

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



YPBC NEWS

March 2019



"The Miracle of the Resurrection" window

..... Mary mourns for her Son, while behind her "the Disciple whom Jesus loved" looks earnestly above and beyond the Cross, possibly remembering and wondering about the things that Christ has said would happen after His death.

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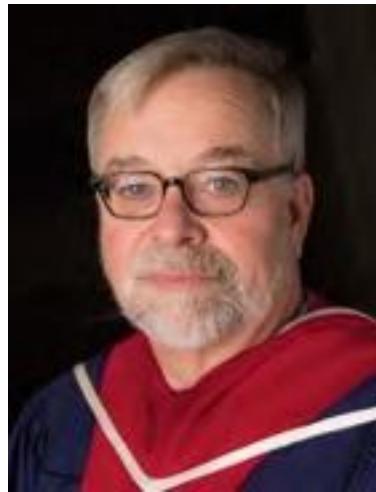
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FROM PETER'S PEN

The Lenten Journey

I caught a short clip on TV recently of what appeared to be an episode of the Game of Thrones or a similar show. One of the characters said she was praying to God for mercy. The second character scoffed in response and said, "gods aren't merciful." The idea was that gods are so far removed from us that we are of little consequence to them and mercy is irrelevant. Yet the scriptures point to a different God - a God who is full of mercy and grace. The opening of John's gospel comes to mind when he writes of Jesus as the Word which was God and was made flesh in Christ and whose glory we beheld full of grace and truth.

I have been reminded of the mercies of God day by day in my own spirit by our devotional guide, **Lent For Everyone** by N.T. Wright, as we have been following the teachings and stories of Jesus. And I have been encouraged by the number of people in **Lenten Life Groups** gathering weekly to consider the same texts and draw closer to this One who is full of grace and truth. As a preacher too it is very encouraging to know so many are quietly and prayerfully reflecting on the same texts week by week in advance of Sunday. The online devotional readings also provided additional helpful reflection. Thanks to everyone who is offering leadership in these areas.

I pray that this devotional season will continue to draw us all closer to Jesus and that in him we will discover the mercies of God in a fresh way day by day and come to Easter with the Hallelujah chorus singing in our hearts.

Welcome to the Toronto School for Strings and Piano

In January Yorkminster Park had the joy of welcoming the **Toronto School for Strings and Piano** as a new tenant. They have set up shop in the lower level rooms of our Sunday School formerly occupied by the Dalton School which outgrew our space and moved to a new location at the end of December.



pilgrim.h@sympatico.ca

The next newsletter will be published in early June 2019.

Paul R Hill

The Toronto School for Strings and Piano was founded twenty years ago by Julian and Mary Fisher, both of whom had been on the faculty of the Royal Conservatory of Music where they continue to serve as examiners. With 250 students and 18 teachers the TSSP had also outgrown its former space at 85 Collier.

The mission of the Toronto School for Strings and Piano is to create an environment where the love of music and musical ability is developed through instruction, performances and group activities. The TSSP is a supportive community that celebrates the musical accomplishments of all its members and seeks to perpetuate the value of musical education for families and individuals.

From the moment one walks through the school's front door one senses the warmth of the welcome. And to walk down the hall and hear music coming from room after room is magical. Undoubtedly some of those picking up a violin, viola, cello, bass or double bass for the first time at our church will one day be playing in a world class orchestra. It is wonderful to be able to use our space to help people explore the gift of music.

We are working on plans to introduce Julian and Mary to the congregation at a morning service when they will both play their instruments in the service. Julian and Mary have also frequently been seen in worship on Sunday evenings.

Plans are already underway for a Summer Music and Arts Camp from July 8 - 12. To learn more about TSSP please visit their website.

<https://www.torontoschoolforstrings.com>

Pilgrimage

Our **2019 Pilgrimage of Sacred Spaces** will leave YP by bus at 8 a.m. on Monday, May 27 and after three days of exploring sacred spaces in Southern Ontario return us to the church late in the day on Wednesday, May 27. Our first stop will be the remarkable cathedral church in Guelph which sits on a hill atop the city and can be seen for miles around. Later that day we plan to explore a St. Thomas



church built by Doug Brown's father as well as an old wooden church which is closing in on the end of its second century. We will stay overnight Monday and Tuesday in a London hotel. Most of Tuesday will be spent exploring a handful of London's most beautiful sacred spaces. On Wednesday we plan to visit churches in St. Mary's, Sebringville, and Stratford before arriving back at Yorkminster Park by early evening.

