



20 February 2022      newsletter



Seventh Sunday after Epiphany

## From the Rector

“Be still before the Lord and wait patiently for him.” -Psalm 37:7

I don't know about you, but in my life these days, everything seems urgent. When my children want my attention, they don't want to wait-- they want it now. When I go to order something from Amazon, I don't want two-day delivery-- I want it today, or at least tomorrow. In our twenty-first century lives, we seem to struggle with patience.



The problem is, we often confuse urgency with importance. The constant demands for our attention—the emails notifications, the text messages, the phone calls . . . the little things that interrupt the flow of our day—they seem significant because they ask for our attention in that very moment in a way that is “in our face.” But if we spend all day reacting to the demands on our time that come from the outside, we have little time to focus on the things that really matter.

When we think of patience, we often imagine waiting calmly for a delayed appointment, or holding our tongue when something or someone annoys us. But patience can encompass more than that. It's a virtue we cultivate as we learn to discern the difference between the urgent (what we want right now, or what other people want from us right now) and the important (what really matters and will work for our benefit). Patience allows us to say to ourselves, “Something is making me uncomfortable right now, but I'm choosing to let go of that anxiety and focus on the big picture.” It's more than just tolerance. There's a sense of peace that comes with genuine patience, as we trust that God is here for us and our discomfort will eventually conclude.

I wonder what things in our lives that claim to be "urgent" could really go on the back burner as we give more of our attention to prayer, or even to self-care that supports our spiritual well-being? Where do we let the urgent crowd out the important? And how can we cultivate that deeper patience that gives us the ability to say not just, "I can wait," but, "This supposedly pressing thing—this email or this phone call—this demand can wait, too."

For my part, I'm still up to my eyeballs in meals and diapers and my children's homework, but the other stuff? The laundry, the boxes I still haven't unpacked, and dare I say it even that second cup of coffee . . . I could probably let those go a little while longer to give some more attention to prayer or study. So this week, I invite us all to find a place in our lives-- no matter how small-- where we can practice patience with ourselves and our circumstances, saying "no" (or "wait") to the non-essential, and give that time over to God.

Love,  
Mother Terry+

## **Reflections by the Rev. Canon Herb O'Driscoll**

THE FIRST READING Genesis 45: 3-11,15.

One of the most moving encounters in the Bible. What makes it haunting is the simple literary device that we the readers know who Joseph is but his brothers don't yet fully realize it - yet !

*"I am Joseph. Is my father still alive?"* An early indication of the generous spirit of Joseph. His first thought is about his father.

*"Come closer to me."* They still hang back, wanting this to be true but still unsure. *Come closer* - a beautiful statement with more than one level of meaning. Joseph has every reason to distance himself from these brothers who betrayed him, but he chooses otherwise. Eventually he will even invite them to live near him.

*"I am your brother Joseph whom you sold into slavery."* The old story is telling us that very often the best way to deal with painful things is to name them clearly and bluntly.

*"God sent me before you to preserve life."* Joseph sees the fear on their faces so he reassures them. He is emphasizing that there is no threat here, no seeking revenge.

*"Come...make no delay...settle (here) in Goshen...I will provide for you."* Now we hear wave after wave of generosity from Joseph. We know by now Joseph is a great and powerful figure in Egypt. In this moment we realize he is also a great human being.

*"Joseph kissed all his brothers and wept upon them, and after that his brothers talked with him."* We are learning that actions and gestures are as important and sometimes more important than mere words. How important touch can be. A handshake, a hug, a hand on a shoulder. Barriers tumble. Encounter takes place.

THE PSALM 37: 1-12 and 41,42

If we are prepared to be honest, one of the annoying things in life, at least in the short run, is that it can pay quite handsomely to be unscrupulous. Playing the power game, not caring about those who get in our way, fiddling the books a little - all these things can produce many pleasant things we would all like to have. The prospering of the unscrupulous becomes doubly annoying when we can't help envying the rewards of their wrongdoing! The Psalmist is wise to this little secret about us. "Do not fret" he advises us. Actually, he says this no less than three times because he knows we fret a lot about life's injustices and unfairness. "Do not fret" "yourself over the one who prospers" we are told. He says "*do not fret*" no less than three times. "*Refrain from anger. Leave rage alone.*" Very good advice - because there is nothing more useless than anger born of envy.

