

---

### From the Curate

Sometimes, wise men and women throughout history have posed a simple question to challenge people to look around, look into, or look forward from, where they were when they felt “stuck,” like they were spinning a treadmill. One of those questions I often call to mind is “Where are you going?” Where are you going? Where is your life leading you?



Some may already have an answer, while others may be puzzled. Whether we have the answer at the moment or not, we all know that we do not know where we are going with certainty before the rough waves of life. Uncertainty weakens our souls. As a result, some cease to think and try to ignore big questions. Some focus on more approachable and tangible goals and enjoy the small accomplishments. All are good, but neither of these help us answer to the question, “Where are you going?”

To know where we are going, first we need to know where we are. To know where we are, we need to pause for a moment and look, listen, and feel. Depending on our spiritual tradition, this active effort to be “awake” in the present is called meditation or mindfulness. It is a practice of pulling ourselves away from a busy mind, worries, desires, anger, and other exhausting emotions, and encountering ourselves and the world around us. It is a way of moving away from any reactive responses from inside or any seductive messages from outside, and of being genuine and rooted with apprehension and affection.

It is quite different from pseudo-spiritual practices where people may be dissociated from reality. Rather, every moment experienced and owned by intentional awareness is solidified to form a thought, a step forward, or a voice to our souls.

As we continue to hold our ground firmly, fragmented thoughts form into a vision, continuous steps lead us to a path, voices turn into a message. It sounds quite abstract, but one thing is for sure: in those moments, we will learn the value of our being by paying

attention to it, and be present with it. Furthermore, as Christians, we will also find the being of God in us and our own being in God in those awakened moments.

In this journey, there is no right or wrong answer. There exists only our story that unfolds with God's story. However, if it is not fully lived and owned, our story would be a mere babbling sound without meaning or direction.

As we come closer to the end of Advent, our days may be full of excitement around holiday or numbness around piled-up events and schedules. To avoid being dragged or drifted by external or internal waves, it would be helpful for us to set some time aside during the day or the week, just to be with ourselves, with the world around us, with God who is always there for us. Eventually, love is to be present with, and as we learn how to love, our inner desire and longing for love will tell us where we would like to go.

Fr. James+

### **Bishop John's Advent 2023 Video Message**

[Please find linked here](#) Bishop John Stephens's Advent 2023 video message to the diocese.

### **Christmas Flower Dedications (note deadline change)**



Every Christmas St. John's is adorned with beautiful flowers, especially poinsettias. We are collecting flower dedications (memorials or thanksgivings) - a wonderful way to celebrate the birth of Jesus and remember loved ones. Please send in the exact wording for your dedication **by 9 am on Monday, December 18**. This will allow us time to add them to the Christmas leaflets. Email is best, but you can also call it in.

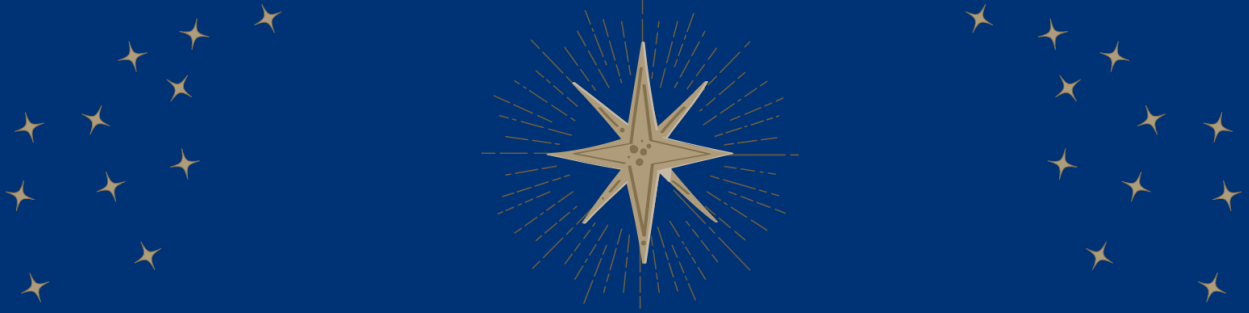
### **Christmas Church Decorating**

Saturday, December 23 at 10 am

Join us on Saturday, December 23 to decorate the church in time for Christmas. It will be great fun and there will be yummy festive treats!

### **Request for Greenery, lots and lots of Greenery**

To decorate the Church for Christmas, our hard-working decorators are looking for donations of: Cedar, Fir, Pine, or any Evergreens, Holly or other Berried Greens, and Ivy. Please leave any offering near the bench outside the office.



# Christmas Services

Christmas Eve 4pm Christmas Pageant & Communion  
10pm Solemn Choral Midnight Mass  
Christmas Day 10am Holy Eucharist

ST. JOHN'S SHAUGHNESSY 1490 NANTON AVE.



## *Christmas Eve* NATIVITY PAGEANT AND HOLY COMMUNION

December 24 @ 4 p.m.

All children are welcome to participate!  
(Arrive by 3:30 p.m. to get a costume)

RSVP: [rector@sjs.net](mailto:rector@sjs.net)

St. John's Shaughnessy Anglican Church  
1490 Nanton Ave.

