

## From Pastor Tuula.....

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### Dates to Note:

**February 4** – Interfaith  
 Performance, Noor  
 Cultural Centre

**February 5** – Annual  
 Meeting

**February 9** – 50 +  
 Games Event

**February 21** – SPLC  
 Book Club

**February 25** –  
 Newcomers Potluck

**February 28** – Pancake  
 Tuesday

### What Are You Looking For?

A couple of weeks ago in worship we heard a story about Jesus calling his first followers. Instead of the just calling them to follow him, Jesus asked a question: “What are you looking for?” He wants to know what they want, what do they want more than a million dollars or perfect health or to go to heaven when they die?

According to scientists at the University of Pennsylvania, most of us would answer Jesus’ question: “I want happiness.” Their research focuses on the “Science of Happiness” and it has identified what makes human beings happy. The reasons are overwhelmingly relational: other people. Close, personal relationships are related to happiness.

The research team developed techniques to increase happiness:

1. Keep a gratitude journal. Write three blessings every day, three things that went well. We obsess about things that go wrong, so write three things that went well.
2. Do gratitude exercises. The scientists know that expressing gratitude not only will make you feel good, but it raises your energy level and relieves pain and fatigue.
3. Perform acts of altruism. Do five kind acts a week and it will boost your spirit.

4. Make a gratitude visit. Write a note to someone for whom you are grateful and then hand deliver it and read it to them. (Interestingly, a gratitude visit, the researchers concluded, is “the single most effective way to turbo charge your joy.”)

One thing that doesn’t work is money. Once you have your basic needs met and can pay basic bills, incremental amounts of income do not produce huge amounts of happiness - nothing nearly as dramatic as gratitude and relationships.

And then there is, although scientists have often found it awkward, a connection between religion (faith) and happiness. Religion provides social and spiritual support, a caring community, hospitality, a place to be.

We live precariously in a world very different from anything in memory. Volatility and danger are more threatening than ever with the realities of insurrections and suicide bombers and global terrorism.

In the meantime, we live in a culture that measures us by the clothes we wear, the cars we drive, the schools we attend, the size of our homes. We live in a world where a sudden downturn in the market, an unfavourable personnel review, or a “no” to a university application can be a devastating blow

*(continued on next page)*

## From the Parish Nurse.....

**Isaiah 61:3 states** “ To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.”

Recently, I was given an article on inflammation. Inflammation is such a broad yet involved issue. Over the next few newsletters I plan to address it.

Inflammation is evidenced with pain, swelling and redness. This is an indication that the immune system has kicked in to rid the body of sickness or disease. But sometimes the reverse occurs indicating that the body is attacking itself.

Inflammation is defined by a tissue or cell injury that is direct or referred.

## ***Pastor Tuula continued.....***

and a threat to everything that has, is meaning and hope for us. There is not one of us who, in some way or another, is not looking for something.

We are all looking for, no matter who we are or how old we are and no matter what we do for a living and how much money we have—we are all, in some way or another, looking for God; looking for a place to be, where we are welcome and at home, looking for someone to follow, something big and important enough to commit our lives to.

Sometimes the evidence is simple. We learned to write poetry at Confirmation

Stress in varied forms can trigger inflammation. In most cases if an infection is present, the immune system rids the body of the infection and the body returns to normal.

In some cases the stress becomes constant and the immune system can't regulate itself. The cytokines which are the proteins made by the immune system can go array. This can lead to resultant chronic health issues/diseases. In the next newsletter I would like to talk about intervention to reduce inflammation as related to health risks.

The gentle fitness class is going well with 16 participants. Home visits continue.

The moms and tots program has restarted with 4 moms and their children. We meet on Thursday mornings from 10:30 - 12:00.

*Blessings,  
Marisa*

Camp. Campers were asked to think about their favourite word, the best, most fun word they could think of. The leader then showed them how their favourite word could become a poem. I assumed that the campers would choose words like cool or dope or hot or hockey. The word most of them chose was “love.”

What are we looking for? Love, for one thing. And when all is said and done that means Jesus: the one who showed us what love looks like, what love does, the one who showed us that God is love.

*See you in church!  
Pastor Tuula*



Moms  
and  
Tots:  
Thursdays  
@  
10:30 - 12:00  
~

Please feel  
free to  
contact  
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Pulpit  
Exchange:  
Sunday,  
February 15<sup>th</sup>

Rev. Chris  
Stefanidis of  
Renforth Baptist  
Church was our  
guest preacher.

## Interfaith Harmony Week.....

Visit

[www.interfaithtoronto.ca](http://www.interfaithtoronto.ca)

and see what is happening this year and plan to attend at least one event.

~

I believe you will come away inspired, enlightened, and connected to someone who, although may see God in a different way, is in many aspects, the same as you.



If you would have asked me six years ago whether a holiday conversation with Sabine about what I wanted to do with time freed up from being a hockey dad, followed by a conversation with Pastor Tuula, might result in a very vibrant annual World Interfaith Harmony Week in Toronto, I probably would have looked at you like you were from Mars or thereabouts.

But that and more has come to pass.

World Interfaith Harmony Week was established via an October 2010 United Nations declaration, and the St Philips community can be very proud of its participation and leadership in helping make it successful in Toronto. It has been growing and the event quality has been improving every year. Successes include international recognition for our 2015 program and recognition of our efforts by our Canadian parliament.

