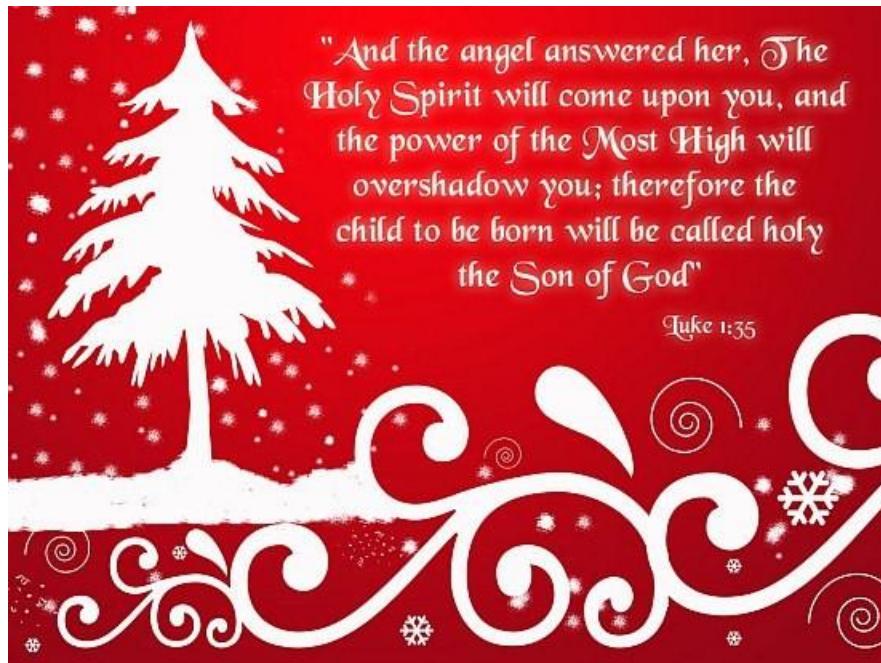


# The Magdala News



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*Our Mission: To love God and be  
the light of Christ in the world.  
(March 2017)*



## From the Editors

Christmas is coming and travel seems to be in the air. When you consider it, travel seems to be a part of life. We do it to get to work or to pick up groceries, and some of us just enjoy being out and about. With the holiday period on our minds many are hoping to travel to be with family or maybe we expect family or friends to come to visit us. Others are preparing to be snowbirds and fly off to a warmer clime for a few months. Whatever the season or reason we are all engaged in travel to some extent.

Should you venture into DNA testing for genealogical purposes then you will know that your ancestors travelled!! Never mind where you thought Aunt Mathilda came from, the results of testing will take you back into the mists of time, to shores you never dreamed of. Since it is believed that human life began in Africa and seven basic paths led us out from there, the ultimate and heartwarming conclusion about our ancestry is of course that “we are all made up of all of us”!

Our Church calendar indicates the high days and holy days we mark at this time of year and when we look at the stories, we see that there too a lot of travel was involved. Because of the political times, Mary and Joseph were required to undertake a journey away from their home at a time when they would surely have preferred not to go. The shepherds in their excitement and confusion followed a star, in from the countryside where they belonged to the strangeness of the town, to see the newborn king. Later we hear of the wise men who

were strangers from far away, journeying to bring gifts to a child who they knew for some reason was very important, again guided by a star. Later on we learn that Joseph took his family and sought refuge in Egypt because of King Herod’s paranoia and the resulting persecution. Most of these journeys were probably undertaken with a lot of anxiety and uncertainty and required a great deal of faith and trust in God.

When I compare travel today with travel in Bible times I recognize that Canadians may face some serious hazards, but the loss of a connection in Heathrow Airport pales in comparison with the dangers people faced in days of old. Often they chose to band together with others, finding safety in numbers when travelling. To some extent we do that today. Examples might be the ‘caravan’ of refugees currently crossing Mexico, or the holiday tours organized for we Anglicans through Craig Travel and other companies.

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We recognize our own earthly lifespan as a journey or road we are required to travel. Sometimes we do it on our own but often we have opportunity to band together with companions on the journey.

Thankfully for many of us, St Mary Mags is a place where we find such companions. One of my daughters likens it to “Cheers”, the TV pub in Boston: “Where everybody knows your name”! Hopefully this is true. Not only can we worship together and find fellowship and friendship here for ourselves, but we are also able to reach out to others through the ministries we offer together.

