

# The Anglican Parish of Holy Cross

2828 - 19 St NW, Calgary, AB T2M 3V8 ~ Telephone: 403-289-8497  
 Email: [office@holycrosscalgary.org](mailto:office@holycrosscalgary.org) Website: [www.holycrosscalgary.org](http://www.holycrosscalgary.org)  
[www.facebook.com/holycrosscalgary](http://www.facebook.com/holycrosscalgary) [www.twitter.com/holycrosschrch](http://www.twitter.com/holycrosschrch)

## Happenings around Holy Cross ~ December 2018

### From the Rector's Desk:

Every year I go on retreat with the clergy of the diocese. This retreat has extended periods of silence. We wake up in silence and hold it until dinner time. My first couple of experiences with this practice was not the best. The silence would begin, and I would instantly begin to feel challenged about the various activities I would engage in to fill up my time. In the past, I began to plan for the silence by bringing a suitcase of ways to fill up the time; I would bring projects to complete, music to listen to, or movies to watch. My phone was ever in my pocket, always providing the relief of e-mails, texts, and social media. Did I talk to people in this time? No. Was I silent? Hardly.

It can be easy to think that silence is just the refusal of noise. We are silent when we refuse to speak to another, or when we shut off the television. Yet this is not the way that Scripture speaks of silence. Silence – often paired with solitude (a time away) – is a cultivated space of intentional and focused listening. We remove ourselves from distraction and noise for the sole purpose of being attentive to the presence and voice of God. We saw this in last week's reading when we heard of Hannah praying silently before the Lord. Also, Psalm 131 contains the call to calm and quiet our souls, like a weaned child before its mother. Scripture calls us to cultivate an inner attitude of silence for the purpose of recognizing the presence of God in our life.

In her book, *Invitation to Silence and Solitude*, Ruth Haley Barton writes that through silence we 'take seriously the need to quiet the noise of our lives . . . in order to give God our undivided attention.' These words speak powerfully to a world of noise. Personally, I recognize that I have grown accustomed to the sounds that encompassed my life; the blaring of the stereo, the flashes of the TV screen, the chirps and whistles of the apps on my phone. I often depend too much on those noises of life to take up the acoustic space within me. In this way, silence is seen as absence, a space to be filled. In fact, studies have shown that for the average person, it takes merely three minutes of silence before he or she begins to be uncomfortable.

This is the big difference between cultivating quietness (the mere the reduction of noise), and the cultivation of silence as an internal spiritual discipline. Quietness refers to a lack of external noise. It is a description of the external atmosphere. One can enjoy quietness, mediated through headphones or the cessation from talking, and still be filled with the noises of modern life. Even within a quiet atmosphere, the direction of the soul may remain built upon the frantic activity of life around us.

Silence, as a spiritual discipline, demands that we take the spiritual life seriously. The discipline of silence describes an inner quality of the soul. It involves closing ourselves to that which whirls around us, and, possibly more importantly, within us. We quiet our environment; we still the inner chatter. In doing this we open ourselves to God's presence and attempt, as best we can, to remain attentive to Jesus' voice. Like Elijah before the still small voice, in silence we willingly allow the presence of God to confront us.

Why not attempt to cultivate silence in this next week. Take five minutes to step away from the hubbub of life, for the purpose of listening to God. Begin with a prayer. Ask the Lord to meet you in this time. And then wait, but wait expectantly. For when we silence ourselves before the Lord, like a weaned child before its mother, we find that the presence of the Lord is faithful to meet us.

## Holy Cross ~ December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Advent 1 8:00 am Holy Communion 10:00 am Holy Eucharist 7:00 pm Lessons & Carols	3 9:30 am Morning Prayer 1:30 pm Quilting 6:00 pm ACW Christmas devotional & potluck	4 9:30 am Morning Prayer 7:00 pm Tone Chimes 7:30 pm GTAA (meeting room)	5 9:30 am Holy Eucharist 7:00 pm Alpha (St Cyprian)	6 9:30 am Morning Prayer 7:00 pm Choir practice 7:30 pm AA (meeting rm)	7 9:30 am Morning Prayer	8
9 Advent 2 8:00 am Holy Communion 10:00 am Holy Eucharist and Cookie Challenge	10 9:30 am Morning Prayer 1:30 pm Quilting	11 9:30 am Morning Prayer 6:30 pm Lectio Divina 7:00 Tone Chimes 7:30 pm GTAA (meeting room)	12 9:30 am Holy Eucharist	13 9:30 am Morning Prayer 7:00 pm Choir practice 7:30 pm AA (meeting room)	14 9:30 am Morning Prayer	15
16 Advent 3 8:00 am Holy Communion 10:00 am Pageant	17 9:30 am Morning Prayer 10:00 am PDWA 1:30 pm Quilting 2:00 pm H of Newport	18 9:30 am Morning Prayer 7:00 pm Tone Chimes 7:30 pm GTAA (meeting room)	19 9:30 am Holy Eucharist	20 9:30 am Morning Prayer 7:00 pm Choir practice 7:30 pm AA (meeting rm)	21 9:30 am Morning Prayer	22
23 Advent 4 8:00 am Holy Communion 10:00 am Holy Communion	24 Christmas Eve 9:30 am Morning Prayer 7:00 pm Holy Eucharist 11:00 pm Holy Communion	25 Christmas Day 10:00 am Holy Eucharist	26	27 7:30 pm AA (meeting rm)	28	29
30 1st after Christmas 8:00 am Holy Communion 10:00 am Lessons & Carols	31 New Year's Eve 4:00 pm New Year's Vigil					

