

The View From The Pew

St. Thomas' Anglican Church, Thunder Bay, Ontario

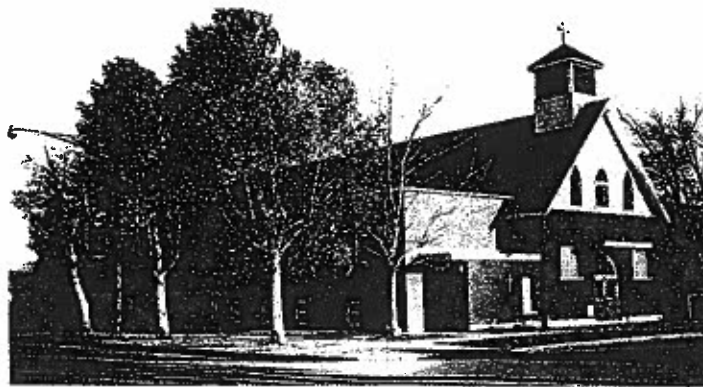
A Note From the Editor's Pew

'...Jesus said, "...do you truly love me more than these?..." St. John 21:15^(b)

After the crucifixion and resurrection of Jesus, we find in St. John's Gospel the dramatic encounter between Jesus and Peter where Jesus asks Peter three times "...Do you love me?...". After the arrest of Jesus, Peter finds himself in a very scary situation. Brave enough to follow (at a safe distance) as Jesus was arrested and questioned, but somehow, not brave enough to own-up and declare, 'Yes, I am a follower of Jesus'. We all know the story. If not, it can be found in the Gospels (Matthew 26, Mark 14, Luke 22, John 18). When Peter realized what he had done, he wept bitterly seeing how shallow his earlier declaration "I will lay down my life for you" had been (John 13:37). I believe that the only person to judge Peter for his lack of courage in that situation, was Peter himself. Peter expected more of himself but Jesus knew better. Jesus knows our weaknesses, but that doesn't stop Him from calling us and using us. Peter's moment of weakness and denial disqualified him from Christ's service only within the scope of Peter's own mind. Jesus, therefore, reinstates Peter by reinforcing, within Peter's mind and heart, the fact that Peter really did love Him. Peter needed to hear himself say, three times, "Yes, Lord, you know that I love you." Peter needed to know that there was work for him to do, "feed my lambs" ... "take care of my sheep" ... "feed my sheep" ... and then Jesus goes on to reveal to Peter that he will indeed die for Jesus ..."Follow me!."

Are we following Jesus at a safe distance? In moments of weakness and fear, have we declared, "I don't know Him." - "I am not a follower." I've come close – my silence in certain situations has definitely sent me away, 'weeping bitterly' inwardly. We must remind ourselves, everyday, "Yes, Lord, you know that I love you." We need to understand, that in spite of our weakness, fears and failures, Jesus has work for us to do. He has given us His Holy Spirit to remind us that we belong to Christ, to comfort us in our sorrows and strengthen us in our weakness, to guide us in our wanderings, and encourage us, in spite of our failures. "Yes, Lord, you know that I love you."

Blessings, Carolyn Napierala



May



The View In Front of the Pew

*"Trust in the Lord with all your heart, and do not rely
on your own understanding." Proverbs 3:5*



Dear Friends,

As most of you have probably heard by now, Mary Lou and I are moving to Prince Albert, Saskatchewan at the end of June. I have accepted the invitation of the Bishop of Saskatchewan to become the incumbent of St. George's Anglican Church, Prince Albert with St. Stephen's Macdowall and Emmanuel Church, St. Louis, and his appointment as Archdeacon of Prince Albert starting July 1.

This decision was not made easily. Mary Lou and I wrestled with it for several months, but believe this is the Lord's direction for us. It will be a new challenge for us, but we will miss all of you here at St. Thomas'.

We've been here for almost 13 years and in that time we have been privileged to get to know many of you well and to build friendships as we have shared life and ministered for the Lord together.

St. Thomas' is a great parish. We have been through some ups and downs during our time here, but I believe the parish started to turn a corner about two years ago.

I'm sure you would agree that life is full of challenges. In fact, they are part of what makes life compelling. This is equally true of a parish.

As a living organism composed of people, indwelt by God's Spirit, the church will always have challenges. They are a sign of life. St. Thomas' has some challenges at this time certainly, but is moving in the right direction to meet them. That direction is prayerful and scriptural, looking to the Lord to gain His vision of St. Thomas' and what He is calling the parish to. This we have been working on in Natural Church Development and in our recent Visioning Renewal Gatherings, asking the Holy Spirit to lead us.

