

It's still winter...beautiful and calm!



Photo by Helen Norman

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## Black History Month

February is Black History Month and we are encouraged to engage in learning and celebrating the contributions and presence of Black communities in Canada.

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## Beginning the Season of Lent

Do we have to give up something for Lent?

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## Upcoming Worship and Events

Keep this list handy to know when our special worship services will take place.

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## Indigenous Happenings -Growing By Going

A reflection by Marcie Taylor, member of the Truth and Reconciliation Committee





For this year's Black History Month, I would like to share with you a hymn that is close to my heart. It has been known in the United States as the "Black national anthem," where it sang of the struggles of the Black communities since slavery period and beyond. Although it may seem slavery in the United States ended in 1865, it is still built into the social systems and structures that place a barrier to equality.

When it comes to racism, Canadians may tend to see through rose-coloured lenses because in Canada, racism tends to happen with a smile. "I don't see colour" and "I was taught to treat everyone the same" sound like open-minded and unbiased perspectives, yet they are also statements that negate the diversity that many of us embody through our differences. The true approach to eradicating racism is to engage our differences as gifts to our communities. By celebrating the essential need for diversity, it helps us to appreciate the beauty in one other.

Since the first time I listened to this hymn, my heart has grown more familiar with the

narratives within the lyrics. The way the melody soars and valleys, it reflects the emotions of the people who once sang this as a movement of resistance.

Now known as the "Black national anthem," "Lift Every Voice and Sing" was written in 1900 as a hymn of hope—grounded in the belief that resilient faith would sustain us against oppression. I hope that you will take this hymn as a starting point in seeing from the perspective of the black experience not only in the United States and also in Canada.

Lift every voice and sing,  
'Til earth and heaven ring,  
Ring with the harmonies of Liberty;

Let our rejoicing rise  
High as the list'ning skies,  
Let it resound loud as the rolling sea.

Sing a song full of the faith that the dark past  
has taught us,

## All Smaller Saints walking to fundraise for Cornerstone



### The Coldest Night of The Year fundraising event – Feb 24<sup>th</sup>

All Smaller Saints are once again walking on the Coldest Night of the Year, to assist our neighbours at Cornerstone Housing for Women. The walk is on February 24<sup>th</sup> and we are looking for people to join our team and especially for sponsorship. Open the link below and it will take you directly to

our page, to register or to donate: <http://tinyurl.com/4t24z4e7>

All Saints parishioners have been so generous in the past and with your help, we will meet our goal of raising \$5,000. Contact Julie Newlands - Team Captain if you are interested!

Sing a song full of the hope that the present has brought us;  
Facing the rising sun of our new day begun,  
Let us march on 'til victory is won.

Stony the road we trod,  
Bitter the chastening rod,  
Felt in the days when hope unborn had died;  
Yet with a steady beat,  
Have not our weary feet  
Come to the place for which our fathers sighed?

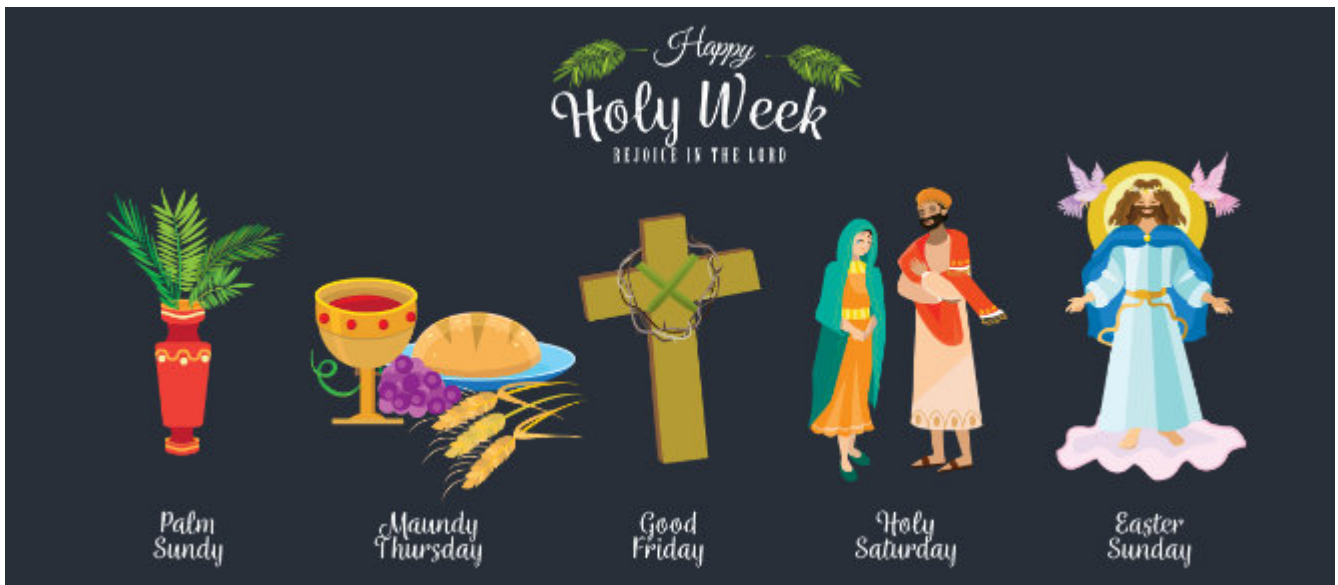
We have come over a way that with tears has been watered,  
We have come, treading our path through the blood of the slaughtered,  
Out from the gloomy past,  
'Til now we stand at last  
Where the white gleam of our bright star is cast.

