



St. Peter's Anglican Church

Reaching out to St. Peter's Community

f stpetersscarborough i st.petersanglican

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Thanksgiving Edition

Welcome to the fifth edition of St. Peter's Newsletter



A Thanksgiving Message

Walking in humility with God is about using all our talents to be in right relationship, an expectation that we will act for the common good. When we offer gifts of money, food and time in thanksgiving to God, it is based on a relationship that should transform us. Our attention is not on our own desires but rather God's desire for justice and kindness. We experience the same reality when we gather with our family and friends on Thanksgiving. The real pleasure is simply being together and acknowledging the gifts in life that helped us through another year. We point to the times of hope and moments of courage and abilities to surmount challenges. It is important to take time aside to be thankful.

We also belong to the family of God and we are being asked to express our thankfulness through acts of justice and kindness. When the church leadership request special donations at Thanksgiving, the aim should be to further the intentions of God and the Gospel. When we give time and treasure we ought to expect that something transforms for us and those around us. I would like to say that if you give enough money, it will guarantee the future of St. Peter's Church. That is actually not what God is asking of us. I can certainly guarantee the future of God and the Gospel, if we commit ourselves to justice and kindness. I can also guarantee that your lives will be full and meaningful and worthy of thankfulness.

May we all be filled with thanks that we move forward together to embrace St. Peter's mission with courage, hope and vision. We can always be thankful for the God who walks beside us, yearning for justice and kindness.

Wishing you and your family a happy thanksgiving and God's riches blessings!

"What does the Lord require of you, to love kindness, do justice and walk humbly with your God". (Micah 6:8)

Rev. Helena-Rose Houldcroft

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Getting to know our new Priest-in-Charge



I was born in Toronto, lived in Willowdale until I was in grade one and we moved to North Bay. After a short time there, my family moved to Parry Sound and eventually fifteen miles north, in the bush overlooking the Georgian Bay. I loved splitting wood for the fire, cutting through the ice for water and when the wind blew, playing hockey on the Georgian Bay. My mother died when I was fourteen and I took on household responsibilities for my older brother and my father. I graduated from Parry Sound High School in 1970 and entered McMaster University and received my BScN in 1974. I worked in an outpost for a year and returned to Hamilton to work in the ICU. During that time I perceived a call to ordained ministry and sought to study theology.

In 1977, I began my studies at Trinity College. The atmosphere was tense for the three women in our class. The ordination of women was a very fresh issue. In fact, all of the women ended up walking away from graduation in 1980. The opposition was just too great and no Bishops were interested in interviewing us much less ordination. In 1980 I took a job at McMaster University as a lay chaplain. What a gift! I was able to do ministry without objection and I thrived. Eventually Michael Peers agreed to ordain me for the Diocese of Qu'Appelle. I was

made a Deacon at McMaster in 1982 and Priest in 1983 in Saskatchewan. Before going out west I finished my MDiv in three months and officially graduated in 1983!

I love Saskatchewan and the people are amazing. They became my great teachers of faith for the 25 years that I was in the Diocese. I did rural ministry, indigenous ministry and developed youth resources. I took leadership locally and in the National Church. I was the chair of the Homosexuality Task Force which produced a major study for 1995. I served on the National Church Council and was the partner to the Episcopal Church in the US. I also served on Faith, Worship and Ministry Committee for a number of years. When the residential school crisis erupted, it directly affected the Diocese of Qu'Appelle. Part of my ministry was set aside to educate our parishes and support healing and reconciliation. I represented our church at many hearings, mediations and negotiations with the government. It was difficult but enlightening work.

