

• GO INTO ALL THE WORLD AND PREACH THE GOOD NEWS TO ALL CREATION •



YPBC NEWS

March 2012



Published by:

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**TO BE A PEOPLE OF
PRAYER, WHERE
PRAYER IS MORE
FULLY UNDERSTOOD
AND IS EXPERIENCED AS AN INTEGRAL PART OF
HEALTHY CHRISTIAN FAITH**

A year ago we were in the process of drawing up our long range strategic plan based in part on the information obtained from the Appreciative Inquiry interviews and a leadership planning weekend. Many in the congregation were engaged in the process which set our course for the next few years. In this newsletter and in some of the issues to come I hope to reflect on the goals we identified and eventually adopted at a meeting of the congregation in November 2011.

Today I consider the goal that we long *to be a people of prayer, where prayer is more fully understood and is experienced as an integral part of healthy Christian faith.*

As I consider the wording of this particular goal and the longing that prayer be more fully understood, I can't help but think we have bitten off more than we can chew. Now there is nothing wrong with aiming high. In her book, *Amazing Grace*, Kathleen Norris wrote a chapter entitled *The Mystery of Prayer*. While we long to understand prayer, she reminds us that on one level it is not to be understood any more than grace can be explained. God is in it and his ways are higher than our ways.

So for some, trying to understand the mechanics of prayer may be like trying to understand what is happening under the hood of their car. But it doesn't mean you can't drive a car any more than a lack of understanding about prayer means you can't pray. With most things, the best way to learn is to practice – so it is with prayer. The disciples of Jesus did make an important request when they said, "Lord, teach us to pray".

Perhaps our long articulate pastoral prayers, which I think are appropriately crafted with great thoughtfulness and deep reflection as part of a corporate offering of divine service to God, can leave some feeling they can't possibly pray. Yet this is not true.

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The cover. Transfiguration - is from the altarpiece painted by J. Z. Blackstadius in 1868, at the Sofia Magdalena Church in the resort town of Askersund, Sweden. Many of the small older churches in Sweden not only have individual works of art, but have significant portions of their walls and ceilings with paintings and bible texts.

By coincidence, several articles in this newsletter focus on Prayer. John Wesley is quoted as saying "Prayer is where the action is".

Comments and suggestions for future editions of the YPBC News are welcome. Please send them along to

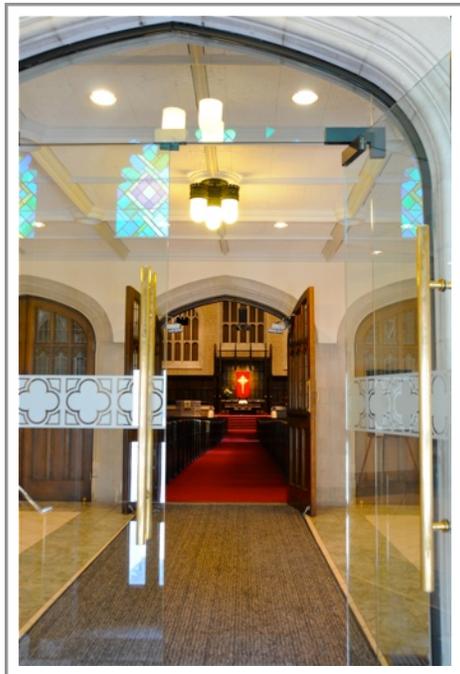
pilgrim.h@sympatico.ca

Thanks.

PRH

Even the clergy can feel the same sometimes – such is the mystery of prayer. After all, who am I – a mere mortal - to speak to the Eternal God?

Yet, when Jesus taught the disciples to pray he said pray like this, “Our Father...” This concept of addressing God as Father was a consistent theme and practice of Jesus’. In another place he taught that we are to embrace the kingdom like little children. In the garden, Jesus addressed God using the Aramaic term, ‘Abba,’ which would seem to be an even more intimate term similar to our word, ‘Dad.’ The more we understand the more mysterious it becomes.