God of our weary years,  
God of our silent tears,  
Thou who has brought us thus far on the way;

Thou who has by Thy might  
Led us into the light,  
Keep us forever in the path, we pray.  
Lest our feet stray from the places, our God,  
where we met Thee,  
our hearts drunk with the wine of the world, we  
forget Thee;  
Shadowed beneath Thy hand,  
May we forever stand,  
True to our God,  
True to our native land.



Image by Alexandra\_Koch from Pixabay



# Holy Week 2024

## March 25<sup>th</sup> - Holy Monday

- 12:15 pm Sung Eucharist

## March 26<sup>th</sup> - Holy Tuesday

- 7:00 pm Sung Eucharist

## March 27<sup>th</sup> - Holy Wednesday

- 10:30 am Sung Eucharist

## March 28<sup>th</sup> - Maundy Thursday

- 7:00 pm Sung Eucharist

## March 29<sup>th</sup> - Good Friday

- 10:30 am Children's Program
- 12:00 pm Solemn Prayer
- 1:00 pm Stations of the Cross

## March 30<sup>th</sup> - Holy Saturday - Easter Vigil

- 7:00 pm Sung Eucharist

## March 31<sup>th</sup> - Easter Sunday

- 8:00 am Sung Eucharist
- 9:30 pm Sung Eucharist

## A Quiet Space

Situated at the centre of vibrant Westboro Village, All Saints' attractive courtyard is a welcoming space for everyone who needs a place to rest and watch the world go by.

Some years ago, All Saints' became aware that people were also looking for a place for meditation and prayer, and decided to open our beautiful Chapel to the public from noon to 1:30 each weekday. A sandwich board welcomed visitors with the words "A Place for Quiet".

All Saints would like to offer this quiet space once again. We are looking for people who would like to sit in the Chapel one day a month to provide security and welcome visitors. Past volunteers have reported looking forward to this monthly opportunity for themselves, using the time to read, write a journal, knit, or just listen to the silence (a rare commodity these days!).

The plan is to open the Chapel on Monday, April 8. There will be an information session with interested volunteers at a date during Lent to be announced. To learn more, please contact the office or speak to Barbara Robertson (613-729-2957).



## What should I give up for Lent?

Remembering the first time someone asked me this question, I was an intern in Geneva and worshipping in a Lutheran Church with many international leaders of Christian denominations and governmental agencies. I have never grown up with the Christian discipline of fasting and yet there were many things I had given up for Christianity.

As a young person, I thought giving up my Sunday mornings for worship, Friday evenings for Youth Fellowship, Thursdays nights for choir, and all kinds of "fun" yet not preferred

behaviours of Christians. Is that not enough?

What ELSE do I have to give up now?

One of my fellow interns told me that she was giving up meat. Another chimed in and said she was giving up chocolate. I thought both of which were not the wisest choice, especially giving up chocolate in Switzerland. That most definitely was not a well-informed choice. But I followed the crowd and gave up meat and chocolate -- I thought since I have not given up anything for the whole time of my Christian life, giving up two would make up for all the missed years.

The whole giving up experience has opened up my sense of entitlement -- access to all kinds of privileges that I take for granted. I paused each time before putting something in my mouth, and unintentionally, it created a habit of gratitude. This year, perhaps you may embark on this spiritual journey to give up something beyond just chocolate. Giving up being anxious, self-critical, gossiping, prejudiced, demanding attitude, impatience, and others. May we use this season that through active pruning to encourage bearing more fruits of the spirit.



Photo by Moriah Wolfe on Un-splash

## INDIGENOUS HAPPENINGS – GROWING BY GOING

Recently, a couple of small groups of ASW folks attended two different Indigenous events, both of which were simultaneously entertaining and informative. The first event was a mini-pow wow, held at the Museum of History. This spectacle of music and dancing, with participants in their colourful and symbol-laden regalia, was wonderful. After opening remarks and a welcome from an elder, two narrators explained different types of dances and their importance. There was one for “tiny tots,” with little ones up to 4 years of age, all in their own regalia and out on the dance floor, showing us their moves. As you can imagine, they were so precious. Remaining dances were mostly for mixed-age and mixed-gender groups, with the exception of one for men only, that related to hunting, and one for women only, that related to them being the healers and medicinal knowledge-keepers. One of the things that was so impressive and heartening, was to witness

teenagers and young adults, really embracing their heritage and culture, proudly and publicly claiming who they are! The other thing that impressed me was the number of non-Indigenous spectators (and some participants!). There were a few hundred people over the course of the afternoon, and they didn’t just stay for a few minutes and move on, but were there for onwards of an hour, and were very engaged. The entire afternoon was tremendously joyful.

