



February 4, 2018

WHAT'S HAPPENING!

What's Inside!



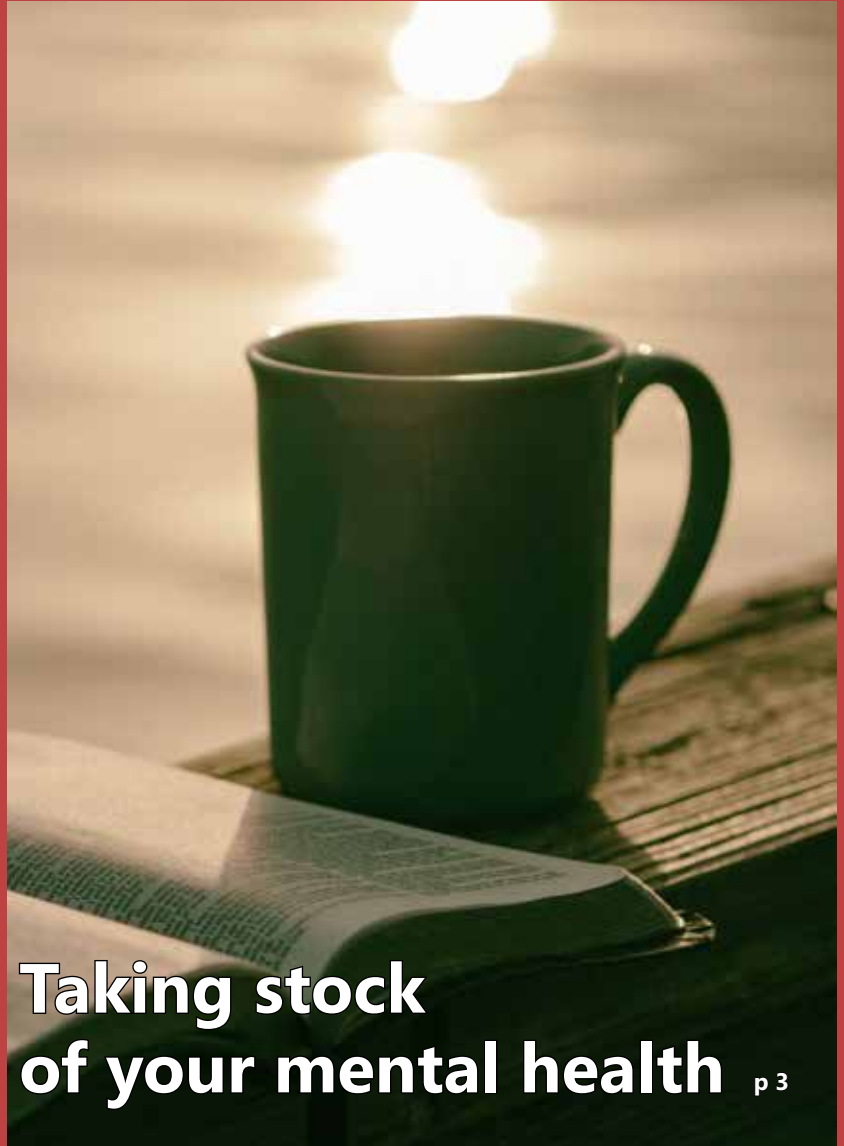
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WHAT'S HAPPENING!

St. Paul's Bloor Street

227 Bloor Street East
Toronto, ON M4W 1C8

Phone: 416-961-8116

Email: mail@stpaulsbloor.org

Office Hours

Monday to Friday
8:30 a.m. to 5 p.m.

Sanctuary Hours

Sundays: 8 a.m. to 12:30 p.m.

Parking

Parking is free on Sunday mornings at the Manulife building located on the north side of Bloor Street at the top of Ted Rogers Way. To gain access to Manulife's parking, press the intercom button and inform the security attendant you are attending a service at St. Paul's.

Charitable Number
119194942RR0001

www.stpaulsbloor.org



@stpaulsbloor



stpaulsbloor

Next Week



Organ Concert

Join us next Sunday **at 3:00 p.m.** for a free one-hour organ concert featuring Andrew Adair, Director of Music at the Church of St. Mary Magdalene.

Pick up a card at St. Paul's Central for more dates. For more information contact Thomas Bell, Music Director, at ext. 233 or email music@stpaulsbloor.org



On **Tuesday, February 13 at 6 p.m.**, bring family, friends and neighbours to our annual **Pancake Supper**. Come enjoy a delicious meal of eggs, bacon, pancakes, syrup and fruit. Gluten-free pancakes will also be available.

There will be children's activities, music played by our youth, and friendly company for all who come.

The cost is \$10 for adults and \$5 for children. If you have any questions, contact Janet Earle at children@stpaulsbloor.org.