The intent of the pilgrimage is to deepen and broaden our understanding of God and of our faith through the lens of various consecrated spaces. Corey Keeble, Curator Emeritus of the ROM gives an overview of each space and William Maddox introduces us to the various organs and usually plays while pilgrims explore and meditate. A devotional package of readings and prayers is prepared for each pilgrim designed to invite reflection in the various spaces. In most places we conclude our visit with the singing of a hymn or reading of a psalm and offer prayers. The added bonus is the wonderful opportunity it affords us to become better acquainted with others in the church. The cost includes transportation, accommodation and meals. If you have never been, why not give it a try this year. For more information contact Don Deathe at: don.deathe@sympatico.ca

Grace and Peace, Peter Holmes

SPRING Congregational DINNER & THANKOFFERING

SUNDAY, APRIL 7th
12:30pm
HERITAGE ROOM

TICKETS:

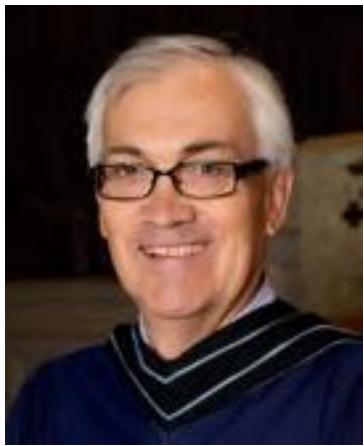
\$20 ADULTS
\$15 CHILDREN 12 & UNDER

Tickets available from members of the YPBC Women's Executive

EVERYONE WELCOME!

MUSINGS FROM THE MINISTER OF PASTORAL CARE

"To everything there is a season, and a time to every purpose under heaven." (Ecclesiastes 3:1)



So much of life depends on rhythm. Rhythm is a wonderful thing in nature. It is also a very important part of our human nature. The ebb and flow of the tides, the rising and setting of the sun, the changing of the seasons – these all follow in uninterrupted movement.

Our human bodies have a rhythm all their own, where the different organs and muscles and bones all come together in a cycle of harmony if we are healthy. The word "rhythm" comes from a Latin word meaning "movement in time." We say that a person has rhythm if he or she can keep a beat, or can move in appropriate or graceful response to music. Personally, I don't have great rhythm. I tend to have the proverbial "two left feet" when I dance. One of my daughters has great rhythm – maybe it was all those dance lessons she took while in school. Then again, maybe she gets it from her mother – it certainly isn't from me! However, I can appreciate great rhythm when I see it, like the graceful moves of the ballet, the crisp choreography of a dancer, the perfect timing of an orchestra. The famous songwriting duo George and Ira Gershwin perhaps said it best when they wrote: "I got rhythm, I got music, I got my girl. Who could ask for anything more? I got daisies in green pastures, I got my girl. Who could ask for anything more?"

Rhythm is all around us. We speak of the rhythm of an athlete who is able to fine-tune the body to coordinate timing and movement at the optimal level. Life and events, people and circumstances all have rhythms of their own. People who learn to live in rhythm with life, who can vibrate to both dissonance and harmony, who can march to the beat of their own drummer – these are the people who have discovered the secret to contentment. The

writer of Ecclesiastes understood this truth well. He knew that there was a "time for every season and purpose under heaven – a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build up, a time to weep and a time to laugh, a time to mourn and a time to dance." (Ecclesiastes 3:1-4)

Part of being a person of faith is discerning the rhythms of holiness and the divine presence in our world. God's presence and handiwork is all around us, if we have eyes to see. Some people do this naturally. But for most of us, it requires some work. We need to be quiet, to listen, to bring ourselves in tune with the rhythms of eternity. I believe we see these rhythms most clearly in the changing of the seasons – more specifically, in the "in-between seasons." We are soon entering the transition month of April. Winter is fading, but perhaps not yet ready to fully release its grip on us. Our weather and temperatures fluctuate greatly. But we can see the change, the rhythm, the harmony of nature that will soon produce the spring. It is a season of warmth, of resurrection, of new life. Ecclesiastes says it perfectly: "God has made everything beautiful in its time. He has put eternity into the human heart."

Now you may be a lot like me. Perhaps you feel you have no rhythm. Maybe you can only dream about "dancing with the stars." But there is another kind of rhythm you do have. It is the rhythm of eternity – God's rhythm. You were made in his image. You were created to celebrate the rhythms of your life, to live in harmony with others, to care for God's earth. God will remain faithful as we seek to follow his way. The hymn writer said it best: "Summer and winter and springtime and harvest; sun, moon and stars in their courses above; Join with all nature in manifold witness, To thy great faithfulness, mercy and love."

God has blessed us with a world of natural rhythm and harmony. Can we acknowledge the sounds of his symphony? Are we willing to join his dance? There is a Greek word theologians use called "*perichoresis*," which means "to dance around." Basically, it is a teaching which says that in Christ, God loves us, knows us and accepts us. He offers us the opportunity to respond in kind. The dance is only complete if we yield to it. Sometimes we feel that

our sin prevents us from entering this dance. But God addressed this head on: “For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.” (2 Corinthians 5:21) God invites us into his divine rhythm. Not only does he ask us to dance, but he offers us what we need to be able to fully participate.

As we enter this season of spring, may you be more aware of the rhythms of your life, of the divine dance, of “the music of the spheres,” as the old hymn puts it. May you be drawn closer to God as you seek to be led by him in the dance of life.

