience of joy. For registration, please contact: FellowshipPrayerCalgary@gmail.com.

“The one who seeks God in everything is sure to find God in everything. When we thus live wholly unto God, God is wholly ours and we are then happy in all the happiness of God; for by uniting with Him in heart, and will, and spirit, we are united to all that He is and has in Himself.” William Law.

Check out the website: go to www.holycrosscalgary.org and view the changes. We are also on Facebook and Twitter.

Going to the hospital? Please identify your religion as Anglican as this places your name on the Anglican list at Spiritual Care Services. Please let the church office know if you are in hospital. If you do not inform the office or the clergy, we will not know that either you or your loved one is in the hospital.

Please submit all articles for the December 2018 newsletter by November 15, 2018.

November 2018

November 2018							December 2018						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30	31	23	24	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 28	29	30	31	Nov 1	2	3
8:00am BCP (KN/LN) 10:00am BAS (KN/MHB)	9:30am MP (AD) 1:30pm Quilting 7:00pm Book Study	9:30am MP (LN) 7:00pm Tone Chimes 7:30pm GTAA (meeting room)	MS away 9:30am HC (KN/AD) 7:00pm Alpha (St Cyprian room)	9:30am MP (MHB) 7:00pm Choir practice 7:30pm AA (meeting room)	MS away 9:30am MP (LN) 1:00pm Funeral	11:00am Private (St Cyprian)
4	5	6	7	8	9	10
8:00am BCP (KN/LN) 10:00am BAS (KN/MHB)	9:30am MP (AD) 1:30pm Quilting 7:00pm Book Study	9:30am MP (LN) 7:00pm Tone Chimes 7:30pm GTAA (meeting room)	MS away 9:30am HC (KN/AD) 7:00pm Alpha (St Cyprian room)	9:30am MP (MHB) 7:00pm Choir practice 7:30pm AA (meeting room)	9:30am MP (LN)	7:45am Art Alliance (St Cyprian)
11	12	13	14	15	16	17
Remembrance Day 8:00am BCP (KN/MS) 10:00am BCP (KN/AD)	9:30am MP (AD) 1:30pm Quilting 7:00pm Book Club 7:00pm Book Study	9:30am MP (MS) 6:30pm Lectro Divina 7:00pm Tone Chimes 7:30pm GTAA (meeting room)	9:30am HC (KN/LN) 7:00pm Alpha (St Cyprian room)	9:30am MP (MHB) 7:00pm Choir practice 7:30pm AA (meeting room) 7:30pm Scouts (library)	9:30am MP (LN)	9:30am Ang Fellowship of Prayer
18	19	20	21	22	23	24
8:00am BCP (KN/CT) 10:00am BAS (KN/LN)	9:30am MP (AD) 10:00am PDWA 1:30pm Quilting 2:00pm H. of NewPort 7:00pm Book Study	9:30am MP (MS) 7:00pm Tone Chimes 7:30pm GTAA (meeting room)	9:30am HC (KN/AD) 7:00pm Alpha (St Cyprian room)	9:30am MP (MHB) 10:00am Boardwalk Comm (AD) 7:00pm Choir practice 7:30pm AA (meeting room)	9:30am MP (LN)	10:00am Candy Cane Bazaar
25	26	27	28	29	30	Dec 1
The Reign of Christ 8:00am BCP (KN/MHB) 10:00am BCP (KN/MS)	9:30am MP (AD) 1:30pm Quilting	9:30am MP (MS) 10:15am Fanning Centre 6:30pm Meditation 7:00pm Tone Chimes 7:30pm GTAA (meeting room)	9:15am Statesman (MS) 9:30am HC (KN/AD) 7:00pm Alpha (St Cyprian room)	9:30am MP (MHB) 7:00pm Choir practice 7:30pm AA (meeting room)	9:30am MP (LN)	