At this time of year we give thanks for the strong leadership of Jeannie McClory and Barbara Bater regarding the Christmas Hamper program and our outreach to St Matthews-Maryland Community Ministry. We also give thanks for the faithful response to their efforts from the congregation, Little Saints Day Care, the Guides, Vital Seniors and other people who use our building.

Whatever the physical and emotional challenges we face and the anxiety we may experience on life’s journey, it is wise to remember whose we are and that God is with us. There is much for us to learn during Advent about hope and joy and the light of Christ in our world.

Wherever and however you experience the seasons of Advent, Christmas and Epiphany we wish you great joy and peace.

*The editors*

### *Prayer for Travellers*

*O God our heavenly Father, whose glory fills the whole creation and whose presence we find wherever we go. Preserve those who travel at this time of year. Surround them with your loving care, protect them from every danger, and bring them in safety to their journeys end, through Jesus Christ our Lord. Amen.*

### **Origin of the Crèche**

*Away in a manger, no crib for His bed,  
The little Lord Jesus laid down His sweet head;  
The stars in the sky looked down where he lay,  
The little Lord Jesus, asleep in the hay.*

One of the most beautiful family Christmas traditions is setting up a crèche during the Advent season. A crèche is a model of the Nativity scene of the birth of Christ in Bethlehem. It can be a small table top model in the home or a large scene set up in a church or on a lawn.

The term “crèche” is French for a manger or crib and is derived from the old German word Krippe. The first crèche is said to have been created in 1223 by St. Francis of Assisi in Greccio, Italy. St. Francis held midnight mass in a cave in Greccio, where men and beasts re-enacted the Nativity by candlelight. He wanted to remind people that Jesus was born in a humble stable.



### Bishop Geoff's Installation

\* Join Bishop Geoff as he is installed as the 13th Bishop of Rupert's Land

**January 5, 2019 at 1:30 pm**

**Cathedral Parish of St. John**

**135 Anderson Avenue, Winnipeg**

A brief liturgy will begin at 1:30 pm followed by snacks - Manitoba-style social with chips, pretzels, popcorn, soft drinks, and fellowship and entertainment .

Bring your guitar if you wish.

All are welcome!! Please join us.





## Rector's Report

“You’re not from here, are you?!”

They would have said it to Mary and Joseph, when they arrived in Bethlehem from Nazareth. They might have said it when they carried on to Egypt, fleeing the violence of Herod. Someone could have said it to the shepherds, and to the astrologers from the East when they arrived in Jerusalem. All sorts of people might have thought it of Jesus himself, a small-town guy arriving in Jerusalem from the hillsides of Nazareth.

As I type the phrase, I hear it being said with some of the rolled Rrrrs of an East coast accent. “You’re not from here” could apply to me, I guess, as of course, it could apply to any number of us... In the midst of St. Mary Magdalene there are lots of people from “away” – England, Pakistan, Jamaica, Nigeria, but also Toronto, London (Ontario), Oak River, Melfort, California, the Okanagan, The Pas, Nova Scotia, New Brunswick. Some of us are cradle Anglicans, but our community also holds people with roots in the United Church, the Presbyterian Church, Roman Catholic, Mennonite, Lutheran, Baptist, Pentecostal Churches... Truly, we are all the product of a creative God!

We are all here because this place is home... for some of us, it is because of the warmth of the people. For others, because it is close by. Most of us are here because in some way the Anglican liturgy, and its combination of mystery, tradition and poetry, nurtures us. Some of us are also here because the Anglican tradition has in recent years embraced indigenous ceremony as a valid seeking for God. God is made present to us through worship, not as only an idea, but as God, beyond us, within us, known by people for generation upon generation... God has been present in song and prayer, bread and wine, water and oil, stillness and dance, Christ among us.

Just as all that travel nurtured Jesus’ own perspectives, so this diversity of experience also feeds our own insight. I have learned that for some, decorations go up on Christmas Eve; for others

December 1 is fair game. That some of you like to smile at Eucharist, and wonder if you should feel guilty about it! That some dress for church, to the absolute best of their ability, honouring God’s creation. That some also remove their shoes, standing as we do, on holy ground. That bowing every time Jesus’ name is mentioned is an honouring of the word “every knee shall bow”, that standing erect, head raised is a posture of faithful attentiveness also described in the Gospels... and for most, caring for our neighbor is more important than it all.

