



THE MESSENGER

NOVEMBER 2018



www.edmonton.anglican.org

Regimental church to host community remembrance

MARGARET GLIDDEN
Edmonton Editor

Present in Anglican churches throughout the Edmonton diocese (stained in glass windows, engraved in metal plaques and forever etched in memory) are the names of parishioners who served in battle for their country; some of whom never returned home.

Between 1914 and 1918 more than 650,000 men and women from Canada and Newfoundland, including approximately 4,000 Indigenous men, served in uniform. More than 66,000 gave their lives; and more than 172,000 were wounded.

When the United Kingdom entered the war on August 4, 1914, members of the British Commonwealth, including Canadians, were called into action. Some of those soldiers were faithful members of Holy Trinity Anglican Church (HTAC), which had been established in the community of Strathcona (across the river from Edmonton) more than 20 years earlier in 1893.

Among the Edmonton troops mobilised for training camp in Valcartier, Quebec were members of the 19th Alberta Dragoons, whose Regimental Armoury was located one block north and two blocks west of Holy Trinity church. The Rev. Henry Allen Gray (priest incumbent, who later became the first Bishop of Edmonton) had been named the first Regimental Chaplain in 1911, and the unit often held parade nights at the church.

The church and the regiment continued in relationship until November 1964, when the King's Colour of the 19th Alberta Dragoons, along with the Regimental Colours and King's Colour of the 101st Edmonton Fusiliers, were raised to the rafters of Holy Trinity in a "Laying Away of the Colours" service.

In 2006, the 19th Alberta Dragoons amalgamated with the South Alberta Light Horse (SALH) Regiment of the Canadian Armed Forces. Soldiers from the regiment have served in almost every major peace-keeping operation to date, including the former Republic of Yugoslavia and Afghanistan.

Current HTAC rector, the Ven. Chris Pappas, is rebuilding the long-standing relationship between the church and the regimental unit.

"We lost contact with the unit for about 30 years," says Pappas. "But in 2011, I was approached by their commanding officer, LCol Colin Michaud, about renewing our relationship."



Shokoofeh Poorreza/Unsplash.com

Pappas regularly visits the armoury (now located on 109 Street near the NAIT Campus), to provide pastoral care while hosting Pizza with the Padre once a month. The men and women of SALH Regiment, now based in Edmonton, Medicine Hat and Lathbridge, receive subsidized, or free, admission to all concerts and theatre productions at Holy Trinity.

Pappas, in turn, is often invited to participate in ceremonies with the unit. At a recent Freedom of the City ceremony in Churchill Square, when members of the regiment were recognized by the City of Edmonton for "their trustworthiness, their honesty, their loyalty, their integrity and their commitment to peace and the betterment of all people," Pappas and Edmonton City Chaplain the Rev. John Dowds gave the Benediction. In September, he attended the dedication of Stanley

Milner (former SALH Honorary Colonel) Street in the Village at Griesbach.

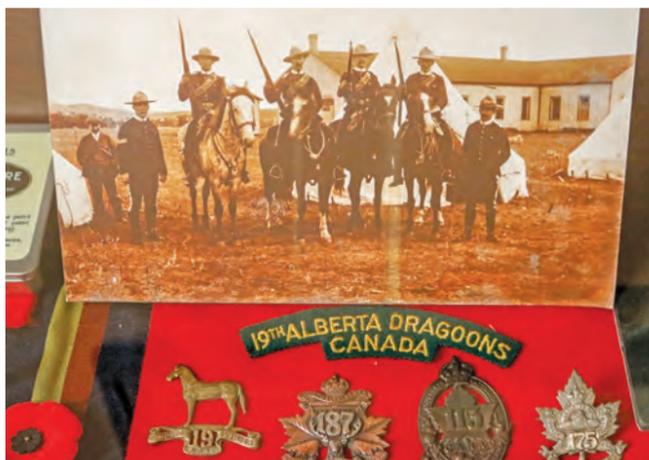
November 10 and 11, the parish of Holy Trinity will observe the centenary of the end of the First World War. The fighting ended on November 11, 1918, with the signing of the Armistice; the war officially ended with the signing of the Treaty of Versailles in 1919.

As it has done for the past three years, HTAC will join with the neighbouring parish of Trinity Lutheran, 10014-81 Avenue, for a Service of Healing and Remembrance on Saturday, November 10, from 2-4:00 pm. This interfaith service will center on healing from the effects of war and violence, with a focus on Syrian refugees.

On Saturday evening, at 7:30 pm, the Da Camera Singers, flanked by SALH honour guards, will present a Remembrance Concert, interspersed with readings from "Steps Towards Reconciliation," a First World War Centenary resource provided by the Church of England.