Dale Rose
Minister of Pastoral Care

DISCIPLESHIP - DISCOVERING JESUS



In a recent article on the nature of mission, Aidan Till (author, missionary, contemplative, explorer), paints this picture.

Two ships sit in the harbour. Both tall-masted, with sails unfurled. So alike, so different. The one to the north is the HMS

Merchantman, a merchant ship laden with valuable cargo. Anchored to the south, an exploratory vessel, the HMS Discovery. Can you see them? One carrying goods, the other carrying curiosity. Hold them a moment in your mind's eye, then consider ...

- *How might these two ships be equipped — one for commerce and the other for discovery?*
- *How might their itineraries differ?*
- *Who would you expect to find on each? What skills would be needed in each endeavor?*
- *How might dinner at the captain's table go on each ship? Who would attend? What might the dialogue be?*
- *If you were to spend a year on each, how different would those years be?*

Till uses this illustration to point out how we deal primarily in stories embedded in a narrative — even the facts we process are transmitted within stories contained in a particular narrative informed by our cultural and historical context. Our narrative is the ship we sail in (or the water we swim in), and left unnoticed or unexamined, it limits the places our thinking can go. This is why it is so easy for us as Jesus-followers to become acculturated — adopting cultural norms and language into our faith narrative, our worship practices, and our missional frameworks, without even realizing it. Apologetics and the need to voraciously defend the inerrancy of Scripture was born out of the modern era fixated on rationalism and the provability of all things. Blinded by their narrative, British and Spanish expansion efforts subjugated people groups motivated by both greed and religion. Christendom bequeathed us a clergy and laity cleavage unknown in the first centuries after Jesus.

Arguably, the most prominent voice in mission of the past century has been the American voice — also the voice (and narrative) of capitalism, fueled by consumerism. Is it any wonder then, that mission has been predominantly about neatly packaging and marketing Jesus? We see it in the growing demand for pastors and church leaders as CEO's and business gurus, who adopt business practices, *unexamined and unfiltered*, into church leadership. Business is good. Business as mission is good. Mission as business, not so much. It brings to mind the verse, “*Some trust in chariots, and some in horses, but we trust in the name of the Lord our God.*” (Psalm 20:7) In what, or in whom, do we put our trust?

It's time to retire the HMS Merchantman. In Till's words, “[it] has taken us as far as it can.” The unengaged with faith — the unchurched and de-churched — aren't attracted to polished ad campaigns, flawless worship experiences, and new programs. They're looking for authenticity and transparency. They're seeking genuine relationships and are watching to see if our living lives up to our preaching (in the words of another, “do we walk the talk?”). They need explorers, daring to venture into their worlds, their mess, their questions and patiently walk with them.

To captain the HMS Explorer we need those who are practiced at listening prayer, who can engage in

collective discernment, who recognize the voice of the Spirit and the presence of God in the midst of cultural dissonance, courageous and daring enough to explore the unfamiliar territory of transition.

As we engage in rebranding, re-visioning, re-strategizing, may we also be those willing to *reimagine* a new way forward, a perhaps untried way forward, bringing our narrative and cultural assumptions under the scrutiny of the Holy Spirit.

Robyn Elliott

(Thoughts and inspiration gleaned from Aidan Till, "Discovering Jesus: A New Narrative for Mission," published in Voice + Hands Magazine, Vol. 14 No. 1)

NURSES' NOTES FROM LILY



Its countdown to the first day of Spring, and daylight savings time will have come and passed, by the time you are reading this edition of our YPBC News. I welcome the first day of Spring with open arms. As an amateur gardener, I am looking forward to longer days of sunlight,

warmer temperatures and plenty of rainwater. This shall nurture the earth and help raise beautiful blossoms and new greens.

I certainly hope that our past November Lunch and Learn Session on Immunization encouraged everyone to review their immunization health status. Its one way to maintain good health. Another factor which contributes to health maintenance, regardless of the season, is our nutritional status. Do you have a balanced nutritional intake daily? Please have a look at Canada's updated/renewed Food Guide. You can download it from its website, and/or please request a copy by contacting me, parishnurse@yorkminsterpark.com for an electronic copy.

I invite you to visit our Health and Wellness Bulletin Board, outside the Friendship room.

Our recent winter Lunch and Learn session

featured, once again, by popular demand, Siobhan Carlin, Toronto Paramedic. The topic presented was



"Safety in our Community" It was an extremely informative session, with a most entertaining didactic presentation.

It focused on many safety aspects, with a highlight on the ICE document, which stands for "in case of an emergency". We highly

recommend that each and everyone of you obtain a copy and complete it for personal use. Please contact the parish nurse if interested, and/or visit its website. I was delighted to be given an opportunity to facilitate a presentation at Prime Timers this past January. I chose the topic "Falls Prevention". We were very fortunate to be able to have a staff physiotherapist, Ms. Ingrid Otten, from Sunnybrook's outpatient division and Falls Prevention Program, to come and present an outstanding mini workshop on what causes falls and how we can all prevent them, in order to avoid major injuries and especially fractures and head injuries.