When the disciples asked for understanding in regards to prayer, Jesus gave them the Lord’s Prayer as a model and it continues to be one of the most remarkable and transformative prayers known to humankind. I encourage people to use it during times of personal devotion and meditation and pray it slowly allowing the mind to expand on the various phrases. For example when I reach the phrase, “Hallowed be Thy name...” I might name and surrender some of the things that are becoming too important in my life and remember that God is God and there is no other.

While the Lord’s Prayer is a place to start, sometimes it might not quite get to the pain or trouble within that needs to be expressed. There are those times when nothing seems to, however, in Romans 8:26 we read, “The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes, with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit...” When I go to the doctor to complain about a particular pain I sometimes have a hard time finding the words to describe it. I feel it, but to describe it is tough. God gets it. Sometimes one word is all we can do even when praying for a loved one. Paul is telling us to give the word to God even if it is little more than a groan. This too is prayer.

Not long ago I was on a pastoral visit with someone in the church who is fighting cancer when I was asked if there is anything more the church can do. They weren’t demanding. They simply wanted to know if there was something else they should be asking for. In the discussion which followed reference was made to James 5:14 which reads, “Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord.” The following verse goes on to speak of the role of prayer in healing and that the Lord will raise the person up, which implies the possibility of not being healed, but raised after death. It also speaks of the act as an opportunity for penance and forgiveness and grace. The person asked if I could offer such an anointing.

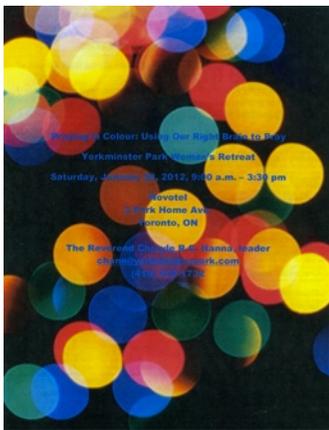
Throughout my years of ministry I have rarely been asked to offer an anointing with oil. However, I felt it only appropriate to respond affirmatively to the request and say that I would organize the event and get back to the person. The verse speaks of a plurality of elders and so I asked John Torrance to accompany me and informed the Chair of Deacons of what we were doing.

With John’s help a liturgy was drawn up based in part on the resources we have from the Iona community. The infirmed person also invited family members to be present and so we sought to incorporate everyone into the brief service which included scriptures, prayers, Communion, the anointing with oil and blessing and then a laying on of hands with accompanying prayers and a Benediction. It wasn’t offered in spirit of trying to twist God’s arm and I haven’t heard tell of healing since, but we prayed believing and it proved to be a most meaningful expression of faith and pastoral care. For us it was a grace. Both John and I feel it is a service we would be honoured to offer upon request from others as well.

In a similar manner the women in the church have been knitting prayer shawls which members of the ministerial team have been delivering to the sick. It becomes a warm and tangible reminder of the prayers of the church which surround those who are sick. Maybe that is the best way of understanding prayer – the warm embrace of the community of faith engaged with the God whose arms are forever beneath us and around us wherever we go.

PRAYING IN COLOUR...

We want to pray. We need to pray, but it's sometimes difficult. This day away is an opportunity to experience prayer. We will give our logical, sensible and reasonable left brained selves a break and release the right sides of our brain - colour, movement and poetry are some of the avenues to prayer that we will explore." And so read the church bulletin invitation to the day - long YPBC Women's Retreat, PRAYING IN COLOUR, led by Rev. Cheryle Hanna on Jan. 28/12.



Approximately seventy women gathered at the North York Novotel on a chilly January morning to spend a day apart and to explore new prayer pathways together. We sat in multigenerational groups around tables with artist's pads and coloured pencils at each place just waiting for our creative offerings. Cheryle, with characteristic enthusiasm, introduced us to what would become a significant expansion of our understanding of prayer and its wonderfully varied expressions.

