

**Welcome to St. Michael and All Angels!**  
**Special welcome to visitors and new comers!**  
**We hope you feel at home in this community of faith.**

Easter season 2010

***Greetings in the name of the risen, Lord Jesus Christ. Alleluia, Christ is risen!***

In my previous letter I wrote inviting us all to engage in meaningful Lenten spiritual practices so that we would be well prepared to celebrate Easter. Sometimes we think of Lent as a time of passing through the darkness of loss, which could be the loss of innocence or anything of importance or value to us. How we suffer through our loss, crying out for what was but is now gone.

We feel, in our losses, that we will never see the light again, when darkness is all around the light seems to have disappeared forever. And yet the Easter message is that the seemingly impossible becomes reality. Our hearts are slow to accept the dawning of new light. Clouds of confusion drift in and settle in our minds, and in that slowness and confusion we can go either way. We can choose life or we can choose death, light or darkness.

As Christian people we declare that we choose life, we choose to follow the light! Not only that, we declare that we renounce the sin and evil that is the cause of death (*BAS p.154*). When Jesus rose from the dead his disciples were slow to believe (*Luke 24:25*), they were confused and yet they could not deny the reality of their experience, what they were seeing with their own eyes (*Luke 24:4*). And even as they tried to deny it, remembering the prophetic words of Jesus, their meaning gradually became more and more clear; how

he had said that in three days he would rise again (*Luke 24:7*).

This is the new life we celebrate: Life that has conquered death. We do not fully know what resurrection life is like. In the midst of life we are still in death (*BAS p.576*). But the resurrected life in Christ is life where death will no longer be an ever present threat. We can passionately proclaim with the apostle Paul "Death has been swallowed up in victory.

Where, O death, is your victory? Where, O death, is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ." (*1Corinthians 15:54-57*)



During the seven weeks of Easter we take the time to learn and receive what the resurrection of Jesus means for us. It is a yearly exercise. During that time we also prepare for the church to be filled afresh with the power of the Holy Spirit. The Holy Spirit who filled those early disciples at Pentecost is alive among us today. Be encouraged in your faith, to stand firm and find that for all of life, its larger concerns and the small ones, when we walk with the Lord we will find that He is faithful and worthy of our full devotion and attention.

In Our Lord's Service,

*Michelle*†

# The Spiritual Value of Repetition



Why do we repeat the same words over and over in our singing at church? There is spiritual value in repeating simple words. Our heads are always racing ahead of our hearts. Our hearts and souls need time. It takes longer to be moved by the Holy Spirit because it requires a depth of stillness that our "too busy" lifestyles train us to continually overlook. This is what one person has to say on the question:

*"When we begin a chorus and sing the words more times than I think is necessary, I grow impatient. So I ask myself, Is there truth to be found? Answer: Yes. Can I look for it, meditate on these words, even if my aesthetic sense says we've repeated the phrase once too often? Yes."*



*And so this morning, we sang a worship song, one which I actually like quite well. But we got to the simple statement of Job, "You give and take away, You give and take away...my heart will choose to say, 'Lord, blessed be Your Name.'" And we sang it again, and again, and again...*

*I didn't consciously think, "meditate on this, find the depth." I know that. I did consciously think, "This is at least one too many times to be singing this phrase." Yes, I thought that. But the Spirit was talking at the same time, saying, "What has the Lord given you? What has He taken away?" And I began to list things...the "take away" phrase tends to make me weepy...*

*I began to list things, and I realized something: what God takes away isn't necessarily a deprivation. Sometimes the taking away is a gift. He may take away despair or doubt, He may remove loneliness, He may eliminate worry or fear. I realized this. The Fourth. Time. We. Sang. That. Phrase. (Which means we actually sang, "You give and take away" eight times.)*

*What is the value of repetition? It gives the heart time to catch up with the head. We see and hear, and we think we got it the first time, or the second. But to reach our emotion and intuition and experience...that takes more time, more telling, more pondering. More repeats. Ponder that today."*

*Michelle* †



## DOINGS OF THE NURSING HOME MINISTRY

Every Monday afternoon we visit a nursing home on the West Island, bringing Holy Communion and a St Mike's smile. We visit 4 residences : Pierrefonds Manor, West Island Manor, Chateau sur le Lac and The Sunrise. The Holy Eucharist is celebrated and we sing hymns accompanied by our pianist, Irene Marteinson. It gives much pleasure to see faces light up with a familiar hymn or when giving help to find a place in the prayer leaflet. Afterwards, fellowship takes place with a short life story or a joke. This Ministry offers many rewards and Christ's presence is evident.