We are on the right path and part of that is for me to step aside to allow for new ordained leadership in this process. About three weeks ago as I was contemplating our move I heard the Lord saying to just trust Him. I believe this is a word for you, for St. Thomas' too. Trust Him with this future direction for the Parish. Trust Him in this time of transition as Mary Lou and I leave. God is faithful, He has a plan, and even when it's not clear to us or it seems unreal, perhaps especially then, trust Him and "don't rely on your own understanding." There are good things to come!

Both Mary Lou and I greatly appreciate your love, encouragement and friendship to us over the years. You have been a great support. The Lord has blessed us all.

We still have two more months to share with you as I continue as your rector, after which Doug McClure will serve as the interim while a new rector is sought.

You will be in our prayers; please keep us in yours.

Yours in Christ,



Andrew Hoskin+
Your friend and Rector



CONFIRMATION



Presented for Confirmation on
Sunday, April 3rd, 2011 were

Abigail Joan Dzuba
Alexander Nicklaus Dzuba
Gabrielle Georgia Gascoigne
Caleb James White

By The Right Reverend Stephen Andrews,
Bishop of Algoma

TO BE CONFIRMED
the first weekend in June

Gordon Cripps
Braden Peters

Angola Team 2011

To assist Steve & Peggy Foster's ministry. If you would like to donate towards the cost of the team, please make your cheques payable to St. Thomas' and write on memo line – "Angola Team 2011"

FINANCIAL NEEDS

- * Travel & accommodation – approx. \$4,000 ea.
- * Teaching Supplies
- * Library cataloguing program

THIS YEAR

This year we experienced and are going to experience four unusual dates:

1/1/11, 1/11/11, 11/1/11, 11/11/11

that's not all ...

Take the last two digits of the year in which you were born; now add the age you will be this year, and the result will be 111 for everyone!

For example –

Harry was born in 1957, and $57 + 54 = 111$

This year October will have 5 Sundays, 5 Mondays and 5 Saturdays.

This happens only every 823 years.

WOMEN OF FAITH CONFERENCE

St. Paul, MN

October 21 – 22nd, 2011

Costs: Registration - \$89 / Hotel - \$68 + tax /nightly
Transportation – bus or shared gas & parking
Meals – all except lunches on Fri. & Sat.
Registration Forms need to be in by end of May.

For further information contact
Mary Lou Hoskin at 622-4980



The Angel Network

(Transcribed from CD by Carolyn Napierala)

A Teaching by Dr. Tim Sheets to bring Biblical clarity to the teaching of angels. Angels don't just haphazardly exist. They are part of God's Network. We talk about the schemes and plans of the enemy. Why would we think that God would be disorganized? The Holy Spirit has a strategy and a host of angels working for Him. Angels are very skilled beings, and Networked by the Holy Spirit for purpose, and for strategies that God has ordained. Rev. 12:4 says that only one-third of the angels fell with Lucifer. That means that two-thirds didn't – therefore, there are more of God's angels than there are dark angels. Because of this, we should see more angel activity than demon activity. We have relegated the ministry and teaching of angels to the sidelines. God's Word has to be the plumb-line, therefore, we will be looking at what the Bible actually says about angels. The most influential people in the Scriptures had angels speak to them and give them messages, from Abraham and Elijah to Jesus and the apostles. In this teaching, we will look at the nature of angels and the many different works that angels do.

(To be continued next month)

'YOU ARE MY SUNSHINE, MY ONLY SUNSHINE'

(Be prepared to get watery eyes!)

Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3-year-old son, Michael, prepare for a new sibling. They found out that the new baby was going to be a girl, and day after day, night after night, Michael sang to his sister in mommy's tummy. He was building a bond of love with his little sister before he even met her. The pregnancy progressed normally for Karen, an active member of the Panther Creek United Methodist Church in Morristown, Tennessee.

In time, the labour pains came. Soon it was every five minutes, every three, every minute. But serious complications arose during delivery and Karen found herself in hours of labour. Would a C-section be required? Finally, after a long struggle, Michael's little sister was born. But she was in very serious condition. With a siren howling in the night, the ambulance rushed the infant to the neonatal intensive care unit at St. Mary's Hospital, Knoxville, Tennessee. The days inched by. The little girl got worse. The paediatrician had to tell the parents there is very little hope. Be prepared for the worst. Karen and her husband contacted a local cemetery about a burial plot. They had fixed up a special room in their house for their new baby but now they found themselves having to plan for a funeral.

