

Today is National Day for Truth and Reconciliation. It is a time for us to pause and reflect, to remember the children who died while forced to attend residential schools, as well as the survivors and the communities who have suffered trauma as a result. It is a day to commit ourselves, again, to the work of reconciliation.



In June, members of St. John's, Shaughnessy gathered one Sunday after church to participate in a public art project called "Raising Hearts." Kerry Baisley, the Missioner for Indigenous Justice for the Diocese of New Westminster, developed this project with the goal of promoting healing and reconciliation with our indigenous neighbours. Kerry led us in a felting project, and taught us more about residential schools and about what reconciliation means from the perspective of the indigenous community. He also recommended books and resources for further learning.

It was a lovely intergenerational event, with a number of children from the parish participating alongside adults. Together, we created felt hearts to represent the children who did not come home. Seventeen parishes from the diocese contributed hearts to the project, and they are now suspended from a medicine wheel as a symbol of healing and reconciliation. You can see the finished project, which was dedicated a couple of weeks ago, in the arbor walkway between the church and the Synod Office.

"Why not hang it inside the Synod Office?" many people ask. The answer is that reconciliation is hard work. And even when we're willing to listen and reconcile, those who have been harmed may not be ready yet for dialogue. Kerry had initially hoped we would work on the medicine wheel alongside our indigenous neighbours—reconciliation in action! But he realized quickly that it was a bit too much to ask. We can't force others to reconcile on our timeline, or in the way that works for us. We can let people know that we are ready and willing to listen, ready and willing to learn. But we also have to give them the space and the freedom to decide when they are ready, emotionally, to come together.

The medicine wheel hangs outside the Synod Office, so that those who pass by may see it, without having to make the step of entering a church office. It is a project that exists not simply for us to remind ourselves of the tragedy of residential schools, but for us to show our sorrow, grief, and desire for healing and reconciliation to those

who have been affected by that trauma. It hangs outside as a symbol of our repentance, our solidarity, and our hope.

I encourage you to visit the project, and to spend some time in reflection not just on the children who didn't come home, but on the people who are still suffering, and how we might find healing for all of us, and for our society.

Warmly,
Mother Terry+

Dear Abbey,

I've noticed that some people stand when they pray, others kneel, and still others sit. I looked in the *Book of Alternative Services*, and it gives directions for some parts of the service but not for others. The bulletins used to have directions in them, but I don't see those anymore. Is there a "proper posture" for prayer?

Sincerely,
Prayerfully Pondering

Dear Prayerfully,

There are two basic positions for prayer: standing and kneeling. Evidence for these can be found both in scripture and in the historical documents and writings of the early church. The Early Church Fathers (1st–4th Century) generally identify the position for public prayer as the "orans" position: standing, facing east, with hands spread outward and upward. This is the position (save for facing east) the celebrant assumes during the Eucharistic Prayer at SJS. The expectation of the Early Church Fathers, however, was that both clergy and laity prayed in this standing position, especially on all Sundays, feasts, and daily throughout Easter and Pentecost. In addition to the orans position, the prayer position of kneeling (still facing east) is commended for personal prayers or prayers of penitence.

However, many of us who grew up in the Anglican Church may be more familiar with a kneeling posture for public prayer. J. Robert Wright, my Professor of Ecclesiastical History at General Theological Seminary, wrote, "Posture for prayer, especially public congregational prayer, gradually changes as the Middle Ages come (7th – 9th centuries): now no longer standing but kneeling, now no longer orans but hands clasped or folded: the position of submissiveness, of resignation to a higher power." This prayer position emphasizes the unworthiness of both celebrant and congregation as they seek the grace of God, freely distributed in the sacrament of Holy Eucharist. In churches today, many people will kneel as they pray, especially when penitent (during the confession)

or if their prayers are considered personal (e.g. before worship, or after receiving communion).