*Annette*

## Sunday School

"As the Sunday School year comes to an end on June 13th, the children will continue to learn about Jesus' miracles and messages. They will be learning a song we hope to sing at the end of this season. We have 3 students who will be graduating to Youth this year. It is a blessing and a joy to work with all the children, and though I will no longer be Superintendent next year, I truly hope to continue teaching".

*Angie*

Just a short reminder about Crossroads, the next monthly youth service to be held at St. Georges Place-du-Canada will be on May 16th at 7:00pm.

Have you bought your ticket yet for 'Soiree Senior Camp' the fundraiser for Senior Camp? It is an evening of dinner and entertainment and all proceeds go to funding Senior Camp. It will be on May 8th at 6:30pm at St. Matthew's. Tickets are \$5 (18 and younger) \$10 (19 and up) and can be bought from Melanie Hill



### Moms , Pops & Tots Play Group



The final day for the Moms & Tots play group will be on Tuesday, May 25th . It will close as usual for the summer

with a Teddy Bear Picnic .

Although we have been fewer in numbers this year , everyone has been richly blessed with lots of fun and fellowship .

Anyone interested please contact Henriette 514-624-8690



*The Pastoral Care Team is there, for anyone who needs help, during sickness or rehabilitation.*

*Please call Walter March @ 514-684-8722 or Carole at the Church Office 514-626-4205.*

*We always welcome new members. Refer to: (1 Peter 4::10)*

Help Welcomed!

Where do your interests lie? What are your God-given gifts? How can you participate in the life of St. Mike's? The answer is to *get involved!*

It is never too late to sign up for any ministry/committee that interests you. We always need and welcome members; they breathe new life into our parish, offer new/fresh ideas, and come with a pair of hands – *many hands make light work* – and this applies to all areas of ministry. Everyone's participation builds our community and a stronger community benefits everyone here at St. Mike's as well as those in our immediate, surrounding, and far-reaching communities. Join us in doing the Lord's work.

Have any questions or don't know whom to ask about joining a committee or ministry? Speak to our People's Warden, Brian Hammond, Rector's Warden Don MacDonald or to any member of Parish Council (Rev. Michelle, Dominick Merle, Alf Gill, Paul Hammond, Jason Chan, Lynn Cloutier, Glenna Kantel, Debbie Wolowicz). Any one of us would be able to direct you or introduce you to the head of the ministry in which you are interested. We look forward to welcoming you aboard!

**Debbie**

### FREE SWIMMING POOL

We have a swimming pool that is not getting used that we would like to give away to anyone who would like to come and take it away.

It is in very good condition and has a center drain.

If you or anyone you know would be interested please contact Milt and Bernice Hadden at 514-683-6218.



THE PRAYER AND HEALING MINISTRY OF ST. MICHAEL AND ALL ANGELS CHURCH.

The Prayer and Healing Ministry is ready every Sunday to serve you after you receive communion or after the service.

Here is a short quote from the book recently released called 'PRAYERS FOR HEALING from the Anglican Tradition' compiled by Daniel Graves. In his introduction, he quotes,

"Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick and the Lord will raise them up; and anyone who has committed sins will be forgiven." (James 5:13-15)

Then Mr. Grave continues, "In the early days of Christianity, St. James wrote these words, and to this day, when any among us are in pain, when any among us are hurt, when any among us are broken in mind, heart, body, or spirit, we gather together in the name of Lord's name and we pray. It is the desire of God that we should not be alone in our suffering but that we might with the faithful that we find wholeness and healing." Those of us in the Prayer & Healing carry out this calling every Sunday.



The Prayer & Healing Ministry consists of nine people devoted to serving God and our Parish Community. We meet once a month to pray for our ministry and for you. We are presently hoping to hold a service of Healing in the near future. We are considering doing a course study presented by The International Order of St. Luke the Physician. If any of you feel led by God to become acquainted with the healing ministry and think you might like to join us in our course study, please speak to Rev. Michelle or any of our ministry members; Pat Hammond, Chair, The Rev'd Michelle Eason, Cheryl Thoms, Roger Spack, Maureen Firth, Lorne Eason, Louise Young, Theresa Hull, Marilyn Wray.

God of all comfort: quieten our minds that we may make room for your healing and forgiveness through Jesus Christ our Lord. Amen

*Pat*

## St Mike's Youth

Hey all!