In 2003, my husband died of Lymphoma and I was left to raise our two daughters and our son and work full time. After new leadership came into the Diocese, I was having to look for work elsewhere. I applied to other dioceses for work and eventually was accepted by Toronto and Flemingdon Park Ministry. My children and I arrived in Toronto in July 2007. In Flemingdon Park I had an exciting time building relationships with a very diverse cultural and ethnic neighbourhood. Wherever I have worked, I always invested time and effort to develop community based ministry. At FPM we worked with others on food security initiatives and building local resident capacity in order for people to be able to help themselves. We developed a close relationship with the Muslim community.

In 2011, I was diagnosed with Lymphoma and underwent aggressive chemotherapy and radiation. I continued to work through my treatment except for the last month of radiation when I took a leave. I returned to do five more years and retired in 2016. I travelled across Canada and the Rocky Mountains as my gift to myself. I was asked to assist All Saints Sherbourne for a year and a half. After retiring again, I put energy into being an Honorary at Epiphany St. Mark in Parkdale. When I retired I bought condo in the Junction. Then in June of this year the Bishop requested my assistance with St. Peter's Scarborough and our adventure has begun! I love art, music, outdoor activities and golf. I am excited to partner the leadership and people of St. Peter's in moving forward and embracing a new mission.

Rev. Helena-Rose Houldcroft
Priest-in-Charge

Three reasons why I'm thankful

1. Health and strength; faith to worship every day and on Sundays.
2. Spending time with family - daughters, sons, and their families.
3. Thankful for food, shelter, and clean water to drink.



Doreen Cheong

This Thanksgiving, Count Your Blessings: Then Pay it Forward

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you” 1 Thessalonians 5: 16-18.

Thanksgiving has been celebrated in Canada for centuries, even though it was not declared to be a national holiday until 1879.

Long before the arrival of Europeans to this land, First Nations Peoples gave thanks for successful harvests and hunting seasons that enabled them to survive this land's long, harsh winters. Early European settlers gave thanks for the same gifts from the land.

We at St. Peter's have much to be thankful for this Thanksgiving: our country is prosperous and safe, we have rights and freedoms that many people in the world can only dream about, and we have no shortage of resources at our fingertips. Individual Canadians may be thankful for other things as well: health, family, friends, and employment or retirement. We are also thankful that we can practice our religion freely in Canada, and that our various faiths are strong. Recent studies say that a good personal discipline is to reflect on things for which we are thankful on a daily basis. Some people do this upon waking, some people include this in their daily prayers, while others reflect on these things in written form in a journal.

As Christians, we are called upon to give thanks to God in our prayers and actions. A kind way to show gratitude for the many blessings that we have received, is to give aid and succour to those individuals to whom life has not been quite so generous. Alongside the plenty that so many of us take for granted, there are, sadly, many Canadians who could use our help. There are many ways that you could help during this Thanksgiving season. Perhaps you could donate food to a food bank to help those in our community who are hungry, or to a water program to help provide clean water to First Nations territories whose drinking water has been contaminated.

A gift of money or of time as a volunteer at an organization such as the Scott Mission or a similar organization, is always very welcome.

Showing your gratitude need not always involve a financial output, for example, you could offer to take an elderly neighbour grocery shopping. You could volunteer at your church - there are many ways you could help. When was the last time you told a dear friend how much you appreciated his or her presence in your life? If you feel too shy to say it verbally, you could send a short, cheerful note or a postcard just to say thank you. Bake cookies or muffins for a friend or bring baked goods to your neighbours, church group, or work to share. In this way you will be sharing your gratitude with them, in thanksgiving for their presence in your life.

But God does not want us to reserve our expressions of thanksgiving just for people we know: we are also directed to help strangers in our midst, and to see Jesus in them. Smile at a newcomer, hold the door for someone regardless of their age or ability, offer your seat on the bus to someone less able than you. Donate clothes that you no longer wear to our clothing give-away to help people who are needy. These are just a few ways that we can manifest our gratitude for Jesus' limitless love for us, in our day-to-day lives.

Remember this: Jesus said, “I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.” Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, “Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.” Matthew 25:36-40 English Standard Version (ESV)

Lisa Turner

What I'm Thankful for...