Michael however, kept begging his parents to let him see his sister. I want to sing to her, he kept saying. Week two in intensive care looked as if a funeral would come before the week was over. Michael kept nagging about singing to his sister, but kids are never allowed in Intensive Care. Karen decided to take Michael whether they liked it or not. If he didn't see his sister right then, he may never see her alive. She dressed him in an oversized scrub suit and marched him into ICU. He looked like a walking laundry basket. The head nurse recognized him as a child and bellowed, 'Get that kid out of here now. No children are

allowed!' The mother rose up strong in Karen, and the usually mild-mannered lady glared steel-eyed right into the head nurse's face, her lips a firm line. 'He is not leaving until he sings to his sister' she stated. Then Karen towed Michael to his sister's bedside. He gazed at the tiny infant losing the battle to live. After a moment, he began to sing. In the pure-hearted voice of a 3-year-old, Michael sang:

'You are my sunshine, my only sunshine, you make me happy when skies are grey.' Instantly the baby girl seemed to respond. The pulse rate began to calm down and become steady. 'Keep on singing, Michael,' encouraged Karen with tears in her eyes. *'You never know, dear, how much I love you, please don't take my sunshine away.'* As Michael sang to his sister, the baby's ragged, strained breathing became as smooth as a kitten's purr. 'Keep on singing, sweetheart.' *'The other night, dear, as I lay sleeping, I dreamed I held you in my arms.'* Michael's little sister began to relax as rest, healing rest, seemed to sweep over her. 'Keep on singing, Michael.' Tears had now conquered the face of the bossy head nurse. Karen glowed. *'You are my sunshine, my only sunshine. Please don't take my sunshine away.'*

The next day...the very next day, the little girl was well enough to get out of ICU..... she went home two weeks later. Woman's Day Magazine called it The Miracle of a Brother's Song. The medical staff just called it a miracle. Karen called it a miracle of God's love.

NEVER GIVE UP ON THE PEOPLE YOU LOVE. LOVE IS SO INCREDIBLY POWERFUL. The evidence of God's presence far outweighs the proof of His absence.'



**Happy
Mother's Day!**

Blessings to all Mothers today!

Mission Matters

Submitted by Barb Hogarth

Bibles are Back In the past, new immigrants welcomed the idea of a keepsake Bible, as a souvenir of their citizenship ceremony. Due to a ban passed by the government in 2004, the Canadian Bible Society (CBS) was no longer able to give new immigrants a Bible for their swearing-in ceremony.

CBS was disappointed by the lost opportunity to impact generations of new Canadian citizens, but even this obstacle did not stop them from getting Bibles into the hands of new immigrants. True to the pioneering nature of the Canadian Bible Society, in 2008, field district staff developed an alternate plan that would connect new immigrants with the Bible once they arrived in the country.

Many churches that serve immigrant communities began offering English/French as a second language course---often using Bible texts and stories to teach vocabulary, grammar and reading skills. This was an added incentive to immigrants who were anxious to understand and adapt to their new homeland where the Bible and Christianity are very much a part of the social fabric. CBS began to offer discounted Bibles to local church ESL/FSL groups, and within months the initiative developed into a full-fledged national programme where CBS designed and launched the Word of Welcome Bible in both official languages. A team of ESL teachers worked collaboratively with the Canadian Bible Society to develop a basic dictionary and a number of other helpful tools useful for new immigrants, within the easy-to-read Contemporary English Version (CEV). This is the same version used for the Word of Welcome Bible.

Canadian immigration officials have now decided to relax the Citizenship Bible ban. The Immigration and Citizenship Minister gave the

official nod. Now, dozens of citizenship courts across Canada are once again free to make arrangements with local groups who are willing to make the Bibles available. CBS will be among them and this is definitely an answer to prayer. CBS National Director says, "We are absolutely thrilled to see the reopening of this important link with new Canadians who are open and inquisitive about the spiritual values and the historic Christian tradition that has helped to make this country what it is".