We began by drawing any motif we wished on the front pages of our pads. Inside the motif we were instructed to write any name for God that we wished. Some of the possibilities included El Roi - God sees me (Gen. 16:13-14); El Shaddai - Nothing is impossible for God (Gen. 17:1-2); Yahweh Rapha - The Lord who heals (Ex. 15). Cheryle then asked us for the names of people for whom we could pray and we began to add these names to our motifs. Then in a quiet, attentive- to - God, period of time, we coloured our pages and names in rainbow hues and shades of grey with a

host of designs, intensities and images as colourful and diverse as the unique women that we were. We prayed in colour, too, for persons of our own choosing, silent before God but listening for his voice as we infused our motifs with selected colours and animation.

Our attention was drawn to our hands in more ways than one that morning. Cheryle pointed us to our fingers as "close at hand" reminders of those for whom we can pray on an ongoing basis, a format for prayer that some of us learned years ago in Sunday School. Our thumbs remind us to praise God - index fingers, to pray for ourselves - middle fingers, to pray for those standing in the gap (pastors, leaders, elected officials) - ring finger, to pray for those far away (missionaries, those suffering persecution) and our baby fingers, to pray for the "little ones" (children, the homeless, oppressed, hungry, unemployed, underemployed).

In the lunch hour, copies of the book, *Praying in Colour* were for sale and as our interest had been piqued, we had to hustle to keep up with the demand. As of this writing, 47 of the 50 copies we had on consignment were sold! This book is also available through our CBOQ READ ON Bookstore.

Following a generous lunch our next pathway to God was through movement - gentle expressions of worship, praise and thanksgiving. In the quietness, we witnessed and were touched by the beauty of this ancient form of praise and prayer as we became aware of the eloquence of our postures before God. This proved to be a most appropriate segue to our next assignment, praying in colour with Scripture.

Lectio Divina or divine reading, is a sacred practice that is a way to "be with" Scripture and to allow it to transform us. It is a way to pray the Scriptures and to listen for God's voice speaking to us, with us and in us in a particular way on any day. We wrote out a Bible verse and then highlighted the words in the passage that seemed to speak to us in a special way. Being mindful of the three aspects of *Lectio Divina* - *Meditatio*, *Oratio* and *Contemplatio*, we surrounded our chosen

words with colour as we first mulled them over, then released our *words of God* and prayed to the *Word who is God*, perhaps asking why these words were important for us that day and allowing our feelings, questions and prayers to come to the surface in a conversation with Him. The last step of *Lectio Divina* was the rest stop, the



time to be empty with no agenda and to allow God to come in and where transformation may take place. The *rest* prepared us to return to our daily lives renewed by the words and Word of God. And that we did. Our praying that day was interspersed with a hymn, cleansing chants and a grace that were all included in our programmes. Indeed we did return to our homes that afternoon with the chants of *Alleluias - Lord we Praise You - Thank you Jesus* still echoing in our hearts and so grateful for having had the opportunity to make new friends and renew acquaintances. We thanked Cheryle, too, for stimulating the creativity of the colour sensitive right sides of our brains and for leading us with joy in a compelling exploration of new pathways to God. One of our participant's feedback spoke for so many of us when she said, *I love putting colour to prayer!*

Cheryle's bibliography for further study:

Praying With the Body: Bringing the Psalms to Life, Roy DeLeon

Praying in Colour: Drawing a New Path to God, Sybil MacBeth

Lectio Divina: The Sacred Art: Transforming Words and Images into Heart

Centred Prayer, Christine Valters Paintner, PhD

A Whole New Mind: Why Right-Brained People Will Rule the Future, Daniel

H. Pink *Making Crosses: A Creative Connection to God*, Ellen Morris Prewitt

Knit One, Purl a Prayer: A Spirituality of Knitting, Peggy Rosenthal

Praying the Names of God: A Daily Guide, Ann Spangler

Soul Feast: An Invitation to the Christian Spiritual Life, Marjorie J. Thompson

submitted by Jonanne Fenton (YPBC Women's Ministries)

