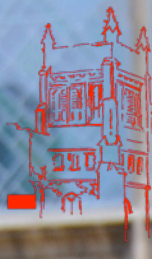


• GO INTO ALL THE WORLD AND PREACH THE GOOD NEWS TO ALL CREATION •



YPBC NEWS

December 2018



Published by:

Yorkminster Park
Baptist Church

1585 Yonge Street, Toronto, ON
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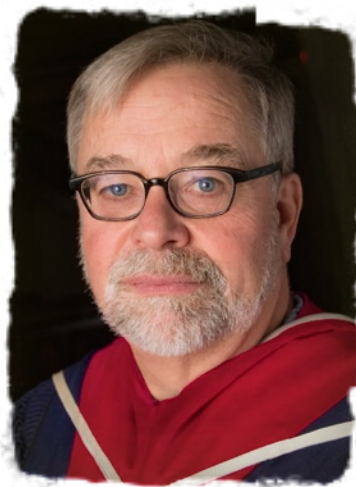
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PETER'S PEN - CHRISTMAS 2018

Unto Us A Grandchild is Born

Christmas is shaping up to be like no other Christmas we have experienced at the manse. As most know, our son Jamie and his wonderful wife, Michelle are expecting their first child, our first grandchild, on December 25th. Of course there is no guarantee Christmas will be the day the baby arrives, but the possibility has certainly added to the excitement, yet also to the uncertainty. We don't know when we will be eating Christmas Dinner or whether we will need extra seats at the table if visitors from the east, (Brighton in particular), come in search of the newborn child.

Of course our uncertainty is trivial compared to what Mary and Joseph faced that first Christmas. Would Mary be able to walk the 130 km from Nazareth to Bethlehem and where would they stay along the way? And would their family ever get over the things people were already saying back home about the proximity of the birthday to the wedding day. Even in our day and age with so much medical aid and intervention at hand things can go wrong, but in those days they were all but powerless when complications arose. And what could be worse than being so far from home at such a time? Needless to say there were no Christmas parties, carol services, or nicely trimmed trees. They were no doubt just trying to get through one day at a time.

There are a lot of people just trying to get through one day at a time in this season. We have lost some wonderful members of the church this year and I keep thinking of their families and praying for them in these days leading up to Christmas. It is hard for many of them to make plans too, but for much different reasons. I think of others who approach this Christmas with a sober awareness that it may be their last. Many troubling concerns must have crossed Mary and Joseph's

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And all that marvelous, festive day and
night, they came and went,
the officers, the rank and file, their
fallen comrades side by side
beneath the makeshift crosses of
midwinter graves...
... beneath the shivering, shy stars
and the pinned moon
and the yawn of History;
the high, bright bullets
which each man later only aimed at the
sky.

from "The Christmas Truce"
Carol Ann Duffy
(Poet Laureate, UK)

Comments and suggestions for future
editions are welcome. Please send to:
pilgrim.h@sympatico.ca

The next newsletter will be published
in March 2019.

Paul R Hill



minds when they were suddenly forced to flee Herod's troops and live as refugees in Egypt.

I know that whatever uncertainties we face will be forgotten with the baby's first smile and so it was for Mary when the shepherds arrived with the news of the choir of angels singing good news of great joy. There in a manger in a dark cave where the animals were kept, lay God's Messiah. God was at work and all would be well.

All births are an invitation to wonder, but with the Nativity of Jesus, all heaven and nature sang of joy. For in Christ, God is with us in the midst of whatever challenges we face. We are not alone. Emmanuel! God with us. And so it is we know and sing, 'Nobody knows the troubles I've seen. Nobody knows like Jesus.' And so we claim the promise of Romans 8:37, "In all these things we are more than conquerors through Christ who loves us."

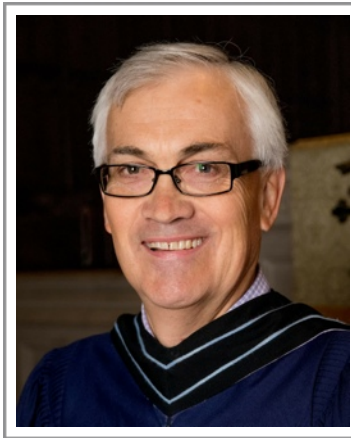
It is more than a birth we celebrate at Christmas, it is the coming of our Saviour whose cross would bring forgiveness of sin and whose resurrection would liberate us from the curse of death. It is hard to face many of life's uncertainties at Christmas and throughout the year, but thanks be to God for the gift of his Son who we can trust to walk with us and carry us through.

