

EASTER 2019

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THE SCRIPT

Return to the Lord

Often in Lent I meditate on the words of the Prophet Joel:
Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love.

Although these words are meaningful for me, they are also meaningful for everyone, for they are addressed to the priesthood of all believers and the Church. They point out the importance of community, transformation, God's grace, and finally, mission.

Lent is an opportunity for us to return to the Lord, to draw closer to Christ, and then to celebrate resurrection and new life at Easter. My prayer has been that as we all come close to God's abounding, steadfast love, that we will be changed, and really come to know the Lord at a deeper level.

I hope that as we travel these last days of Lent together, that as you come close to the Cross with Jesus, you may truly celebrate His resurrection that brings us all new life.



Recently, I was revisiting the poems of Mary Oliver, an American Pulitzer Prize winner and faithful Christian. I have reprinted one of her poems, *Gethsemane*, for your reflection. It comes from her book *Thirst*.

May God bless you in this resurrection season,

Ralph+

Please turn to page 4 to read the poem.

What's your Favourite Easter Memory?

"My favorite Easter time as a child was doing a treasure hunt for my Easter bunny ... and especially eating the chocolate! I love chocolate :)" - MC



"Listening to Easter music on the radio. In Your Easter Bonnet, Here Comes Peter Cottontail, and the Hallelujah Chorus, always last on Easter Sunday. I remember seeing the Greatest Story Ever Told with Jeffrey Hunter — on Good Friday when the stores were closed 'till noon. Also, the new shoes that we got once a year that had to last even if our feet grew!" - JB

"My favourite memory was during my Bachelor's degree in New Brunswick, where we managed to get together a bunch of brass players (who were mostly my best friends) and with lovely Casavant organ at the university, perform the Hallelujah chorus from Handel's Messiah." - ML



"Every year, Rev. Charles Morris would read a picture book about the first Easter Bunny; a bunny who heard about the Resurrection and brought chocolate eggs to children, hoping to spread Christ's message. When I was a teenager, I learned that he'd written it, himself." - KS

Mary's Story

I drag myself with weary, sorrowed and burdened footsteps to the tomb where my Lord is buried.

HOW DID WE COME TO THIS?

Why did we not embrace His teachings – why could we not feel His love for us? And now He lies alone in His tomb, crucified at our hands with such hate. How he suffered – LASHINGS- PIERCING – SPITTING – JEERING- WALKING – STUMBLING – FALLING – BLEEDING.

HOW DID WE COME TO THIS?

I walk slowly, not wanting to arrive at the tomb, but knowing that I must. Forgive us, Lord – seems like just yesterday we were hanging on your every word, eating with you as you fed thousands with a few loaves of bread and a few fish, drinking with you as you changed water into wine at the wedding feast, rejoicing with you as you healed the sick, praising you as you raised the dead, shouting hosannas as you rode into the city on a donkey, throwing palms and singing psalms.

HOW DID WE COME TO THIS?

The tomb is now in sight, is finally in sight. But BEHOLD! The tomb is open – the tomb is open – how can that be? The stone has been ROLLED AWAY – How can that be? Has His body been stolen? No, that cannot be!

Closer, closer, the tomb is EMPTY! First there is fright, then disbelief, and then there is flight. Where is everybody – who could have done this – does anyone know what has happened – do they know?

WHERE IS THE BODY OF MY LORD?

With fear and dread, I run to get Simon Peter and John. Come, please come, they have taken away the body of our Lord and I don't know where they have laid Him. They run quickly to the tomb, go in, and find just the wrappings for Jesus' body and the cloth that covered His head. Greatly saddened, not knowing what to think, they leave the EMPTY tomb. Not knowing what to believe, they quietly and quickly go back to their homes... to meet in secret.

HOW DID WE COME TO THIS?

But I stand outside the tomb, I am rooted there. I cannot leave. How can I leave when He stood by me and cured me? What if someone returns His body? No one will be here to rewrap and cover Him. There will be no one to stand guard over the tomb.

My tears flow freely. Through them, I suddenly see angels in white sitting where His body was once lying. How can that be? They speak to me – or am I dreaming?