Praying
in color

BOOK REVIEW

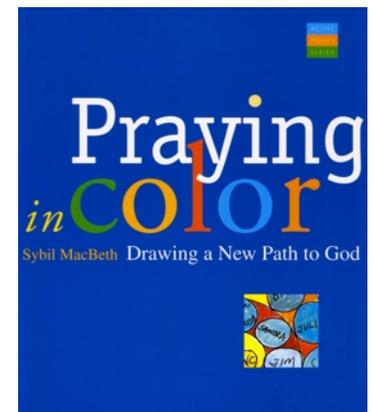
***Praying in Color: Drawing a New path to God* by Sybil MacBeth**

I am left brained from years of study and work in engineering and right brained by inclination, exhibited by my love of needlework. The notion of increasing my opportunities to reach God in prayer with color and creating 'less than perfect' drawing in the process was intriguing. Sybil MacBeth is a high school math teacher who looked for ways to improve her prayer life after considering "Bagging the whole prayer exercise" (pg. 9). I found the book very easy to read and very helpful. I could identify with the reasons prayer can be frustrating and the temptations to let the mind wander during times of prayer.

She begins the exercise with intercessory prayer believing that praying for others is the same as when she asks people to pray for her, it is a request "to wrap me in God's love, to give me hope, and to intercede for my healing" (pg. 13). What follows is a guide book of the supplies, method and time required to pray in color. It doesn't take much just something to write with and paper to write on. Sybil's only caution is to avoid washable markers. I assume the difficulty is the possibility of tears and the resulting smudging.

The book includes discussion on the barriers we may construct to this new method of prayer and outlines and illustrates the outcomes. The pictures are lovely and bolster any fear that artistic ability is required. It is more like doodling than drawing and can be done anytime anywhere. She even gives permission to use our right-brained technologies such as the computer or laptops.

Praying in Color is the first in a series of books on active prayer published by Paraclete Press which now include, *Praying with the Body: Bringing the Psalms to Life* by Roy De Leon, *Making Crosses: A Creative Connection to God* by Ellen Morris Prewitt and *Knit One, Purl a Prayer: A Spirituality of Knitting* by Peggy Rosenthal. Either would make a great gift for a person searching for new prayer expressions and don't forget to treat yourself!



submitted by Cheryle Hanna

ADVENT PILGRIMAGE

On Friday, December 9, about 80 people boarded two coaches to tour seven historic chapels and churches in central Toronto. It was the Advent Pilgrimage of Sacred Spaces. We started from Yorkminster Park at 8:30 a.m. and travelled on a tightly-packed schedule, returning at 5:15p.m.



Corey Keeble, Curator of the Royal Ontario Museum, led us in an interpretive tour of each space, informing us of its history, art and architecture. Dr. Peter Holmes and William Maddox led the music, prayers and devotions for advent in each space. Judy MacDonald handled the administrative details efficiently and made sure all went smoothly.

We began our pilgrimage at First Church of Christ, Scientist. It is an unadorned, rectangular auditorium, painted white, filled with light pouring in from seven windows on the long sides and a skylit dome in the roof. The windows were white or pale gold. The atmosphere was calming, leading to a spiritual quietness.

In contrast was the next church we visited, St Mary's Roman Catholic on lower Bathurst St. This Victorian Gothic Revival building was beautifully ornamented with stained glass windows of Bible scenes and carved stations of the cross. There were many candles and candle stands in the church. A nativity creche was put up to

welcome us and turn our thoughts to Christ's birth.

Our third stop was St. Mary Magdalen Anglican Church where Healy Willan served as organist and choir master, and where he composed many beautiful pieces of music. William Maddox played his *Quem Pastores* for us. A carved rood (cross), by Toronto sculptors Loring and Wyle, hung in front of the chancel. The stained glass, although softly coloured, was not figurative.