Taking stock of your mental health

by Nancy Truscott, Parish Nurse

Mental health is that invisible health we all appreciate but how often do we take stock? A friend of mine recently emailed and apologized for her short temper at our New Year's Eve celebration. "Huh?" I replied. "I did not notice."

But she felt the evening was less enjoyable. She talked about how she was feeling a few weeks earlier. I can appreciate and understand now the stress she was under. It was good to know. I wish I had known then.

Let's acknowledge that we do not feel uniformly mentally well. There are peaks and valleys in given days, seasons and transitions. We cannot assume that moments of energy, confidence and even happiness remain stable. We must do the hard work of examining ourselves, our reactions, and our strategies to improve our mental health. Many of us keep track of the steps we take, our blood sugar level, our appetite, our blood pressure and pulse, but do we monitor our invisible health?

I believe there are habits we can build. The first thing is to be honest with ourselves, like my friend did. Identify the dip in our health and talk about it to someone who really cares for us. Try to tackle the aggravating stresses in bite size pieces. What can reasonably be done to address them? We have a part to play. We have some choices. There is always room for improvement. Be realistic though. Stresses are usually slow in building and they can smoulder. People find different ways to address their mental health issues, some healthy and some not so.

We must make time to study our invisible mental health. By doing this we are in a position to ask for help if we need it, and we are more tuned into the needs of others, like my friend. Reach out for help if you have concerns. Consult your loved ones and speak to your family doctor. Finally, remember all of your needs in your prayers, invisible and not visible.

For mental health assistance, there are numerous resources. Here are a few:

- DrugAndAlcoholHelpline.ca | 800-565-8603
- MentalHealthHelpline.ca | 866-531-2600
- ProblemGamblingHelpline.ca | 888-230-3505
- Kids HelpPhone: 800-668-6868
- Telehealth Ontario: 866-797-0000
- Your family practitioner.

St. George the Martyr

by Barry Parker, Rector



I wanted to give you an update on the evolution of ministry at St. George the Martyr.

To recap, St. George the Martyr (SGtM), located by the Grange, just south of the Art Gallery of Ontario (AGO) and the Ontario College of Art and Design (OCAD), was in crisis in early 2017 with a “perfect storm” of events. The sanctuary was deemed structurally unsound due to significant deferred maintenance, the Incumbent took a ministry position outside of the Diocese and the newly appointed Diocesan Administrator resigned after 48 hours when confronted with the complexity of the immense challenges facing the parish. The Diocese called on the help of leadership from St. Paul’s Bloor Street (SPBS).

The Diocese has provided great support to SGtM over the years, providing large sums of money, especially in 2017, to help with the acute building problems and to enable staffing configurations with the hope this would lead to growth and sustainability. Unfortunately, the parish has not been able to attain these goals. It has become clear a fresh course needs to be charted.

For the past several months Bishop Jenny Andison has been collaborating with SGtM and the leadership of SPBS towards a ‘reboot’ of the parish. Bishop Jenny likened it to a tugboat coming alongside a ship in distress, to guide it safely into harbour. Similar creative configurations are unfolding with other congregations in our Diocese.

Since becoming involved with SGtM we have determined the structural issues are considerable and will take time and resources to resolve. In addition, the congregation is unable to financially support public worship services.

As a result, it was announced at a recent SGtM congregational meeting, while the parish is not being disestablished, there will be a “sabbath rest” from public worship for a season. The last Sunday worship gatherings will be held on February 11. I will be at SGtM presiding over the last of these services. Bishop Jenny and the Diocese have sought to assist the parishioners of SGtM in finding other welcoming congregations with whom they can worship during this period of “sabbath rest.”

I give thanks SGtM has been a community worshipping God and loving its neighbours for many generations. St. Paul’s will now move into a season of discernment to determine the best way to build and support a revitalized community. Along with Bishop Jenny, it is my determined hope that, with the guidance of the Holy Spirit, SGtM will emerge as a sustainable, dynamic, Anglican community, making a difference to the Grange for generations to come. We ask you continue to hold this community in your prayers.

Coldest Night Walk 2018



Join us on **February 24 from 4:30 p.m. to 7:30 p.m.** for the Coldest Night of the Year Walk.

We will walk to raise funds for Yonge Street Mission, a nearby organization that serves the hungry, homeless, and hurting.

All ages are welcome to this walk, with downtown routes that are 2 km, 5 km, and 10 km long. Anyone 11 and under must be accompanied by a parent or guardian during the walk.

You can also volunteer as a site host. St. Paul's is opening its doors to the 5 km and 10 km walkers, as an official rest stop.

There is a minimum \$25 participation fee for walkers age 11 and over. Early bird registration is \$25 until February 19. After February 19, the registration fee is \$40.



To register online, visit stpaulsbloor.org/coldest-night-walk. If you have any questions, contact Sandra Seaborn at sseaborn@stpaulsbloor.org.