THE SECOND READING I CORINTHIANS 15: 35-38,42-50

*"What is sown is perishable."* Right up-front Paul faces the brutal reality of death as we know it. But he immediately balances this with the hope and reassurance of *"What is raised is imperishable."* He then continues to balance



the harsh and the hopeful. *"Sown in dishonour...raised in glory. Physical body....spiritual body."* Adam (Creature?) of dust...Jesus (Creature?) of heaven." Paul now expresses a wonderful insight. He writes *"Adam became a living being. Jesus became a life-giving spirit."* Paul is saying that Jesus becomes a source of spiritual power to those who are prepared to trust that He lives in the human heart and in human relationships. If we trust this to be true, then something all-important follows. If my vocation as a Christian is to become anything like my Lord, pathetic as my effort may be, then I am called to give life to others. What might this mean? I think it means being a person from whom the nurturing and inspiring things of life flow out towards others as much as possible. For instance, Hope is life giving; so is Forgiveness, Acceptance, Understanding, Encouragement. Above all, the vast and mysterious thing we call Love. Will I always succeed in being this kind of life-giving spirit? Of course not! I am a human being, with all that that means. But in so far as my human condition allows me to, my vocation is to cultivate as far as I can an attitude towards others that seeks to be life giving.

#### THE HOLY GOSPEL Luke 6.27-38

Jesus continues to disclose his vision of what he calls the kingdom of God. He knows well that it remains for ever beyond our human grasp. *Love your enemies...bless those who curse you...pray for those who abuse you...* In some sense these are words of terror for us. They are so far beyond our human grasp. Even as we listen to them, we look for ways out of them, for some reasonable compromise in the face of what sounds utterly unreasonable. There are great souls among us - a Mother Teresa, a Nelson Mandela, but also there are great souls unknown and unrecognized. There are acts of sublime self-sacrifice, some gestures of immense generosity with no thought of recompense, and in these for a fleeting moment the kingdom of God is present and embodied in the world.

ONE MAN'S JOURNAL (by Herb O'Driscoll) <http://onemansjournal.com>

## A Heartfelt Thank You for the Hug Shawls! 100 Shawls!

The Spiritual Health Department at BC Children's and Women's Hospital would like to express deep gratitude to our community partners at St. John's Shaughnessy Anglican Church. Thank you to Aileen Engs who graciously provides her time, energy and creativity in creating



Hug Shawls. Each work of art is prayed over and blessed by SJS clergy and gifted to us; and we also pray and bless them. In unexpected spaces and places of loss, change and transition, we gift a Hug Shawl for that particular individual. The color blue was a favorite for a young child who experienced an unexpected loss of a sibling, and earth tones for the mother. Brightly colored blue and green shawls were gifted to moms with complicated pregnancies as they wait for the birth of their babies. The right shawl is always found for the unique request of the patient or family member.

*Philip Crowell, Spiritual Health Leader*

*Kathleen Cabral, Spiritual Health Practitioner*

*Grace Neudorf, Certified Spiritual Health Practitioner*



I started in July 2019 to make maybe a dozen shawls for BC Children's Hospital. This is Group 4 Number 25 (yes, 100). In loving memory of Ted and Stevie Smith.

*Aileen Engs*



**“Remember you are dust,  
and to dust you shall return.”**

***Genesis 3.19***



# Ash Wednesday

March 2

**9:30am**      **Holy Eucharist with Imposition of Ashes**

*Ashes to Go* in covered driveway 10:30am - 12:30pm

**7pm**            **Holy Eucharist with Imposition of Ashes**

*with the St John's Choir*

Join us online or in person!



## **Notice of Annual Vestry Meeting February 27<sup>th</sup>**

Our Annual Vestry meeting on February 27<sup>th</sup> will be on Zoom again this year, and we hope all members of SJS will join us. The meeting starts at 12 noon, but please log in to Zoom at least 20 minutes early. Zoom link will be emailed to all SJS members next week.

## **Ash Wednesday March 2<sup>nd</sup>**

Please bring back your palm crosses from last year. You may leave them in the donation plate, thank you.

## **SJS Prayer List**

If you request that someone's name be added to the prayer list, please keep in touch with us. At the end of each month, all names will be removed, so you will need to add the names again on the first of each month. Email the office anytime! Thank you.

## **WNM items for Homeless Needed**

These items are particularly short in supply: Winter clothing, raingear, boots, sleeping bags, socks, pudding cups, granola bars (soft with no fruit/nuts), & juice boxes.