In the midst of all of this diversity, it seems to me that conversation is one of the most sacred activities that we as God’s people can engage in. Honouring these varied tendencies is part of learning more and more how to love God and each other. Learning from the multilayered, multifaceted church and human family of which we are all a part allows God’s spirit to stir our spirits together, guiding each of us into a faith rich and deep, new and ancient at the same time.

In this season of incarnation, may tradition and beauty, joy and laughter all nurture our hearts and open our lives to make them ready for God who decides again and again to come and live where we are - God with us!

*Val*

## Heartbeat of the Church

*A message from Bishop Geoff:*

Archbishop Fred has asked all Canadian Anglicans to participate in and enjoy HEARTBEAT OF THE CHURCH. The process is intended to make a safe environment to tell our story, reflect upon other’s stories, build relationships and honour and respect our sister and brother disciples.

I encourage all to engage the rich story we embody.

For more information visit the Anglican Church website at [www.anglican.ca/heartbeat/](http://www.anglican.ca/heartbeat/)

## A Devotion for Advent

### PROMISE!

“Heaven and earth will pass away, but my words will not pass away” (Luke 21:33, from the Gospel for Advent 1, Year C)

Is this a threat or a promise?

I believe it is a promise. Jesus is the promise of God, the trustworthy sign of God’s love. In him and through him there is complete redemption; no compromises, no ifs, no buts and no whys.

Jesus is redeemer and Saviour, the one we can trust. To be “in” Christ is to be as secure as secure can be. In suffering, in persecution, in trial and in hardship, to be in Christ is to be secure. In the event of earth and heaven passing away, to be in Christ is to be secure.

The promise is that in Christ we are in the presence of God as children who are loved. We are no longer strangers to God. That is God’s word to us. That is Jesus, the Word to us.

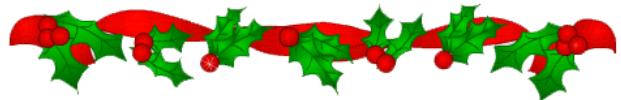
It is like saying, “If God be for us, who can be against us?” (Romans 8:31)

I do not understand heaven and earth passing away. But I know the one in whom I can place my trust, Jesus Christ. If that Word that God gave Jesus of Bethlehem, Saviour of the world, is sufficient unto God, it is sufficient for me.

Come Advent. Come Christmas. Come new heaven and new earth. Amen.

Read Revelations 21: 1-8.

- *Devotion from “The voice of one - A continuing journey of Faith “ by Telmor Sartisan. Used by permission.*



### *Christmas Eve Services*

*Joy to the world, the Lord is come  
Let Earth receive her King!*

*Family Christmas Eucharist  
5:30 pm*

*Christmas Candlelight Eucharist  
9:00 pm*



### Memorials Fund

Donations to the Memorials Fund are greatly appreciated, and may be made at any time, or on a regular basis.

They may be donated for a specific purpose, such as in lieu of flowers in memory of someone, as a bequest in a parishioner's will, or in the form of a regular tax deduction.

Donations help to ensure the ongoing maintenance of the building, or to complete specific projects.

Please consider a donation to the parish, and/or to help reduce our deficit.

*Norma Edwards*

## Continuing to Go Green

As a parish, and as people of this planet, we continue to work to embody the fifth Mark of Mission, “to strive to safeguard the integrity of creation and renew the life of the earth”.

Here are some examples:

### Mag News moving towards paperless

In the interest of saving trees (and a little money) conversation has started about not continuing with a paper version of *The Magdala News*. Vestry will discuss the idea at an upcoming meeting.

Most people have access to email, and many already receive their newsletter in that way. Current and past issues of *The Magdala News* are also available on our website at [stmarymagdalene.org/publications.html](http://stmarymagdalene.org/publications.html)

If you don't already regularly receive the newsletter by email but would like to, please email [stmary@mts.net](mailto:stmary@mts.net) using the subject line “Magdala News” and request to be added to the mailing list.

*The editors*

### Building improvements

At the 2018 Fall Synod, our delegates spoke to people who promote green energy use. With that contact we have been exploring the possibility of installing solar panels on a portion of the roof to generate electricity for use in the building. We also looked into the idea of installing an air-to-air heat pump system. However, the equipment and installation costs for either project are very high and the pay-back periods are long.