First I'd like to thank everyone for your kind words, your warm welcomes has made all the difference!

So as far as Friday's go for the next month...

**April 30<sup>th</sup>:** ROCK BAND night. Yes, it is as hardcore as it sounds. Thanks to Mel in advance for lending us the rockin' gear (pun definitely intended)

**May 7<sup>th</sup>:** Sports Night

**May 14<sup>th</sup>:** Fear Factor

**May 21<sup>st</sup>:** Youth Night

**May 28<sup>th</sup>:** Games Night

Also, thanks to everyone who responded to my email about a potential retreat! We were not able to rent the house that we need since we're fewer than 30 people as it's not open yet. It *does*, however, open in June. But I realize that that's exam period for a lot of you. So keep your eyes peeled, you'll be getting an email about this soon. We have a few potential choices, and I want you all to have a chance to voice (or email) your preferences.

Final note, for everyone my email is [st.mikes.youth@gmail.com](mailto:st.mikes.youth@gmail.com) for any questions comments or concerns. You can email me as well if you want to grab a bite to eat or coffee, and we can figure out a time that works for both of us!

Thanks everyone!

*Jackie*

To Applaud or Not to Applaud?  
Or  
When is it appropriate to Applaud in a Church Worship Service?



There is a fine line that defines when it is appropriate and when it is not appropriate to applaud in a church worship service. We may think that any time applause breaks out it is because people want to express appreciation and *what can be wrong with that?* Generally speaking I would agree – except in the context of the worship itself. We must not understand a worship service as an audience and performance activity where the worship leaders are performing in front of an audience. This leans too much in the direction that we come to church to be entertained and may lose sight of our purpose.

The congregation is not the audience and the worship leaders are not performers. It is particularly tempting to break out in applause after the choir has sung a moving anthem. But the goal at that moment is not to express our appreciation but to allow ourselves to accept the invitation to participate and move with the prompting of the Holy Spirit into a moment of meaningful worship directed solely to God. When we applaud we break that moment and our attention is on the “performers”. The leaders do not want to draw attention to themselves but want to bring everyone along in paying attention to God. They lead and facilitate worship and work to create an atmosphere that will raise up the whole congregation to participate in authentic worship.

**DEFINITION**

“AUDIENCE” means: *listeners at an event*. It comes from the Latin *audientia*, from *audire* which means ‘hear’.

The audience then, the one who we hope will hear our worship and praise is God.



**2 Kings 11:10-12**

**Why were all the people clapping their hands?**

Verbal expressions of appreciation and gratitude can be offered to musicians and choir members following the service.

Applause after the service during various announcements is appropriate.

## Heartfelt Thanks

Thank you to all who contributed to the parish's storybook and to those who worked on its publication. Special recognition should go to Marilyn Wray who led this project from its conception to its delivery. Everyone did an excellent job. The finished product is a fascinating glimpse into the history of our St. Mike's family members. *Well done!*

I would like to take this opportunity to say a special thank you to all members of our committees and ministries, all those hardworking and thoughtful souls whose efforts sometimes go unnoticed. If they were not there doing what they do, we would surely notice and feel their absence in no time. We have a great church family and a busy parish because of people's involvement in all aspects of our church life. So thank you to everyone who contributes in *any* way to the parish life here at St. Michael's. Your help/work is noticed and very much appreciated! May God bless you and keep you.

Speaking of behind the scenes, thank you Jacqui Hoitz for all your hard work. Your regular e-mail reminders are great and always well timed. Thank you for your contribution to effective communication among our church members. Also, your tireless efforts on behalf of The Guardian are truly appreciated. I, personally, look forward to the publication of each edition. *Thank you Jacqui!*

I would like to extend a personal thank you to the existing members of the Coffee Ministry and to its new volunteers. You all do a wonderful job and your efforts are appreciated. *Thank you!*

If you are not already on the roster, we still need new members. Please sign up for preparation and/or clean up, according to your availability; the sign-up sheet is on the kitchen door. Thank you in advance for adding your name to the sheet and ... *Welcome!*

*Debbie*

### Montreal AWARE 2010 Anglican Women Alive Renewed Enriched September 17, 18 and 19

AWARE 2010 will again take place at CAMMAC on beautiful Lake Macdonald with speaker Elaine Pountney. The weekend consists of talks, music, groups. The schedule and will end Sunday by lunch.