Stay tuned as our Health and wellness committee works towards planning our Spring/Summer Lunch and Learn Sessions on topics related to Mental Health and the importance of sleep, nutrition and exercise across the Lifespan.

Recently, I had the privilege to lead the World Day Prayer Service for the Churches on the Hill. Coincidentally the host Church was Holy Rosary Catholic Church on St.Clair Avenue. I am grateful to have had an incredibly dedicated group of women, each

The graphic features the title "Canada's food guide" and "Eat well. Live well." It includes a central image of a healthy plate filled with various foods like fruits, vegetables, protein, and grains, with arrows pointing to specific food groups. Below the plate, the text "Healthy eating is more than the foods you eat" is followed by four smaller images illustrating different eating behaviors: "Be mindful of your eating habits", "Cook more often", "Enjoy your food", and "Eat meals with others". At the bottom, there are two rows of smaller images: "Use food labels", "Limit foods high in sodium, sugar or saturated fat", and "Be aware of food marketing". The text "Discover your food guide at Canada.ca/FoodGuide" is at the bottom, along with the Health Canada/Santé Canada logo and the word "Canada".

representing a different church in our neighbourhood. It was truly a beautiful ecumenical prayer service created/written by the women of Slovenia. Next year, 2020, WDP's Service will be

prepared by the women of Zimbabwe. It will be held Friday, March 6, and the host Church will be Yorkminster Park Baptist Church, our representative is Ellen Branscombe. Please mark it in your calendars.

We are now in the season of Lent.

A time to reflect upon our lives and our relationship with God. It is a time of preparation before the celebrations of Palm Sunday and Easter Sunday. We may not only consider to "sacrifice" or give up a favourite food or activity, but it is a time we can pray more on a daily basis. Easter Monday coincides with Earth Day; let us be grateful for our planet. We then approach Mother's Day in May, and show appreciation for all mothers, past, and present. May 12th is a special day celebrating the contributions nurses make to society, world wide. It was the birthday of Florence Nightingale founder of the nursing profession. Lets acknowledge all the nurses here at Yorkminster Park Church Community. The Nightingale pledge is named in honour of Florence; it is a modified version of the Hippocratic Oath. She herself was considered the "moving spirit behind the idea" for the pledge. It can of course be found on line.

A PRAYER FOR MOTHERS (June 19th 2010 by Jisha)

All loving God, we give thanks and praise for mothers young and old. We pray for young mothers, who give life and count toes and tend to our every need; May they be blessed with patience and tenderness to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us; May they continue to guide us in strong and gentle ways. We remember mothers who are separated from their children because of war, poverty, or conflict; May they feel the loving embrace of our God who wipes every tear away. We pray for women who are not mothers but still love and shape us with motherly care and compassion. We

remember mothers, grandmothers, and great-grandmothers who are no longer with us but who live forever in our memory and nourish us with their love.

AMEN

With Blessings,
Lily

SPRING 2019 OVERSEAS MISSION EVENT

WEDNESDAY APRIL 10, 2019

**Meet ELIE HADDAD from LEBANON
In the Friendship Room at 7pm**

Elie and Mireille Haddad serve with CBM in Lebanon as Team Leaders for the Middle East and North Africa region.

In addition, Elie serves as President of the Arab Baptist Theological Seminary (ABTS) in Beirut, Lebanon.



His wife Mireille is unable to join him as he visits YPBC this April. Mireille serves with Heart for Lebanon, a Christian NGO that provides humanitarian aid and relief to marginalized people groups, including the ever increasing number of refugees who continue to enter Lebanon. Mireille works primarily among female refugees, caring for them physically, emotionally, educationally and spiritually.

YPBC WOMEN'S MINISTRIES

CONFLICT AND OPPORTUNITY

On February 23, 2019, approximately 80 women gathered at the Courtyard Marriott Hotel for our annual YPBC women's retreat. Our facilitator this year was Reverend LeeAnn McKenna, CEO of Partera, (translated as *midwife* in Spanish). Partera is a faith based organization that addresses global issues of conflict and *midwives* change for a more peaceful world.

Rather than referring to conflict *resolution* McKenna prefers the term *conflict transformation*. In her thinking, resolution carries a sense of foreclosure, often short circuiting a discussion of larger, more important issues. It also carries with it a sense that conflict is not good. Here the temptation is to *solve* problems without getting at the necessary social change that will reduce the likelihood of the return of the same problem. Conflict transformation, however, sees conflict as part of the normal dynamic within human relationships and provides opportunities for growth and self-understanding, both individually and corporately.



Conflict in relationships provides an opportunity to pause, assess, take notice. It flows from life and also creates life. It is through conflict that we learn to respond well, innovate and change. Conflict transformation examines the presenting issues and the content of an episode and then invites us to look at underlying causes and patterns as well as the social, political structures within which the conflict takes place. It reaches toward the building of the positive. While conflict resolution is crisis driven, conflict transformation pursues a crisis-responsive approach.