Curated by guest conductor Stuart Sladden, the program features WWI related repertoire, including "In Flanders Fields," "Peace" (text found on a war memorial in London), and "Ode to Death" (Holst's way to lament the deaths of his friends and soldiers during WWI). Other selections like "Ubi Caritas" and "Prayer of St. Francis are reminders of peace. The program will conclude with "Requiem," by Eleanor Daley. Tickets for the De Camera Singers concert are available on eventbrite.ca.

Continued on page 4.



Picture of the 19th Alberta Dragoons displayed at HTAC in a cabinet made for the church by the SALH Regiment.



Creating Safe Spaces p. 2



Youth Paint Night p. 6



Orange Shirt Day p. 8

Fr. Michael Lapsley inspires healing through story

MARGARET GLIDDEN
Edmonton Editor

On September 30, the Feast of St. Michael and All Angels, and the day many members of the Edmonton diocese wore orange shirts and prayed for the children and families who suffered in the Indian Residential School system, the Rev. Canon Michael Lapsley conveyed his hope to “my dear sisters and brothers” of All Saints’ Cathedral (Sunday morning), and the Equally Anglican community at Holy Trinity Anglican Church (Sunday evening) that, eventually, “good will triumph over evil.”

“One of my favourite verses in scripture is the one (Revelation 12:7-9) we heard today,” said Fr. Lapsley. “Michael and his angels fought against the devil and his angels and evil was defeated.”

During the 65th Synod, in 2017, Bishop Jane Alexander installed Fr. Lapsley as Honorary Canon for Healing and Reconciliation at All Saints’ Cathedral. Upon his return to the Edmonton diocese at the end of September, to lead reconciliation workshops and talk with church congregations, he brought greetings from St. George’s Cathedral in Cape Town, South Africa, where he holds a similar title.

Born in New Zealand and ordained an Anglican priest in Australia, Fr. Lapsley joined an Anglican religious order called the Society of the Sacred Mission at the age of 17. He was sent to South Africa in 1973 as a missionary and served as chaplain to students of all racial backgrounds on three university campuses in Durban. He became active in the anti-apartheid liberation movement and became a member of the African National Congress (ANC). Exiled from South Africa for speaking out against the injustices of the apartheid regime, he then moved to Lesotho and later Harare, Zimbabwe, where he served as a chaplain in the ANC.

“South Africa was at war for hundreds of years and, in so many ways, our conflict was about race and racism. Then, under the leadership of Nelson Mandela, we became a nation. In the first years of the new democratic order we wrote a constitution together that outlawed all forms of discrimination and we articulated that in terms of race, gender, disability and sexual orientation,” said Fr. Lapsley



Fr. Michael Lapsley gives the homily at All Saints’ Cathedral on September 30, Orange Shirt Day.



Fr. Michael Lapsley gives the sermon at the Equally Anglican service at Holy Trinity Anglican Church, September 30, the Feast of St. Michael and All Angels.

speaking to the Equally Anglican community at Holy Trinity Anglican Church.

“But, 25 years into democracy, just because we’ve written it into our constitution, does that mean we’ve ended racism? Does that mean we’ve

ended discrimination on the basis of gender or disability? Does that mean we’re not homophobic? Dream on. Dream on,” he said.

“God, the creator of all of us with our diversity, weeps at the pain caused by racism and discrimination. We need to have our eyes open to all forms of othering. All the ways people are discriminated against because of who they are,” said Fr. Lapsley.

Returning home to Zimbabwe after an international speaking engagement in 1990, Fr. Lapsley opened a parcel that nearly killed him. The letter bomb blew apart his hands and severely damaged

his eyesight and hearing. Uplifted by an “avalanche” of prayers, love and support from people around the world, he founded the Institute for the Healing of Memories, in 1998, as a parallel process to South Africa’s Commission for Truth and Reconciliation led by Archbishop Desmond Tutu.

“I wonder where each of us are on our journey of healing? Where do we see ourselves? How many of us have told our stories? How many of us are waiting for listeners?” said Fr. Lapsley, a champion for restorative justice, whose life work is to help

people reconcile their past by sharing their stories.

Through his ministry, Fr. Lapsley provides safe and sacred spaces where people can tell each other who they are; and where they can detoxify and let go of poisonous memories so that, as victims, they do not become the victimizers of others.

“Those who’ve had horrible things done to them have every reason to hate, to be filled with anger, to be bitter, to want revenge,” Fr. Lapsley said. “But, in the end, those things do not destroy our enemies. They destroy us.”

To begin healing ourselves, we need to consider whether the memories we keep are redemptive: the kind the Bible encourages us to have - memory of good that comes out of evil, of life that comes out of death - or destructive, he said.

“The question, my sisters and brothers, is ‘how do we move from destructive memory that is filled with poison to life-giving and redemptive memory?’ Fr. Lapsley told the All Saints’ Cathedral congregation. “The key first step is acknowledgement. The power of acknowledgement is true in our intimate relations, in our families, in our communities. It’s true in nations and between nations.”