## **Midweek Meditation 8pm Wednesdays**

This is a beautiful service of Compline (or Night Prayer) and a reflection. A great way to end a day. You can watch it at any time, just follow the link from our website [www.sjs.net](http://www.sjs.net) May God be with you.

## **Podcasts**

If you like to listen to podcasts, why not include a podcast of Mid-Week Meditation or the Sunday Sermon? They are now available as a podcast under the heading of **The Anglican Angle from Shaughnessy**. You can get the podcast from: *Apple Podcasts, Spotify, Overcast*.



## Virtual Coffee Hour after the 10am Sunday Service

Join us for a virtual coffee hour using [Zoom](#). You can pop in any time between 11am and 12:30pm on Sundays. You may need to wait several minutes for someone else to join you! <https://bit.ly/SJScoffee> or <https://us02web.zoom.us/j/88970734514?pwd=Z0hoS1g0SlU5a21XRjhYRHUyN1VtZz09>

## Church Photographers Needed

Do you love photography? Do you have a camera that takes great photos in low light settings? Please contact the office if you would like to take photos during and/or after services at SJS. **No commitment required.** You can just send in photos when ever it suits you.

## Online Worship

To access our worship online you can go to our website at [www.sjs.net](http://www.sjs.net) and click on the link there. Or you can access it through: a Facebook Live feed, a Youtube live feed and a Twitch live feed. To access one of the live feeds, select one of the following links:

[St John's Shaughnessy on Youtube](#) or <https://www.youtube.com/channel/UCJzbg4009j4WMkaRBvTE-zQ>  
[St John's Shaughnessy on Twitch](#) or [m.twitch.tv/sjsnanton](https://m.twitch.tv/sjsnanton)  
[facebook.com](https://www.facebook.com) and search for "St John Shaughnessy"

Once the service ends, it will be available on each of the streaming platforms to view later using the same links.

## Financial Support - Stewardship

If you would like to make a financial contribution to help support the worship and ministry of St. John's Shaughnessy, please do! You can use this QR code (point your phone's camera at it) and it will take you to the donation page of our website. If you have recently made a contribution online or by cheque, thank you so very much! If you currently give by Pre-Authorized Donation, thank you! Our church has been affected by COVID-19 in many ways but financial giving is certainly one.



If you would like to give via monthly Pre-Authorized Donations (easy to change and easy to cancel), please contact Janet in the office ([church@sjns.net](mailto:church@sjns.net) or 604-731-4966). If you would like to give to the church via one-time (or several times) donations using a credit card, please use the DONATE button on our website (Canada Helps on top of page one, and Paypal on the bottom of page one). Cheques may be mailed or dropped through the church mail slot.

**If you are already donating using the PAD program, please contact us anytime to confirm your donations for 2022. PAD forms are in the Narthex or can be emailed. Thank you for your generous support!**

Photos taken last Sunday by Matthew Jiang





**Sunday in-person services** 8am and 10am

**Sunday online service**

10am [Holy Eucharist live-stream](#)

**Wednesday online service**

8pm [Midweek Meditation](#)

Rector                      The Reverend Terry Shields Dirbas    [terry.dirbas@sjs.net](mailto:terry.dirbas@sjs.net)  
Assistant Priest        The Reverend Elizabeth Ruder-Celiz    [erceliz@vst.edu](mailto:erceliz@vst.edu)  
Vestry Clerk              The Reverend Karin Fulcher

Music Director              Michael Dirk    [organist@sjs.net](mailto:organist@sjs.net)  
Rector's Warden            Judith Downes  
People's Warden            Maggie Sanders  
Treasurer                    Donald Wood  
Property Trustee            Michael Dezell  
Pastoral Care Team Coordinator    Helen Kline  
Altar Guild                   Susan Firus  
Parish Administrator    Janet Hamilton  
PWRDF Rep                  Doug Symons  
Verger/caretaker            Regan Gorman    604 441 5399

Please email the office if you would like to have newsletters sent to you.  
Newsletters, leaflets and online videos are posted on the website.

**St John's Shaughnessy Anglican Church**

Diocese of New Westminster

Anglican Church of Canada

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Offices are closed, but email and voicemail are checked regularly and often, so please reach out. We want to hear from you! Cover: Syrian Kurdish refugee children in Iraqi Kurdistan. Photo by Peter Biro/IRC