As for sitting and other positions for prayer, I think the answer is best summed up by *Origen On Prayer* (written circa 233 CE), Chapter XX:

“ . . . that attitude in which the hands are stretched out and eyes lifted up is to be preferred to all others, since the body brings to prayer the image, as it were, of the qualities suitable to the soul . . . (But) where there is an obstacle it is permissible on an occasion to pray suitably in a sitting position . . . or even lying down . . . And also, on account of circumstance, if we are sailing, let us say, or if our business does not allow us to withdraw and offer the prayer that is due, it is permitted to pray without even seeming to do so.”

In other words, if we cannot stand or kneel due to our physical limitations, there's no reason to feel bad about that. But the tradition we have received is that if we are able, our experience of prayer will benefit from taking a more active posture, whether that's on our feet or on our knees.

You'll notice that we have returned to the practice of using rubrics (directions in italics) in this week's service leaflet. I hope they will be helpful for visitors and newcomers who might not know Anglican customs, as well as for long-time Anglicans who might have been similarly unsure what to do at various points in the service. But please feel supported if you need to stand or kneel in spirit, rather than in body.

Blessings,
Abbey

Do you have a question about church, liturgy, Anglicanism, etc.? Is there something you've always wanted to ask but thought you should already know? Send those questions to Mother Terry at terry.dirbas@sjs.net. All questions will remain anonymous.

Feasting with the Saints

Apologies for the cancellation the of Feasting with the Saints on September 27. Mother Liz is still recovering from Covid, and we hope she will get well soon! She looks forward to seeing everyone at Book Club at the end of October.

Hospitality Volunteers Needed!

Do you enjoy having coffee and refreshments after church? We do, too! It's a great time to get to know one another and welcome new members to the parish. But **we cannot have coffee hour without volunteers!** Please consider signing up to help. It is not difficult, and it is vital to our ministry.

-photos by Derek Simpkins

Blessing of the Animals

Sunday Oct 2, 2022 at 2pm

Join us for a short prayer service followed by a pet blessing

Please keep dogs on leashes and other pets in carriers

1490 Nanton Avenue (at Granville St)
Vancouver BC V6H 2E2
604.731.4966 / www.sjs.net

Parish Book Club – First Meeting Tuesday, October 25 at 7 p.m.

We're starting a parish book club! Our first gathering will be on Tuesday, October 25, in the Trendell Lounge. (We will provide a Zoom link for those who would like to join us remotely.) This month, we will be discussing [The Book of Joy: Lasting Happiness in a Changing World](#), by Desmond Tutu and the Dalai Lama. If you have any questions, please contact Mother Liz.

Choral Evensong for All Faithful Departed – October 30, 3 p.m.

On October 30, we will hold a special evensong in observance of the Commemoration of All Faithful Departed, commonly known as All Souls' Day. This will serve as our annual Memorial Garden Evensong, and we are hopeful that the Limina sculpture will be installed in time to be dedicated at this service as well. The choir is preparing some beautiful music, and we will have a festive reception afterward. Please mark your calendars and invite your friends!

Parish Necrology – Submit Names by October 23

At our evensong on October 30, we will observe the Commemoration of All Faithful Departed. While this is a service to remember all those who have gone before us, there is also a long tradition of reading the parish necrology, or a list of those who have died since the last All Souls' Day.

If you have a family member or close friend who has died in the past year, please submit their names to Mother Terry by October 23. Please also reach out to their loved ones to let them know about the worship service, and that they will be named in our prayers that evening. Often their relatives will choose to attend, and it can serve as a wonderful way to offer support to those who are still grieving.

Royal Canadian College of Organists Halloween Organ Spooktacular at SJS – OCT 28 7:30pm

The Royal Canadian College of Organists Halloween Organ Spooktacular (RCCO) which Michael Dirk serves on executive as Vice-President and Education Officer will be hosting their Halloween Organ Spooktacular Concert at SJS on Friday Oct 28, 7:30pm.

This also coincides with the 54th Anniversary of SJS's Hallman pipe organ's dedication- and the 5th anniversary of the launch of the organ revitalization campaign. Please join us then.

Posters

We have a few posters of the late Queen Elizabeth and Prince Philip in the office. If you would like them, please let the office know.