Not deterred, we are looking into a geothermal system (wells) as a replacement for the furnaces which are now 12 years old. The furnaces don't need replacement yet and in fact are working well. But it will be good to know if a geothermal system can work on our property and what it would cost.

We have always been conscious of energy use at the building and have made good strides in being energy efficient. Some of the past projects include:

- Aforementioned high-efficiency furnaces (2006)
- Adding insulation to the attic of the original building (2007)
- High-grade windows with aluminum frames (2007)
- Energy-efficient lamps in all light fixtures (2008)
- Vapour barrier and stucco coating on exterior wood walls (2008)
- Adding insulation and reroofing west-side roofs (2010)
- Insulating foundation of the original building (2013)
- Adding insulation and reroofing east-side flat roof (2013)
- New toilets with low flow capability (2014)
- Replaced the fluorescent lamps with very high efficiency light emitting diode lamps (2016)
- Notes to user groups to set the temperature to 15 C when leaving the building.

It's pleasing to see what has been accomplished. Many hands saw to getting this work done.

*Alan Forrest, Brian Crow*



## Grow Hope Celebration

The first Sunday in Autumn, September 23, on a cool and cloudy morning, Dayle Michaud, Barbara Jalibat, Zebiya Emmanuel and Marlene Smith drove to Morden, Manitoba for a Harvest Thanksgiving Service at St. Thomas Anglican Church.

Joining us were members of St. Peter's, St. Bartholomew's and St. Paul's Anglican churches in Winnipeg, as well as Rev. Cathy Campbell and Gord Janzen from the Canadian Foodgrains Bank (CFGGB) – all of us partners with a local farmer, Rev. Chris Lea, in the 2018 Grow Hope Project.

The Grow Hope partnerships include:

- God and Creation
- Rural and Urban
- The Anglican Church and the CFGGB
- Diocese of Rupert's Land and the world

Cathy Campbell, the Primate's World Relief Development Fund (PWRDF) representative, explained that PWRDF is an Anglican agency that provides relief to people all over the world. As the mission statement is the CFGGB is to "end global hunger", the partnership is a good fit. It seeks to grow crops, raise money, and link urban and rural people together to grow relationships.

Fourteen parishes in the Diocese were involved.

This year, St. Mary Magdalene donated \$300 to the project, along with other parishes, to fund the purchase of seeds and supplies in partnership with Chris Lea and his family, who felt the need to do missionary work and so gave up 15 acres of their land despite life's hardships. On June 3/18 the church had prayed a blessing over the seeds at the Rogation Sunday service.

Rev. Lea gave a powerful testimony of how his property was spared during a hailstorm that caused destruction all around him. He also reminded us of the scarcity of rain this summer, and of then having clouds build over his land and rain in the midst of drought around him. He challenged our faith. Was this coincidence or was it the hand of God?

*Continued on next page*

Letter of thanks from Cathy Campbell  
October 9, 2018

On behalf of the Rupert's Land Grow Hope committee, I am writing to say thank you. Your support and prayers for this project has made it a success. With the generosity and skill of the Lea family of St. Luke's in Pembina Crossing MB, and with God's blessing, our 15 acres of Brandon (hard red spring) wheat yielded 55 bushels/acre for a total of 795 bushels.

With the generosity and enthusiasm of parishes and individuals in our Diocese, we have raised almost \$12,000, and importantly grown relationships among the people and parishes of our Diocese. And it is not over yet. This effort has inspired Nancy Howatt to donate a calf for auction. This is engaging cattle producers in Southern Manitoba.

To review this Anglican Grow Hope project, I'd encourage you to watch the videos that Tanis Thiessen has created and posted on the Diocese of Rupert's Land PWRDF Facebook page.

Together we have grown a crop, grown lasting relationships in our Diocese, and grown support for the PWRDF account at the Canadian Foodgrains Bank. The fruit of our labour will help feed hungry people across the world.

Thank you for participating in this initiative.

Cathy Campbell



*It must be very interesting to volunteer at St. Mary Magdalene Garage Sales - you meet all kinds of characters, like this fellow checking out the furniture at the Fall Sale!*

*Continued from previous page*

Labour and prayers paid off. Together, we can accomplish much. A total of \$5,565 was raised, which will go to PWRDF in addition to the collection from the service.