I am looking forward to being with you for the marvellous services and concerts of Christmas. I am pleased that John McDermott is coming back on December 21 and that with a number of sponsors he is offering half the proceeds back to the church during a time when our congregation faces a great challenge. Bethlehem on Yonge takes place on Christmas Eve at 4 p.m. with sheep, camels, magi, shepherds, angels and hot chocolate - not to mention, a Joseph and Mary with child. At 11 p.m. we will be having our Christmas Eve Candlelight service with RH Thomson offering our readings and the great tenor, Richard Margison singing 'O Holy Night.' Whether we have another voice to add to the chorus by that time is hard to say, but all of our services at Christmas and throughout the year are opportunities to celebrate with thanksgiving the greatest gift of all, Jesus Christ our Lord, born on Christmas Day.

May you have a truly wonderful and merry Christmas!

Blessings, Peter

MUSINGS FROM THE MINISTER OF PASTORAL CARE



"Mild he lays his glory by, born that man no more may die; Born to raise the sons of earth, born to give them second birth."
Charles Wesley

One of the things I love about the Christmas season is watching some of the old holiday classics on television. I must confess that I am a bit of an aficionado of old movies. My children would probably call it an obsession with the "oldies." (In fact, when my kids were teenagers I could empty the family room by simply putting on one of my favourite John Wayne westerns. But I digress!) For me, the Christmas season isn't in full swing until I have watched *It's A Wonderful Life* with the loveable Jimmy Stewart. I also like the old animated Dr. Seuss' *How the Grinch Stole Christmas*, with the terrific narration by Boris Karloff. But my all-time favourite is the movie version of *Scrooge* with the British actor Alistair Sim. All three of these movies involve a change of attitude in the heart of the main character. All of them learn that there is much more to life than money and material things.

There is a moving scene toward the end of the *Scrooge* movie. Ebenezer Scrooge has just received a visit from the last of the three Christmas spirits. The ghost of Christmas Yet to Come says not a word, but shows Scrooge various glimpses of the future. Finally, they find themselves in a lonely graveyard. The phantom points to a grave, and Scrooge can't bear to look. On the tombstone is printed his own name: Ebenezer Scrooge. It is the defining moment of the film, where the lead character realizes that his life will have been lived for naught if he does not change his ways. He awakens Christmas morning muttering the words: "I'm not the man I was." The author Charles Dickens concluded his story with these words: "Scrooge was better than his word. He did it all, and infinitely more He became as good a friend, as good a master, as good a man as the good

old city knew.... And it was always said of him that he knew how to keep Christmas well, if any man alive possessed the knowledge.”

Where I grew up in the Maritimes, church buildings are very old – much older than churches here in central Canada. I pastored one church where the building had been erected between 1812 and 1814. Like many churches of that era, it had a cemetery that was directly next to the building. In essence, you approached the church door by winding your way through the world of the dead – Christian saints who had been pioneers of that church. My mother used to love walking through old graveyards. She felt a sense of peace and tranquility there. As strange as this may sound, it probably represents a healthy attitude toward death. Certainly many of our church members have spent time walking through the beautiful Mount Pleasant Cemetery which is close by. John Donne, the great sixteenth century dean of St. Paul’s Cathedral in London, went so far as to have his coffin made when he was still a young man. And we are told he that he would lay on it occasionally to keep a healthy sense of his own mortality! I’m not sure any of us would go that far. But it can be a good thing to mentally walk among the headstones, and like Ebenezer Scrooge, to envision one’s own among them. It can help restore us to right thinking about our values and priorities in life, and restore our love for God.

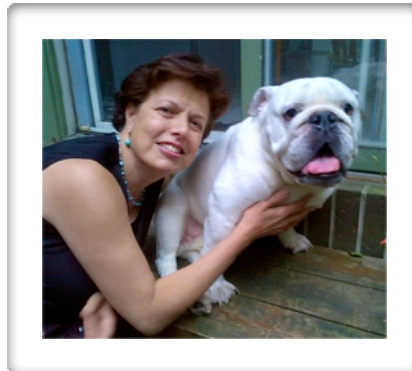
It was Charles Wesley who penned the words to a beloved Christmas carol: “Hark, the Herald Angels Sing.” The last verse speaks God’s truth for our lives even today: “Mild he lays his glory by, Born that man no more may die, Born to raise the sons of earth, Born to give them second birth; Hark, the herald angels sing, Glory to the new born King!” This Christmas season, we do well to remember the One who came to earth, born in Bethlehem’s manger, of whose birth the shepherds and wise men spoke radiantly. He came that we “no more may die,” but that we might experience the second birth. For many people who feel disconnected from God and the church, this time of the year is an opportunity to come back to one’s faith roots. It is a time to discover again the awesome God who loved us so much that he gave his only Son. Our worth is infinite in the eyes of the Lord. As Dickens’ classic

tale reminds us, it is never too late to change. And it is never too late to return to God.