We came to the chapel of Wycliffe College in the University of Toronto, before having lunch in the college dining room. The stained glass windows in the chapel featured many lively scenes, some of missionaries to North America and some of Bible translators including Wycliffe, Tyndale and Coverdale.

Christ the Saviour Russian Orthodox Church had many gold encrusted icons. A beautiful iconostasis screened the front of the church and Corey Keeble pointed out the Bible stories represented on it. No musical instruments are used in this tradition, so we sang a carol unaccompanied.



Walmer Road Baptist impressed us with its use of wood and simple red brick in the Romanesque revival style. Sunlight came through the many levels of windows, most of them plain, without figurative scenes.

The chapel of Royal St. George's private boy's school ended our tour. Although this structure was intended as the main anglican cathedral when it was started in the 1880's, it was never completed. Only about a third of the original design was built. It is in gothic style, with an elaborately carved font cover, figurative scenes in the stained glass and an elaborate double hammer beam wooden roof.

Corey Keeble's theme for the tour was "My Father's house has many mansions". There are many ways of expressing devotion to God. Tour participants were happy to be introduced to seven sacred spaces in the heart of our own city and want to thank those who prepared this event.

submitted by Miriam Irwin (photos by Miriam Irwin and Donna Willett)

YPBC GALLERY



Yorkminster Park Gallery is delighted to welcome **Jane LowBeer** to the gallery this April. Jane's exhibit is titled "**Room for life**" and features still life monotypes, her medium of choice during the last decade. A "monotype" (or "monoprint") literally means "one print". A smooth surface, such as Plexiglas, is used instead of canvas or drawing paper. Once the image is complete, wet paper is placed on top of the plastic 'plate' and it is printed, most commonly through a press. The reason it is called a monotype or "one print" is because the original image that was on the Plexiglas cannot be replicated a second time. However the plate can be inked again and placed on top of the original image to build layers of colour .

Jane is a mixed media artist living in downtown Toronto. She started her artistic career as a printmaker studying with Stanley Hayter at his famous *Atelier 17* in

Paris. Stanley Hayter was a British painter and printmaker associated in the 1930s with surrealism and from 1940 onward with abstract expressionism. He is regarded as one of the most significant printmakers of the 20th century due to his experimental approach to printmaking. He discovered 'viscosity' printmaking; a way to create editions of colour prints using only one 'plate'. He founded the legendary *Atelier 17* studio in Paris in 1927 and during the Second World War moved the studio to New York where many famous artists such as Joan Miro, Marc Chagall, Jackson Pollock, and Mark Rothko worked.

During Jane's career, she has exhibited in New York, Montreal and various places in Europe. Jane's works have garnered her prizes and are included in private and public collections including the Victoria and Albert Museum in London and Biblioteque National in Paris. In Toronto Jane recently had her third solo show at Loop Gallery and is also represented at Open Studio and the Nikolai Rukaj Gallery. For almost twenty years she designed and constructed sets and a huge variety of puppets as artistic director of the multi-media theatre company, The Crankee Consort.

"Room for life" features monotypes which illustrate Jane's interest in the theme of the transience of life . Using still life, specifically the ubiquitous objects around the house as her subjects; either reflected in the flower vase - a metaphor of a container for the mysterious powerful energy around us, or placed on the table. Jane says "*The table top suggests the world stage with our every day stuff dancing the delicate dramas of life*". Jane draws from life but is not interested in a realistic portrayal. The objects are erased, overlapped and sometimes drawn from different angles with the desire to depict a bit of the complexity and vulnerability of the human experience.

"Room for life" opens at Yorkminster Park Gallery on Sunday April 1, 2012 and continues to Thursday April 26, 2012.



submitted by Deborah Ivison

LEBANON, HERE WE COME !



It is exciting to know that the time has come for the church to send a Short Term Mission team to Lebanon. As many of you know Yorkminster Park Baptist Church has begun a three year relationship with the **Lebanese Society for Education and Social Development** in what we call the **STEP** program. Part of that commitment is that we send a mission team that will contribute to their ministry.