They ask me why I weep. With my tears still flowing and my heart heavy I tell them that my Lord's body has been stolen and I know not where it could be – then I turn away in despair. Did He deserve this? Where could His body be?

Someone approaches. Could it be Him – No, it couldn't be Him – He is dead – Crucified at our hands. I see now that it is the gardener. He too asks why I am weeping. I beg him, if he is the one or if he knows who took Jesus' body or where it has been taken to please let me know so that I can arrange to have the body taken away safely.

Then he speaks my name.

HE SPEAKS MY NAME. MARY.

The veil is lifted, and I look at him and realize with utter amazement that it is not the gardener but my Lord.

HE IS ALIVE! – HE IS NOT DEAD! – HE IS ALIVE!

I continue to weep but now... the tears are tears of joy. HE IS ALIVE!

HOW DID WE COME TO THIS??

I see now that Jesus tried to tell us that He would be crucified by sinners, rise again on the third day, and leave us to be with His father in heaven. I see now that ALL THINGS HAD TO COME TO PASS. He died for our sins and for our transgressions; He died on the cross so that we might live and have eternal life.

**YES, HE LIVES! RUN AND TELL!
OUR LORD THE PRINCE OF PEACE
LIVES! SPREAD THE NEWS!**

HE IS ALIVE! HE IS ALIVE! HE IS ALIVE!

Submitted by Paulette A. Joseph
Written 12/04/2014

POETRY Corner

A Door Slightly Opened

By Banke

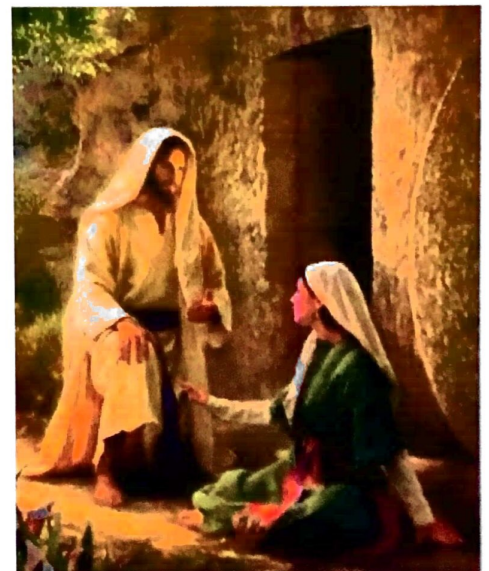
Inspired by Jacques & Darleen Diotte

When peace is at war
Home is a wall that fails to break
While everything within goes to shatter
Amidst the storm a glimpse
Of a door slightly opened

Not bravery or strength
Can bear the spirit's burden
But a hope so strong that fails not
The creator, believing hearts
Our eyes held straight
To behold the door slightly opened

Our weight made light
We meet she the golden heart both
him with courage
That strengthens our hope
They say to our soul "look on the light"
Great arms wide open before the
door slightly opened

We hold on to faith
Our fate we await
Our fear uncontrolled, will the door
shut or open wider
Oh! Heart hold your peace, dream
don't you die
From where we stand the door is
slightly opened



Lent: A Fresh Look with Fr. Tom Ryan

Several of our church members attended the 2019 Evening Lenten Missions sponsored by the Christian Unity Fellowship and hosted by St. Luke's Roman Catholic Church from Sunday, March 10 until Tuesday, March 12.

These Lenten Missions were well attended by West Island English-speaking worshippers and participation by St. Barnabas' parishioners was strong. Mrs. Jeannette Barr and Ms. A. Laki represented St. Barnabas in the crowd on Sunday evening, and were later joined by Mr. Edward Dwarka and by the entire St. Barnabas Choir.

Each evening, attendees were entertained by excellent musicians and singers. The St. Luke's Choir, a band of folksingers and the St. Barnabas Choir, directed by Matthew Lane. Thus, the attendees enjoyed three evenings of spiritual music, lectures on spirituality, reflections, prayers, and hopes for a Lenten season of spiritual growth and a deepened relationship with God. Coffee and snacks and the Theologia Book Ministry were offered in the church hall.