“I am sorry’ is the beginning of a different journey. And, in a way, this t-shirt I am wearing is about acknowledgement,” he said. “We’re acknowledging that ‘yes, it (settler oppression of Indigenous people) truly happened. It was wrong. We are sorry, and we are committed to a new journey of healing and restoration.”

Edmonton Diocese Creates Space to Open Hearts



Where there has been hurt in our families, our communities, or our nation, healing begins with being able to tell our stories; being heard without judgement; and hearing with our hearts the stories of those on the other side.

At a workshop for clergy and lay readers of the Edmonton diocese on October 1, Fr. Michael Lapsley said the way we find common ground is by connecting to one another’s pain.

After viewing a video about Lapsley’s journey of healing, participants were invited to share their thoughts. Some questioned whether they would be able to stand against an evil system the way he did. Others commented on the power of connecting through story; and still others on the humbling realization that we are all, at some time or in some way, both victim and oppressor. Some people spoke to the need for reconciliation between Indigenous and non-Indigenous people in Canada, along with acknowledging the challenges involved in that process, and the need for action, as well as words. Others noted that, ironically, our churches are not always places where we feel free to tell our stories, or have the opportunity to do so.

As Honorary Canon for Healing and Reconciliation, Lapsley encourages members of the Edmonton diocese to consider ways to create safe spaces and further opportunities to share and listen to each other’s stories in our parishes. Photo: Shelly King

Love in action: living into dream for our community



Bishop Jane Alexander

I remember reading, some 11 years ago now, a blog entry by a man called J Mark Jordan, which was a paraphrase of 1 Corinthians 13. Here is part of it:

“Love suffers when someone fails or when tragedy strikes. It takes no pleasure

in sin or wrongdoing of any kind. It is most interested in the truth winning out, even when the truth hurts. Love lends its shoulder to bear the burdens of others and never breaks their confidence. It believes the best in people and tries hard to trust them. Even when love feels someone is wrong, lying, or making a huge mistake, it still hopes for the best possible outcome. And when love is disappointed and crushed by bearing, believing and hoping, it endures the hurt and embarrassment with cheer and restraint, always continuing to be itself—love. Three great forces motivate the church: faith, hope and love. These powerful attributes are the basis for everything the church is doing

in the world today. But even when you narrow it all down to these three, at the top of the list you’ll find love.” - J Mark Jordan, *Thinking In Colour*

I am so grateful for all the ways I have been seeing *love in action* over the past few months across the diocese; in parish lives and in the lives of individuals. We recently had our Canon for Healing and Reconciliation, Michael Lapsley, with us in the diocese. As we looked forward to where God is leading us in this particular aspect of our ministry, a vision was taking shape.

A vision of each parish in the diocese being a place where the healing of life’s hurts is both possible, and offered, in the power of Jesus Christ: true hospitals for the soul. Places where we take time to describe Jesus’ dream for our community and then live into it. The vision of seeing all of us, women and men, boys and girls, growing in our own lives in compassion and love and being part of communities which really know one another and work together to create safe spaces.

I recently attended the funerals for two saints of God of the Cathedral congregation and I know that remembering them in my prayers has helped me recognize those things in their lives that were particularly inspiring to me: their steadfast faith, their kindness, the way they made time to talk and to give their full attention to being present.

A vision of communities where the love of Christ is active. I thank all of you who “remembered the children” on Orange Shirt Day, who remembered the missing and murdered Indigenous women and girls through Red Dress events. I thank all of you who held coffee morning through September for the Medical Cards for Seniors appeal for Buyé. Hundreds of seniors will now be receiving medical care. Thank you so much.

And so my brother and sisters, as we come to the turn of the church year, I hope you will join me in making November a month for remembering and giving thanks for all those times and places where we have witnessed the love of Christ. I hope you will join me in looking at those places in our own lives where we have been less than loving, and resolve to do our best to put away those behaviours and words that have hurt or disappointed God and our neighbours. The world is not necessarily as it should be right now. We need some changes in the bigger things of this world, such as ecology and poverty. My plan is to close out this year with a bit of spiritual spring cleaning of my own; so that I may find my voice, enrich my faith and play my part in showing *love in action*.

In Christ, +Jane

Christian living goes beyond obedience to fulfillment



Dean Jason Haggstrom
Commissary for
Bishop Fraser Lawton

Don’t just obey, fulfil. I have spent a lot of time recently considering what that phrase means and what it might look like in my life and that of the congregation and diocese.

It is all about the attitudes we carry in life.

Without trying to be holy and righteous people, without the right attitude towards both God and neighbour, faith amounts to nothing. We need to live in right relationship with everyone around us, not just God. We are called, as followers of Jesus, to deal with the things that would separate us from God and from one another. We do this because we

cannot be holy or righteous apart from being in community, in communion with one another.