(from CBS publication, Word at Work)

Apple Squash Soup

Submitted by Janice Koza

Prep: 15 min. / Cook: 35 min. / Makes 10 cups

1 tbsp Crisco Canola or Vegetable oil
1 onion, chopped
1 clove garlic, chopped
3 lb (1.5 kg) butternut squash, peeled & diced (about 8 cups)
1 sweet potato, peeled & diced (about 1 lb/500 g)
2 apples, peeled, cored & diced
4 cups (1 L) chicken or vegetable stock
1 tbsp chopped fresh thyme OR 1 tsp of dried
1 tbsp chopped fresh rosemary OR 1 tsp dried
1 tsp salt
¼ tsp pepper
¾ cup (175 ml) regular, 2% or Fat Free Carnation Evaporated milk

1. Heat oil over medium heat in a stock pot or a large pot. Add onions and garlic and cook gently 2 – 3 minutes or until soft and fragrant.
2. Add squash, sweet potato and apples. Stir to combine. Add next 5 ingredients. Bring to boil. Reduce heat, cover and simmer for 30 minutes or until squash is very tender.
3. Puree soup. Return to low heat for 5 minutes to warm soup. Stir in evaporated milk. Taste and adjust seasoning if necessary.

LOOKING AHEAD



Rector's Bible Study
Tuesdays at 7:30 pm

Alpha
(Dinner and a Movie)
Wednesdays, May 11th and 18th
6:00 pm to 9:00 pm

A.C.W. Meeting
2nd Tuesday of each month at 1:30 pm
Next Meeting: May 10th

Sunday, May 15th
400th Anniversary of the
King James Version of the Bible

Tuesday, May 17th at 7:15 pm
St. Thomas' Visioning and
Planning Meeting

Thursday, May 19th at 7:00 pm
St. John's Anglican Church
Deanery Strategic Planning Event
What more can we be doing as a Deanery
in regards to ministry and outreach?

Sunday, May 29th
A.C.W. Sunday

Sunday, June 12th
Sunday School Awards followed by
Parish Picnic at 1:00 pm
Vickers Heights Community Centre
Games, Burgers, Hot Dogs, Corn, Ice Cream
(free-will offering)
A good time will be had by all!!

BROTHERHOOD OF ST. ANDREW
Meet at 8:00 am every 2nd Saturday
In Haddon Hall for breakfast
Bible study and fellowship.
May 14th and May 28th

A WEEKLY WORSHIP ALTERNATIVE

AT

ST. THOMAS' ANGLICAN CHURCH



Every Saturday
5:00 pm to 6:00 pm
(in the Side Chapel)

This concise, contemporary service centers on hearing God's Word and receiving His grace through the Sacrament of Bread and Wine. Music will be contemporary and up-lifting while fostering reverence around the Lord's Table.

If a Sunday service does not fit your schedule, this alternate service time can ensure you don't miss out on the strength and peace you yearn to have for daily living.

May we dwell in Him, as He lives in us.

Mother's Union

[Meet 1st Tuesday of each month at 7:00 pm]

Collecting this Month to fill
2012 Conference Bags

This month it would be great if you can donate:

***** WRAPPED CANDY, ANY KIND *****

Please put them in the Mother's Union box
under the table in the Narthex.

February * Pens *****

March * Pencils *****

April * Kleenex Packages *****

A BIG thanks to those who are putting
items in the box for us!

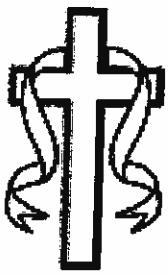
We very much appreciate the support!



Come to Church
Why?

Church is about relationships...
And a relationship with God through Jesus!

HOLY HUMOUR: People want the front of
the bus, the back of the church, and the center of
attention.
(submitted by Lynda Viau)



Messages From The Pulpit

A brief summary, submitted by Carolyn Napierala

DEBATE ON THE MYSTERY OF THE CROSS

SUNDAY, APRIL 3, 2011:

ENACTED BY PASTOR DOUG MCCLURE AND ARCHDEACON ANDY HOSKIN We find the cross today displayed in many ways, carved in wood, engraved in metal, polished and decorated. But the Cross was also an instrument of death. A thing used for killing. Why should it be decorated and turned into a work of art? The Cross is also, primarily, a symbol of Salvation. All of the decorating and polishing are worshipful reminders that there is something precious about the Cross. The Blood of the Cross was precious and still is. On the Cross the love of God becomes visible. Where do you see the love of God on the Cross? It's a vision of blood-shed and violence, of murder made tediously slow, agonizingly painful for the one who was put there. The Cross was ugly. But, knowing what we know! Although it is the ugliest thing in the world, it is also the most beautiful thing in the world. **THAT IS THE MYSTERY OF THE CROSS.** A long piece of wood and a short piece of wood. Two pieces of wood fastened together to stick a man up until it kills him slowly, painfully. The Mystery of the Cross of Jesus is this, it was used so that God, the Creator and preserver of life, could explore the depths of death. The Cross of Jesus is a kind of mask. It's hard to see God there, in all that pain and ugliness. The whole idea is foolishness to intellectuals. And to Jesus' fellow Jews and many other religious people it's a stumbling block. But the foolish idea is God's wise reality. And the Cross that trips people up is God's open door to salvation - the instrument to death and the gateway to life. The Cross is the Mask behind which God hides in order to make known His love. So the cruel, hateful instrument, the death dealing implement appears as a tool of God's Grace. Such a tool is needed, for Scripture makes it clear, no one shall see God's face and live. God comes to us, not to condemn and kill but to forgive and save. That is grace revealed. When God comes to us, He comes not in wrath and devastation but rather wearing a mask to shield us from His Glory. That is grace revealed. The Cross is the mask - the mask of God. But behind it we sense the face of a gracious God. That God should come to us not masked in gold and silver and royal splendor but as a baby in a stable. That is grace revealed.



FINDING COMMUNITY IN THE CHURCH

**SUNDAY, APRIL 10, 2011:
PASTOR DOUG MCCLURE -**

What makes for an authentic community, a community that nourishes us and provides the deep friendships that we all long for? Our need for connection, communion, and community is rooted in the nature of God Himself, who within the Trinity of One God, there are three persons, Father, Son and Holy Spirit living in perfect community and we were created in His image. We too need community to be complete human beings. Sadly we live in a world where people are becoming increasingly distant from one another and from genuine, authentic relationships. People are not only staying away from churches they are staying away from community groups such as clubs, service organizations and adult sports teams. The age of personal computers has pushed individualism to a new level. Rather than connecting with people face to face they do it through anonymity through the internet, social networking, e-mail, instant messaging, much of it often using pseudo names rather than real names and faceless anonymity is replacing deep, knowing friendship. The Church is a better place to make meaningful connections and is first and foremost a community, a gathering of people who belong to one another, because they belong to God, the God we know through Jesus. We often use the word church to denote the building but the point is that it's a building where community meets. It's the people who matter. It is in community where we grow to know the fullness of God's love. The church remains the best place for connectedness. Despite the churches many failings and dysfunction it is the place where we take time to hear God speak to us. It is a place where we are invited to a table and offered food for life's journey. It is a place where we meet together, all of us, different but truly one in Him. It is a place where we are challenged to change our lives. Above all it is in Christian community that we find Jesus, inviting Himself into our lives, giving us a love that will never let us go. Our parish slogan, 'Rooted in Jesus', captures the productivity of God's people. Jesus said, "I am the vine, you are the branches, he who abides in me and I in him bears much fruit, for without me

Continued...

Messages From The Pulpit

A brief summary, submitted by Carolyn Napierala

you can do nothing.” In that wondrous analogy we are all interconnected to the true vine, Jesus Christ. Simple togetherness is one of the main ingredients to love, so simple we almost miss it. We neglect to gather together, we drift apart from one another and become disconnected. Being together reminds us of the needs we each have to share the concerns of our hearts, to laugh and eat together, we worship at the throne of grace side by side and God lifts our hearts with love.

JESUS, THE KING OF PEACE

SUNDAY, APRIL 17, 2011: (PALM SUNDAY)
ARCHDEACON ANDREW HOSKIN - On that first Palm Sunday there was a level at which the crowd was operating and there was a level at which Jesus was operating with two different understandings of the event. Earlier in His ministry, Jesus had on several occasions refused and rejected the efforts of the crowd to make Him their King. Jesus had a different understanding of what it meant for Him to be Messiah and King than the people did. The people were looking for a Messiah who would come and re-establish Israel as a great nation as a military power. Jesus was not that kind of king, not that kind of messiah. On this Palm Sunday, the people are waving Palm branches, a sign of acknowledging Jesus as King; and they laid their robes down on the road in front of Him, as a sign of submission. They are acknowledging Jesus as their King. On this occasion Jesus accepts all this adulation and enters the city of Jerusalem riding on a donkey (a symbol of coming in peace). When Jesus began His public ministry He was saying to the people, ‘repent for the Kingdom is near’. What He was saying was, now in me and through me, and through what I will do, God’s Kingdom is coming and it will bring peace to the world. It brings the peace that God desires with humanity, the peace of reconciliation, the peace of setting things right. The peace that Jesus comes to bring is a peace that enables you to know that you are right with God the Father. Whatever your circumstances, you are in a place of peace with Him and He will strengthen you. You have been reconciled to God by Jesus. Jesus gives the peace that passes understanding when we open our hearts to Him. Jesus comes to establish a kingdom of peace. He comes to bring justice and truth and to bring people into a right relationship with their God and