The guest speaker was world-renown Roman Catholic priest and author, Fr. Thomas Ryan, CSP, member of the Paulist Fathers. Throughout his career, Fr. Ryan has worked in inter-religious relations for the Paulist Fathers, both in Canada and the United States, where he is currently posted. Interestingly, he is also the author of a number of very popular and relevant books about renewing the lost arts of traditional spiritual Lenten practices such as fasting, prayer, almsgiving/charity, Christian meditation and more. Some of his titles are: *The Sacred Art of Fasting*, *Reclaiming the Body in Christian Spirituality*, *Four Steps to Spiritual Freedom*, *Prayer of Heart and Body: Meditation and Yoga as a Christian Spiritual Practice*, and *Disciplines of Christian Living: Interfaith Perspectives*.

Fr. Ryan's Sunday talk was about the 'Spirituality of Lent.' He delved into renewing our baptismal identities and missions, growing in faith and deepening our commitment to Jesus during the forty days of Lent. Just as Saint Paul said, 'I die daily', we are asked to die to our

false selves, to refuse to cling to what once was but is no more. We are asked to do a lifelong conversion; we must move on with our lives and let go of yesterday.

During Monday's talk, 'Liberation Through Spiritual Practice', he mentioned that prayer, spiritual reading, fasting and almsgiving are all practices that can 'restrain sin and maximize our union with God so that we can live with a prepared, alert and awakened heart.'

The final talk on Tuesday, 'Questions to Ask Yourself,' was about turning back to God during Lent. This involves repentance, rethinking, discernment, resolutions and changes to make in our lives. We are invited to take a fresh look at how we are living, at what is working in our lives and what is not working. During Lent, we can ask ourselves, 'What would bring me more alive?' and 'Is my relational life blossoming or dying?', and other similar questions.

For example, in *The Sacred Art of Fasting*, Fr. Ryan discusses abstaining from food and drink from the perspectives of the major religions of the world. By interviewing current practitioners of Catholicism, Judaism, Hinduism, Buddhism, and members of the LDS Church, he determined that there are about two dozen – or more – alternative ways to fast that have nothing to do with food and drink but are still pleasing to God:

"Fasting with our eyes and feet; fasting from complaining and judging others; fasting from anger, gossip, self-indulgence, quarreling; fasting from false gods; from irreverent gluttony, sloth, immodesties and impurities; fasting from always needing to be right, from self-interest; fasting from chronic distractions that separate us from God and from all which God does not desire of us."

And the list goes on.

Altogether, this year's Lenten Mission was an excellent way to relearn how to intensify our spiritual focus on Jesus during the Lenten season so that we'll find the impetus to draw closer to Him throughout the Christian year. For example, could we possibly extend the Lenten and Easter seasons by using the Ember Days of Advent and Pentecost and Holy Cross Day to remind ourselves to draw closer to God with solemn days of fasting, prayer and giving?

Submitted by A. Laki, J. Barr and E. Dwarka

Children and the Church



Some excerpts from a pamphlet provided
by Jeannette Barr.

Remember that the way we treat children in church directly affects the way they respond to the church, to God, and to one another. Let them know that they are welcome in this house of worship.

Parishioners: The presence of children is a gift to the

church and they are a reminder that our parish is growing. Please welcome them and give a smile of encouragement to their parents. If you see a parent struggling, please offer to help them!

Parents: Sit toward the front where it's easier for your little ones to see and hear what's going on at the altar. They tire of seeing the backs of other's heads. Quietly explain parts of the service and the actions of the priest, altar servers, etc. Sing the hymns, pray and voice your responses. Children learn by copying you. If you have to leave with your child, do so, but please come back. As Jesus said, "Let the little children come to me."

Gethsemane

by Mary Oliver

The grass never sleeps.
Or the roses.
Nor does the lily have a secret eye that shuts until morning.

Jesus said, wait for me. But the disciples slept.

The cricket has such a splendid fringe on its feet,
and it sings, have you noticed, with its whole body,
and heaven knows if it ever sleeps.

Jesus said, wait for me. And maybe the stars did, maybe the wind wound itself into a silver tree, and didn't move,
maybe the lake far away, where once he walked as on a blue pavement,
lay still and waited, wild awake.

Oh the dear bodies, slumped and eye-shut, that could not keep that vigil, how they must have wept, so utterly human, knowing this too must be part of the story.