I would have to say that I am most thankful for are family, health and the Christian faith! With respect to family, I have been very fortunate to have been surrounded by two loving parents (and a late stepmother as well) and a twin sister-whose support has always been unwavering. I think that as men we indeed look to our fathers for guidance-whether knowing it or not. I was fortunate to have a father who taught me the glorious faith-more so in action than in word-and who helped me to realize that we are all given gifts and talents by the good Lord.

I am thankful for my health which allows me to work and make a living but also allows me to be out 'and about' and to be able to connect with people whether it be through volunteering, through friends or through church.

I have also been fortunate to be reasonably athletic and sports have brought me much pleasure and joy throughout my life. I am inspired when I see those who are not in great health and yet who persevere through their challenges.

Thirdly, I am truly thankful for the faith community at St. Peter's. I came to this church in 2015 and to be frank I did not know what to expect. I won't lie and say that it has always been easy nor wonderful-because it hasn't. However, I have met many wonderful people here and I have been very fortunate to have been embraced by many dear people (Charles, Gail, Doreen, Bob and the Barrow family to name but a few). During my tenure as a warden, I saw firsthand the going-on's of 'Churchland' and the joys and challenges that it presents. I have great faith in the people of St. Peter's, and I know and trust that God is setting us on a wonderful course! Challenges will arise-yet WE (with God's steady hand) can steer the ship through the proverbial storms!

Ian Physick

FOOD FOR THOUGHT



Food Insecurity in Nunavut

Nunavut has the highest rate of household food insecurity in the country, with one in three people experiencing food insecurity every month. Many Canadians are unaware of the issues facing people living in the north. There are a lot of factors contributing to food insecurity in the territory, like poverty and expenses, resulting in major health issues like obesity and diabetes. There are a number of ways to begin to rebuild food security in Nunavut, but minds and policies have to be changed.

Nunavut became a separate territory on April 1st, 1999, with its capital city being Iqaluit. Over four-fifths of Nunavut's population are Inuit, and almost the rest being of European descent. The Inuit people have been living in the Canadian north for over 4,000 years, and traditionally relied on the environment for their hunting, clothing and shelter. New diseases brought by early contact with explorers diminished the population of Inuit, as well as forced them to adapt to European culture. By the 1950's government policies forced the Inuit to modernize instead of keeping their traditional way of life. It's only been two generations since the Inuit have been forced out of their semi-nomadic way of life. Now the government and its agencies are a major source of employment and income for the territory, because of Nunavut's high mineral wealth.

There is a lot of reasons for the issues surrounding food insecurity in Nunavut, including Poverty and high cost of food. In 2011, 39.3 percent of Nunavut's population received some form of assistance through the welfare program. Many households continue having to choose between paying for groceries or household bills. This creates an issue if an unseen medical costs come up, and leaves less money in the household budget; if the costs can even be covered.

Due to the costs of transportation to the north, food is also incredibly expensive. You can go into a store and find a bag of flour for \$46, and potatoes for up to \$17.39. The high prices have forced the people of Nunavut to buy cheap foods, with low nutrition and high calories. This increases the risk of long and short term health issues, and leaves food insecure households more vulnerable for disease. Mental health and major depressive disorder among Inuit is also higher than the national average. Even after putting in place Nunavut's suicide prevention plan in 2011, the rate of suicide is still 10 times higher than Canada's average for young men. Many people attempt to self-medicate with drugs and alcohol, but because of the prohibition in the north, alcohol prices have skyrocketed. With an average bootleg price of \$300 a bottle, many household costs are overlooked, including food for the family.

Food and nutrition are very important for children, without adequate food intake children are more developmentally at risk, and can experience physical and mental issues. Affecting the children's cognitive development and performance in school, then for the rest of their lives. A third of Nunavut's people are under the age of 18, making it Canada's youngest population. It's important that all Canadian children are provided with equal opportunities and have their basic needs met.