Through a series of creative and non-threatening exercises and examples) we learned about the growth potential in conflict transformation. A *lifeboats* exercise was an experiential reminder that we are all members of many different groups, that leadership arises in any group and that as "children of parents" we are all human. Life concerns how we make room for those who are different from us, how we accommodate others.

Imagining a schoolyard conflict, we considered that the root causes of jealousy, teasing, bullying, butting in, blaming, ostracizing are mostly the same - created or manufactured inequities. Belonging is important for everyone. We are all broken, imperfect and fragile.

A discussion of the nature of conflict, challenged us to think about the emotions connected with conflict and we realized that these were often negative - mistrust, resentment, lack of love, frustration, helplessness,

anger etc. As we tend to see conflict as negative we run away from it. So many of the negative emotions, however, are really covers for fear. Emotions, with their physical responses, must always be acknowledged before getting to the rational. We need to care, engage, communicate and get to understanding. Our ultimate goal is *shalom* - wholeness, harmony, peace, restorative justice. Punishment doesn't work! Our sacred tools are always available as tools for peacemaking - James 3: 1-13; Hebrews 12:14; Romans 12:18; Prov. 15:1 Matthew 18:15 .

It is important to understand what gets in our way of having difficult conversations. An immediate response of defensiveness comes from a place of woundedness. We have to know ourselves well to have a difficult conversation as we may get answers we don't want to hear. We like to protect ourselves and be in a place of comfort but we must question our own responses. When we find ourselves in a difficult situation or conversation, *curiosity, compassion* and *courage* are helpful. Gently curious questions with an attitude of compassion can open up communication in a non-threatening way - "Are you OK?", "Help me to understand", "Lets go have a coffee". We need to lead from grace filled vulnerability and give permission to bring our entire selves to a situation. And we need the courage to observe without evaluation - "I notice that..." with no judgment.

In another exercise, we looked at a variety of photos of men and women, and asked ourselves:

- What assumptions am I making about this person and why?
- What in my life experience is affecting the way I see this situation?
- What might I be missing?
- What is my social location? I.e., nationality, gender, socio economic status, education, religion, vocation? This influences how I relate to others.

We need to be aware that we bring assumptions into any new situation. We bring old information into a new situation in order to make sense of it. Our job is to welcome the assumption but to have a light

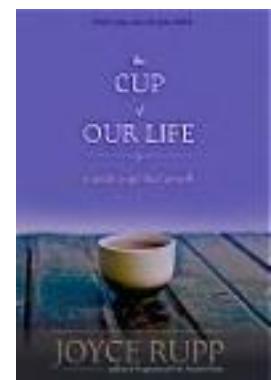
grip on it. We also need to talk to the best of the person in front of us.

We further examined the tools in our toolbox for difficult conversations. We all have an internal reaction and our choice in these conversations is either *judgment* or *collaboration*. Judgment can go either way - someone is wrong and needs to be punished or someone is right. What is more constructive is to step back and ask, What actually happened here? Collaboration answers this question and is always nonviolent. It includes observation - "I notice". This simple reporting includes our feelings as well. We need to understand emotional impact - What am I feeling? What's the other person feeling? Why do I feel this way? We start with ourselves and recognize that our feelings may be related to unmet needs. Identification and empathy with all needs follows as does the quest for ways to meet these needs.

Our day concluded with a brief overview of Jesus' transformative initiatives in Matthew 5:38-48. Using role play we considered a translation of these verses that urges resistance but not by evil means. In reviewing the story of the good Samaritan we were encouraged to understand the Samaritan's intervention as a powerful statement by Jesus with respect to the treatment of others. In McKenna's own words:

"As with the 3 scenarios (Matthew 5:38-48) the way of Jesus calls us to 'other' no one; we are all, without exception, equally made in the image and likeness of God, beloved of God and our treatment of others should reflect that reality."

Recommended reading: Joyce Rupp, *The Cup of our Life*



submitted by Jonanne Fenton on behalf of YPBC Women's Ministries, photos by Donna Willett and Rhoda Hill. Copies of the handout are available by calling the Church office.

THE EAR OF YOUR HEART: LISTENING WITH LOVE AND INTENT

Listen and attend with the ear of your heart. — Saint Benedict

Making your ear attentive to wisdom and inclining your heart to understanding— Proverbs 2:2

He who has ears to hear, let him hear.— Matthew 11:15

“You can listen as well as you hear,” so says the 1988 song *The Living Years*, by Mike and The Mechanics. But can we? Do we? Can you do better, when it comes to honest-to-goodness listening?