There is a real need for love, power and self-control. We need to control our hearts, minds, and lives. It is not enough for a follower of Jesus to simply obey the rules. It is not enough to not do murder. We must work to bring life. This means that the things we say and do have consequences, both in the here and now, and in eternity. Thus, a Christian must move beyond obedience into the fulfillment of the Law. And this we do not do alone. We have the help of the Holy Spirit and of the community that is the Church.

We are in community and we are accountable first to God and then to each other. Through our baptismal vows and the life of the follower, we are encouraged by Scriptures and equipped by the Spirit to resist and confront the devil, principalities and powers, evil and personal sin. We are not to let such things have mastery over us because, as sin escalates, life falters. It is in the doorways of our lives, waiting and watching for ways to overcome

and overwhelm us. And if that feels like it is heavy and hard to bear, it should. I have a picture, a collage of pictures from the night of my ordination to the sacred priesthood. It is a remembrance of the responsibility I bear where the Church is concerned. What I say and do has an impact on the life of that wonderful community.

To participate in Church community brings immense joy in walking with Christ. I am a member of the community whom Christ has called to follow. Calling people into the sacred community in this society is a countercultural act. It is against everything that this society says is necessary to be successful: autonomy, independence and individual choice. The call into community is an ultimatum to giving, self-denial and self-sacrifice. God believes in community and calls us to it. Don’t just obey the rules to be a dutiful person. Live your life to fulfil the love that God has for each and for all of us that we would know His community in our midst.

Jason+

SUBMISSIONS DUE 1 MONTH
PRIOR to PRINTING DATE

DEADLINE for December 2018
ISSUE: **NOVEMBER 1**

Submissions:

We welcome letters to the editor, news, stories (max 500 words), event notices, book reviews and photos.

Send to:

Margaret Glidden (Edmonton)
anglicanmessenger@gmail.com
or

Peter Clarke (Athabasca)
seens@telus.net

Read Online:

www.edmonton.anglican.org/
blog/the-messenger

Find Us on Facebook:

www.facebook.com/anglican.
edmonton

Subscribe:

www.anglicanjournal.com/
subscribe

THE MESSENGER TEAM

EDITORS

Margaret Glidden (Edmonton)
Peter Clarke (Athabasca)

LAYOUT & DESIGN

Margaret Glidden
Shelly King

PROOF READING

Jennifer Wirun

REPORTING

Peter Clarke
Margaret Glidden
Shelly King

A \$15 annual donation is suggested. Please send donations to the Dioceses of Athabasca or Edmonton, c/o The Messenger.

The Messenger is published under the authority of the Dioceses of Athabasca and Edmonton. Opinions expressed in The Messenger are not necessarily those of the editor or publisher.

The Messenger is a section of the Anglican Journal, printed 10 times a year (no issues July and August) by Webnews Printing Inc.

Your Mission Action Plan: a living document for growth



The Ven. RICHARD KING
Archdeacon for
Mission and Discipleship
Diocese of Edmonton

We have spent a lot of time preparing to write our Mission Action Plan. What I am about to suggest, in terms of writing the plan, assumes that you have read the previous articles that preceded this one. If not, proceeding without that information will result in your MAP being a to-do

list which is not owned by enough of your church. Fortunately, the diocese has a collection of these articles on the website! Go to www.edmonton.anglican.org and click on Mission and Discipleship. You'll see a heading for Mission Action Planning.

So, who makes the MAP? We've said already that the more input and ideas you can gather from the whole congregation, or at least the Vestry, the more likely people are to own and engage with implementing the plan.

Once you have that input, it might be best to allow the Corporation to shape it; to prioritise perhaps three ideas to tackle first; all the while sticking with the direction of travel in which the church family needs to grow. That direction of travel

must catalyse discipleship and, as we have seen in the diocesan missional model, Jesus catalyses our discipleship through active involvement in His mission to reach the world. If this is not the intended outcome of your MAP, then in my view and to put it bluntly, it is pointless.

If the church family, or at least the Vestry, has engaged in the process so far, you will likely have a lot of ideas to work with. It's amazing what ideas come up! You won't be able to do them all at once. Don't try! Discern the pace that will be best for your congregation. In our case (St. Luke's) we had so many ideas that we filtered them into a three-year plan. That's okay. In fact, there are a few things that are perfectly "okay" in writing your plan:

- It's okay to rough out a plan that covers more than one year;
- It's okay to try new things;
- It's okay to acknowledge if something hasn't worked and to learn from that and try something different;
- It's okay for things to turn out differently than you imagined;
- It's okay to re-shape and change the plan as you go.