Rev. Lea said giving up 15 acres was a small sacrifice for him, and in fact he feels he was rewarded tenfold from the rest of his property, as he reaped God's blessing in sparing the crops from hail damage and drought. He concluded by talking about the meaningful relationships that were built over the summer through the project.

During the service, a basket filled with some of the wheat harvested was given as an offering to God (Deuteronomy 26:1-4).

After the service we enjoyed a potluck lunch and fellowship as we met knew people and renewed old acquaintances. Despite the cool temperatures, we went home nourished.

*Marlene Smith*

## Emergency Numbers

As part of Vestry's study of how to provide a safe environment for parishioners and visitors, it was recommended that people keep a list of important phone numbers handy at all times.

We suggest you do some or all of the following:

- Enter these numbers into your cell phone
- Keep a copy by your home phone
- Keep a copy in your wallet

### For Emergency Services:

Ambulance, Fire, Poison or Police  
CALL 911

### For Distress Services:

Canadian Centre for Child Protection  
204-945-5735

Child Welfare Emergency Line  
204-944-4200

Domestic Violence Crisis Line  
1-877-977-0007

Kids Help Phone  
1-800-668-6868

Manitoba Suicide Line (24 hours/day)  
1-877-435-7170

Senior's Abuse Line  
204-945-1884/1-888-896-7183



## Advent Sunday: Christina Rossetti

*from Malcolm Guite:*

Advent is a season for stillness, for quiet, for discernment. It is a season of active waiting, straining forward, listening, attentive and finely tuned.

Such is Advent, inwardly and spiritually, but of course outwardly and visibly, outwardly and audibly, it is the season when our eyes and ears are most complete assailed by all the glitz and glitter of a prematurely celebrated Christmas, all the pressure and sales-hype, the stresses on the diary and the wallet, the unremitting insistence of syrupy canned carols in the shopping mall.

Of course, partying and celebration are wonderful things and there is great joy to be had in the real meetings of faith and friendship in these days, but whilst Advent is still Advent, it's good to keep a quiet space, a sacred time, an untrammelled sanctuary away from the pressures, to be still and hear again one's deepest yearnings for a saviour.

I hope the poems from my Advent anthology *Waiting on the Word* will help people to do just that. Today's poem, the first in our series, is Christina Rossetti's "Advent Sunday". Most people will know her beautiful poem "In the Bleak Midwinter", now set as a Christmas hymn.

She was one of the great poets of her time and the author of some deeply moving Christian verse. Indeed her book simply titled *Verses* includes a sequence on the church year called "Some Feasts and Fasts" of which "Advent Sunday" is the first.

Rossetti frames this poem not only in the context of the Collect for Advent Sunday, about the coming of Christ, his Advent at the end of time, but also the Gospel of the Day: Christ's story of the maidens with their lighted lamps awaiting the coming of the bridegroom. Rossetti takes the Gospel phrases and opens them out profoundly, allowing us to identify ourselves first with the bridesmaids and then with the bride herself.

BEHOLD, the Bridegroom cometh: go ye out  
With lighted lamps and garlands round about  
To meet Him in a rapture with a shout.

It may be at the midnight, black as pitch,  
Earth shall cast up her poor, cast up her rich.

It may be at the crowing of the cock  
Earth shall upheave her depth, uproot her rock.

For lo, the Bridegroom fetcheth home the Bride:  
His Hands are Hands she knows, she knows His Side.

Like pure Rebekah at the appointed place,  
Veiled, she unveils her face to meet His Face.

Like great Queen Esther in her triumphing,  
She triumphs in the Presence of her King.

His Eyes are as a Dove's, and she's Dove-eyed;  
He knows His lovely mirror, sister, Bride.

He speaks with Dove-voice of exceeding love,  
And she with love-voice of an answering Dove.

Behold, the Bridegroom cometh: go we out  
With lamps ablaze and garlands round about  
To meet Him in a rapture with a shout.



## West African Peanut Soup

This is the recipe for West African Peanut Soup which was one of the lunch soups on Consecration Sunday. Rumour has it 'someone' was scraping the empty pot furiously and considering licking it out!! Who knew gluten-free and vegan food could be so good?! It is tasty and here is the recipe. Ready in less than an hour and serves 8-10. Freezes well.