Trusting God when Faced with Changes

There is an appointed time for everything. And there is a time for every event under heaven. Ecclesiastes 3:1

It's inevitable: CHANGE HAPPENS.

Change can be perceived as positive, like career changes, birth, children moving out, new friendships, or going to college.

Change can also be perceived as negative, like job loss, death, children moving out, friendships ending, or divorce/separation. Change is also fear of the unknown, which brings feelings of anxiety, confusion, fear of making the wrong decision, and the feeling that nothing is happening.

We have to learn to trust God with change, even when we cannot see the end. Psalm 37:34 reads, "Don't be impatient for the Lord to act! Keep travelling steadily along his pathway and in due season he will honour you with every blessing."

As a parish, we are currently going through a period of uncertainties, and challenging times, where opinions differ based on how we see these changes happening -- and in our case, we cannot see whether we are moving forward at all. This is a time where trusting God is of the utmost importance. We need to look beyond our own understanding and put God in charge. We need to put God's will before our will.

"In order to recognize God's handiwork, we need to pray in an active, persistent manner. Christ-centered prayers narrow our focus to the Lord. Then we can more readily identify His actions and see how to join Him. Self-centered petitions serve to distract us from Him." Dr. Charles Stanley

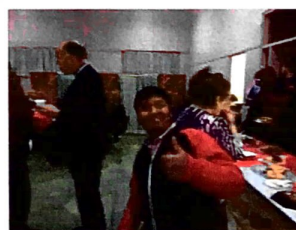
Prayer has to come first. Only by praying in the power of the Holy Spirit can we understand or discern what God is saying to us, as the Holy Spirit also intercedes on our behalf. We need to work together as one. Letting go and letting God does not mean to simply sit and do nothing.

"What good is it my brothers and sisters if you say you have faith but do not have works? Can faith save you...So faith by itself, if it has no works, is dead." James 2:14-17

In obedience to our belief and trust in God, you are invited to join us every other week between the 8 and 10:30 a.m. services (please refer to your Sunday bulletin for dates and times.) We meet in the Hall to read and ponder passages of the Bible and discuss what God is actually saying to us. We need to come together as ONE. I truly believe that God wants to do great work in our lives and the life of our parish, if we seek Him first and place our total trust in Him.

Submitted by Jacques Diotte

Photo Story: Lessons & Carols Service



On December 9th, 2018, we held our first joint Lessons and Carols service with the member churches of the Christian Unity Fellowship. Half of the lessons were read by our guests, and half were read in French, making it our first bilingual service, as well. The Bells of St. Barnabas and the St. Barnabas Choir delighted with renditions of the *Huron Carol*, *Star Over Bethlehem*, and *Ding, Dong Merrily on High*. Following the service, a wonderful reception prepared by Sandra Everitt and her volunteers. Thank you all for a wonderful evening!—KS

Photo Story: Family Breakfast & Tree Trimming



On December 8th, 2018, parishioners perused the items for sale at the Mini-Bazaar before sitting down to another delicious Family Breakfast, organized by the dedicated members of the Family Life Group. Following the meal, Christmas carols were sung and volunteers — now full of bacon and good cheer — headed down the hall to ready the church for Christmas. Thanks to Jeannette Barr for untangling the lighted garland in the days before, so that everyone could focus their attention on the pews and the Christmas tree. — KS

Let Us Pray for the Primate



Blessed are those who trust in the Lord, whose trust is the Lord Jer. 17.7
Dear brothers and sisters in Christ,

In the March 2019 edition of the Anglican Journal, Primate Fred Hiltz of the Primate's World Relief and Development Fund (PWRDF) wrote an article called "Let Us Pray." His focus was on the ministry of primacy in our beloved Church, and his responsibilities as outgoing primate to oversee that the nomination process for and election of a new primate is fully respected by the members.

The Primate said that it was his duty to call the Church to prayer for:

The nomination process among the bishops, the election process and the members of General Synod.

Wisdom in discernment for those who wrestle with the invitation, those who accept it, and for their families and their dioceses.

Clergy and lay delegates of General Synod, and for God's peace and joy in their responsibility of electing the new primate.

The General Sec. Archdeacon Michael

Thompson, Prolocutor Cynthia Haines-turner, and for the guidance of the Holy Spirit.

