

"The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened."

MATTHEW 13:33



### Yeast and the Kingdom

I missed out on the "quarantine baking" trend a few years ago. It isn't that I don't like to bake. It's just that my household was too busy with homeschooling and infant care for me to spend time on large projects in the kitchen. There was, however, one afternoon when I really wanted a baguette to go with our dinner. I thought about going to buy some, but at that point in the pandemic, I couldn't justify a trip to the grocery store for fresh bread when I didn't need any other groceries. So that afternoon, I tried my hand at bread-baking, and I can honestly say I understand why so many people got hooked on it!

I make pizza dough from scratch all the time, but pizza dough uses very little yeast. Real bread dough, I soon found out, rises like crazy. George and Jeannie were fascinated by the whole thing. Jeannie even wanted me to take pictures at various stages. I wish I had saved them to share with you. (Stock photos will have to do.)

After that bread-baking experience, Jesus' parable about the kingdom being like yeast makes more sense to me now. The kingdom is growing and expanding all the time—so much so that even when we punch down on it, it continues to rise. And in all of this, our efforts, regardless of our skill or experience, will yield an incredible increase.

I remember wondering, that afternoon, if my dough was going to rise completely out of the bowl I had placed it in. And how fitting would that have been? There is no containing God. There is no containing God's Spirit at work in the world. We truly could all use a lot more of that ever-expanding grace and hope of the kingdom. So let's be like that woman baking in Jesus' parable. Let's mix in the leaven of God's kingdom in everything we do, that God's love and healing and peace might overflow into every part of our lives.

Blessings,  
Mother Terry+

Dear Abbey,

*I was wondering about the psalms we use at worship on Sundays. Why does the choir sometimes sing them alone, while other times the congregation sings, too? And what's the Latin phrase that's written next to the psalm title every week?*

Sincerely,  
A New Anglican

Dear New Anglican,

Welcome to the Anglican Church of Canada! Psalms are an important part of our faith tradition, not only because of their place in Holy Scripture, but also because they continue to play an important role in Anglican worship, both at the daily office and at the Eucharist. In their original form, the psalms would have been sung, perhaps with instrumental accompaniment. Within Christianity, there is a long tradition of singing the psalms in the liturgy, though this has taken various forms at different times and places.

Initially psalms were monotoned (sung on a single note). Over time a practice called [plainchant or plainsong](#) developed, which added a melodic pattern to the end of each line. The Latin translation of the psalms has been sung to these tones from the early centuries of the Christian Church. After the publication of the 1549 *Book of Common Prayer*, very little plainsong survived in the English liturgy. However, eight psalm tones continued to be sung in some form with the English prayer book psalter well into the eighteenth century.

In some places the psalm tones were sung in harmonized versions, and these four-part settings became the basis of [Anglican chant](#). Eventually, Anglican chant became the normal practice in English cathedrals, collegiate churches and chapels, and in many parish churches. Plainsong subsequently fell out of favour until it was revived in the nineteenth century. Both plainsong and Anglican chant have traditionally been used not only for psalms, but also for the canticles at morning prayer and evensong.

In our practice at St. John's, we have incorporated a variety of approaches to psalmody at various times. During Holy Week, we include plainsong psalms and canticles as responses to some of the readings at the Easter Vigil. Plainsong also comprises much of the sung setting of the Passion offered by the choir at the Good Friday service. At the Sunday Eucharist, in some seasons the congregation has sung the psalm to Anglican chant, generally using one chant setting for several weeks so that everyone could learn the tune. Other times, we have used Anglican chant settings based on familiar hymn tunes, with the choir singing the harmonized psalm verses and the congregation joining in a simple refrain.

Other approaches to the psalms are possible, as well. There are settings of "[simplified Anglican chant](#)" which still incorporate harmony while changing notes only on the final accented syllable of each line. There are also metrical psalters, which attempt to translate the

psalms into phrases suitable for singing to metrical hymns (e.g. “[Old 100<sup>th</sup>](#)” takes its name from Psalm 100, a paraphrase of which is often paired with the tune).

Sometimes we simply speak the psalms, perhaps alternating verses between clergy and congregation, or between each side of the nave. While speaking the psalm may be the most practical option in certain settings, it is akin to opening a hymnal and reciting the words to a hymn. It is always better to sing when doing so is possible.