Most people do not listen with intent to understand; they listen with intent to reply. — Stephen R. Covey

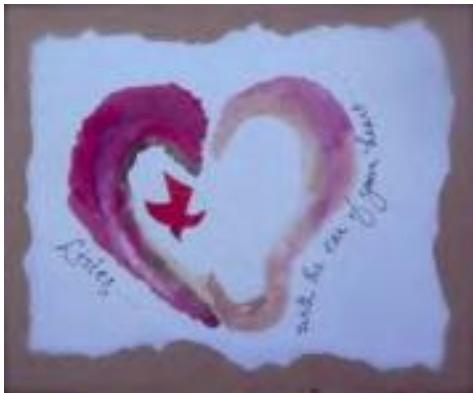
One of the trickiest interpersonal communications challenges you can accept is to have a conversation without once using the word “I.” Once you start into the “I...” this, and the “I...” that, you’re not listening. Cut yourself some slack if you recognize yourself in this statement. Everyone is periodically guilty of not listening. But if you desire to improve your attentive ear and incline your heart to better understanding, **start by Reviewing These Classic Examples of Poor Listening** (admitting, where you must, “I do that one... I do that one... and, oh brother, I do *that* one, too!”):

1. Not Paying Attention: Listeners may allow themselves to be distracted or think of something else. Also, not wanting to listen contributes to lack of attention.

2. Pseudo Listening: Often people who are thinking about something else deliberately try to look as though they’re listening. Such pretense leaves the speaker with the impression that the listener has heard important information or instructions offered by the speaker.

3. Listening But Not Hearing: Sometimes a person listens only to facts or details, or to the way they were presented, and misses the real meaning.

4. Rehearsing: Some people listen until they want to speak; then they quit listening, start rehearsing what



they want to say, and wait for the opportunity to jump in.

5. Interrupting: The listener doesn’t wait until the complete meaning is determined, but rather interrupts so forcefully that the speaker stops mid-sentence.

6. Hearing What’s Expected: People frequently think they heard the speaker say what they expected them to say; alternatively, they refuse to hear what they don’t want to hear.

7. Feeling Defensive: The listener assumes that they know the speaker’s intention, or why something was said, or for various reasons, they expect to be attacked.

8. Listening For A Point Of Disagreement: Some listeners wait for the chance to attack. They listen intently for points upon which they can disagree and then confront.

If one gives an answer before he hears, it is his folly and shame.— Proverbs 18:13

A fool takes no pleasure in understanding, but only in expressing his opinion. — Proverbs 18:2

“Listening,” says American Psychologist, Dr. Karl Menninger, “... is a magnetic and strange thing; a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand. I discovered this a few years ago. Before that, when I went to a party I would think anxiously: Now try hard, be lively. But now I tell myself to listen with affection to anyone who talks to me. This person is showing me his soul. It is a little dry and meager and full of grinding talk just now, but soon he will begin to think. He will show his true self, will be wonderfully alive.”

You too can acquire greater competency at *positive* listening habits if you take your thinking and behaviours off “auto-pilot,” and commit to hands-on “steering.”

And he called the people to him and said to them, “Hear and understand:— Matthew 15:10

Let the wise hear and increase in learning, and the one who understands obtain guidance, — Proverbs 1:5

Try These Suggestions to Improve the Ear of Your Heart:

1. Pay Attention: To be a good listener, pay authentic attention to the speaker. If you find the other to be a dull conversationalist, catch yourself thinking this thought and consciously choose to use extra effort to keep focused on the content and feelings the speaker expresses. Also be sure to use nonverbal cues (e.g., eye contact, nods, and smiles) to let them know they're heard and that you're sincerely listening.

2. Listen for Whole Messages: This includes looking for meaning and consistency in the speaker's verbal and nonverbal messages, and listening for ideas, feelings, and intentions, as well as facts. Be open, honest, and vigilant about your possible prejudices, so that you also actively hear things that you may otherwise find personally unpleasant or unwelcome.

3. Hear Before Evaluating: Listen to what someone says without drawing a premature conclusion—suspend judgment while the other talks. By questioning the speaker in a non-accusing manner, rather than giving advice or opinion, a listener can discover what the speaker has in mind—which may be different from what you assumed.

4. Paraphrase What You Heard: Non-judgmentally paraphrasing the speaker's words, and asking if that's what was meant, goes a long way to keeping communications open and interpretations correct. If you're uncertain about the meaning or intent behind the speaker's words, put the onus on yourself to clarify, rather than waiting and hoping that the speaker will do that for you.

5. Is There Anything Else I Should Know? What Else Would You Like to Tell Me? Sometimes we hope the answer is, "No!" But realize when another is finally opening up to share valuable details and information, you might as well hear it all in one shot.

The purpose in a man's heart is like deep water, but a man of understanding will draw it out.- Proverbs 20:5

Poor listening habits can evolve and crystallize early in life and continue throughout, especially if they're never brought to bear. Whole families (and even organizations) can be masters of poor listening habits. The good news is that anyone can rise above such bad habits if ardently desired. When you identify your own poor listening habits, you can begin to make an effort to change. When you learn to drive you practice in parking lots before tackling highways. It's the same with better listening behavior. Be patient with yourself as you begin. Start with family, friends, and even YPBC congregants as your "guinea pigs" ☺—those who'll "love you anyway" if you mess up at first. Listening with an attentive ear, and heart to understand, shows those whom you cherish—alongside others with whom you interface in your communities—just how much you care and love. You really *can* listen as well as you hear. Begin today.