Music for Health

Music for Health is an exercise clinic held on Friday mornings from 10 a.m. to 11 a.m.

These sessions use Neurologic Music Therapy techniques designed to improve balance, strength, endurance, range of motion, as well as decrease risk of falling.

Each session will incorporate a spiritual aspect by beginning with prayer and closing with a hymn.

For more information, contact Nancy Truscott at parishnurse@stpaulsbloor.org or visit stpaulsbloor.org/music-health.



Was the world really made in 6 days, the way Genesis says? What would a modern version of the 10 Commandments look like? Is it okay to believe in things like astrology or the Law of Attraction?

On **Wednesday nights (7 to 9 p.m.)** from January 10 until March 7, with the help of our youth leaders, our youth pastor, and some special guests, we are learning we aren't the first to ask questions like these. Like Christians in centuries past, we are finding ways to grow in our faith, to talk about it, and find ways to practice it in our world today. For more information, contact Ian Koiter, ikoiter@stpaulsbloor.org.

This week we are praying for...

World and National Issues

- People who live in the fear of war and terrorism, place courage and peace in their hearts.
- Those in leadership, regardless of their position, to be faithful in service and exercise wisdom and justice for all people.
- All the poor, hungry, and neglected all over the world, may their cries be a call to action for those who have so much.
- All those who have fled their homes in search of food and better conditions.

The Global Church

- Followers of Christ to walk in humility, persevering towards unity rather than fracturing it.
- All leaders of the church to hunger for the truth in study and prayer.
- The church's prayers to be infused with biblical vision, honesty, and humility.
- Everyone gathered today to worship in the Anglican Diocese of Anglican Parishes of the Central Interior in British Columbia.

In Our Own Church

We pray for the following members of our St. Paul's community: Deborah, John, Jennifer, Campbell, Alaine, Rita, Diane, Joan. We pray for your love, grace and mercy to sustain them.

The Flowers Today

The flowers in the Church are given to the Glory of God and in loving memory of:

At the High Table:

In loving memory of Agnes Davies given by Diane Davies.

In the Chapels:

In loving memory of David Currie given by Joan Currie.

Ways to Give

For more information visit stpaulsbloor.org/give



In Person



Pre-Authorized Giving



Through our App



Online

What's Happening This Week

Sunday, February 4

Pilgrim: The Eucharist - 12:15 p.m. | *Room 106*

Monday, February 5

GriefShare - 5:30 p.m. | *Library*

ESL Cafe - 7 p.m. | *Sanctuary*

Tuesday, February 6

Winchester Group - 10 a.m. | *Library*

Holy Communion - 12:10 p.m. | *St. Paul's Chapel*

Christian Meditation - 1 p.m. | *Room 206*

DivorceCare - 7 p.m. | *Library*

Money Course - 7 p.m. | *Dalton Room*

Wednesday, February 7

Little Sunbeams Parents and Tots - 9:30 a.m. | *Nursery*

Wednesdays With God - 12 p.m. | *Dalton Room*

Lunchtime Alpha - 12 p.m. | *St. Paul's Chapel*

Prayer Time for Alpha - 6 p.m. | *St. Paul's Chapel*

Alpha - 6:30 p.m. | *Cody Hall*

Youth Group - 7 p.m. | *Youth Room*

Marriage Course - 7 p.m. | *Great Hall*

Thursday, February 8

CBS Women's Bible Study - 9:30 a.m. | *Music Room*

Choir Practice - 6:30 p.m. | *Music Room*

Friday, February 9

Music for Health - 10 a.m. | *Gym*

Sunday, February 11

Pilgrim: The Eucharist - 12:15 p.m. | *Room 106*

Organ Concert - 3 p.m. | *Sanctuary*

Every Sunday

Worship Services

8:15 a.m. | *Chapel of the Good Shepherd*

9:30 a.m. **the bridge** | *Sanctuary*

11 a.m. | *Sanctuary*

Prayer Ministry

10:20 a.m. & 12 p.m.

St. Paul's Chapel

Nursery

beginning at 9:15 a.m. | *2nd Floor*

Children's Ministry

9:30 a.m. & 11 a.m. | *2nd Floor*

Youth Group

9:30 a.m. & 11 a.m. | *Youth Room*

Prayer Groups

10:20 a.m. | *Room 7*

10:50 a.m. | *St. Paul's Chapel*

Community Lunch

12:15 p.m. | *Great Hall*

\$8 per person

Next Sunday's Preaching Passage

Esther 4:13-5:5

Topic: Offering Who
You Are

Black Heritage Service

On **February 25 at 4:30 p.m.**, everyone is invited to the 23rd Annual Celebration Service of Black Heritage. Join us for an evening of praise, song and dance as we celebrate the gifts and contributions of the Laity who serve in various ministries in our church.