– Lois Melnyk

1 large onion chopped  
 1 Tbsp vegetable oil  
 1/2 tsp cayenne pepper (or more if you like spicy)  
 1 Tbsp grated fresh ginger  
 5 medium carrots peeled and chopped into pieces  
 1 medium size sweet potato peeled and chopped into pieces  
 1 medium sized butternut squash peeled, seeds removed and chopped into pieces  
 4-6 cups of vegetable stock or water  
 2 cups of tomato juice or sauce  
 1 cup of smooth peanut butter  
 1 cup chopped green onions  
 3/4 cup of chopped cilantro  
 Salt and pepper to taste

- Sauté onions in veg oil until translucent.
- Stir in cayenne pepper and ginger.
- Add carrots, sweet potato and squash and sauté for a couple of minutes.
- Add stock and cook until veggies are tender.
- In a blender or food processor, blend veggies and stock until fairly smooth. I use a hand blender. Return to pot.
- Stir in peanut butter and tomato juice until smooth.
- Taste. It should be naturally sweet with the carrots and sweet potatoes. If not to your liking add 1 tbsp of brown sugar. Add salt and pepper. For thinner soup, add more stock or tomato juice.
- Reheat the soup gently, stirring frequently to prevent scorching. Add the green onions and cilantro prior to serving. Sprinkle with dry roasted peanuts if you wish. Enjoy!

## Norwegian Lefse

This recipe comes from my husband's grandmother. It's Norwegian peasant food - makes happy Norwegians, though it didn't impress a 12 year old newcomer Syrian friend we offered some to!

– Val From

8 cups riced\* potatoes  
 1 tbsp salt  
 3 tbsp shortening  
 Flour for soft dough (about 4 cups)  
 1/4 cup cream (optional)

\*A potatoe ricer is a hand-held mesh strainer, ideal for making mashed potatoes, sauces, purees and, of course, lefse! Inexpensive and available where kitchen utensils are sold.

The potatoes are riced and kept in a chilly place overnight. Once the dough is mixed it is formed into a big roll and cut into about 14 'pucks.' Each puck is rolled out into a big circle and cooked on a 16-inch lefse griddle.

The circles are then cut into quarters and the lefse spread with butter and sprinkled with sugar.



**St. Mary Magdalene Church - Calendar of Activities**  
**December 2018 – February 2019**

December	January	February
2 1 <sup>st</sup> Sunday of Advent Eucharist 3:00 pm	1 New Years Day	3 4 <sup>th</sup> Sunday after Epiphany Eucharist 10:30 am
9 2 <sup>nd</sup> Sunday of Advent Eucharist 10:30 am	6 The Epiphany of the Lord Eucharist 10:30 am	10 5 <sup>th</sup> Sunday after Epiphany Eucharist 10:30 am
16 3 <sup>rd</sup> Sunday of Advent Eucharist 10:30 am	13 Baptism of the Lord Eucharist 10:30 am	12 Vista Park Lodge 2:30 pm
18 Vestry Meeting 6:30 pm	15 Vista Park Lodge 2:30 pm	17 6 <sup>th</sup> Sunday after Epiphany Eucharist 10:30 am
19 Catherine Place 2:00 pm	16 Catherine Place 2:00 pm	20 River Park Gardens 10:30 am
20 River Park Gardens 10:30 am	17 River Park Gardens 10:30 am	21 Catherine Place 2:00 pm
23 4 <sup>th</sup> Sunday of Advent Eucharist 10:30 am	20 2 <sup>nd</sup> Sunday after Epiphany Eucharist 10:30 am	24 7 <sup>th</sup> Sunday after Epiphany Eucharist 10:30 am Asian Christian Fellowship 7pm
24 Family Christmas Eucharist 5:30pm Candlelight Service 9:00 pm	22 Vestry Meeting 7 pm	26 Vestry Meeting 7 pm
25 Christmas Day Asian Christian Fellowship 11 am	27 3 <sup>rd</sup> Sunday after Epiphany Eucharist 10:30 am Asian Christian Fellowship 7pm	
30 1 <sup>st</sup> Sunday after Christmas Eucharist 10:30 am		

<b>Weekly Activities</b>			<b>Contact</b>
Wednesday	Bible Study	12:00 pm	Heather Birtles
Wednesday	Advent Soup & Prayer  Choir Practice	5:45 pm  7:30 pm	Val  Nancy Aasland
Thursday	Christian Meditation	7:30 pm	Barbara Bater

The Rev. Val From: 204-257-0491  
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