The main stakeholders are the Government. There are many unfair disadvantages affecting the aboriginals and residence of Nunavut. Heating and lighting costs more in Nunavut than anywhere else in Canada. In Toronto electricity rates are around 8.3-12.9cents/kwh, in Iqaluit the rates are 43.42 cents/kwh, which is still the lowest rate in the territory. The Inuit also face challenges making a median income of \$19,900 a year, while non-aboriginals are making \$86,600 yearly. These are just some examples of the many disadvantages facing the Inuit and people of Nunavut.

THIS THANKSGIVING



All of this can be improved by changing government policies like subsidization. The cost of food in Nunavut is on average 140% higher than the rest of Canada, and often the foods that are subsidized by the government are not suitable or culturally relevant for the people living in Nunavut.

There are serious health implications facing anyone struggling with food insecurity. Food insecure households are at high risk of health issues including diabetes, obesity and overeating. Households tend to overeat when food is available, to “make up” for when food is not there. This, multiplied by the low nutrition and high calories in processed foods that many households can only afford, creates many issues surrounding obesity. There’s a much higher rate of obesity among aboriginals than non-aboriginals in Nunavut, with one in two Inuit aged six to eight being obese. Obesity can also lead to other many other health problems like diabetes, high blood pressure, heart disease and a lower life expectancy. Diabetes among Aboriginal people is over 3 times higher than the general population.

The Nunavut Food Security Coalition had come up with 6 themes that are important to overcome food insecurity. They are Country food, Store-Bought food, Local Food Production, Life Skills, Programs and Community Initiative and Policy and Legislation. Country food accounts for all tradition foods found on their land, like seals, arctic char and whale.

More programs like food banks and soup kitchens should be set up to provide nutrition to people who cannot currently afford to, while hunting and farming should be encouraged as a sustainable source of food. Government policies and legislations like housing, income assistance, employment, transportation and education need to be culturally relevant and include Inuit values. The government needs to protect the aboriginal and Nunavut citizens, and reduce the disadvantages like the cost of food and transportation that are set against them. Food insecurity is not a problem facing only the north, but households all around the world. There are many factors that contribute to different instances of food insecurity, but the health implications and results of poor health, chronic illness and disease are the same. I think that the Canadian government and citizens have the capability to make a positive impact on food insecurity in Nunavut, but awareness and concern has to be raised. It’s important to realize the depth and branches of food insecurity within Nunavut, and how hard it is to untangle while keeping the interests of the people of Nunavut and Aboriginals valued. A Lot of policies and legislation have to be changed to uplift and accommodate the people living in Nunavut.

Sarah Newman

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To donate please visit www.feedingnunavut.com

Sarah is a grade 12 student from Oakville, Ontario. This article was written as part of her World Issues class final Summative. Sarah looks forward to a career where she can assist others in various regions throughout the world



In the Beginning

In 1966, Padre Harding, the Rector of St. Peter's Church on Brimley Road, approached Verne and Mary Hill and asked if they could help start a music group in St. Peter's to put on a musical evening to raise money to help furnish the newly-completed church. In addition, the group's purpose would be for fellowship for people with a love of music. The Hills approached their friends Nan and Bill Bates (and also Nan's brother John Ricciardelli). Nan (now Nan Wells) was very keen. She was also a member of St. Peter's choir so it was decided that the choir would be a nucleus along with church members and others including Verne and Mary. A committee was set up and the St. Peter's Choral Society was formed.

Nan agreed to direct *An Evening with Gilbert and Sullivan*, assisted by her brother John. He was an accompanist and since has helped our society many times. Verne Hill was the producer of this first production as well as being a chorus member!

The first half of the evening consisted of solos and chorus work. After the intermission *Trial By Jury* was presented which runs about 40 minutes, all music no dialogue. The show ran for two nights, May 12 and 13, 1966, and was judged a success. They continued to produce one show each for ten years in St. Peter's church hall, using the upper hall for the practices and the performances and the lower hall for dressing rooms and make-up.