The MAP must be a "living" document which shapes your direction of travel, but doesn't stifle it. Some like lots of detail in their MAP. I prefer a clear focus on priorities, but not so much detail that we are locked into a timeline or task list that ends up being a burden. A MAP should enthuse, encourage

and envision, not depress or weigh-down. Once the Corporation has developed the shape of a plan, the Vestry can discuss and approve. (The Vestry could do the shaping as well, but sometimes it's easier to get traction in writing with a smaller group.)

Then comes the work of communicating the plan to the entire congregation, not just once, but continually talking about how it informs the mission and ministry of the church. Otherwise, it becomes a document we discussed once that now lives in a drawer.

A superb resource to help further is *How to do Mission Action Planning*, by Mike Chew. It's less than \$20 on Amazon.

May God bless you richly as you move forward.
Richard

Too Tiny? Missional Change Happens One Step at a Time



The Ven. TERRY LEER
Archdeacon for
Mission Development
Diocese of Athabasca

In the last article, we affirmed our common God-given mandate to live and minister in ways that serve God's mission.

But what is the small, struggling, rural congregation to do? Big, urban congregations may have more of the means and the minimum critical mass to confront experimentation and change. Small congregations in rural areas, not so much.

So, please, do not try to change your world overnight. The universal goal is God's mission, but the most effective way of reaching that goal is smaller, measurable steps.

Step 1: Change one thing about yourself.

Change the thing that is the biggest barrier to mission in your life and make only

one change about every six months:

- pray daily, asking God to open your heart to His call to mission OR
- work at overcoming your chief barrier to evangelism and evangelistic living OR
- work at overcoming your chief barrier to a broader and more transformative experience of stewardship OR
- make one invitation to someone to share in worship per month OR...

Step 2: Change one thing about your congregation. Don't plan

to change everything. This approach is too heavy and can be too disheartening. Just work on one change about every six months:

- add one (and only one) contemporary song weekly or biweekly to your worship OR
- set up a pastoral care chain through which disciples visit one another on behalf of Christ OR
- train one another in skills of evangelism and evangelistic living (there are archdeacons available for such) OR
- change one thing in your weekly worship that it will be more accessible

to newcomers OR

- communicate every month with your disciples on stewardship development OR...

As we all know, God has definitively and explicitly called us to live in ways that clearly proclaim His gospel and prove our discipleship. His mission is our God-given privilege and mandate. We make that mandate more achievable when we break it up into smaller, more achievable and more measurable steps.

I guess that means that we're all walking towards God's mission, one step at a time. That's doable. That's cool.

Regimental church to host community remembrance cont.

Continued from Front Page.

The Vigil Service to Mark the Centenary of the End of the Great War will follow the concert, at 10 pm. The vigil will be hosted by Holy Trinity and SALH, in cooperation with Trinity Evangelical Lutheran and St. Thomas d'Aquin Roman Catholic parishes. Two soldiers and two civilians will stand at the altar with the SALH guidon (flag) laid out in remembrance of the fallen.

The vigil will conclude with the congregation saying the "Lord's Prayer" in English, German and French.

Holy Trinity, its ecumenical neighbours and SALH, will come together once again on Sunday, November 11 for a Community Remembrance Service led by Bishop Jane Alexander. The service will begin at 9:45 am at Holy Trinity. Alberta Premier Rachel Notley has been invited to give the homily. Members

of the congregation are expected to include Edmonton-Strathcona MP Linda Duncan and Edmonton-Castle Downs MLA Nicole Goehring, in addition to community representatives and members of local Scouts and Guides troupes.

The congregation will then parade through the streets to the recently relocated cenotaph in Light Horse Park. A reception will follow at YESS (the Old Armoury).



The King's Colour of the 19th Alberta Dragoons and the Regimental Colours and King's Colour of the 101st Edmonton Fusiliers hang in the sanctuary at Holy Trinity.

Be Transformed: Diocese of Athabasca Youth Daze 2018

JOANNA MUZYKA AND
THE REV. DANIELLE MCKENZIE
Youth Daze 2018
Team Leaders



Since the very first Youth Daze gathering, each event has been just a little different from the last. This year is no exception. A new location, an outdoorsy camp at Long Lake Centre near Athabasca; new games, a different theme and some new faces. Twenty youth from around the diocese met at the end of August for fun, fellowship and a chance to grow in their faith.

Our guest speaker, the Rev. Canon Gene Packwood, travelled all the way from Medicine Hat to be with us for the weekend. We were awesomely blessed by his wisdom and insight as he led us in discovering the words of Romans 12:1-2 and what it means to Be Transformed. He highlighted the importance of having a relationship with Jesus and gave us practical steps to living life as a devoted disciple.

Packwood spent time in prayer for each registered youth the weeks before the gathering and had a word from God for each of them which he shared throughout the weekend. It was amazing to see the reactions from each person as they heard what God had to say to them.