Well, the request has come in and we have answered! There is a team of 6 people going in July to help in a children's camp. The team members are: Mary Edward, Miriam Little, Kelly Dixon, Kate Irish, Kathleen Wilson

and Rick Menassa. We will leave on July 6th and return on July 16th.

This summer camp is all about showing children the love of Jesus Christ! We will be helping the Lebanese Baptist Children's and Youth Ministry (BCYM) to host one of their camps and in our case, it is a camp for children who attend churches and who bring along their non-churched friends.

The benefits to the children are many. For participants who attend local churches, the camps are an opportunity to deepen their knowledge and experience of Christianity in a social, fun and active environment. The knowledge and sense of connection they bring back to their respective churches enriches that community as well. For the participants who are non-churched, this may be the first or even their only chance to hear about the love of Christ.

Some added benefits of our trip include an opportunity for us to encourage the local church and the BCYM. It is a life changing experience for our team members as we learn to care more effectively for the people of Lebanon and we see the work of God in this region. Lastly, we have the opportunity to share what we have learned with Yorkminster Park and our friends that support us.



We are excited about the Lebanon 2012 mission team God has called us on. Please partner with us. We need financial and prayer support as we prepare to go. Thank you to many who have already contributed to our trip by donating baked goods and for those who purchased these same items.

If you choose to make a contribution, please make the

check payable to Yorkminster Park Baptist Church and indicate that it is for the Short Term Mission trip to Lebanon (your gift is eligible for a tax receipt).

Even more importantly, you can support our team with prayer for us daily. Please pray especially for wisdom for the team leaders, for good team building and preparation for the camp. Pray for the children at the camp and for our team to fit in well with the Lebanese volunteer team. Please pray for peace in the region. And pray that God will work on our lives as we journey together on this adventure.



text and images submitted by Miriam Little and Mary Edward (STM co-team leaders)

CARNIVAL CONNECTION

On *June 10th after church until 3:30*, you'll have the opportunity for fun and fellowship in the YPBC park! Let me explain! We are planning Carnival Connection. We would like you to know about and understand this upcoming event and then invite a friend or neighbor to join you there! You may also decide to volunteer to help welcome the community on that day.



Carnival Connection is modeled after last September's Blast-Off, but it is primarily an **outreach event** designed to draw people to Yorkminster Park Baptist Church by inviting members of the local community to a "fair" in the parkette. We feel this event is an excellent opportunity to expose visitors to the services and facilities at YPBC, which in turn, will create the potential for further growth in the church. In particular, it is our hope and prayer that an event of this nature will draw younger families to our church community. The Board of Christian Education is organizing this

event with support from the other Boards, Deacons, and ministerial staff.

The Carnival theme makes it fun and engaging. Food will be available throughout the event. Entertainment and activities will exist for adults and children. Children will enjoy a photo booth, face painting, pony rides, a petting zoo, jumping castles, slides, trampolines, and the very popular "Blast-Off Clown". Our afternoon will lead into a "hymn sing" led by the Mississauga Temple Salvation Army Band. A loot bag of information about YPBC along with other goodies will be given to our visitors. Information posters about services and activities at YPBC will be located throughout the fair and calendars of upcoming events will also be available to our guests. We are also hoping to have tours of the Church and its facilities, and exposure in some way to the music, worship, youth and family programs at YPBC. In order to make sure guests are welcomed and engaged, we will have name tags for everyone. We are currently building a team of greeters who will be available during the event to "meet and greet" visitors from the community, engaging them in conversation and initiating connections which could result in future relationships with YPBC.

