

# Seasons of Our Lives

St. Paul's United Church in Brampton

*To everything there is a season and a time for every purpose under heaven.  
Ecclesiastes 1:3*

## From the Desk of Rev. Choe

### "Three Ps"

*"Fear inhibits while trust liberates. And living in trust is not only more motivating and energizing than living in fear: it's heaps more fun."*

- Mike Paterson, *You Can't Be Serious*

Resilience was the word that came to me as I was reflecting on the experiences of the disciples after the execution of their teacher, Jesus from Nazareth. The last three years of Jesus' public ministry had been full of ups and downs, but I don't think most of them thought that the whole venture of trying to renew their faith within Judaism would culminate in the public execution of their young rabbi. And, yet, the followers of Jesus were able to endure that trauma and continued sharing the teachings of Jesus. The resilience of the disciples is the reason why we, after more than 2,000 years, can continue to reflect on the teachings of Jesus. There are various ways of looking at how the teachings of Jesus continue to enliven us and to connect with us with the 21<sup>st</sup> century. Sheryl Sandberg and Adam Grant recently published a book titled *Option B: Facing Adversity, Building Resilience, and Finding Joy*. The book addresses how individuals and organizations can face and overcome adversities by building resilience. The most striking idea I came across in the book is about the three Ps. Sandberg shares that "recognizing that negative events aren't personal, pervasive, or permanent makes people less likely to get depressed and better able to cope." She cites the findings of the psychologist Martin Seligman that there are three Ps that can strut recovery from setbacks and trauma. They are:

- Personalization - the belief that we are at fault
- Pervasiveness - the belief that an event will affect all areas of our life
- Permanence - the belief that the aftershocks of the event will last forever.

Those three factors also applied to the followers of Jesus facing the demise of their beloved teacher more than 2,000 years ago. The accounts of the days following the death of Jesus indicate that they continued to embrace the teachings of Jesus rather surrendering to the trauma of his death. The resurrection narratives, how Jesus appeared to his followers and how he reminded them to embrace peace rather than fear, was, I believe, a way of moving beyond the three Ps for the followers of Jesus. How do we find ways to heal and build our community and not let the past

ten years define who we are as St. Paul's? Is it possible NOW for us as a faithful community to continue to strive to transform and serve our neighbourhood as we continue to be transformed by the Gospel of Jesus of Nazareth? Do we see signs of newness and renewal within our community? These are some of the questions I have been asking myself as I was reflecting on the past three years of my ministry with St. Paul's community. Reading *Option B* helped me to reframe those questions in the following way. **How have the three Ps stunted St. Paul's community in the past ten, five, or three years? How have we begun to liberate ourselves from the negative impact of the three Ps?** These are my reflections of my three years of ministry with St. Paul's. We have been able to move beyond the first **P, personalization**, so that we have been moving beyond acknowledging individual responsibilities. We have become positive change agents to renew and revitalize St. Paul's. We have been gradually moving away from the negative influence of the second **P, pervasiveness**, so that we are beginning to not let the past history completely define who we are. We are no longer a fractured community. We are in the process of becoming whole again. We are in the process of liberating ourselves from the debilitating effect of the third **P, permanence**, and made choices to make transitions into a healthy future. The two leadership workshops recently led by Kim Uyede-Kai and Rich Deakin are two examples of making healthy choices. The workshops helped the members of the Council to examine, reflect, and re-discover the wonderful legacy of St. Paul's. The extensive ministry re-visioning reflected in *Growing in Faith – Faith in Growing* is a gift from our past. St. Paul's has a history of collective resilience. I believe that our shared hope of being a community of servant leaders will continue to guide us into the future. Sandberg reminds the readers that the social science researchers found that "hope springs up and persists when communities of people generate new images of possibility." And, that "empowering communities builds collective resilience." The new image of possibility the followers of Jesus experienced and shared after the death of Jesus was the image of resurrection, a renewed life that continues beyond death. The collective resilience was built through their faith in resurrection. We, too, continue to embody and enliven the resurrection narrative through our life and ministry here and now. Another year awaits us. May we continue to serve our neighbourhood as Easter people.

In faith,  
Richard

## SPRING SALE

On Saturday April 29 we hosted another successful Spring Sale raising \$1368.00.

Thank you to everyone who made contributions and/or volunteered their time. We hope to see everyone at the **Bazaar on November 18, 2017.**



## FOOD CUPBOARD

The food cupboard is supported by the congregation of St. Paul's and, if you don't bring in food items, we don't have food to give out to our clients. Over the next 6 months our current stock of food will be completely depleted, so please remember to bring in food. Remember if you donate \$50.00 of food and bring in your store receipts, you will receive a tax credit. **Some of the items needed are: tuna, can soup, Kraft Dinner, juice boxes, individual packages of instant cereal, canned pasta, individual pudding cups, cookies.**

Thank you for your contribution to our food cupboard.