Finally, the Primate asks us to pray with him for the whole Church as we anticipate the ministry of a new primate.

"Let us Pray" is a familiar invitation to ask God for His divine intervention in situations that we encounter in various aspects of life. I do believe that we the Church will remember this and pray for all involved in this ministry. With God's help, let us pray.

Thank you.

Love in Christ,
Hazel Sandiford
PWRDF Parish Representative

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News from Family Life

Again, the Family Life Committee members have put together a schedule for events for St. Barnabas.

April 14th
Palm Sunday
Soup Sunday

April 21st
Easter Sunday
Hot Cross buns in the Hall after the service.



May 25th
Garage Sale

November 9th
Fall Fair

VERY IMPORTANT:
WE NEED HELP!

The Family Life Committee needs more members in order to continue with the fellowship gatherings for our church. Please contact any of our members if you can help. Thank you.

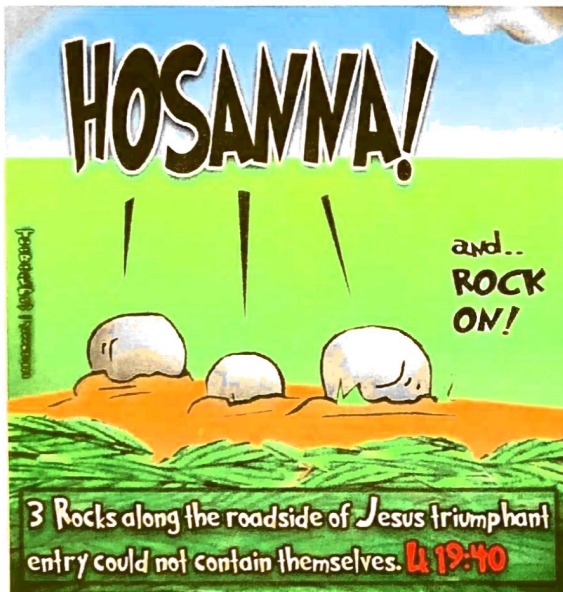
Submitted by
Sylvia Jones
Family Life





...to be of Christ, in Christ, and to proclaim Christ's love in this world.

ON the LIGHTER SIDE: Submitted by Suiru Tunteng



NEXT EDITION OF THE SCRIPT:
SUMMER EDITION

SUBMISSIONS DEADLINE
JUNE 2, 2019

EDITORIAL STAFF:

Kimberly Shane
office@st-barnabas.qc.ca

Suiru Tunteng
Sktunteng1972@gmail.com

Parish of St. Barnabas (estab. 1959)
12301 Colin St., Pierrefonds, H9A 1C3
514-684-4460

office@st-barnabas.qc.ca
www.st-barnabas.qc.ca

PHOTOS:

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P4: DEBBIE SHANE
P5: DEBBIE SHANE; [HTTPS://WWVALUE.COM/](https://wwvalue.com/)

Interim Priest:

The Ven. Ralph Leavitt

Office Coordinator:

Kimberly Shane, BA

Office Hours:

Tues.—Thurs..
9 a.m.-12 p.m. & 1-4 p.m.

EDITORIAL

We live in a world where racism exists due to our narrow-minded perceptions about others. Two important factors, fear and ignorance, contribute to these views. We must be willing to seek the truth for ourselves if we want to change this form of hatred.

The question is, however, how do we go about changing such attitudes? We must first be willing to realize that diversity is all around us in our world. It is due to the regions and environments we originate from and it is not something to be afraid of but should be embraced.

Secondly, we should be more educated and respectful towards people of different religions and cultures. The images we see on the news, for example, should not be

taken at face value because sometimes they don't show us the whole picture. By interacting with people who make up the ethnic groups in our communities, we can have a better appreciation for them.

Respect and love for each other should always be our guiding principles and these should replace ignorance and fear. It was Jesus who gave the new commandment, "Love one another." We must try to show patience and perseverance and build strength of character as we pray and work with those who have different ways of looking at life. Through faith, God will show us the way to bring others to Him.

I wish you all a Blessed and Happy Easter!

Suiru Tunteng
Co-Editor of *The Script*