



**St. Matthew**  
**the Apostle, Oriole**  
Anglican Church

*Come. See. Journey.*

Sixteenth Sunday After Pentecost  
September 24, 2017

**SUNDAY SERVICES**

8:00 a.m. Holy Eucharist

10:00 a.m. Choral Eucharist  
with Church School

5:00 p.m. Evening Service  
returns October 22<sup>nd</sup>.

**St. Matthew**  
**the Apostle, Oriole**  
Anglican Church

*“To Seek and Serve Christ in all persons”*

80 George Henry Blvd.  
North York, ON M2J 1E7  
416-494-7020

[www.stmatthew.ca](http://www.stmatthew.ca)  
[office@stmatthew.ca](mailto:office@stmatthew.ca)

***Incumbent: The Rev. Lisa Newland***

***Deacon: The Rev. Kyn Barker***

Honorary Assistant: *The Rev. Canon John Wilton*

Music Director & Organist: *Mr. David Braund*

Lay Reader: *Mr. Joe Smith*

Lay Anointer: *Mr. Clifford Wong*

**Today at St. Matthew**

Holy Eucharist (8:00 a.m.)..... page 3

Choral Eucharist

with Church School (10:00 a.m.) ..... page 4

Upcoming Events ..... page 14

Parish and Community Events ..... page 14

# Sixteenth Sunday After Pentecost

**8:00 a.m. HOLY EUCHARIST (BAS)**

**WE WELCOME YOU TODAY TO**

**ST. MATTHEW THE APOSTLE - ORIOLE ANGLICAN CHURCH**

*We welcome you today to St. Matthew the Apostle, Oriole Anglican Church. We follow the Order of Service in the green **Book of Alternative Services**, found in the pew, beginning on p. 230.*

Greeting.....	p. 230
Glory in Excelsis .....	p. 231
Collect of the Day .....	p. 5 ( <i>bulletin</i> )
First Reading: Exodus 16:2-15 .....	p. 5 ( <i>bulletin</i> )
Psalm 105:1-6, 37-45 .....	p. 845
Second Reading: Philippians 1:21-30.....	p. 6 ( <i>bulletin</i> )
Responsory 5 .....	p. 103
Gospel: Matthew 20:1-16.....	p. 7 ( <i>bulletin</i> )
Homily: The Rev. Lisa Newland	
The Nicene Creed .....	p. 234
Prayers of the People ( <i>as announced</i> )	
Confession & Absolution .....	p. 238
The Peace.....	p. 240
Prayer Over the Gifts .....	p. 9 ( <i>bulletin</i> )
Celebration of the Eucharist B.....	p. 243
The Lord's Prayer.....	p. 245
The Breaking of the Bread .....	p. 246
<b>Anointing:</b> <i>If you wish to receive anointing for healing, please approach the anointer prior to receiving Holy Communion.</i>	
Prayer after communion.....	p. 11 ( <i>bulletin</i> )
Doxology.....	p. 247
Announcements	
Blessing.....	p. 249

## **Next Week's Readings ~ Seventeenth Sunday After Pentecost**

<i>Exodus 17:1-7</i>	<i>Philippians 2:1-13</i>
<i>Psalm 78:1-4, 12-16</i>	<i>Matthew 21:23-32</i>

**Sixteenth Sunday After Pentecost**  
**10:00 a.m. CHORAL EUCHARIST (BAS)**  
**The Gathering of the Community**

*We welcome you today to St. Matthew the Apostle, Oriole Anglican Church. The entire service is printed in the bulletin with the exception of the hymns which are found in the blue Common Praise book in your pew. We offer a Nursery program for infants as well as a Sunday School program for toddlers and children during the service. Following the first hymn the children are invited to come forward for a talk about one of the Bible readings of the day. They then go out for Nursery (in the Welcome Room) or Sunday School (in the Fellowship Hall) for their own time of worship and learning and return just before communion. If your child would prefer to remain in the service they are most welcome. We also have activity bags available from the Sidespeople for the children's use during the service.*

Prelude: "The Lord's Prayer" ..... J. S. Bach

**THE GATHERING OF THE COMMUNITY**

Open our hearts, O Lord, to give heed to what is said by your Son.