In the words of the prophet: “*And the ransomed of the Lord shall return, and come to Zion with singing; everlasting joy shall be upon their heads.*” (Isaiah 35:10) May your joy be complete this Christmas.

Dale Rose, Minister of Pastoral Care

NURSES’ NOTES FROM LILY



This special month of December, marks my six months at YPBC. I continue to meet with many of you, on a one to one basis. I would like to take yet another opportunity to express my

heartfelt gratitude, to both staff and congregants, for your continuous support, guidance and warm welcome within such a special community. I look forward to working together, collaboratively, with each and everyone.

Our recent successful Lunch and Learn Sessions have demonstrated how we can, together, learn more about what impacts our health and well being, as well as how we can promote good health, maintain wellness and prevent potential illnesses. The session evaluation forms were completed by 30% of those who were able to attend; this return percentage is considered to be a very good number of sample replies. I’m pleased to share that the overall rating by over 90% of the participants was a 10 out of 10 score .

This past week, I invited our guest speakers/presenters, to submit a summary, highlighting their key “take home” message.

October 28th’s Lunch and Learn Session

“**Decision Making in Health Care for Yourself and Others**” with **Andria Bianchi, PhD/Clinician Scientist/Bioethicist/UHN**

“It was a pleasure to participate in last month’s lunch and learn at YPBC!”



It is often the case that family members and/or friends will be responsible for making healthcare decisions for those who are deemed incapable of making decisions for themselves. From a bioethics perspective, I would encourage folks to reflect upon their wishes, values and beliefs, in relation to potential future healthcare decisions - this process is typically referred to as advance care planning. In addition to reflecting upon your wishes, I would encourage you to commence a dialogue with potential decision-makers in your life and inform them about how you would/would not want to be treated just in case you are ever unable to make healthcare decisions for yourself. This can help to ensure that your autonomous wishes are respected. Some resources that can help with thinking about, understanding, and communicating relevant information about your healthcare decisions can be found through SPEAK UP (<https://www.speakupontario.ca/>) an organization that helps to raise awareness and provide resources for Advance Care Planning. Also, as part of an advance care planning process, it may be important for you to consider who you would want to make decisions for you in case you become incapable. You can select and confirm your decision-maker(s) by completing a Power of Attorney for Personal Care. - Warmest
Andria

“Substitute Decision Making” with Lauren Humphries, LLB/Associate Partner/Grechi/Carter LLP

“Thank you to the community at YPBC for including me in the, Lunch & Learn; it was such a pleasure speaking with you all. Power of Attorney documents are incredibly important to have in place. As noted by Andria, it is common for situations to arise where a substitute decision maker is needed, and it is important to consider your personal wishes, values, and beliefs in selecting your Power of Attorney. Finding ways to access legal services can be challenging; it is wonderful to have resources such as SPEAK UP and the Ontario Government’s Power of Attorney templates are available. However, Estates law is an incredibly nuanced subject and it is important to consider many different factors when drafting your Power of Attorney documents.



You may not always be able to clearly assess your situation without considering the legal perspective. Estate Lawyers are trained to understand the complexities of individual situations and determine what the best solutions are in consideration of the applicable law. Most importantly, an Estates lawyer can help you navigate the often confusing process of Advanced Care Planning and help you to make fully informed decisions.

While templates are helpful in cutting costs, I believe the legal perspective and advice that comes with consulting an Estates Lawyer is priceless.

Wishing all of you a safe and joyful season of Advent. - Best, *Lauren*

November 18th Lunch and Learn Session

“Are you Immunized” with Claudia Janiszewski



- Immunizations are the easiest and best way to stay healthy, especially as we age

- The benefits of vaccines far outweigh the risks they have, and protect us from some very severe illnesses. In order for them to work at their best we all need to ensure we remain Up-to-Date with our immunizations. Ask your doctor, pharmacist or public health if you are unsure and want to find out. Best, *Claudia*

Please visit our Health and Wellness Bulletin in our main lobby, for further announcements and updates, for example regarding our next Child and Adult CPR Training Class and Certificate.