Much of our time together centered on worship and prayer. We began with Morning

Prayer and then Packwood led us in Bible Study later in the day. A special time of prayer and worship was celebrated lakeside that evening. A Service of Holy Eucharist, led by our Dean, the

Very Rev. Jason Haggstrom, was held Sunday, and the Rev. Packwood gave the homily. The youth took part by reading scripture, assisting with the music, leading prayers and, of course, singing.

Fun and games are always a part of Youth Daze! Some new and crazy games were introduced this year that were a great hit. Volleyball with a twist (using blankets to throw and catch the ball) kept the youth on their toes and the sculpture competition was something to behold. The camp directors led the youth in outdoor games that were not only fun, but educational. We learned so much about wildlife, the environment and what it means to care for the things God has given us.

The camp provided us with open space to run, paths to explore and ample opportunities for fresh air and exercise. The youth enjoyed some free time in the evenings before "lights out"; exploring the area (within boundaries)



Volleyball is made more challenging when team members using a blanket instead of hands!

and chatting.

With this being the 8th Annual Youth Daze we were reminded of how much support we receive from the diocese, individual parishes and those who serve on the planning team. This year we were joined by some unexpected visitors for the weekend and we are not

sure what we would have done without their help. Helping hands are such a gift to us! We want to say a big thank you to everyone involved in Youth Daze, in big and small ways, you are a blessing to the youth in our diocese.

All in all, it was an

enjoyable weekend with friends and a time of learning and sharing in our walk with Jesus. We pray that each and every one who attended went away with a better understanding of who they are in Christ and with the knowledge that they are loved, more than anything, by their Heavenly Father.

Birthday Wishes for Bishop John

THE REV. DANIELLE MCKENZIE
Deacon
Parish of Berwyn/Grimshaw



You may have heard the saying, "there is no retirement from ministry." We wouldn't be surprised if Bishop John Clarke coined the phrase. John, our retired Bishop/ Archbishop (2009), is now a very busy interim rector in the Parish of Berwyn/ Grimshaw.

This July, Bishop Clarke celebrated his 80th birthday and the parish joyfully celebrated with him and his wife, Nadia. Bishop John has lived out his ministry faithfully in this diocese for 34 years and we are so thankful for his guidance and continued service. We wish him a blessed 80th year with many more to come.



Buyé projects complete



Buyé diocese has completed two major endeavours: Bishop Sixbert attended the opening ceremony (above) for a pipe system that will deliver fresh water from a spring in the village of Kiziba; the date for an official opening will soon be announced for an extension to the pediatric ward of the Buyé hospital (below). Both projects received support from Edmonton diocese.



ATHABASCA DIOCESE CONNECTIONS

Diocesan website: www.dioath.ca
(includes sermons for lay readers for each Sunday)

The Anglican Centre (archives for the Diocese of Athabasca)
Phone: 780-624-2767
Fax: 780-624-2365
Email: dioath@telusplanet.net

Parish websites

- Peace River: www.stjamespr.org
- Fort McMurray, All Saints': www.allsaintsanglican.ca
- Fort McMurray, St. Thomas': www.sttom.ca
- Grande Prairie: www.christchurchanglicangp.org
- Boyle: www.parishnorthernlights.org



Healthy relationship with adults key to supporting youth

The Rev. DANIELLE LEPINE
Youth Leader
Holy Trinity, Edmonton

This past September 25, members from the Anglican Church of Canada and the Evangelical Lutheran Church in Canada met in Paris, ON, to spend an in-depth weekend discussing and learning techniques from each other and professionals about the connection between mental health and youth.

In Canada, 1.2 million children and youth are currently affected by mental health issues; of these, a mere 20 per cent receive the help they need. As a result, by the age of 25, one out of every five Canadians has experienced or suffers from a mental health illness, such

as depression, anxiety, an eating disorder, the list goes on... According to a report conducted in 2017, Canada has the third highest youth suicide rate in the industrialized world. This is not ok. We need to act. Now.

Adults in their early 20s, who currently attend churches of various denominations, were recently interviewed by Amy Johnson for her book *Troubled Minds: Responding to Mental Illness* about the aspect of church that helped them in their transition from adolescents to healthy and successful young adults. An overwhelming number of adults said "relationships with adults while we were teenagers within the church" helped support them on their



Twenty-five representatives from Canadian parishes meet in Ontario to learn about mental health issues in youth, and how church families can help.

journey.

Children and youth attach in similar ways to adults, yet, often as adults, we need an extra push and motivation to make these connections. The six ways which adults can attach and connect with children/youth are: proximity, sameness, belonging/loyalty, significance, feelings and being known by others. In the context of youth mental health, this is what these

words mean:

Proximity: Simply being near children/youth can strengthen their feelings of belonging. When we make time (and commit to the time) we have scheduled to spend with them, whether in silliness or deep prayer, we convey that they matter, and that we want to be with them.