The second event was a multi-media presentation at the National Arts Centre, called **The Spirit Horse Returns**. At the back of the stage, behind the NAC orchestra members, was a large screen, onto which was projected fabulous Indigenous art work, which illustrated the story that was being told. Interspersed with the artwork was footage of Indigenous and settler people in Ontario, living their lives in past and recent times, with marvelous action film of spirit horses in their natural settings, as well as on an Ontario farm. The remainder of the surrounding walls and stage floor were lit in colours and shapes that contributed to the

interpretation of the story, and mingled effortlessly with the music. The narrators were an Indigenous woman, telling the story of spirit horses, and a non-Indigenous Ontario farmer, asking the questions which prompted the story. There were a couple of Metis fiddlers who participated as well, and it was during their portion that audience members spontaneously erupted in rhythmic clapping in unison, “accompanying” the musicians. At several other points during the performance, the audience again joined in with clapping along – how powerful it was to be a part of such spontaneous and genuine engagement!

We learned that spirit horses, also known by settlers as “Indian ponies,” are a particular breed of horse that is smaller than some other breeds, and specially suited for the different types of work and tasks that assisted the Indigenous people in their hunts and movement throughout the various seasons. At one point, due to a lack of understanding and respect for these horses, they were either discounted as being not valuable, or worse, there were efforts to kill them off. Finally there were only four Spirit Horses left in Ontario. A small group of Indigenous and settler men jointly agreed to “rescue” and protect these last few horses, by stealthily crossing the Canadian border into the

U.S., at night. They were successful, and thanks to their courageous efforts, there are now about two hundred thriving spirit horses alive!

Woven into the story of the horses themselves, were other aspects of Indigenous culture and Indigenous-settler relationships, such as residential schools, as well as laws and practises specifically designed for Indigenous people. Audience members got a real education about numerous aspects of Indigenous life, all done in a very non-threatening, accessible and non-blaming way, while still being forthright and honest. To me (I’m just one “reviewer”) it was all done so tastefully, artistically and respectfully. This, to me, was a perfect example of a small step toward reconciliation – Indigenous people telling an important story, and settler people (the theatre was full, and consisted of many families with children) being thoroughly engaged and captivated by it. It is just one small step, but one filled with hope for the future!

Respectfully submitted,  
Marcie Taylor

## What’s happening for Lent?

### **Morning Prayer (online)**

- Tuesday and Thursdays at 8:30 a.m.
- Live broadcast
- Printed and digital prayer booklets are available. Contact Parish Office for details.

### **Lenten Book Study - Chocolat for Lent**

- Tuesdays at 7 p.m. in Room 5/6

### **Bible On Tap - Gospel of Mark (First Nations Translation)**

- First Wednesdays at 7 p.m.
- March and April will be in Steacy Hall
- May and afterwards return to Westboro Legion 2<sup>nd</sup> floor lounge

### **Book Study (Online) - White Fragility**

- Based on the book “White Fragility” to explore efforts towards racial justice and effective allyship.
- Mondays at 7 p.m.
- **Register** with Rev. Chung Yan Lam to receive link for online access.

### **Christian Council Discussion Series (online)**

- “What are our churches doing towards reconciliations?”
- Tuesdays at 7 p.m.
- Register to receive link for online access at <https://bit.ly/49EAbNn>



# Branches of Hope



## **UPDATE: Branches of Hope**

A project of the PWRDF Working Group in the Anglican Diocese of Ottawa

February 2024

### **What is the goal of this project?**

We hope to see 500 trees planted in Canada and 500 more in Kenya. Inspired by the Communion Forest of the worldwide Anglican Communion, we are making Red Maple and White Spruce saplings available to parishioners of the diocese in time for the 2024 spring planting. Funds raised (through donation) will benefit our PWRDF partner in Kenya, Josephine Kizza.

### **Is there a cost for saplings?**

We estimate the cost of a sapling to be about \$20. Online donations are welcome via this link: [pwrdf.org/branchesofhope](http://pwrdf.org/branchesofhope).

### **How to obtain a sapling (or saplings)?**

We encourage you to sign up before March 1<sup>st</sup> 2024. Each parish of the Diocese will have a sign-up sheet available.

### **What if I do not have a garden/property?**

Saplings make great gifts to mark the birth of a child; an anniversary; or the life of a loved one. In collaboration with local authorities, consider planting a sapling on public land. Donations are welcome at [pwrdf.org/branchesofhope](http://pwrdf.org/branchesofhope).

### **Where can I learn more about Branches of Hope?**

You may contact our project leader, the Ven. Patrick Stephens by email [thereverendpatrickstephens@gmail.com](mailto:thereverendpatrickstephens@gmail.com) or at PO box 426, Deep River, ON. K0J 1P0.

For more information about Branches for hope, or to arrange to receive a free tree to plant in your community, please contact Patrick Stephens at: [thereverendpatrickstephens@gmail.com](mailto:thereverendpatrickstephens@gmail.com)