# The Power of an Invite:

Why people came to church:

- 6-8% Came by own initiative
- 8-10% Liked the clergy
- 3-4% Had a need met by the church
- 1-2% Were evangelized
- 75-85% Were invited by a friend

The average is that 83% of people came to church because a friend invited them to come.



## First Christmas in Canada

The Refugee Support Committee is putting together a Christmas hamper for the Kandeel Family, the young Palestinian/Syrian Family who the parish sponsored. The parents have made great progress in their English classes and the children are settling into their new schools and making friends easily, but it would be lovely to spread a bit of Christmas cheer.

Contributions of gift cards, fruit baskets, home baking, toys for boys 6 & 9, a girl aged 13, Mum and Dad - all welcome. Please bring to the parish office by Dec. 22.

The Committee will be taking them to the Festival of lights at Van Dusen Gardens to celebrate.

## Winter Solstice Express Concert

Michael Dirk invites any parishioners who'd like to see what our neighborhood looks like from the public elementary school perspective. Next Thursday December 21 at 2 pm is their Winter Solstice Express Concert: featuring seasonal favourites as well as a Magic Flute since half the school attended Vancouver Opera's dress rehearsal, as well as celebrating Disney's 100th and Frozen's 10th complete with Elsa flash mob choir! Shaughnessy Elementary School gym- no admission.



## Labyrinth is Open

The Labyrinth here at St. John's Shaughnessy will be open for walking on Thursday mornings from 9 am to 9:45 am. For those who would like to stay, a service of Holy Eucharist with Healing Prayers begins at 10 am followed by a low-key Bible Study.

## Westside Anglican Neighbourhood Ministry

As always, we are very grateful for the generosity of parishioners for packet materials that go out to the folks on the street. Here's what we are a need at the moment:

- Toothbrushes (individually packaged)
- Socks (always socks, but especially as Fall is here and Winter is approaching)
- Meal Replacements (Ensure or Boost)
- Soft Granola Bars (not crunchy), Fruit Cups
- Clothing: warm & waterproof jackets, shirts, sweaters, gloves, hats or toques

## 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

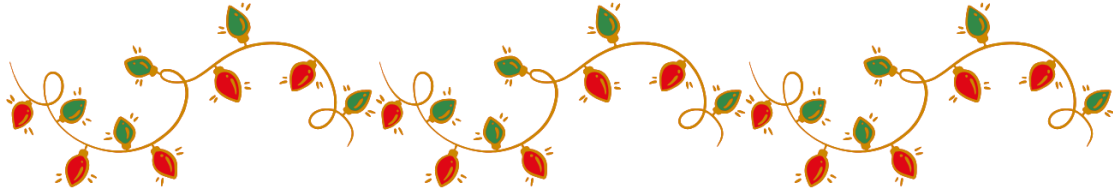
If you would like to make a financial contribution to help support the worship and ministry of St. John's Shaughnessy, please do! You can use this QR code (point your phone's camera at it) and it will take you to the donation page of our website. If you have recently made a contribution online or by 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 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.



# UPCOMING EVENTS

**at St. John's, Shaughnessy**

Sunday, December 17      10 a.m. Holy Baptism

---

Sunday, December 24\*      10 a.m. 4th Sunday of  
Advent Service

4 p.m. Christmas Eve  
Pageant and  
Communion

10 p.m. Midnight Mass

---

Monday, December 25      10 a.m. Christmas Day  
Service

---

Sunday, December 31\*      10 a.m. Christmas  
Lessons & Carols

**\*Please note: There will be no 8 a.m. service on  
December 24 or December 31**



## 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@sjns.net](mailto:terry.dirbas@sjns.net)  
The Reverend James Hwang, *Curate* [jhwang@sjns.net](mailto:jhwang@sjns.net)  
The Reverend Dr. Marilyn Hames, *Honorary Assisting Priest*  
The Reverend Karin Fulcher, *Honorary Deacon*  
The Reverend Pitman Potter, *Honorary Deacon*  
Dr. Graeme Langager, *Choral Director* [graeme.langager@sjns.net](mailto:graeme.langager@sjns.net)  
Michael Dirk, *Principal Organist and Artist-in-Residence* [organist@sjns.net](mailto:organist@sjns.net)  
Deanna Ferguson, *Parish Administrator* [church.office@sjns.net](mailto:church.office@sjns.net)

### Trustees

The Rev. Terry Shields Dirbas, *Rector* [terry.dirbas@sjns.net](mailto:terry.dirbas@sjns.net)  
Ken Pepin, *Rector's Warden* [ken.pepin@sjnsparish.net](mailto:ken.pepin@sjnsparish.net)  
Joan Stewart, *People's Warden* [joan.stewart@sjnsparish.net](mailto:joan.stewart@sjnsparish.net)  
Mike Dezell [mike.dezell@sjnsparish.net](mailto:mike.dezell@sjnsparish.net)  
Catherine Holmen [catherine.holmen@sjnsparish.net](mailto:catherine.holmen@sjnsparish.net)



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