Hymn 84 "Lord, enthroned in heavenly splendour" ..... St. Osmund

Children's Talk ..... Agnes

*The celebrant greets the community*

Celebrant: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

**People: And also with you.**

Celebrant: Almighty God,

**All: to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

**Glory to God**

**All: Glory to God in the highest, and peace to God's people on earth.  
Glory to God in the highest and peace to God's people on earth.  
Lord God, heavenly king, almighty God and Father,  
we worship you,**

**we give you thanks,  
we praise\_you\_for your glory.  
Glory to God in the highest, and peace to God's people on earth.  
Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,  
you take away the sin of the world: have mercy on us;  
you are seated at the right hand of the Father: receive, receive our  
prayer.  
For you alone are the Holy One, \_you alone are the Lord.  
For you alone are the Holy One, \_you alone are the Lord.  
You alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father,  
in the glory of God the Father. Amen.**

**COLLECT OF THE DAY** *(please remain standing)*

Celebrant: Let us pray.

Almighty God, you have created the heavens and the earth, and ourselves in your image. Teach us to discern your hand in all your works and to serve you with reverence and thanksgiving; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**THE PROCLAMATION OF THE WORD**

**First Lesson: Exodus 16:2-15**

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger." Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days." So Moses and Aaron said to all the Israelites, "In the evening you shall know that it was the LORD who brought you out of the land of Egypt, and in the morning you shall see the glory of the LORD, because he has heard your complaining against the LORD. For what are we, that you complain against us?" And Moses said, "When the LORD gives you meat to eat in the evening and your fill of bread in the

morning, because the LORD has heard the complaining that you utter against him--what are we? Your complaining is not against us but against the LORD." Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat.

Reader: Hear what the Spirit is saying to the Church.

**All: Thanks be to God.**

Psalm 105:1-6, 37-45 Chant – George Black..... p. 845

**Refrain: The Lord has always been mindful of his covenant.**

### **Second Lesson: Philippians 1:21-30**

For to me, living is Christ and dying is gain. If I am to live in the flesh, that means fruitful labor for me; and I do not know which I prefer. I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better; but to remain in the flesh is more necessary for you. Since I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in faith, so that I may share abundantly in your boasting in Christ Jesus when I come to you again. Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel, and are in no way intimidated by your opponents. For them this is evidence of their destruction, but of your salvation. And this is God's doing. For he has graciously granted you the privilege not only of believing in Christ, but of suffering for him as well-- since you are having the same struggle that you saw I had and now hear that I still have.

Reader: Hear what the Spirit is saying to the Church.

**All: Thanks be to God.**

Gradual Hymn: 375 "At the Name of Jesus every knee shall bow" ..... KING'S WESTON

Gospeller: The Lord be with you.

**All: And also with you.**

Gospeller: The Holy Gospel of our Lord Jesus Christ according to Matthew.

**People: Glory to you, Lord Jesus Christ.**

Jesus said, "For the kingdom of heaven is like a landowner who went out early in the morning to hire laborers for his vineyard. After agreeing with the laborers for the usual daily wage, he sent them into his vineyard. When he went out about nine o'clock, he saw others standing idle in the marketplace; and he said to them, 'You also go into the vineyard, and I will pay you whatever is right.' So they went. When he went out again about noon and about three o'clock, he did the same. And about five o'clock he went out and found others standing around; and he said to them, 'Why are you standing here idle all day?' They said to him, 'Because no one has hired us.' He said to them, 'You also go into the vineyard.' When evening came, the owner of the vineyard said to his manager, 'Call the laborers and give them their pay, beginning with the last and then going to the first.' When those hired about five o'clock came, each of them received the usual daily wage. Now when the first came, they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner, saying, 'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.' But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?' So the last will be first, and the first will be last."  
*(Matthew 20:1-16)*

Gospeller: The Gospel of Christ.

**People: Praise to you, Lord Jesus Christ.**

Sermon: The Rev. Lisa Newland

### **The Apostles' Creed** *(Please stand)*

Celebrant: Let us confess the faith of our baptism, as we say,

**All: I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

**Prayers of the people (as announced)** *(Please stand, sit or kneel as you prefer and are able)*

### **CONFESSION AND ABSOLUTION**

Leader: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

*Silence for reflection is kept*

Celebrant: Most merciful God,

**All: we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

Celebrant: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

### **The Peace** *(Please stand)*

Celebrant: The peace of the Lord be always with you.