The group, as well as performing, managed with help from many parishioners to convert the upper hall of what had been the 'old' church (built in 1953) by constructing a platform over what had been the sanctuary and chancel to create the stage. In later years, they improved wiring and installed curtains. Thus began at least 36 years of G&S performances! Stan Farrow's *Reminiscences* pick up from 1972.

It is interesting that in 1968, there were five performances in St. Peter's Hall to a total of 785 people (86.6% capacity). Ticket prices were \$1.50 for adults and \$1 for students. Total revenue from ticket sales was \$1,027.25 resulting in a net profit of \$488 of which a donation was made to the church of \$450.

It became evident that more space was required than St. Peter's could provide. As a result, the St. Peter's Choral Society moved to David and Mary Thomson Collegiate in 1976, then Laurier Collegiate in the Guildwood in 1983, and back to Thomson in 1990 for the society's 25th anniversary!

In 1993 the St. Peter's Society became The Scarborough Gilbert & Sullivan Society after severing its formal ties to the church. The society could not attract more customers and donations as a 'church' organization, so the step was taken with the support of Padre Harding, its founding minister, and the church.

Webmaster's note: Of that original group of about 35 people, the only original member still with the society is Verne Hill.

Verne Hill
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Wedding Blessing

We give thanks for Christopher and Afsheen as they prepare for their upcoming wedding. May the God of hope fill them with joy and peace, so that they will abound in love by the power of the Holy Spirit.



SCARBOROUGH STEEPLECHASE 2019

It was quite a time that was had by all at the first annual Scarborough Steeplechase held in the Scarborough Deanery on September 21st, 2019. This event brought together several local area churches that were all committed to two goals; raising money for PWRDF and having fun! Participants travelled to churches that were all along their respective routes and at each church they were saddled with a task that they were to complete. Churches along the respective routes also showed their incredible hospitality by way of wonderful meals, snacks and prizes! While we finished the race (to echo St. Paul) we were not the first to do so! Nevertheless, a wonderful time was had by all. To give you a better idea of what it was like on 'ground-zero' at our very own St. Peter's, please see the following.

'With coffee made, juice and Timbits set out, we eagerly waited for the teams to arrive. Three people from Holy Trinity Guildwood were the first, arriving about 11-ish. The last team came through just as we were packing up at 3pm. After a brief pre-planned talk in the sanctuary, the teams had to complete a crossword puzzle in order to move on to the next location. It was fun to see them attempting to recall what they had heard and search around the church to find answers to other clues. A quick picture and then off they went with a newsletter and magnet as a souvenir of St. Peter's.' (submitted by Gail Thompson)

Such a fun and eventful day could not have happened without the support of the church and a big thank you to the following people in particular; Gail, Sharon, Shirley, Mary and of course Rev. Helena and Youvi!

Ian Physick



Blessing of the Animals: Saturday, October 5th - 10:30 a.m.

We would like to thank all of those who brought their pets to our Blessing of the Animals Service. *"So, God created the great sea creatures and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good." Genesis 1: 21*



Community Lunch: Saturday, October 5th - 12:30 p.m.

We would like to thank Gail Thompson and all other individuals who took part in putting together our October Community Lunch. We were delighted to have a thanksgiving meal in the lower hall. Thank you for doing your part to fight hunger in our community.



Please check out our upcoming events and mark your calendars!

Clothing Drive: October 20th - 31st

Clothing Giveaway November 2nd: Just a head's up that the fall Clothing Giveaway will happen Saturday, November 2nd. Donations of gently-used, no-longer-required clean clothing are much appreciated. Clothing can be brought to church between October 20th and 31st.