Volunteers will be a critical success factor for this event. We estimate a volunteer requirement of about 75 people. If you are able to volunteer – please contact Amy Charette (amycharette@rogers.com) or Matthew Harris (mattatyork@hotmail.com). Volunteers can select one or more shifts at the event: Set-up (9-10:45), Event shift A - (12:30-2) or shift B - (2-3:30), or clean-up (3:00-4:00 or 3:30-4:30). We also plan to hold a 1 hour "training session" for volunteers on June 3rd to ensure that everyone knows what their role will be and to distribute some information about the event. To make it convenient for all, we will hold two sessions, one before church from 9:45-10:45 and a session after the service from 12:30-1:30.

Some may wonder why The Board of Christian Education has decided to launch this event in June. An important reason is that as a church, we need to periodically reach out to our community and to invite everyone in for a joyful and fun opportunity to make a connection with the church. It will not be an annual event, but we hope it may lead to future connections for the rest of the year. There is good weather in June and having an event at this time, affords us the opportunity to organize and connect within our church before folks head to cottages or other summer activities. We are praying that the connections will result in some people from our community returning to Yorkminster Park over the summer or during the fall. We may not see a person back until Christmas. But in all cases we want them to feel welcome!

In the event of rain, we have made back-up arrangements for Cameron Hall and the Gym.

Please pencil June 10th into your calendars. We hope that you are looking forward to this wonderful day as much as we are.



submitted by Amy Charette and Matthew Harris Co-Chairs, Carnival Connection Planning Committee, photos by David Harnden

PASTORAL CARE COMMITTEE UPCOMING EVENTS

Caregiver Luncheon and Seminar

There are a number of people in the Yorkminster Park congregation who give extraordinary care on a daily basis, in most cases to elderly relatives and friends. Twice a year, the Pastoral Care Committee organizes a lunch for these caregivers, giving them a break from a sometimes exhausting schedule, and an opportunity to talk to people in similar circumstances.



On April 19, the lunch at 12:30 pm will be followed by a presentation by representatives from Community Care Access Centre (CCAC) on various topics, including Power of Attorney & Living Will processes, home care services and applications to nursing homes. For information please call Rhoda Hill or Rev. John Torrance at 416-922-1240.

Good Works

Good Works is a Christian and faith-based outreach ministry and support group designed to serve and encourage the employed, unemployed, those transitioning or re-entering the work force and those retiring or retired. Its Objective is to support and address working life challenges with faith based solutions, discussion, sharing and exchange of useful information and resources. This program is designed with four distinct tracks in mind:

- * to provide a community of support to the **Employed** with their Christian 'walk' at work,
- * to offer emotional and group support to the **Unemployed** while providing a forum to share and exchange useful information
- * to offer support to **those in career transition** or **those entering into retirement or retired**
- * to serve as an **outreach ministry** to our neighboring community

The 8 week workshop will be held Tuesday evenings from **7:00 to 8:30 p.m.** from **May 8th until June 26th, 2012** at Yorkminster Park Baptist Church. The facilitator is **Carol Roberts**.

Journey Through Grief Toward Healing and Hope

Rev. Elaine MacInnis, a member of Yorkminster Park and a certified grief counselor, is again going to be facilitating a six week Tuesday evening gathering for those experiencing grief and loss, beginning **May 8** at 7:00 p.m. Those who participated in the past have greatly appreciated the input and the support of the group.

submitted by the PCC

TRANSITIONS

Since the last newsletter there have been several milestones in the life of the church.

Birth

Thai Frederick Wakelin *s of Mai Ngo and F. Ryan Wakelin (gs of Sue Ericsson and F. Ron Wakelin)*

New Members

Nazli
Batoul
Ebrahim
Paula Willis

Baptisms

Nazli
Batoul

Deaths

Dorothy Branscombe
Nancy Vardon Danby

UNIVERSAL CHURCH CARE

“Engaging the patient”, in health prevention and promoting self-management of chronic conditions, is the current emphasis in Health Care. Surveys conducted over the past four years by the Health Council of Canada have revealed some interesting numbers to consider. For example, seven chronic conditions (diabetes, high blood pressure, mood disorders, heart disease, arthritis, cancer and chronic obstructive lung disease) are all on the rise. Two main reasons account for this: unhealthy lifestyles and an aging population. As people age, the number of chronic conditions increases, and if these are not well managed they become more complex. There will be an increase in hospital stays and trips to the emergency room, resulting in additional emotional and physical strain on the patient and enormous financial strain on our Health care system.

