



March 2017

Life at St. Philip's

St. Philip's Lutheran Church, Toronto, ON

From Pastor Tuula.....

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Alleluias during Lent

A few days before Lent in 1989, I sat my son down for a serious conversation over cookies and milk. “So buddy, Lent starts on Wednesday. Lent is a time when we get ready for Easter. And during Lent we don’t sing Alleluia. So we’re not going to sing Alleluia for a while.” His sea-blue eyes sparkled up at mine. His milk-smearred mouth turned up at the corners, and he tilted his head to one side. “Should we sing Alleluia?” he asked. “No,” I replied patiently. “I just said we’re not going to sing it for a while. Because it’s Lent. And we don’t sing Alleluias during Lent. We save our Alleluias for Easter.”

Cookies and my failed attempt at liturgical instruction came to an untimely end. My toddler son ran out of the kitchen and raced up the stairs, screaming as loud as he could: “Aa-lle-luiaa, Aaa-llee-luuuuuuuuuuiaa.”

And the rest of Lent that year? You guessed it. Our home was filled with Alleluias. Cranky Alleluias and cheerful Alleluias. New lyrics sung to Alleluia tunes. Alleluia lyrics added to nursery rhyme songs. I was annoyed for a while. I foisted my Lenten disciplines on my child and it failed. I tried to teach a three-year old about the somber tune of a solemn season and it was a total flop. I realize now that if I had never uttered the A word before that Ash Wednesday, I probably would have had an Alleluia-free Lent.

In the midst of looking for a certificate in my paper files last week, I came across an old piece of what looked like scrap paper. Its edges were taped and retaped. It was a quote from Mother Theresa. It had made its journey from childhood mirror to dorm room wall:

Let nothing so fill you with sorrow that you forget the joy of Christ risen.

This quote has always reminded me of the stubborn persistence of joy. Scraggly green shoots that push up through concrete cracks. Bandaged children who scream with delight as they play in bombed-out buildings. Cancer patients who crack jokes with their nurses. Something small and resilient within the human spirit seeks joy at any cost.

Alleluia is a stubborn word to remove from our vocabulary. We miss it during Lent: the forty days seem too long, and we are cranky and tired by the end. We need more joy. Which is precisely the point: to do without it so we remember how to do with it.

This year I won’t be upset if I hear Alleluias during Lent. I’ve given up fighting with joy. I figure God knows we could use an extra dose of delight in our days, and I’m done complaining. Aren’t all our Lents supposed to be lived in the light of Easter joy?

See you in church!
Pastor Tuula

Dates to Note:

March 1 – Ash Wednesday

March 1, 8, 15, 22, 29: Lenten Soup Suppers

March 9 – 50+ Lunch w/travelogue

March 13 – 17: March Break

March 21 – SPLC Book Club

March 25 – Lenten Retreat

From the Parish Nurse.....

111 John 2 states "I pray that I may enjoy good health and that all may go well with me, even as my soul is getting along well."

I continue treatments for inflammation. Food can have a significant influence on the bodies' inflammatory response. Examples of foods that can trigger or contribute to inflammation are: sugar, fried foods and vegetable oils high in Omega 6 fatty acids. Fresh fruits, vegetables, and foods high in Omega 3 fatty acids (whole eggs, avocados, olive and coconut oils, most nuts, chia seeds, etc.) aid to decrease inflammation.

Exercise for some people can initially cause pain, soreness and fatigue. It's best to start slowly with movement such

as light aerobics, walking, aquafit, lifting small weights for short periods of time. These exercises should reduce inflammation over time.

A body out of shape may increase inflammation. The abdominal "bulge" can develop into what the body perceives to be an extra gland. This can worsen an already poorly run endocrine system.

The gentle fitness class continues on Tuesdays from 10:30 - 11:30 am. The Moms and Tots program runs every Thursday from 10:30 - 12:00 with a visit from a Public Health Nurse on February 23rd to address sleeping/eating issues.

*Blessings,
Marisa*

Ash Wednesday.....