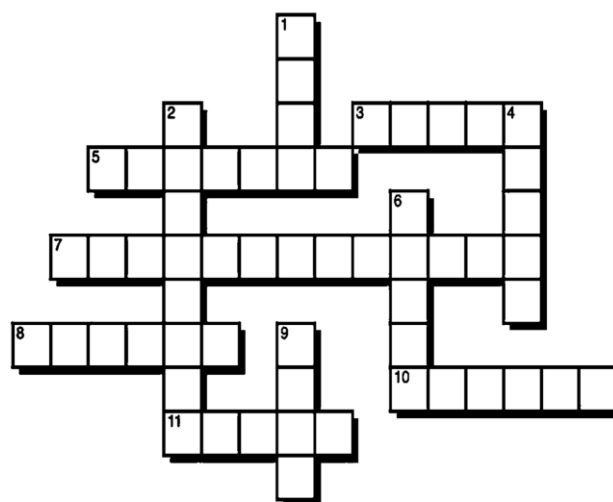
Fall Rummage and Bake Sale: is scheduled for Saturday, November 30th so just a head's up to put aside anything you may have to donate. More details to follow as we get closer.

St. Peter's Christmas Luncheon: Sunday, December 8th following the 10:30 a.m. service. Mark your calendar. Invite someone special and bring your appetite! Donations are most welcome!

Christmas Concert: We will be having a Christmas Concert on Saturday, December 14th. Please save the date!

Prayer for Students: *"Help me to know what is bad or good and to do only what I should. When others ask me to go along and do a thing I know is wrong, give me strength and courage so I will be able to say no."* This is a prayer that our Grade 2 teacher, Mrs. Wistow, said with us at the beginning of each school day. We need to bring the prayer time back into the classroom.

Submitted by Jane Lawrence



ACROSS

- 3 Before the church, this fruit was grown on the land
- 5 First word of psalm 140 (hint page 511 of BCP)
- 7 Name of popular fundraising dinner
- 8 Only female incumbent
- 10 Sport depicted in a stained glass window
- 11 Current colour on the altar

DOWN

- 1 Number of parishioners who volunteer at St. Ninian's food bank
- 2 Twice a year giveaways
- 4 Bird of prey perched on the lectern
- 6 Free meal served up first Saturday every month
- 9 Name of room across from sanctuary

Answer Key: 1. Five 2. Clothing 3. Apple 4. Eagle 5. Deliver 6. Lunch 7. Mulled 8. Martin 9. Owen 10. Hockey 11. Green

Submitted by Gail Thompson

St. Peter's Anglican Church provides numerous opportunities for parishioners and members of the community to worship.

We have two Sunday services:

8:00 a.m. Said BCP Communion Service

10:30 a.m. BAS Choral Holy Communion Service - alternating between p. 185 & 230

(Except the last Sunday of the month which is BCP Morning Prayer)

St. Peter's Anglican Church is also actively engaged in other ministries:

Service on Tuesdays at 2:00 p.m. at Bendale Acres Long-Term Care Homes

Service on Wednesdays at 2:00 p.m. at Rockcliffe Care Community Scarborough

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Office Hours: Tues: 9:00 am - 1:00 pm

Wed: 2:00 pm - 6:00 pm

Thurs: 12:00 am - 4:00 pm

"To Know Christ and Make Him Known"

Editor's Note

Thanksgiving is truly a special time of the year where we give God many thanks for his blessings upon us. We have the opportunity to spend time with our family and friends where we can rejoice with bounteous harvest. I would like to specially acknowledge the Rev. Helena-Rose Houldcroft, Doreen Cheong, Ian Physick, Lisa Turner, Sarah Newman, Verne Hill, Gail Thompson, and Jane Lawrence for their contributions. Our next edition would be for Advent 2019. I would like to express a hearty thank you as well to all of the members of St. Peter's Anglican Church and our surrounding community for their support as we seek to Know Christ and Make Him Known.

Jaime Barrow