The first duty of love is to listen. — Paul Tillich

Let each of you look not only to his own interests, but also to the interests of others.—Philippians 2:4

The word "listen" contains the same letters as the word "silent." — Alfred Brendel

submitted by Nina Spencer

Nina is a Keynote Speaker, Speaker Coach, Commercial Voiceover Artist, Professional MC, and Bestselling Author of *Getting Passion Out of Your Profession*, and *A Time to Creep, A Time To Soar: Leadership Lessons from Climbing Mt. Kilimanjaro*



Sir John A.: The Life and Contested Legacy of Canada's First Prime Minister



A LECTURE BY

PROFESSOR PATRICE DUTILS

Professor, Department of Politics and Public Administration,
Ryerson University

Friday, March 29, 2019 | 7:00pm

Yorkminster Park Church, Cameron Hall
Admission: \$10 or 'pay what you can' at the door.

YORKMINSTER PARK SPEAKERS SERIES

Offering continuing education lectures by outstanding speakers on topics of general interest to the wider community.

For more information visit ypspeakersseries.com

COLDEST NIGHT OF THE YEAR 2019 (CNOY) YONGE STREET MISSION (YSM)

CNOY

Coldest Night of the Year is an annual event operated by a registered charity known as Blue Sea Philanthropy whose mission is “to help charities thrive financially in helping the homeless”. It was launched in 2011 partnering in Toronto with Yonge Street Mission. Since then it has operated across Canada. In 2019 the stats across Canada are: \$5,294,403 raised to date (105% of \$5,000 000 goal), 3,364 teams participated including 21,512 walkers, in 133 locations.

YSM

My association with YSM began 75 years ago, when at the age of 11 my father Dr. W.K. Fenton took me to the Mission which had a profound effect on me concerning poverty. My experience twice as Treasurer between 1975 and 2004 only deepened my confidence in their compassionate work for the past 123 years. This year they made a strategic move from their iconic location on Yonge Street known as Evergreen to an impressive facility on Spadina Ave. The proceeds of this year’s walk will go towards their work with homeless youth in their new location.

2015

Our small team of 5 known as the “Nordic Kids” completed the 10 km walk on February 21, 2015 and raised \$18,000, surpassing our goal of \$10,000. We were the only team to complete the 10 K walk.

2016



This year our team grew to 12 walkers which included the Minister of the church, Peter Holmes and his family. I set the goal a little higher at \$20,000 and we raised over \$27,000.

2017

Team Fenton (name change at the request of our Minister), set out on February 25, 2017 for another 10 K this time with 16 walkers. I decided to increase the goal once again, to \$30,000. We raised \$37,400.

2018

This walk on February 24 was to be my last. I decided to go out with a bang and set the fundraising goal at \$50,000, a 66% increase over last year’s goal. We raised \$55,000.

2019

On the day of the walk, February 23, given the consistent cold weather we expected it to indeed be the coldest night of the year, instead it was great weather for walking. Unexpectedly, I was able to walk 2 km. Since I raised the goal so high last year (thinking it was my last) I set a modest goal this year at \$20,000. At present we have raised an astonishing \$50,170. In five years we can be proud to have contributed almost \$200,000 to Yonge Street Mission. It appears this event will continue well into the future. My role will be uncertain though my heart will always be in it. The following was written by the Rev. Dr. Peter Holmes which presents clearly his thoughts:

“Thanks to Team Fenton members and supporters as our team from Yorkminster Park Baptist Church not only completed the walk tonight but was the number one Coldest Night of the Year fundraising team in all of Canada out of a total of 3,364 teams. At last count our team total was just shy of \$50,000 (now exceeded) for the Yonge Street Mission’s work with the homeless. Thanks to one and all, but especially our captain John Fenton and our unofficial assistant captain Jonanne Fenton. At 86 years of age and suffering from severe

back problems John Fenton has been told that his waking days are over, but again he led the way and finished the walk. Angie Carr Draskovic, CEO of the YSM honoured our captain by announcing a new fundraising award named in his honour. It

was the largest team we have had and for the first time included some of our youth.

Good exercise and fun for a great cause! And thanks to all participants and volunteers in the CNOY all across Canada. More than 5 million dollars was raised nationally to support many important services for the homeless! We are all on the same team!"

Thank you Peter for your generous and kind thoughts.



I hope next year we will focus on our youth being a big part of our team.

Once again to my walkers, thanks for your amazing support, and a special thanks to our generous donors, along with so many kind and encouraging messages. What a

privilege to help those less fortunate including homeless and troubled youth.

Sincerely
and with

Thanksgiving.