This summer, we’ve been treated to some gorgeous Anglican chants sung by the choir. Many of the great composers of Anglican church music have provided chant settings for us to enjoy, but the difficulty of some of these settings is such that even a fabulous choir such as our own needs to rehearse to sing them well. By having the choir sing the psalm as an offering on our behalf, we get to sit and listen to these great choral works that form such an important part of our Anglican liturgical heritage, while we meditate on the words of the psalms themselves.

Finally, the little Latin phrase with each psalm is called an *incipit*. Many liturgical texts are identified by the Latin words with which they begin. For example, at Holy Communion we sing the *Sanctus* (“Holy, holy, holy”) and *Agnus Dei* (“Lamb of God”), and we continue to identify them by these Latin terms. The Psalms, too, have Latin incipits assigned to them. Thus Psalm 46 (“God is our refuge and strength”) is identified by the incipit *Deus noster refugium*. Psalm 95 (“Come, let us sing to the Lord”) and Psalm 100 (“Be joyful in the Lord, all you lands”) are identified by *Venite, exultemus* and *Jubilate Deo*, respectively. When they are used as the invitatory at morning prayer, their incipits are commonly shortened simply to *Venite* and *Jubilate*.

Warmly,  
Abbey

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*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](mailto:terry.dirbas@sjs.net). All questions will remain anonymous.*

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Join us for a service of  
**HOLY EUCHARIST**  
with opportunity for anointing  
and prayers for healing

Thursdays at 10 a.m.  
Beginning on August 17

St. John's, Shaughnessy - 1490 Nanton Ave.

## **Weekly Holy Eucharist with Healing Prayers**

Thursdays at 10 a.m.  
Beginning August 17

Next month, we invite you to join us for our new mid-week service of Holy Eucharist. If you'd like to receive prayers for healing, there will be opportunity for anointing with holy oil and healing prayers with the clergy.

Afterward, please stick around for a quick cup of tea or coffee and some conversation. All are welcome!



The Vancouver School of Theology and St. Andrew's Hall are delighted to announce that **Andrew Root, PhD**, Princeton Theological Seminary, will be the lead speaker at the inaugural Cork Lecture and Workshop.

**Friday August 11, 7pm**

### **Living After a Pandemic or Why We're All So Exhausted: The Church in a Time Crisis**

It's often assumed the church and local congregations are in a crisis of resources. Congregations are losing people, money, and overall cultural influence. There is a misguided assumption that what ails the congregation is this loss of resources. The crisis the local congregation faces is not a loss of resources, but a loss of time which just keeps speeding up. And local congregations and denominations simply can't keep up with technology, social life and pace. Congregations can attend to sacred time in a late modernity of accelerating time, to move forward faithfully, and how denominations might find revitalization.

**Saturday August 12, 10-2 p.m. (Lunch included)**

### **Ministry Inside the Immanent Frame: The Task of Speaking of God in a Secular Age**

Congregational life isn't easy task in our time. Institutions are weaker, budgets are in decline, people are uninterested, and commitment is wavering. But these are only symptoms of a bigger issue that many congregations find themselves in an identity crisis. Examining what living in a secular age does to congregational identity and how pastors and lay leaders can find new footing within it.

*While there is no charge for attendance registration is required for each of the sessions.*

Please click on the following link: <https://www.eventbrite.ca/e/cork-lecture-workshop-tickets-608708953867?aff=oddtcreator>

## Music around the Diocese



**CHLOE KIM**, VIOLIN

**CHRISTINA MAHLER**, CELLO

**CHRISTINA HUTTEN**, HARPSICHORD

The **brilliant virtuoso violinist Chloe Kim** is joined by Christina Mahler, former principal cellist of Tafelmusik, and Christina Hutten, well-known as organist and harpsichordist with the Pacific Baroque Orchestra and Early Music Vancouver for a summertime concert.

The programme for the concert has been curated to highlight the wonderful work that the St James Music Academy does by providing free music education for children on the downtown Eastside, and how that parallels the work that composers would have done and benefitted from themselves in the 17th and 18th centuries.

Two Performances will be held at St. James Anglican Church,  
303 E. Cordova St., Vancouver on

Saturday, August 12 at 7.30 pm

Sunday, August 13 matinée at 3 pm

Tickets at Eventbrite.