Should you have any comments, concerns and/or questions, please do not hesitate to contact me by either telephone 416 -922-1428 or email @ parishnurse@yorkminster.com,

ALWAYS PRAY..

**TO HAVE EYES THAT SEE THE BEST IN PEOPLE,
A HEART THAT FORGIVES THE WORST,
A MIND THAT FORGETS THE BAD,
AND A SOUL THAT NEVER LOSES FAITH IN GOD,**

PRAY WITHOUT CEASING - 1 THES 5:17

Wishing you all Peace and Good Health.

Lily

YPBC WOMEN'S MINISTRIES ...

YPBC WOMEN'S RETREAT 2019

THEME: CONFLICT AND OPPORTUNITY

**FACILITATOR: REVEREND LEEANN
MCKENNA**

SATURDAY FEBRUARY 23, 2019

9 am - 2:30 pm

**The Courtyard Marriott Hotel - 475 Yonge
Street**



Reverend LeeAnn McKenna is an ordained Baptist minister and the founding director of *Partera International... Midwifing Change*. She works as a trainer- facilitator in *c o n f l i c t*

transformation and third party non-violent intervention in zones of conflict around the world. Her work also includes the critical themes of identity-gender, religion and race, as well as economic literacy - getting at the economic roots of violence. As well, LeeAnn consults in the private sector working with health and social service agencies on planning, conflict in the workplace, health equity and cultural humility. She also serves as a mediator and has been a participant in the Lester Randall weekends at YPBC. LeeAnn is mother to Emily and Gillian and granny to Owen and Morgan. LeeAnn comments that she proposes to work with "this wonderful group of women" on a topic we could call 'Conflict and Opportunity'. If we were to just change our minds and greet conflict as both the crisis that it seems and the opportunity that we find much more difficult to see or appreciate, it would be to our benefit. Every conflict offers an opportunity for growth that is both personal and corporate. We do ourselves no favour to walk around it, refuse to name it, avoid it. Conflict is part of the human

condition; to be in relationship is inevitably, now and then, to be in conflict.

We will look at a few Bible verses (Proverbs 15:1 - Hebrews 12:14 - Romans 12:18) and LeeAnn will tell some stories. We will also discuss some issues, some tools and strategies that we can put to good use in our daily lives.

All women are warmly invited to this day apart. Light refreshments and a full hot lunch will be served. Gluten free/vegetarian options will be available. Please find registration forms with details in the YPBC narthex and on the table in the centre hall. Registration fee is \$65.

We do look forward to welcoming you.

submitted by Jonanne Fenton

WISE WOMEN BUILD - What They Do

"YPBC Women's Ministries" takes joy in providing, engaging with and supporting several initiatives:

- Partners in Mission
- The Dorothy Neal New Initiatives Fund (Canadian Baptist Women of Ontario and Quebec)
- Women in Community - (Formerly Salt and Leaven)
- YPBC Annual Women's Retreat
- Dorcas
- Prayer Shawl Ministry
- Thankoffering Lunches
- Baptist Women's Recommended Reading Books
- Fundraisers
- "House" Management
- Special Events
- Sanctuary Flowers
- *live* Magazine (Canadian Baptist Women of Ontario and Quebec)
- Friendship Cards to those who are Ill - Bereaved - Shut In
- Assistance at Funerals
- Flowers to Shut Ins
- Sponsors for children/youth to attend Camp Kwasind - New sponsorships are always welcome!

UPTICK: A JOURNEY OF INVESTMENT

To summarize the Uptick experience seems an impossible task. After all, it was a year of being poured into with love, resources, access to industry professionals, literature, meals, friendship and prayer.

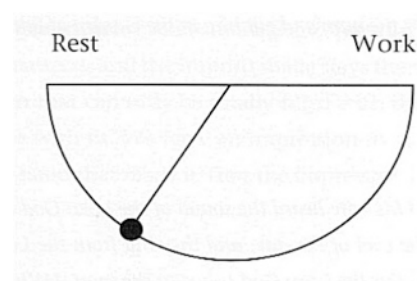
By definition, **Uptick** refers to ‘an asset that appreciates with investment’. In partnership with the Baptist General Association of Virginia, Uptick seeks young business and ministry professionals who have capacity for Kingdom leadership and high potential for impact within their churches, workplaces and communities. The participants are selected by nomination only and are considered to be assets worth investing in. Uptick is fully funded through support and donations from people all over the world who desire to see the Kingdom of God brought forward, whilst young leaders are provided with the tools necessary for success. It’s an intense process of personal and group mentorship and development throughout the course of a year.