From the very first event in February 1, 2013, well attended by St Philip's members and which featured a performance by our choir, to a very special project by the St Philip's House Band, No Fixed Address, for 2017, Pastor Tuula and our St Philip's community have been an integral part of this week.

The full program for 2017 can be found at the InterfaithToronto website and includes a Multi Faith Fire Ceremony, an exploration of mysticism in Judaism, Hinduism and Islam in word and song, a film screening, an ever popular evening of interfaith performing arts and more

in fulfilling our mandate of bringing all people of goodwill together to learn about each other.

World Interfaith Harmony Week calls for participation by the world's churches, mosques, synagogues, temples and other places of worship, prayer and meditation in sharing the traditions and convictions all hold in common, namely, "their love of God and love of one's neighbour or love of all that is good and love of one's neighbour."

It is a wonderful opportunity for all religions to come together to affirm, show and learn what we all share and I have to say that this journey has taught me so much about others and I do hope it has been a positive experience for everyone at St Philip's.

And I do believe it has been a positive experience from what I see around me.

This year we have a wonderful collaboration by No Fixed Address, our choir, and others from St Philip's who will see us upload a music video to YouTube as our contribution to World Interfaith Harmony Week 2017. It features an original song "Reach Out" which happens to be the theme for the week in Toronto plus special musical guests from the interfaith community in Halifax and elsewhere. It will also be featured at the annual event of music and performing arts in a live performance by No Fixed Address.

*John Voorpostel*

**Family Worship**

Sunday,  
February  
26th

**ANNUAL MEETING**

Sunday,  
February 5<sup>th</sup>  
immediately  
following  
worship  
service

**G.I.F.T. Time**

**G**rowing In **F**aith  
**T**ogether is what  
we do every  
Sunday when the  
children gather to  
explore a Bible  
Story.

There will be  
Sunday School on  
February 5<sup>th</sup> and  
12<sup>th</sup>.

There will be no  
Sunday School on  
February 19<sup>th</sup> and  
children remain in  
worship on Family  
Worship Sunday -  
February 26<sup>th</sup>.

**SPY.....**

On Sunday, January 22, we had a youth group event at Laser Quest. We had a small, but mighty group of 2 youth and 2 adults! Dylan and Ben showed off their skills as they found their targets in the dark maze. Mike and Tina did their best to keep up with them. Afterwards we went to Dairy Queen for a well-earned treat!



Many of our youth in high school are heading into exams from the last week in January through the first week in February, so if we don't see them much during this period, remember they are studying. Please keep them in your prayers! It is a stressful time for many.

In February, the youth have an opportunity to attend a weekend retreat with several other churches on Feb. 10<sup>th</sup> – 12<sup>th</sup>. Several youth already plan to attend. For those who wish to participate, please complete forms and hand in to Emily Savage with applicable fee.

There will be some pancake-flipping with Pancake Tuesday at the end of the month. We also hope to go tubing, weather permitting!

Please keep an eye on your email and on the church bulletin board for upcoming events!

*Anne Bindernagel*

**Cover Girl.....**



Eleonore models a blanket she made for her granddaughter!

**Sock Sunday.....**



Pictured above: Doug donates pairs of socks to the basket.

Pictured below: Marcia blesses the donated socks which will be sent on to a homeless shelter.



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**We're on the Web!**  
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Like us on Facebook.  
Twitter @SPLCOnline

## Next Issue of LIFE...

Please submit articles for the next newsletter by Feb. 21<sup>st</sup>. Thanks!

## About St. Philip's... Our Vision

St. Philip's is a welcoming, inclusive faith centre...

where people of all ages and backgrounds grow in their understanding of their faith and are equipped to better serve Christ in today's world. It is a place of prayer and of deep, caring relationships, a place where lives are transformed by the love of Jesus Christ. The members of St. Philip's are Spirit-led, and we strive to model the love of Christ and His grace in everything we do. We honour our Lutheran heritage through our passion for lifelong Christian education and for vibrant worship.

We know we are the Church, and we all share in the work of ministering to human needs.

## Mark your calendar.....

### Confirmation Class

Confirmands will meet on **Saturday, Feb. 4<sup>th</sup> @ 1:00 - 3:00 pm.**

### Annual Congregational Meeting

Please join in on the conversation at our Annual Meeting scheduled for **Sunday, February 5<sup>th</sup>** immediately after worship.

### 50+

Please join the 50+ group on **Thursday, February 9<sup>th</sup> @ 12:00 pm** for games. Please bring your own lunch. Dessert and beverages will be provided.

### SPLC Book Club

Members will meet in the Choir Room on **Tuesday, February 21<sup>st</sup> @ 12:30 pm** to discuss the latest book, The Submission.

### Newcomers Potluck Luncheon

We are hosting a potluck luncheon for our newcomers to celebrate our successes on **Saturday, February 25<sup>th</sup> @ 12:00 pm.** All are welcome to meet with members of the Refugee Committee of both St. Philip's and Augsburg and, of course, to catch up with our sponsored family. Please see sign-up sheet.

### Pancake Tuesday



Please join us on **Tuesday, February 28<sup>th</sup> @ 6:00 pm** for pancake supper! Please watch for further details in the bulletin and the weekly emails.