with one another. His Kingdom is established by suffering, by self-giving, and love. He has come to re-establish the sovereignty of God over all humanity and over all creation and He establishes it by giving Himself. It is by His death on the Cross and by His resurrection that this Kingdom will come into place. You and I are part of that Kingdom today and He call us to live as citizens of that Kingdom, to acknowledge everyday that Jesus is our King.



A NEW CREATION

**SUNDAY, APRIL 24, 2011:
(EASTER SUNDAY)**

**ARCHDEACON ANDREW
HOSKIN -**

The resurrection of Jesus that we are celebrating today (Easter Sunday) has become a life changing event for all of humanity, a declaration by God that He is doing something new. The central claim of the Christian message is that Jesus of Nazareth has been raised from the dead. That was the belief that the early Christians were willing to die for. They believed that Jesus had been bodily raised to life after being dead and buried. Jesus is the first of God’s plan for a new humanity and for the re-creation of all creation. Today we are celebrating the resurrection of Jesus and what it means for us. God has a glorious future for us, so glorious that it may almost seem unbelievable. Scripture speaks about that future as a new creation of heaven and earth, a whole new sense of reality that you and I have not yet experienced. We have a part to play in moving toward this new creation and that part is very basic – to live a life in which you love God with your whole being and you love others as yourselves. It’s that simple and also that difficult. Love isn’t easy. Jesus is the first of the new creation and by His death on the cross He has made it possible for all to put their trust in Him to enter in to that new creation. As we come to the altar today, let us open our hearts to the Lord Jesus, acknowledge His presence and invite Him to encourage and strengthen us by His Spirit. As we take the Bread and Wine, He will empower us to be better able to go out into this world to show the presence of the risen Jesus in our lives, to allow His Spirit to work through us to love others with the love of Jesus.

Food for Thought

The month of May brings out the green in everything. The grass turns green, the leaves and buds turn green, and we feel more like eating fresh, green produce.

Dark, leafy greens are packed with nutrients, such as beta-carotene, folic acid, calcium, and magnesium. They are also packed with antioxidants and fiber that may help reduce inflammation, lower cholesterol levels, and protect the immune system. These are all good reasons to increase our consumption of greens.

Of course, fresh produce is the best. This is when those vital nutrients are at their peak. But we don't have to throw out those leafy greens just because they are a little limp. Recent studies have shown that fruits and vegetables don't lose as much antioxidant capacity after purchase as we once thought. This recent research tells us that fruits and vegetables still maintain their phenolic compounds, ascorbic acid and flavanols – the trio of chemical types associated with antioxidant content – long after they've been picked. Fruits and vegetables can, therefore, still provide abundant nutrients, including antioxidants, right up until the time just before they begin to spoil. Of course, if produce is moldy and slimy, then it's time to toss it. But why not try cooking methods that take advantage of their softened state? For example, limp greens are great in soups and stews, older fruit can be used to make jams, and overripe bananas are wonderful in banana bread.

As good as leafy greens and other veggies are for our health, we do need to be careful and use safe methods of consuming them. Leafy greens, in particular, can sometimes be a source of *E. coli* and salmonella. The following steps should be taken to lessen our risk of exposure to these pathogens:

1. Always rinse packaged greens. Even if the package says - "pre-washed" - they

need to be rinsed. Greens in plastic can still harbour bacteria and should be washed three times under cold, running water to remove sand, dirt and any bacteria that may be present.

2. If the package is past its "best-before-date", then put it back on the shelf.
3. All vegetables and fruits should be scrubbed under cold, running water before consuming.
4. Avoid putting raw bean sprouts and/or alfalfa sprouts on salads. The risk of *E. coli* or salmonella from these sources is high.
5. Salad bars can be particularly hazardous, so it's important to look for ones that have their vegetables well chilled (preferably over ice) and that the food is properly shielded with a sneeze guard or hood. And, obviously, avoid any items that look old or dried out.