John K. Fenton
Team Captain

REFUGEE SPONSORSHIP UPDATE

We have just heard that our first Syrian family will be arriving April 10. The family consists of the father, Hayan, Mother Abir, 4-year old daughter Maria and 6-month old daughter Masah.

Hayan's mother and father live in Thorncliffe Park and you can imagine their joy at being reunited after being apart for more than three years. There will be a meeting in the Friendship Room immediately after this morning's service of all those who would like to help resettle this family. There may be an appeal for clothes and furniture in the next week or two. Please keep these families in your prayers.

submitted by Mike Wills



MEALS ON WHEELS - BOARD OF MISSION

"The Board of Mission wishes to thank the congregation for the donations given to Meals On Wheels. Our valued 'Partner In Mission' needs your continued financial and prayerful support".

submitted by Janet Swann



YORKMINSTER PARK MEALS ON WHEELS 1585 YONGE ST., TORONTO, ON M4T 1Z9

January 31, 2019

Rev. John Torrance
Chair, Board of Missions
Yorkminster Park Baptist Church
Toronto

Dear John:

Once again I am privileged to write and thank you and Yorkminster Park Baptist Church Board of Missions for the generous donations that we receive monthly. Everyone at Yorkminster is so kind and caring with regard to the Meals and we certainly feel like 'family'. We so appreciate your support financially and your interest in the Meals. We have been connected to Yorkminster for such a long time, 52 years, that we almost feel we belong at the church.

We are grateful for the generosity and ongoing support from Yorkminster Park Baptist Church. The Meals on Wheels continues to deliver hot and frozen meals to the frail elderly in the North Toronto Community. Last year our 190 volunteers delivered 24,000 meals to 230 clients. There is an obvious decline in the health of the seniors as they are living longer and continue to live at home. This makes the Meals on Wheels even more important as without the meals many of the seniors in our area could not remain in their homes.

Thank you John, the Board of Missions and Yorkminster Park Baptist Church. We so appreciate all that you and your staff at Yorkminster do for our agency.

With warmest regards,

Mary Carol Healy
Executive Director

TEL: (416) 482-0549 E-MAIL: INFO@YPMEALSONWHEELS.COM
WWW.YPMEALSONWHEELS.COM

TRANSITIONS

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

Birth

Abigail Susan Holmes *d of Jamie and Michelle Holmes*

New Members

Dina Gilbert
John Gilbert
Hilary Hart
Diana Hart

Deaths

John Shaw
Edward Fish
Grace Bishop

SPRING 2019 OVERSEAS MISSION EVENTS

TUESDAY MAY 7, 2019

Meet CONRAD and FIONA KWOK from THAILAND

In the Friendship Room at 12:30pm

"Conrad and Fiona Kwok lead the Chinese Ministries Team at CBM, by directing, coaching and empowering field staff, and assisting CBM partners in the accomplishment of CBM shared objectives. They promote the sphere of ministry both on the field and in Canada. They also help shape the agenda for future. CBM Chinese Ministries Team currently have 10 field staff located in Vancouver, Germany, Northern Thailand, Hong Kong and East Asia."

They also serve in The Golden Triangle in Northern Thailand. Their work includes leadership development, teaching, mentoring and coaching students and pastors. There is also a special ministry to drug addicts. Conrad and Fiona are also engaged in community development work in remote mountainous villages.

The YPPC Board of Mission is delighted to welcome the congregation to meet Conrad and Fiona Kwok in the Friendship Room at the church at 12:30 pm on Tuesday May 7, 2019.

They will update us with more information about their ministry. Please bring a light lunch. Tea and coffee will be provided. All are welcome.

Photos - clockwise from top right

1. Conrad and Fiona Kwok 2. a Love English Camp students at Bethel Bible Institute 3. Conrad baptizing former drug addict 4. Team from Canada 5. Laku Village water system installation



AT THE GALLERY



PHYLLIS GORDON - *Tree Portraits* - Apr 27 to May 23; reception Sunday, Apr. 28

Gordon spent time drawing the lush forest of the Haliburton Highlands before her attention was caught by the forest fires raging in North America. *Tree Portraits* documents the beauty, vulnerability, and strength of individual trees, including those she observed when examining the effects of burns in Western Canada, California, and elsewhere.



MARY McLORN VALLE – *Flourish* – May 25 to June 20; reception Sunday, May 26

McLorn Valle's oil paintings of flowers are graphic and bold. With a dynamic use of colour and perspective, McLorn Valle puts a modern take on a traditional subject. *Flourish* demonstrates the thriving positive energy that unfolds in nature as it bends, explodes, shines, and fades.



PETER ALBERTI – *Sacred Spaces: Romania & Bulgaria* – June 22 to July 31; reception Sunday, June 23. Retired surgeon and ardent traveller, Alberti has taken his powers of observation around the world. His photographs explore people and places in a way that implies a narrative beneath the image. All proceeds from this exhibition will go to support Médecins Sans Frontières and House of Compassion.