<https://www.eventbrite.ca/e/triptych-chloe-kim-christina-mahler-and-christina-hutten-in-concert-tickets-627783125227?aff=oddtcreator>



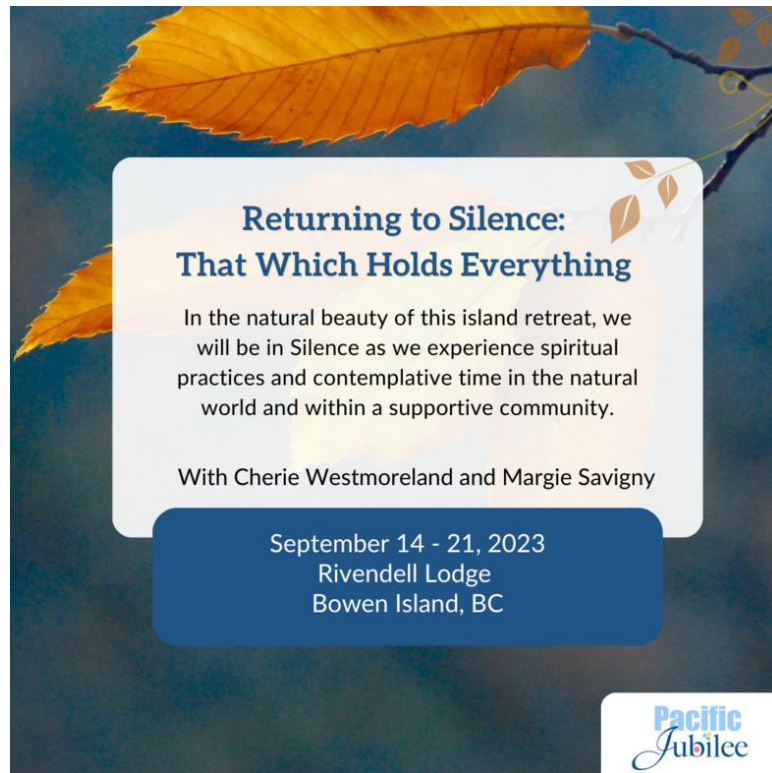
## Organ Concert



On **Friday, August 25 from 7:30-9:30pm at St. James Anglican Church**, 303 E. Cordova St., Vancouver, renown Polish concert organist **Michał Szostak**, performs on St James' majestic three-manual Casavant organ.

The concert will include music by Bach, Chopin, Lefébure-Wély, and Vierne. Admission is by donation, and the event is followed by a reception. Please confirm your attendance for planning purposes.

[Confirm your attendance](#)



**Come into the Silence** that is always here. Bring your heart, mind, body, and spirit to the nourishing and welcoming contemplative space of the **Rivendell Retreat Centre** on Bowen Island. The fall season is a beautiful time of year to pause, to create space for rest, inquiry, listening, and opening to the movement of Spirit. In the natural beauty of this island retreat, we will explore spiritual practices, share experiences of contemplative time in the natural world – while in Silence – but also within a supportive community.

For more info please click the following link.

<https://www.canadianjubilee.ca/events/returning-to-silence-that-which-holds-everything-2>



## 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](mailto:church@sjs.net)) anytime! Thank you.

## 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 Ann in the office ([church.office@sjs.net](mailto:church.office@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.

## 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	<a href="mailto:terry.dirbas@sjs.net">terry.dirbas@sjs.net</a>
The Reverend James Hwang, Curate	<a href="mailto:jhwang@sjs.net">jhwang@sjs.net</a>
The Reverend Dr. Marilyn Hames, Honorary Assisting Priest	
The Reverend Karin Fulcher, Honorary Deacon	
The Reverend Pitman Potter, Honorary Deacon	
Michael Dirk, Music Director	<a href="mailto:organist@sjs.net">organist@sjs.net</a>
Ann Houghton, Interim Parish Administrator	<a href="mailto:church.office@sjs.net">church.office@sjs.net</a>

### Trustees

The Rev. Terry Shields Dirbas, Rector	<a href="mailto:terry.dirbas@sjs.net">terry.dirbas@sjs.net</a>
Ken Pepin, Rector's Warden	<a href="mailto:ken.pepin@sjs.net">ken.pepin@sjs.net</a>
Joan Stewart, People's Warden	<a href="mailto:joan.stewart@sjs.net">joan.stewart@sjs.net</a>
Mike Dezell	<a href="mailto:mike.dezell@sjs.net">mike.dezell@sjs.net</a>
Catherine Holmen	<a href="mailto:catherine.holmen@sjs.net">catherine.holmen@sjs.net</a>



1490 Nanton Ave. Vancouver, BC, V6H 2E2  
(604) 731-4966  
[www.sjs.net](http://www.sjs.net)