“We need our best young leaders on their maximum leadership platform as early as possible to maximize long-term Kingdom impact.” Rev. Dr. John Chandler

I was honoured to be nominated for Uptick Voice 2018 which is the young female leadership cohort. As one of four Canadians and all together nine women from across North America, Uptick Voice provided us the opportunity to come together three times throughout the year in different U.S. cities where we participated in various seminars and clinics to learn what it means to be an effective and thriving leader; who happens to be female. When we weren’t meeting together in person, we were coming together online for ‘huddles’ which were short, bi-monthly web conferences. During these huddles we checked in with one another and discussed current challenges and requests for prayer support. We also focused much of our time discussing and navigating ‘Life Shapes’ as described in *Building a Discipleship Culture* by Mike Breen. We used these concepts as a starting point which informed our discussions and allowed us to consider how we might incorporate these ideas to our ministry and greater community impact. As a concept, Uptick sounded like a fantastic opportunity to get together and meet fellow young

professional females who, like me, are simply working hard to find their voice in their respective environments. Whether that is a mega church in Philadelphia, Governance and Policy for the state of Texas, or working in Funeral Services for a Canadian family owned and operated company. Put these and various other backgrounds together, and all of a sudden Uptick began to paint a vivid picture of tremendous potential for impact. But where would the year take us? What would be the final outcome or end result? Herein was my initial concern with Uptick; how could such an initiative possibly take the skills and capacity of this eclectic group of powerful young women, and transform it into measurable success?

Rhythm of Life: Work/Life Balance?



People generally function at their fullest potential when well rested; both mentally and physically. This is a fact. An important lesson to

learn, and one taught to us early on in our Uptick journey is the importance of ‘Rhythm of Life’. It’s true that God created us to go forth, make disciples and work to lead a productive and God-centered life, yet we cannot strive to fulfill such a life when we are constantly calibrated to task. We run the risk of a so-called spiritual and even physical burnout. Finding the rhythm of our lives is integral to our leadership impact. I say rhythm rather than balance as balance refers to two or more factors (e.g. work and play) existing together in complete perfection; neither factor existing in excess of the other at any point. Even the thought of this seems fairly unattainable. For this reason, we refer to this dynamic as rhythm; a constant ebb and flow of life’s challenges and joys. We recall the creation story in Genesis: on the sixth day, God created Adam and Eve. We read on the seventh day, He rested. The day after creating mankind, our first day of existence and God was resting! Why? Because He knew the work was just beginning. We are able to glean an important principle to apply to our rhythm from this passage: we must ‘work from our rest, NOT rest from our

work'. Rest is a healthy starting point while we strive to attain a valuable rhythm of life.

impactful and meaningful interactions in all environments and situations.



Throughout the same session, we were tasked with presenting a short public address on a topic which we only found out about moments before. The desired effect was to encourage us to stand firm and confidently even in high intensity situations when we are caught off guard and have no idea what to say or do. It was also to help us understand that we all have different habits and behaviours when we speak publicly which could potentially hinder us from achieving effectiveness in our communication. The recognition of such behaviours is the starting point to strong leadership and influence.

Leadership 'soft skills'.

Today, some of the largest challenges that many young leaders face is not necessarily intellectual, or even knowledge based, but the challenge of interpersonal and societal dynamics – how to read a room or audience, understanding individual and collective needs of a variety of people at one time, when to step in to a situation, when to remain in a neutral position etc.

“Growing leaders need more than ‘what you know.’ They need access to people demonstrating ‘how you live.’” Rev. Dr. John Chandler

We had the pleasure of working with Karen Bowles from the Commonwealth School of Etiquette. During our time with Karen, she taught us valuable skills to consider when walking in to a room of ‘important strangers’ (i.e. congregants, potential donors, politicians, executives etc.). Everything from how to hold a plate of food whilst mingling to how to appropriately move away from an intense or unwanted conversation (meet, greet, depart, and repeat). These things may seem rather irrelevant to the general emphasis of Uptick, however, believe it or not an important trait of a good leader includes

High Invitation, High Challenge – Where do we go from here?