Sameness: Not to be confused with conformity, sameness applies to things

we have in common with a young person and can relate to in our own lives. Do we both like music? Do we both enjoy painting or watching *The Big Bang Theory*? These are things we can talk about to build attachment and create a safe space for relationships.

Belonging/Loyalty: Youth come to us with problems, with dilemmas, with hypothetical issues and it is amazing for them to know: "We've got your back!" "We hear you!" "We love you!" Simply being present for our children/youth by showing up to their band concert, or supporting them with action by being an advocate for them, demonstrates we care and are in their corner.

Continued on page 7

Pizza, Pop and Paint a Huge Hit!



On the evening of September 28, 17 amazing youth gathered in the Green Room of Holy Trinity Anglican Church in Old Strathcona, Edmonton, ready to paint masterpieces, eat pizza, and chug down some beverages. Within a mere three hours the talented youth painted their own versions of the "Trinity Tree" or, as one witty congregant named it, the "Tree-nity"!

Youth from HTAC and around our diocese were joined by young people from Trinity Lutheran and St. Thomas D'Aquin. They spent the evening laughing, joking around, getting to know each other and bonding.

It was loud... It was chaotic... It was *amazing!*

The youth of Holy Trinity hosted a barbecue last July to help cover the cost of pizza and paint night.

We can't wait to see what this amazing group of youth comes up with for our next fellowship event. Submitted by the Rev. Danielle Lepine, Assistant Curate, HTAC



Messy Church gears up for new season of fun, faith and fellowship



Harvest celebration in Spruce Grove

St. Augustine's Parkland kicked off our Messy Church season in September, exploring the theme of "The Harvest." Through crafts and a worship skit with our youth minister, Tara Munn, and with the help of the children who attended, we learned about Jesus feeding of the five thousand with loaves and fishes and what that meant for those who were in that crowd. We closed our celebration with a wonderful meal, conversation and building new relationships within our church family. We are looking forward to our next Messy Church!

Superheroes take flight at St. Luke's

After taking a break for the summer, St. Luke's Messy Church got off to a flying start on September 8. Our theme was "Superheroes!" Members of our Messy Church family made superhero capes and mini-superhero snacks; participated in a number of activities that tested our superpowers and had pictures taken as we flew over tall buildings, Superman-style. Of course, Jesus is the real superhero, but He shares His superpower of love with all of us, so we can share it, too.



Weather changes highlight global food insecurity issues



DOROTHY MARSHALL
PWRDF Representative
Diocese of Edmonton

I am writing this in the third week of September and, as I look out the window, I am greeted with a Christmas card scene. The swaths of grain in the field across the road hide under a blanket of snow. Farmers despair of ever getting their crops off, and if/when they do, they can expect significantly reduced grades and prices.

Looking back, our summer was an anomaly; a late spring waiting for the soil to warm after a frigid April, followed (at least in our area) by months of extreme heat and no rain. Summer was a blur

of hauling water for the livestock and moving portable sheep fences in an attempt to make the most of the meager grass in the pastures. And now, when it is certainly too late for this season, the rains finally come, along with unseasonably cold temperatures and yes, even snow!

Some climatologists tell us to 'get used to it.' This is the new normal because of climate change. Whether you believe in climate change, or think it is simply a short-term weather trend, what does it mean? For most of us who grow food in the area it means changing how we do things: more mulching, shade cloth, and even drip irrigation in the garden. It means looking at different seed varieties for both the gardener and crop farmer. Livestock producers will be considering ways of extending the grazing season with strategies like rotations and annual forages.

The unfortunate reality is that this "weather change" is also affecting our neighbors in less developed areas of the world. These people



PWRDF Youth Council member Leah Marshall (far left) at a PWRDF supported demonstration farm in Tanzania.

do not enjoy the benefit of the choices we have; they have no crop insurance. Increasingly, unpredictable weather is making it hard for small-scale farmers to grow enough to feed their families, and the number of hungry people in the world is increasing. The UN tells us that 821 million people are going to bed hungry every night.

Ironically, most of the world's food insecure people are farmers—and half of these farmers are women. Despite their hard work, they experience hunger for several reasons: their farms are very small, harsh and erratic weather, government instability and conflict, depleted soil and lack of market access.

They lack the resources and training to improve their farms. They need support to develop sustainable farming techniques appropriate for their areas. On your behalf, the Primate's World Relief and Development Fund supports projects including agricultural training, mentorship and expansion advice.

Over the years, the Canadian Government has contributed to positive change for millions of people around the world, but the amount of aid it contributes is decreasing. Based on a share of its national income, Canada gives only about half the amount given by like-minded countries, and only a third of the globally

agreed-upon amount.

PWRDF is working with its partner Canadian Foodgrains Bank to increase awareness of this vital issue. A new campaign, "I Care," encourages Canadians to contact their member of parliament, as well as the prime minister, with this message: "We believe Canada should increase spending on Foreign Aid."