Many different ways are being investigated to promote patient engagement. It has been found that patients want the time to talk to their doctors and health care team, go over goals to help them care for their chronic disease, receive written plans of care and instructions, and be referred to a specific group or class for help in coping. But the family doctor can no longer be responsible for providing all the services necessary, when one considers the



time constraints and the sheer number of patients with complex issues requiring care. If gaps in “patient engagement” are to be closed, it would seem that many different strategies and collaboration with new groups must be developed. But here is a statistic worth considering. In a report from the Canadian Senate, entitled “A Healthy Productive Canada: A Determinants of Health Approach.” It was pointed out that formal health care accounts for only about 25% of the things that influence Canadians’ health. So 75% is made up of factors relating to lifestyle, environment, social support and genetics.

Do you remember Elvis Presley crooning, “Are You Lonesome Tonight”? As it turns out, according to researchers at the University of Chicago, loneliness has a profound effect on our emotional and physical health. It negatively affects the immune system, alters sleep patterns, raises blood pressure thus impacting our cardiovascular system, and especially in older adults may contribute to the onset of clinical depression. Our hospitals can’t treat loneliness and social isolation, but the Church can!

When people struggle to make changes in their life and deal with complicated health and relationship challenges, no acute care setting will “engage” for weeks, months and years with that person, but the Church can!

Perhaps most importantly, when we gather together for worship, engaging prayer for ourselves and others, study Scripture and hear again the good news of the Gospel preached, we are strengthened, have hope renewed and are encouraged to claim the healing and life-transforming love of God. Hospitals don’t specialize in caring for spiritual health!

Yorkminster Park Baptist Church as part of the Church universal is a health station on Yonge Street. In the words of Dr. Granger Westberg, founder of Parish Nursing, “Science does not offer qualities of life, but the health-giving Church does”. The “PEW” seems to me a good starting point for patient engagement in one’s own health care.

submitted by Heather Hetherington, Parish Nurse

A Study Of The Gospel Of Luke

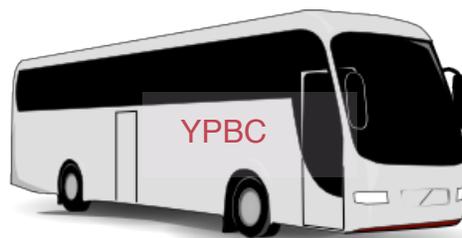
**The Berean Class
2012-2013**

“ ... that you may know the truth concerning the things of which you have been informed ... ”

*“The exclusive claims of Jesus as the **unique** Son of God and Saviour and of God's revelation as located in Christ alone fly in the face of a worldview that sees all attempts to reach God as legitimate. Jesus challenges this cultural expectation.”*

Come and join the interactive discussion every Sunday @ 9:45 am in the Red Board Room. The class will study the Gospel of Luke after Romans is completed. No previous knowledge is required.

Discussion Leader Peter Ferguson
p.c.ferguson@sympatico.ca



**BUS TRIP
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to see
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Wednesday, October 3, 2012

Cost, including
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Cost, including lunch, \$ 46

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A program of Youth Unlimited (Toronto YFC)

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Join Vanessa Madden and Karen Robinson in supporting the creative voices of the young women from the Jane-Finch community.

The evening also features a silent auction, light refreshments and desserts.

Tickets are \$20 at the door. This is a fundraising event.

Saturday, April 14, 2012
7:00pm to 9:00pm

Yorkminster Park Baptist Church
1585 Yonge Street, Toronto, ON

Please RSVP by March 14, 2012

P: 416.901.1625 ext. 228

E: VANESSA@YOUTHUNLIMITEDGTA.COM

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HAPPY EASTER