Many have asked: “What happens next, now that Uptick is finished?” Part of the Uptick process includes a continuity of investment – a call to action, paying it forward. As an Uptick graduate, I feel a strong need to carry forward the Uptick promise through strategic action and prayerful consideration where there are young Kingdom leaders who will benefit from such an investment. The invitation is high, and the challenge is real.

Lastly, in case you didn't know, the woman I mentioned at the beginning of this article who is in Funeral Services is me. I have the privilege of meeting with families and individuals who are at the crossroads of anger and grief in their life. Uptick Voice has taught me to stand bold in my faith as I navigate the darkness and turmoil of death. There can be words and actions of life and comfort in the midst of death, through the power and grace of the resurrection. Uptick has taught me that when there are no words possible, I can still be a leader and use my voice. More importantly, Uptick has taught me to be a leader worth following.

submitted by Kathleen Wilson

REFUGEE SPONSORSHIP

We are anxiously awaiting the arrival of two Syrian families of 3 and 4 members (both related to a family in Toronto), living in Lebanon in very difficult circumstances while seeking refuge from the war in Syria. They have been interviewed in Lebanon and have had their medical examinations and security checks. As far as we know they have met all the Government's requirements so they could be with us at any time.



Other sponsorships awaiting Government approval, the timing of which are completely unknown, are:

- The brother of Charlene & Chancella (with his wife and 3 young children) from the Central African Republic, in Krisan refugee camp, Ghana;
- A Syrian family of five, seeking refuge from the war in Syria, living in Lebanon;
- A Pakistani family of four, persecuted because of their faith, taking refuge in Thailand; and

- Two young Eritrean adults, related to members of our congregation, who are in refugee camps in Ethiopia, persecuted because of their faith.

December 10 will be the third anniversary of the arrival in Canada of Charlene and Chancella our two sponsored refugees from the Central African Republic. Please congratulate Charlene and Chancella when you see them and please keep suggesting employment opportunities for them to pursue.

Your continued prayer and financial support are needed to bring all these families to safety and to support them during their first year in Canada (roughly \$30,000 per family). Thank you for supporting this ministry!

Michael Wills

mwills@chartwellconsulting.ca

416-485-4074

CAROLS BY CANDLELIGHT

SUNDAY, DECEMBER 16, 4:30PM

A traditional candlelight choral presentation featuring choirs and musicians of Yorkminster Park.

NINE LESSONS & CAROLS

SUNDAY, DECEMBER 23, 4:30PM

Following the historic tradition of King's College in Cambridge.

Admission is FREE
for both events.

Doors open at 3:30pm.

BUNDLE UP FOR
Bethlehem
ON *Yonge*
LIVE NATIVITY w/ ANIMALS
Monday, December 24, 4:00 p.m.
Outdoors in the Park



ELIZABETH HOWSON MEMORIAL WINDOW

Kathryn and Jane Irwin of Art Zone are well into the production of the Elizabeth Howson memorial window.



Hand-blown glass from Germany has been cut for each of the window's 18 panels. Because the glass is hand-blown, each sheet of glass varies in thickness and depth of colour while containing fluid striations with flashes of bubbles.

Much time has gone into the selection of each unique piece as well as its placement within the design. 2,920 pieces of glass have been cut by hand, numbered, and laid out jigsaw-puzzle-like in wooden trays --- one tray for each of the 18 window panels. This stage has now been completed.

On November 6, the Stained Glass Committee was thrilled to see laid out on a light table two of the 18 panels. They were in the process of being acid etched to gradate one colour into another (eg., a deep ultramarine blue washed into a vibrant aquamarine).

At the same time, other pieces were being tinted with uniformly transparent colour. The window panels are currently in this phase.

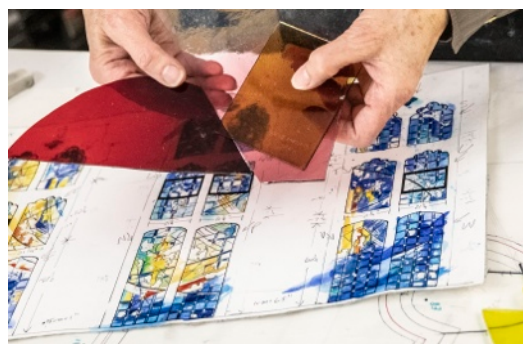
Next will come the painting in of lights and darks throughout the entire window. This adds tonal values to the colours, unifies them across panels while reinforcing the

movement and enhancing the design.