Ash Wednesday marks the beginning of the Christian season known as Lent. Historically, Lent was a time when new Christians prepared themselves for baptism on Easter Sunday. Today, Lent more often is a time when Christians prepare themselves for Easter and are invited to **deeper faith, stronger community, and a closer connection to God**. This preparation happens through an emphasis on a few basic faith practices: worship, prayer, generosity, self-denial, and service to others.

Lent is season for changing your life, for turning things around, for getting back on the right path – what we sometimes call, in church-speak, "repentance." It lasts for 40 days (not counting Sundays); reminding us of the flooding rains of Noah's time (Genesis 7:17-19), Israel

wandering in the wilderness (Numbers 32:13), and of Jesus' temptation in the desert (Mark 1:12-13).

The ashes of Ash Wednesday remind us of our mortality. God created humankind from the dust of the earth, and it is to dust that we shall all return. Our time on this earth is short – are we living the life to which God has called us? Are we prepared to give an account of how we have spent our days?

Ash Wednesday isn't a cheerful celebration. But if we take it seriously, Ash Wednesday can be the beginning of a changed life. Are you ready for more? Deeper faith, stronger community, and a closer relationship with God?

Pastor Tuula

Please feel free to call/email Marisa to talk or to arrange a visit.

647-523-5540
stphilipnurse@bellnet.ca

A note from Julie Potocny:
Thank you so much for your prayers and cards. They were so very much appreciated.

**Ash
Wednesday**

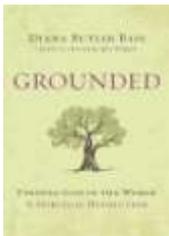


**with Holy
Communion
and
Imposition of
Ashes:
March 1st @
7:00 pm**

Council News.....

Next Council Meeting:
Sunday,
February 26th
after worship.

LENTEN RETREAT:
March 25th @
9:00 - 12:00



This year's Lenten theme is: "Where is God?"

To help us in our discernment you are invited and encouraged to read, Grounded. Finding God in the World - A Spiritual Revolution, by Diana Butler Bass.

Please sign up on the bulletin board.

At our Annual Meeting held on Sunday, February 5th the congregation voted to adopt a new vision for St. Philip's. With much conversation and discussion we changed and updated our vision statement from many years ago. It is printed on the back page of this newsletter and newsletters to come.

Church Council welcomed the following members to Council this year: Anne Bindernagel, Andrew Davies, Marcia Powers-Dunlop, and Emily Walker.

50+ Luncheon.....

Time for another trip for the 50+ group! On **Thursday, March 9th** we will be journeying to **Iceland**, accompanied by our tour leader, Pastor Nadine Nicholds, from Augsburg Lutheran Church, Brampton.



Pastor Nicholds recently travelled to Iceland and we are pleased to welcome her as she shares some of her pictures and stories of her time there. Many of you may remember that Pastor Nadine was an intern at St. Philip's.

We will begin with a hot lunch at 12 o'clock with dessert and beverages. Cost: **\$5.00** per person.

We invite anyone from the congregation to join us that day, but we ask that you sign the sheet on the bulletin board. We warmly welcome all guests.

Below are pictures taken at the February event when 50+ members enjoyed bingo. Janice and Jim took turns calling numbers. Small prizes were awarded to the winners.



Pictured below is Mary Adams who showed 2 items which everyone should have on hand in case of emergencies.



Firstly a 9 in 1 flashlight which contains extras like a seatbelt cutter and a compass; a radio which is self powered with a hand crank. Handouts were also distributed so that everyone could prepare a bag full of essential items to have at the ready in case of emergency.

Janice Rouse

**Birth
Announcement**



Julian Alonzo,
son to Monica
Gauthier and
Francisco
Cordoba, sister to
Sophia, born on
February 8th at
7 lbs. 10 oz., 51cm

**Memorial
Services**

Monday,
January 30th

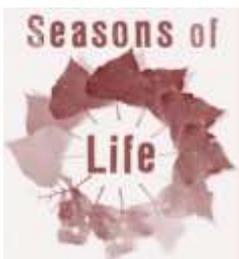
**Ruth
Paterson**

(1920 - 2017)
Service at: Anglican
Church of the
Ascension, Port Perry

Saturday,
February 18th

John Lochert
(1930 - 2017)

Service at: St. Philip's



Sunday School.....