Well, as I write this article, it's almost lunch-time. I think I'll make a salad. I'm going to toss some well-washed greens, add lots of other colourful veggies, maybe add a few nuts for protein, and end it with a healthy, olive-oil dressing. Yum – I can't wait!

May God richly bless you with health, peace, and joy.

Lesley Joy McClure, B.Sc., M.Sc. (Nutrition)

If you would like to get health tips sent to your email inbox each month, then email me at lesleyjoy@shaw.ca and I'll send you a complementary issue of my newsletter. If interested, you can take out a yearly subscription.

Also - check out my new blog:

<http://www.mumbasmusings.blogspot.com>.

You'll find health tips, reflections, recipes, and more.

View from the Back Pew

Submitted by Bruce Petersen

"Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid." (Mark 16:8)

Strange way to end a story. But this is the ending of the best early manuscripts we have for the Gospel of St. Mark. These women had gone to the tomb of Jesus to do for the body of Jesus as the traditions of that time required. They found the tomb empty, the body gone and two men "in clothes that gleamed like lightening" who told them "He is not here; he has risen!" (St. Luke 24:4,6)

They overcame their fear sufficiently to run, as instructed, to tell the apostles hiding away in a locked room. The Eleven "did not believe the women, because their words seemed to them like nonsense." (St. Luke 24:11)

Nonsense indeed. None of us expects the dead body of a loved one to suddenly come back to life. Such things don't happen. We would be overwhelmed. What a shock the friends and followers of Jesus experienced. They already had a lot of emotional turmoil to handle. They had forsaken Jesus during his arrest, trials, and crucifixion. In spite of the Lord's warnings, they had treasured illusions that he would become enthroned in Jerusalem as the King of Israel who freed the nation from foreign occupation and domination. All that expectation had been destroyed. The couple on their way to Emmaus lamented: "We had hoped that he was the one who was going to redeem Israel." (St. Luke 24:21) A crucified Messiah is no Messiah at all. Now they had this 'nonsense' from these agitated women with which to contend.

Apprehension, puzzlement, confusion. And it shows in the stories told. "What we've got is a series of resurrection stories that are abrupt, confused, vivid and unpolished. I don't think one can over-emphasize that oddity about the resurrection stories. It was once fashionable to sneer at the fact that there are four not-easily-

compatible versions of what happened on Easter Sunday and afterwards: as if that were a sign of their untruth. I want to turn that right on its head and say that the untidiness of the resurrection stories is one of their main claims to be taken seriously as historical reportage. What's going on is clearly, I would say, people struggling to find words for something they had not expected." (Rowan Williams, *Risen Indeed: The Resurrection in the Gospels*)

What did it all mean? That too was unclear to the early followers of Jesus. St. Matthew tells us that when the women fled from the tomb they were "afraid yet filled with joy". (28:8) He also tells us that when the eleven disciples went to Galilee and saw Jesus, "they worshiped him; but some doubted." (28:17) And then there is Thomas. St. John records that when Thomas finally saw the risen Jesus, he exclaimed, "My Lord and my God!" (20:28) Now that is an immense affirmation of faith.

The truth is that the resurrection of Jesus is the most astonishing and significant event in all human history. A new reality burst upon the world stage: the possibility arrived of living in a new creation in which death has been conquered and evil eliminated. The Kingdom of God opened its doors to all who declare their allegiance to the risen Jesus. A new day dawned and we are still incapable of fully understanding its wondrous meaning.

Until the day of his ascension, the risen Lord Jesus appeared to his disciples over a period of forty days, providing many convincing proofs that he was alive, giving instructions through the Holy Spirit, and speaking about the Kingdom of God. St. Luke reports that Jesus "opened their minds so that they could understand the Scriptures. He told them, 'This is what is written: The Messiah will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these

View from the Back Pew

(Continued...)

things.'" (24:45-48)

An Orthodox Jewish rabbi, who nonetheless did not become a follower of Jesus, wrote a book (see...*Time Magazine*, May 7, 1979) in which he concluded: "'When this scared, frightened band of apostles which was just about to throw away everything in order to flee in despair to Galilee; when these peasants, shepherds, and fishermen, who betrayed and denied their master and failed him so miserably, suddenly could be changed overnight into a confident mission society, convinced of salvation and able to work with much more success after Easter than before, then no vision or hallucination is sufficient to explain such a revolutionary transformation.'" (The Resurrection of Jesus: A Jewish Perspective, p. 175)

As similarly challenged disciples of the 21st century, may we, in the power of the Holy Spirit, boldly proclaim the Good News to all who will listen. "Jesus is risen! Thanks be to God. Hallelujah!"