There are multiple firings in the process of etching, tinting and painting. Art Zone's kiln can accommodate a whole panel of window at a time. Each firing takes 24 hours -- mostly to bring the kiln up to required heat and then to cool it down.

Once all firings are complete, the nearly three thousand pieces are leaded and soldered together. The leading of each window panel takes approximately one week. Reinforcing bars from the 1926 windows are in good shape and will be reused. Finally the panels of leaded stained glass are fixed to boards and transported vertically to the site.

The Irwin sisters are working hard to complete the beautiful memorial window. They anticipate a three-week installation on a scaffold built both inside and outside the west wall on Yonge Street. We will have a firmer idea of scheduling in May; meanwhile, all are hoping for a summer 2019 installation.



CONFLICT, CHRISTMAS, AND THE CASE OF STACKING DISHES

In 1987 my father remarried. Although it's often difficult for young *children* to adjust to a "new" mummy or daddy, it was challenging for a young *adult*, too—me! On my first sleepover with my dad and his new wife, I tried my darnedest to be agreeable and helpful, shopping for groceries, peeling potatoes, chopping vegetables for dinner, etc.

You've heard the expressions "New brooms sweep differently," "You can't have two women in one kitchen," and "Too many chefs spoil the broth?" Well, all of these applied to my experience of that *long* weekend.

We certainly had our different ways. Although nothing was said, I could feel the low-grade tension throughout the first day. Then came time to wash the dishes. I was at the ready. That's the gracious thing to do—right? My stepmother reluctantly handed me a towel, knowing that that too was the gracious reply. Well, dry those dishes I did—followed by stacking each in the cupboard. I saw my new stepmom wince with each plate I placed. What was I doing *wrong*??? When she couldn't stand it anymore, she blurted that I was stacking her plates "incorrectly." Each, apparently, should be placed so that the pattern below precisely matched the one above. With this, I'd reached the end of my tether for the day, but the best within me won. Rather than say something hurtful or regretful, I held my tongue and, quietly, afterwards, asked my father, "How do you put up with this? Doesn't this drive you crazy?" He replied, "I know it's quirky, but it means so *much* to her, and so *little* to me. If she wants the dishes stacked just so, that's easy to accommodate."

"Conflict is the process which begins when one party perceives that the other has frustrated, or is about to frustrate, some concern of his," so says Kenneth Thomas (author of *The Handbook of Organizational Psychology*). Thomas explains that conflicts are situations in which the needs, wants or values of two parties clash, or in some way interfere with one another. Conflict needn't be damaging, however; it all depends on how we handle the presenting situations.

Our reactions to conflict arise from our desire to satisfy personal concerns contrasted with our desire



to satisfy the concerns of others. There is not any *one* perfect conflict management strategy that works with all of the people, all of the time. And there are effective and ineffective moments to use your preferred way of dealing with strain between you and another. Although most lean too heavily on one conflict management style (in the same way that "if all you have is a *hammer*, everything looks like a *nail*!"), it's valuable to learn how to flex your conflict reactions.

Thomas (and Ralph Kilmann) identify five conflict management styles, to use in various situations, with various individuals: Competing (*I win, you lose*); Avoiding (*I lose, you lose*); Collaborating (*I win, you win*); Compromising (*I win some points, you win some points*); and, yes, even Accommodating (*I lose, you win*). It may be hard to believe, but there really *are* good and bad times for using each style. For now, however, let's focus on "Accommodating" behavior—"I lose and you win, *because of what I choose to surrender*."

Accommodating is the best conflict management choice when:

- The other's position makes more sense, has more validity, etc., than yours.
- It's your heart's desire to make amends or be of service to the other.
- You're consciously building obligations/favours upon which you might later collect.
- The other has all the power and influence, and you know it.
- Keeping the peace and being happy is more important than being "right" or having your own way.
- The issue between you and the other means so little to *you*, and so much to *them*.