**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, December 11 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 Divina, 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.

**Ordination to the Diaconate of Carmen Maier:** will be held here on Sunday, December 23 at 3:00 pm. Please uphold her in your prayers and come to support Carmen as she takes this next step in her ministry. *Behold, I come to do your will, O God. Psalm 40.*

**Annual Meeting of Parishioners:** is scheduled for February 3, 2019. In order to create a booklet about our many parish activities over the past twelve months, ministry leaders are asked to provide a report to the church office or to Donna Uncles by January 7, 2019. Email your report to [office@holycrosscalgary.org](mailto:office@holycrosscalgary.org) or to Donna at [uncles@telusplanet.net](mailto:uncles@telusplanet.net). If you are unable to email your report, it can be dropped off at the office.

**Our Daily Bread devotional booklet:** for December 2018, January and February 2019 is available in the narthex.

**ACW:** Please join us for the Christmas devotional and potluck supper (no meat dishes as turkey will be provided). The Rev. Brian Way will lead the devotional. All women are welcome. Note the change of meeting date and time: **Monday, December 3 at 6:00 pm.** At our next regular meeting on January 6, 2019 following the 10:00 am service, Jim and Carol Tubman will share reminiscences of their Scottish cycling adventures. For more information, please call President Lisa Boulet at 403-399-2315 or email: [holycrossacw.com](http://holycrossacw.com).

**Mincemeat tarts:** Sign up sheet is in the narthex, orders accepted until December 2.

**Recycling:** If you are able to assist with the recycling of paper, cardboard, and other materials beginning in the new year, please call the office.

**Christmas Floral Dedication:** if you wish to have a poinsettia placed on the altar as your gift in remembrance of a loved one, or in thanksgiving, please complete one of the forms on the narthex table and return with \$15 per poinsettia to the church office or place on the collection plate by December 18.

#### Events Around Holy Cross

December 2 at 7:00 pm: Advent Festival of Lessons and Carols

December 9 at 10:00 am: Guest Preacher: The Rev. Pilar Gateman, Executive Officer of the Diocese;  
Christmas Cookie Challenge after the service

December 23 at 3:00 pm: Ordination to the Diaconate of Carmen Maier

December 24 at 7:00 pm: Family Christmas Eve Service

December 24 at 11:00 pm: Quiet Christmas Communion

December 25 at 10:00 am: Christmas Eucharist



#### 8th Annual Holy Cross Cookie Challenge on Sunday, December 9, 2018

Cookie Champion? Bring four dozen small (bite size) cookies to the lower hall before the 10:00 am service (no entry fee). The rules are simple: 1) The cookies must be home baked – not necessarily home made – so you can make them from scratch or get some help from Mr. Pillsbury. 2) The cookies must be cookies – so squares and no-bake treats are not eligible for prizes.



Cookie Connoisseur? Come to the lower hall after the 10:00 am service, and pay \$5 to receive a voting chip, a glass of milk, a “guess the Rector’s cookie” chit, and a plate to heap your cookies on. Taste every kind of cookie there is, and vote for your favourite.

Questions? Contact Alicia Norman at [ak-norman@hotmail.com](mailto:ak-norman@hotmail.com) or call 403-474-6675. Prizes will be awarded on Sunday, December 16.

**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 services for women and their families. For information, call Miranda Dallalba at 403-702-4221.

**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.

I bring you good news of a great joy which will come to all the people; for to you is born this day a Saviour, Christ the Lord.

Luke 2:10-11

**Check out our website:** [www.holycrosscalgary.org](http://www.holycrosscalgary.org). 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 January 2019 newsletter by December 15, 2018.