There will be Sunday School on Sunday, March 5th only due to March Break which runs from March 13-17. Family Worship is Sunday, March 26th.

SPY.....

February, for the youth, means the annual winter retreat! Organized by Bonnie Shelter-Brown in New Hamburg, the weekend is both a chance to get away from the city and, this year, to talk about what failure means. It was a timely theme, of course, since there were a number of the 7 St. Philip's attendees who had just completed exams.

It was an intense weekend; it was an amazing weekend. All of the kids had an awesome time with the team building challenges designed for failure, the new friends and the discussions surrounding the idea that while failure is terrifying, too many good things can come from making mistakes and feeling like you've failed for it to be truly bad. More importantly, no matter how many times you "fail", you are, for always and forever, loved by God.

We'd like to extend our thanks to Anne, Debbie and James for driving the kids to and from Hidden Acres when the weather wasn't all that great. What champs!

We're rounding out February with snow tubing on the 25th and Pancake Tuesday on the 28th. Our Easter flower fundraiser will run until March 26th with flowers arriving on April 8th.

**Pancake Supper
(CLAY Fundraiser)**



Come join us on
Tuesday, February 28th
@ 6:00 pm
in the Fellowship Hall for a
pancake supper.

Cost: Freewill offering.

~

Lenten Supper



Come join us on
Wednesday, March 1st @
6:00 pm
with worship @ 7:00 pm.

Future Dates:
March 8, 15, 22, 29, April 5
and
Maundy Thursday, April 13.



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Office is usually open

Monday - Friday mornings
9 - 12

We're on the Web!

www.stphilipstontario.com

Like us on Facebook.

Twitter @SPLCOnline

Mark your calendar.....

Lenten Soup Suppers



Please see sign-up sheet on the bulletin board.

Suppers begin **Wednesday, March 1st @ 6:00 pm** and continue on **March 8, 15, 22, 29, April 5** and **Maundy Thursday, April 13.**

Worship services will follow @ 7:00 pm.

World Day of Prayer

This year's event takes place at Islington United Church on **Friday, March 3rd @ 2:00 pm.** The church is located at 25 Burnhamthorpe Rd.

Confirmation Class

Pastor Tuula, Marcia, and Margaret will meet with the Confirmands on **Saturday, March 4th @ 1:00 - 3:00 pm.**

50+ Luncheon/Travelogue: Iceland

Join the 50+ group on **Thursday, March 9th @ 12:00 pm.** Please see sign-up sheet on the bulletin board. Cost: \$5/person.

SPLC Book Club

Members will meet in the Choir Room on **Tuesday, March 21st @ 12:30 pm** to discuss, Birdie, by Tracey Lindberg.

Next Issue of LIFE...

Please submit articles for the next newsletter by March 27th. Thanks!

Lenten Retreat

Pastor Tuula will offer a mini retreat: "Where is God?" on **Saturday, March 25th @ 9:00 am - 12:00 pm.** Please sign up!

About St. Philip's... Our Vision

Tagline: Freed by the grace of Christ, we seek to connect with God, neighbour, and self.

Vision Statement: We are a diverse and inclusive Lutheran faith community freed by the grace of Christ to find God and self as we connect with our neighbours. We **practise** hospitality of open hearts and open arms. We **unite** with partners to make a difference in our neighbourhood. We **nurture** community of Christ.

Values Supporting the Vision: Our Lutheran heritage of grace; our call to pray, worship, and learn as we grow in our Christian faith; our needs to gather and belong in Christian community; the call to love our neighbours as Christ loves us; the acceptance of all people as children of God; the opportunities to meet God everywhere.

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MOSES? DO I HAVE YOUR FULL ATTENTION?