What can you do? Learn more about the "I Care" campaign and Canadian aid online at www.foodgrainsbank.ca/icare. Sign a postcard and send it to the prime minister to let him know you do care! You can also donate to the PWRDF Foodgrains Bank account, (on that site) and these funds will be matched 4:1 by the federal government.

You can learn more about sustainable development projects with our trusted partners on the (newly revamped) website: www.pwrdf.org. You may also choose to financially support our work on this site. For more information, please contact diocesan rep Dorothy Marshall at camfarm@syban.net.



ACW Regional Meeting



St. Augustine's Parkland Anglican Church in Spruce Grove hosted the Yellowhead/Edmonton-West Regional meeting of the Anglican Church Women (ACW) on September 22. Fifty-eight ladies attended in spite of inclement weather.

The Rev. Coleen Lynch, past ACW chaplain and assistant priest at St. Stephen the Martyr, Edmonton, celebrated the eucharist, assisted by the Rev. Sandra Arbeau, past ACW president.

During the service six ladies were presented Life Member pins: Linda Dean, Gretchen McCuaig, Joyce Marie Sharum, Jackie Lillywhite, Doreen Badger and Katrina Whalen.

The Rev. Lynch, who is completing a Doctor of Ministry (DMin) degree at St. Stephen's College through the University of Alberta, was the guest speaker. She shared her perspective on rural ministry and led a mini Bible study celebrating ethnic and cultural diversity.

St. Timothy's, Edmonton will host the 2019-2020 regional meeting.

By Karen Calder, Yellowhead-Edmonton West ACW President

Healthy relationships with adults key to supporting youth continued

Continued from page 6

Significance: How often do we take time to check in with our children/youth by sending them a simple 'how you doing?' note? How often do we welcome their participation and encourage their amazing skills in our worship services? Multigenerational worship services have been shown to bolster youth self-esteem and increase their engagement with their church community. Every week we ask members of our church community to read scripture, lead prayers,

be acolytes and provide music... Peek at your youth and invite them to help.

Feelings: We have all heard this term time and time again: VALIDATION! Whether we agree with someone's feelings, or not, we must always validate that they are experiencing emotions. Simply validating someone's emotions goes miles in building healthy attachments.

Being Known: This may be the simplest, but is often one of the most overlooked: get to know the children/youth. They all have names, let's try to use them,

regularly. By acknowledging their presence we teach them that they are wanted, they are important and that they are, above all else, beloved children of God.

It all seems so very simple, almost too simple. But if we actively engage with our youth we have the potential to increase their self-esteem, bolster their feelings of self-worth and create loving relationships. In this safe environment, we can all join together, be our unique self, be accepted and know we are loved and valued.

Orange Shirt Day

Edmonton diocese honours residential school survivors

MESSENGER Staff

You may have noticed an unusually high number of people wearing orange in church on September 30th (perhaps you were one of them). Orange Shirt Day fell on a Sunday this year, and a growing number of parishes throughout the Edmonton diocese participated in the event.

The Ven. Travis Enright, Archdeacon for Indigenous Ministries and Rector of St. Faith's Anglican Church in Edmonton, was encouraged by the growing participation.

"I'm excited and hopeful, but also acknowledge that there is still work to do. At St. Faith's we had a lot of people with orange shirts. On that Sunday we had a good number of people with us who actually went to residential schools, as well as people who are just starting to know about them. Together we found a sacred space to express both sorrow and hope."

In memory of his mother, Donna Enright, and all residential school survivors, Archdeacon Travis gave an orange t-shirt to clergy from every

parish in our diocese. An advocate for truth and reconciliation, Donna attended Gordon's Indian Residential School in Punnichy, SK.

Orange Shirt Day originated in Williams Lake, BC, the location of St. Joseph Mission residential school, which was closed in 1981. The idea for the orange shirts originates from the story of a little girl named Phyllis. She proudly wore a brand new orange shirt to her first day of school at the mission where it was immediately taken away. She never saw her shirt again and, symbolically, it represents the many ways Indigenous children were stripped of their sense of identity and worth.

The purpose of Orange Shirt Day is to acknowledge the multi-generational damage caused by the residential school system and to remember the survivors and their families. Looking ahead, we are asked to pray for the healing of all, and to pledge to act for true reconciliation between Indigenous and non-Indigenous people in Canada.



Pictured right, from top: clergy and parishioners don orange shirts, ribbons and buttons at Holy Trinity, Tofield; St. Mary the Virgin, Vegreville; St. John the Divine, Onoway; St. Saviour's, Vermilion. Pictured left, from top: orange shirts at St. Luke's, Edmonton; St. Patrick's, Edmonton; clergy displaying shirts donated by the Ven. Travis Enright, Archeacon for Indigenous Ministries, in memory of his mother Donna, a residential school survivor.