Acts 4:12

"Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved." (NIV)

The world wants you to believe that many roads lead to life, salvation, fulfillment, or heaven, but God says there is only one. Every other person, religion, belief system, or lifestyle will fail you. Jesus, the risen Saviour, is the only one who won't fail you. What are you counting on for your salvation?

The Bible League of Canada
Daily Devotional



A Variation of the Lord's Prayer

**God, You ask me to call
You Father.**

You know me personally.

**May Your rule and reign be realized
in my life, in my community, in Canada.**

**I surrender my life to Your plans,
Your timing.**

Help me to carry out Your will.

**May I begin to embrace heaven's values
as I carry out Your will on earth.**

Please provide for my needs each day.

Thank You for caring.

**I repent of thoughts, words, and actions
that separate me from You
or my loved ones.**

**I release resentment, offenses,
and hurts.**

Your mercy is my example.

Show me my weaknesses.

Give me strength to make right choices.

Protect me from the tempter.

Saturate my mind with Your truth.

I belong to you.

**Help me live as an obedient servant
of the sovereign King,
bearing Your image in a fallen world,
relying on Your strength,
and living for Your glory.**

These words can be trusted. So be it!

St. Thomas' Anglican Church

1400 Edward Street, South

Thunder Bay, ON P7E 2J6

Ph: 807-623-3608

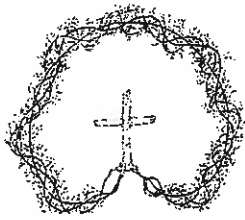
Fax: 807-623-3254

E-Mail: office@stthomasanglican.org

We're on the Web! www.stthomasanglican.org



Handicap Accessible



*"I am the vine,
you are the branches"*

St. John 15:5

Rooted in Jesus

RECTOR: Archdeacon Andrew Hoskin

ASSOCIATE PASTOR: The Rev. Doug McClure

OFFICE SECRETARIES: Mrs. Donna McCormick
Mrs. Sheila Tucker

Prayer for St. Thomas'

Heavenly Father, I praise you and I adore you,
all glory be to you.

Thank you for making me a part of your
St. Thomas' family.

Encourage us in our support of one another.

Thank you for the gifts you have given us.
Enable us in using them to extend your Kingdom.
so may the Holy Spirit renew your church
beginning with me.

In the name of the one in whom we are rooted,
Jesus our Lord. Amen

Diocesan Mission Statement

To share in the gathering work of Christ,
so that His newness of life overflows
in our hearts, homes, churches and communities.

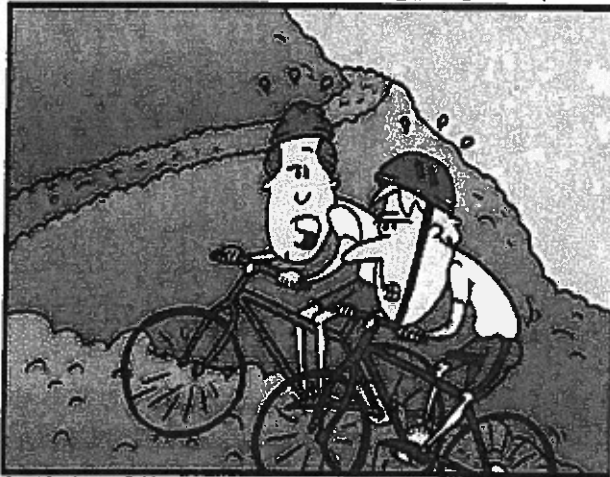
Bishops Motto for 2011

"For surely I know the plans I have for you,
says the Lord,
plans for your welfare and not for harm,
to give you a future with hope."
(NRSV) Jeremiah 29:11

Parish Vision Statement

St. Thomas' is a growing family of faith in Jesus,
seeking to empower its members to use their
gifts to extend the Kingdom of Christ.

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



(See Matthew 17:20)

01-24-2000

THEY SAY THAT FAITH CAN MOVE MOUNTAINS
... HOW MUCH FAITH YA GOT?

Deadline for submissions

for the next issue of View From The Pew is:
Sunday, May 29th

E-Mail cbnapier@shaw.ca

Or a hard copy can be dropped off at the church.

[Put in 'View From The Pew' folder in the
Communication Centre at side entrance.]

(to Office and Sunday School)