In "The Case of the Stacking Plates," I realized that my dad was demonstrating a kind and classic example of *accommodation* for one that he dearly loved. This example was handed to me on a "china platter" 30 years ago. I have well remembered his wisdom in this regard ever since. My father died three days before Christmas in 2003. The following Christmas I indulged in "ditching" my old china pattern of 20 years (which no longer reflected the "real me"), and started again. As I excitedly ripped

open the boxes of plates and such—just in time for our big holiday feast—I *knew* what I would do. I ceremoniously, strategically, *and purposefully* placed each plate on my dining room sideboard “just so” (with all the plate patterns stacked “properly”), in honour of my dad’s kind, accommodating heart. I’m comforted to know that *he* (and *He*) knows that I learned the plate-stacking lesson—and now actually find joy in exhibiting this behaviour that I once deemed “neurotic and controlling.”

You don’t need to *love* another to accommodate when you know in your heart that it’s right—you just need to care *enough* to sometimes “give it up,” with a peaceful heart, for the sake of that other, whether at home or work.



With whom could *you* be a little *m o r e* accommodating between now and the end of Advent? With whom within your circle of family, friends, work, or church, could *you* demonstrate some *good* accommodation? Did someone come to mind? Run with it! Go on—give it a try. It’ll feel good! And if you *do* need an excuse to go out on the skinny branches and try a conflict management approach other than your typical, knee-jerk, default style (if, indeed, your default style is not “accommodation” already), lean on the meaning of our glorious Christmas season, and the spirit of giving for your incentive to follow through.

Always keep your words soft and tender, just in case you have to eat them. — Andy Rooney

“How very good and pleasant it is when kindred live together in unity!” Psalm 133:1 The Blessedness of Unity

submitted by Nina Spencer

Nina Spencer is a Motivational Speaker, Speaker Coach, Voiceover Artist, Best-selling Author of, *Getting Passion Out of Your Profession, A Time to Creep, A Time To Soar: Lessons Learned for Work and Life from Climbing Mt. Kilimanjaro*, and Member of YPBC.

TRANSITIONS

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

Infant Dedications

Mackenzie William Soutar

Cameron Stephen Soutar

twin sons of Jessica Willingham and Stephen Soutar

New Members

Nancy Alberti

Mojtaba Pourghorban

Deaths

Margaret Turner

Isobel Robertson

Karl Wildi

Don Leishman

JOHN McDERMOTT

Family
CHRISTMAS
with special guests DALA

DECEMBER 21
7:00pm

YORKMINSTER PARK
BAPTIST CHURCH
1585 Yonge Street, Toronto
www.yorkminsterpark.com 416-922-1167

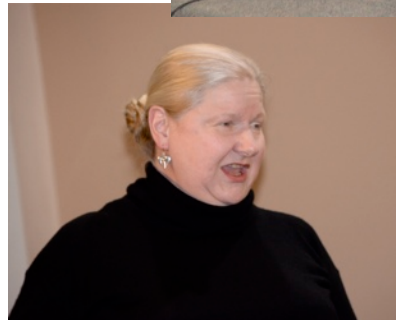
TICKETS \$25
IN ADVANCE at the church office
ONLINE at www.eventbrite.ca
OR AT THE DOOR

A FUNDRAISER IN SUPPORT OF MENALLY HOUSE HOSPICE
AND YORKMINSTER PARK BAPTIST CHURCH

SPONSORED BY The MacKey Family

COFFEE HOUSE

The Music Board hosted a Coffee House on November 16th and oh what a lovely night we had! Our performers, Jake and Tali Aikenhead, John Buck, William Maddox, Anthony Varahidis, Dale Rose, Jamie Holmes and Margaret Terry entertained us for a sweet two hours of song and humour and poetry. The table was laden with cakes, the lights were low and the spirits high. We hope you will join us on **March 15, 2019** when we will host our second Coffee House.



AT THE GALLERY



**Jan 12-Feb 14; reception Sunday
Jan 13, 12:30-2pm – Douglas
Purdon – *The Colour of Light*.** “I
have always been fascinated by
colour and how it changes depending
on the light.” Purdon’s paintings
capture that fleeting moment when
the light and colour combine to
produce an unforgettable image.

**Feb 16-March 28; reception Sunday
Feb 17, 12:30-2pm – Randall Speller –
Walking.**

Walking is one of the great pleasures of
life. Everywhere you turn, everywhere
you look, the fields and woodlands of
Ontario, in any season, provide
something to delight the eye. These
paintings are an attempt to share these
pleasures.



**Mar 30-Apr 25; reception Sunday
Mar 31, 12:30-2pm - Linda Coulter –
Impressions in Textiles.** Using a needle
and thread as brush strokes, Coulter’s
work reflects interior and exterior
landscapes of her life in Kingston,
Ontario.