Laurel Del Genio and her helpers .. Fran, Sue, Mike

## SENIOR CHOIR NEWS



The senior choir is a close and very special family within our church. We are doubly blessed by sharing worship on Sundays and uplifting rehearsals on Thursdays where we grow in musical and spiritual knowledge together. We are always so happy to welcome new members and this year we have been blessed with 6 new members. We celebrate birthdays, family milestones, weddings and funerals. This year is no exception. *In April, Stew Cornell celebrated his 90th birthday with family and friends at an open house at Greenway. Sharon turned 60 with a family dinner at the CN tower. Diamond Calara is engaged with wedding plans for February 2018, and Ismael and David learned to drive. Jaden starred in a production of Grease and Kate completed her first year of nursing at McMaster. Let's not forget Iain's marking 30 years as music director at St Paul's - WOW!!!!.* He has experienced so many happy musical moments with all of us: intergenerational musicals, instrumental groups and a variety of soloists as well as choirs from tiny tots to children to youth to bells to the present senior choir and Emmaus Road. Iain's jolly laugh and booming voice resounds through our building and served us well as Santa at the last bazaar. Several years ago he earned his designation as Colleague of the Royal Canadian College of Organists and is currently completing his Masters of Sacred Music at Emmanuel College, University of Toronto. Congratulations to Iain and our sincerest thank you from all of us.

## A Walk In The Woods In Brampton Look for Spring Ephemerals!

When I was a little girl, a highlight of early spring, was a visit to the “cabin” near Greenwood Ontario, and a hike with Aunt Lorene. My cousins and I donned rubber boots and headed for the woods, with the task of discovering Marsh Marigolds, Dog Toothed Violets, Trilliums and Dutchman’s Breeches. We loved finding those Dutchman’s Breeches—those little white flowers that looked like pantaloons hung out on the clothesline to dry! Of course, what we were looking for were the Spring Ephemerals. These perennials take advantage of the leafless forest, warm sunshine and moist rich earth. They are the first growth to appear in early spring. They grow rapidly, bloom early, set seeds and die back or go dormant all within a short period of six to eight weeks. They store nutrients in their bulbs, rhizomes or roots, ready to reappear the following spring. The word “**ephemeral**” means **short lived or brief**.

These colourful plants delighted us on our walks, but we were admonished by Aunt Lorene never to pick or disturb them. These delicate plants are invaluable to the ecosystem of the forest, for stabilizing the soil and helping to sustain, their pollinators, which include, ants, bumble bees and various flies. Besides human poaching, other threats to life are inclement weather, intense heat or rain, invasive plants and an overpopulation of deer. If plants are removed, they may take many years to reappear, if at all. It is best just to admire and enjoy! You can try them in your own garden, from plants or seeds obtained from a nursery. Patience, care and a correct environment are necessary for success. However, Trillium seeds take 7 years to germinate and produce blooms. Too long a wait, I think, for even the most dedicated gardener! Best to enjoy them in the woods. When you take your woodland walks in early May, look for these on the forest floor: Virginia Bluebells, Blood Root, Trout Lily, Squirrel Corn, Dutchman’s-breeches, Trilliums, Comfrey, Marsh Marigolds and many more. Links and pictures of plants can be found on the internet to help you identify the great variety of Spring Ephemerals.

Article by Lynda Bryden, March 30 2017



## FISH FRY



Another successful Fish Fry was held on May 3, 2017, raising \$2400. Thank you to everyone for their support! See you in 2018!

## WORLD DAY OF PRAYER—March 3, 2017

St Paul’s, in conjunction with 10 other churches, hosted a very successful World Day of Prayer. The theme was the Philippines and the service was filled with memorable speakers, photos and stories. And of course, the food was a big success! We look forward to joining with St. Mary’s next year.



## NEWS FROM THE PEWS

- Ted Maltby is in Casa Dolce Casa in Woodbridge until the end of May...we wish him a speedy recovery and back in his own home again soon.
- Jack & Bev Drew celebrated their 37th Wedding Anniversary on April 19th.



Stew Cornell celebrated his 90th birthday (April 11), with an open house party on April 9th at Greenway.

We say goodbye to Dr Thomas and Marilyn Bridges, members of St Paul’s since 1971, who are making the move from Brampton to Brantford in June. They will be missed and we wish them all the best in their new home!



## MOTHER’S DAY PRAYER

### MOTHER

If I could give you diamonds for each tear you have cried for me.  
If I could give you sapphires for each truth you have helped me see.  
If I could give you rubies for the heartache that you have known.  
If I could give you pearls for the wisdom that you have shown.  
Then you will have a treasure, Mother, that would mount up to the skies.  
That would almost match the sparkle in your kind and loving eyes.  
But I have no pearls, no diamonds, as I am sure you are well aware.  
So I will give you gifts more precious, my devotion, love and care!

Author Unknown—submitted by Beverly Ramnarine

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**St. Paul’s United Church,  
A Station in Living Faith!**