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 at the end of each month. Please also let us know if you want someone removed from the list. Email the office (church@sjs.net) anytime! Thank you.

Greeting volunteers needed at the 10am service

We could use several more greeters! Please contact the office (church@sjs.net) for more details if you are interested in greeting on Sunday mornings.

Mission and Ministry Conference for the Diocese - Oct 15



MISSION & MINISTRY Conference 2022

Together we will celebrate the many ministries of the Diocese of New Westminster

Follow for registration and more information or go to <https://tinyurl.com/2p8a57ar>

SATURDAY | OCTOBER 15
Advance registration is required prior to October 3

REGISTRATION COST (INCLUDES LUNCH)
Children & Youth (under 25) | free
Aged 25 and over (per person) | \$10

GATHER 9:30am | START 10:00am | CONCLUDE 4:00pm

LOCATION St. Dunstan's Aldergrove
3025 264 St. | Aldergrove, BC | V4W 2W4
(St. Dunstan's is fully wheelchair accessible)

GUEST PRESENTER
Dr. Amy Zidulka

Therefore encourage one another and build each other up, just as in fact you are doing.
1 Thessalonians 5:11

Diocese of New Westminster
ANGELICAN CHURCH OF CANADA

Vicki Potter will be there as chair of the Homelessness and Affordable Housing Task Force. That topic will be one of three themes contemplated during the day.

Registration deadline is this Monday, October 3! Please sign up. Carpooling is available.

SJS Garden Club Needs New Volunteers

It is time for the Garden Club to renew their efforts at St Johns. We hope we have some new volunteers who could join us from time to time. Or every week! Weather permitting, we meet on **Monday mornings**, but the day/time can be adjusted to accommodate other schedules. We do watering, light pruning (no saws or ladders), weeding, dividing, planting, etc. We enjoy wonderful chit chats in the safety of the outdoors. You can bring your own gloves and tools if you want to, or you can borrow ours. If you have old tools in your garage that you don't use any more, please let us know. **We are accepting donations of old garden tools.**

WNM items for Homeless Needed

Winter clothing, raingear, boots, sleeping bags, socks, pudding cups, granola bars (soft with no fruit/nuts), & juice boxes.

We are always grateful for the generosity of everyone. We are well stocked in most of the supplies that we send out. What we are short of is protein items (eg tuna tins), and meal replacements (Ensure or Boost). And always, socks. Thanks so much.

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 and 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 Cynthia in the office

(church@sjs.net or 604-731-4966). If

you would like to give to the church

using a credit card, please use the

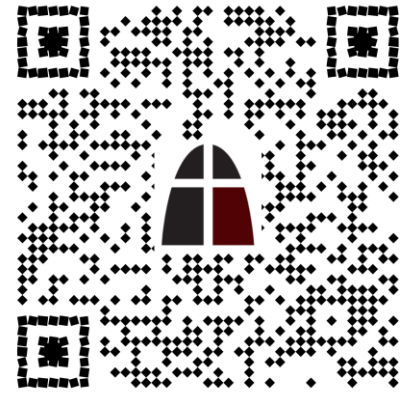
DONATE button on our website

(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.



ST. JOHN'S, SHAUGHNESSY STAFF AND LEADERSHIP

Please contact the parish office if you would like to be added to our mailing list, so that we may let you know about upcoming events.

Clergy and Staff

The Reverend Terry Shields Dirbas, Rector terry.dirbas@sjs.net
The Reverend Elizabeth Ruder-Celiz, Assisting Priest erceliz@vst.edu
The Reverend Marilyn Hames, Honorary Assisting Priest
The Reverend Karin Fulcher, Deacon
The Reverend Pitman Potter, Deacon
Michael Dirk, Music Director organist@sjs.net
Jaime Yoon, Interim Choir Director jaime.yoon@sjsparish.net
Cynthia Jutras, Interim Parish Administrator church.office@sjs.net

Trustees

Judith Downes, Rector's Warden
Maggie Sanders, People's Warden
Mike Dezell, Property Trustee
Donald Wood, Treasurer



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