Elaine Pountney. The weekend workshops and small discussion will begin on Friday late afternoon after a Eucharist service followed

Please join us for a wonderful weekend of fellowship, music, and celebration of ourselves as Christian women. For more information or registration forms please contact Maureen Firth 514-694-4304

### The Primate's World Relief & Development Fund Brunch



The PWRDF Fundraising Brunch was once again a success this year. We had over 80 attendees and we made a net profit of \$420 after all expenses were paid. This amount will be forwarded to PWRDF along with the monies from the penny jars and the Lenten Boxes. The food that was left over was taken downtown to the Native Friendship Center on St. Laurent Street where it was gratefully received.

Our Guest Speakers this year were a few members of St Mary's Youth Group and their youth co-ordinator Bethany Hartropp. They are sponsoring a refugee family to celebrate the PWRDF'S 50<sup>th</sup> Anniversary through the Diocese's "50 Refugee Sponsorship Programme" They gave an interesting presentation about the Programme and the fundraising they have been doing. We were pleased to be able to present them with a cheque for \$500.00 from our Outreach Fund. For more information about this project please go to [www.pwrdf.org](http://www.pwrdf.org)

Many thanks to everyone who worked so hard to make this event possible.

This was sadly Jackie Irwin's last official event as co-chair of Outreach as Jackie and her family will regretfully be leaving St Mikes later in the summer. The Outreach Committee will miss Jackie and her hard work and dedication but more importantly we will miss her for her friendship and her desire to do God's will. We wish Jackie and her family all the best.

The Outreach Committee is now looking for new members as well as a new co-chair. If you would like to be part of this rewarding Ministry please contact Elizabeth Ho-Wo-Cheong.

# St-Mike's annual outdoor service & picnic

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*June 20, 2010, Voyager Park, Chute-a-Blondeau, Ontario*



You may remember that I wrote an article in last year's spring Guardian, describing the memories that the annual picnic gave to my brother and I. However, whether it was out at the beach through the 70's and 80's or out on St-Mike's front lawn in the 90's and later, the service has been special to many of us. Last year we moved back to the beach and it was described by all who attended as a complete success. We hope that this year can be better with more

people attending, more parishioners and hopefully more guests. This is the perfect opportunity to invite those friends that you've always wanted to introduce to your St-Mike's family. What better place than at a picnic at the beach.

So please plan on attending. If you want to attend, but have no way of getting out to the beach on your own, please let myself, Tim or a member of Parish Council know and arrangements can be made. You can also put your name on the signup sheet at the front of the Narthex.

Camping is planned for the Friday night, Saturday and Sunday for those that are interested. Reservations will be made in mid to late May. Again, the signup sheet is on the bulletin board in the Narthex. Come to the beach to worship the Son!

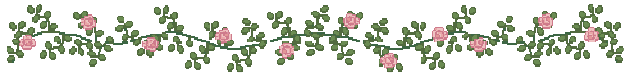
*Paul*



## "TOONEY SUNDAY"

We have noticed that everyone would much rather give a Tooney than a Tin so the Outreach Ministry has decided to no longer collect tins or food items. The money raised on the first Sunday of every month will be used to buy food vouchers should anyone come to the church asking for assistance. If at any time you feel you would like to donate food please get in touch with Elizabeth Ho-Wo-Cheong and she will take the food to The West Island Mission. PLEASE DO NOT LEAVE FOOD IN THE NARTHEX ANYMORE

*Elizabeth*



## The Victorian Tea

..... will once again be held on the Saturday following Victoria Day . May 29<sup>th</sup> from 2.00pm to 4.30pm.

This year it will have a slightly different format. We will only have a mini auction of two items (already taken care of) as we felt that there was too much chattering going on during the auction and people were really not interested. Instead of the auction we will have a "Gifts & Talents for Sale" table. We hope to have a number of handmade items or offers of services for sale at a fixed price. The price to be fixed by the donor. There will be a sign up sheet in the narthex for you to list any items you wish to donate. So put on your thinking caps as to what wonderful service you can offer for sale.

Also this year since we have a limited number of volunteers we are restricting sales of tickets to 100. So if you need a ticket, please buy it NOW before they are all gone. I now have tickets for sale and Carole will have some in the office.

*Jacqui*



## Mark your Calendars

- Sat May 8<sup>th</sup> 9.00-3.00 Community Sale  
Tables for rent for \$20 - To rent a table call the church office at 514 626 4205  
BBQ & bake table  
Also the usual nearly new items for sale indoors.
- Tues May 25<sup>th</sup> 9.30am Last meeting of Mom & Tots for the season celebrating with a Teddy Bear's Picnic
- Sun May 23<sup>rd</sup> Pentecost Sunday - wouldn't it be great if everyone wore red!!!
- Sat May 29<sup>th</sup> 2.00 -4.30 Victorian Tea & Gifts & Talents Sale.
- Sun May 30<sup>th</sup> Final Session of the Five Marks of Mission
- Sun June 20<sup>th</sup> Annual Outdoor Service and Picnic at Voyageur Park including week end camping for some hardy souls.



To keep your bulletin and bring it back to church with you next week (or detach the back page and leave in your mail slot). Or you may leave it at the back of the church for reuse. This bulletin covers a six week period of May 2<sup>nd</sup> to June 6<sup>th</sup> inclusive

The deadline for submissions to the next news letter will be **Saturday May 29<sup>th</sup>**. This is a firm date!! Articles may be sent at any time, preferably early, to me at [jhoitz@sympatico.ca](mailto:jhoitz@sympatico.ca) or left in my mailslot at the church.

*Jacqui*

## Anselm of Canterbury



Born in 1033 in Italy, Anselm was a Benedictine Monk, a great Christian theologian and was Archbishop of Canterbury from 1093 to 1109. In 1087, he produced one of his famous works, *Proslogium*, an outline of his argument for the existence of God. Taking as his text the opening of Psalm 14 ("The fool hath said in his heart: There is no God."), Anselm undertakes to show that the fool is contradicting himself -- that the concept of God is unique in that anyone who understands what is meant by the question, "Does God exist?" will see that the answer must be "Yes." In the preface to this great theological work Anselm writes, "I have written the little work that follows... in the role of one who strives to raise his mind to the contemplation of God and one who seeks to understand what he believes."

It is written of Anselm that as Archbishop of Canterbury those around him felt a warmth which kindled their own love for God. This warmth is reflected in his prayers:

### Prayer of Anselm of Canterbury

I acknowledge, Lord, and I give thanks that you have created your image in me, so that I may remember you, think of you, love you. But this image is so obliterated and worn away by wickedness, it is so obscured by the smoke of sins that it cannot do what it was created to do, unless you renew and reform it. I am not attempting, O Lord, to penetrate your loftiness, for I cannot begin to match my understanding with it, but I desire in some measure to understand your truth, which my heart believes and loves. For I do not seek to understand in order that I may believe, but I believe in order to understand. For this too I believe, that "unless I believe, I shall not understand." (Isa. 7:9)

### *Another Prayer of Anselm of Canterbury*

*O God may I know you, may I love  
you, so that I may rejoice in you.  
And if, in this life, I cannot know,  
love and rejoice in you fully, may I  
progress day by day until that joy  
comes to fullness.*





**Directory**

Parish Priest: Rev Michelle Eason  
 Wardens: Brian Hammond  
 Don Macdonald  
 Treasurer: Dominick Merle  
 Music Director: Sean Mayes  
 Youth Director: Jaclyn O'Connor  
 Secretary: Carole Meakin

**Priest's Office Hours:**

Monday 4:30 - 8:00pm  
 Tuesday 1:00 - 2:30pm  
 Wednesday 1:00 to 2:30pm

Please drop in to make an appointment. Appointments may be made at other times by calling the church office

**When & where to find us**

The Parish Office will be open when our parish secretary is in on Tuesday, Wednesday & Thursday from 9.00 until noon.

Our Address: 15556 Cabot St  
 Pierrefonds QC H9H 1R5  
 Phone Number: (514) 626 4205  
 email: [st.michael@videotron.ca](mailto:st.michael@videotron.ca)  
 Website: [StMikesPierrefonds.com](http://StMikesPierrefonds.com)  
 Bus route #207 Jacques Bizard

**Let's close with some chuckles!!**

1. What kind of man was Boaz before he married Ruth?
2. What do they call pastors in Germany?
- 3.. Who was the greatest financier in the Bible?
4. What kind of motor vehicles are in the Bible?
- 5.. Who was the greatest comedian in the Bible?
6. Which servant of God was the most flagrant lawbreaker in the Bible?
7. Which area of Palestine was especially wealthy?
8. Why didn't they play cards on the Ark?



1. Ruthless.
2. . German Shepherds
3. Noah He was floating his stock while everyone else was in liquidation.
4. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.
5. Samson. He brought the house down.
6. . Moses. He broke all 10 commandments at once.
7. The area around Jordan. The banks were always overflowing.
8. Because Noah was standing on the deck. ( Groan ...)