**All: And also with you.**

## THE CELEBRATION OF THE EUCHARIST

Offertory Hymn: 565 "Guide me, O thou great Jehovah" ..... CWM RHONDDA

## THE PREPARATION OF THE GIFTS

### Prayer Over The Gifts

God of power, the glory of your works fills us with wonder and awe. Accept our offering this day, and help us to live in peace and harmony with all your creation, for the sake of Jesus Christ our Lord. **Amen.**

## THE GREAT THANKSGIVING

Celebrant: The Lord be with you.

**People: And also with you.**

Celebrant: Lift up your hearts.

**People: We lift them to the Lord.**

Celebrant: Let us give thanks to the Lord our God.

**People: It is right to give our thanks and praise.**

Celebrant: It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

**People: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Celebrant: Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will. On the night he freely gave himself to death, our Lord Jesus Christ took

bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, " Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, " Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

**All: Christ has died. Christ is risen. Christ will come again.**

Celebrant: Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

**People: Amen.**

**The Lord's Prayer** (*sung*)

Celebrant: As our Saviour taught us, let us pray,

**All : Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

**Breaking of the Bread**

Celebrant: Let us pray.

"I am the bread of life," says the Lord. "Whoever comes to me will never be hungry; whoever believes in me will never thirst."

**All: Taste and see that the Lord is good; happy are they who trust in him!**

Celebrant: The gifts of God for the People of God.

**People: Thanks be to God.**

*All baptized persons are welcome to receive Holy Communion. Those not receiving communion may wish to receive a blessing instead. To indicate this to the priest, please cross your hands over your chest. Communicants*

*who do not wish to drink from the chalice should not dip the bread into the cup. Instead, after eating the bread, cross your hands over your chest as the chalice bearer passes by, or make a sign of reverence by gently touching the base of the chalice when it is presented to you. Those drinking from the chalice are asked to assist the chalice bearer by grasping it at the base and guiding it to their lips.*

*Any children wishing to receive from the chalice are encouraged to stand to assist the chalice bearer.*

**Anointing:** *If you wish to receive anointing for healing, please approach one of the anointers prior to receiving Holy Communion.*

Communion Hymn: 222 "All shall be well" ..... SONG 46

Motet: "Remember" ..... Thomas Ravenscroft

**Prayer after Communion** *(Please stand)*

Celebrant: Let us pray.

Ruler of the universe, all creation yearns for its fulfilment in your Son. May we who have shared in holy things grow into maturity in him. This we ask in the name of the same Jesus Christ our Lord. **Amen.**

Celebrant: Glory to God,

**All: whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

**ANNOUNCEMENTS**

**BLESSING**

Recessional Hymn: 357 "Let all the world in every corner sing" ..... LUCKINGTON

**DISMISSAL**

Deacon: Go forth in the name of Christ.

**All: Thanks be to God.**

Postlude: "Prelude and Fugue in D" ..... Dietrich Buxtehude

## CYCLE OF PRAYER

World: Southeast Florida, IV, The Episcopal Church  
ACC\*: The Provincial Synod of the Territory of the People  
Deanery: St. George on Yonge  
Parish: Families of ***Robbie Roberts, Elizabeth Roberts & Robinson***  
*\*Anglican Church of Canada*

## ASSISTING TODAY

Sidespersons:	8:00 a.m.	Lesley Heuther
	10:00 a.m.	Val Seales Team
Readers:	8:00 a.m.	Sally-Anne Hrica, Shyamal Ray
	10:00 a.m.	Sylvia Sutherland, Robbie Roberts
Intercessor:	8:00 a.m.	Walter Deller
	10:00 a.m.	Kakra Winful
Server:	10:00 a.m.	Dennis Chalmers
Chalice:	8:00 a.m.	Susan Porter
	10:00 a.m.	Val Seales, Ray James
Altar Guild:		Joy Walker, Norma Walker-Roberts

*Flowers today are given to the glory of God.*

---

## Exodus 16:2–15

Exodus is the second book of the Jewish Torah (Instruction or Law), also sometimes referred to as the Pentateuch from the Greek name, "Five Books." Exodus has three great themes: 1) the story of God's bringing the Israelite people out of slavery in Egypt; 2) God's calling them and forming them into a community and people, giving them a Law that will enable them to live in justice and mercy; and 3) God's enabling them to create a Tabernacle, a travelling Holy Space by which God can continue present with them as they journey. After their miraculous escape from slavery in Egypt, the Israelite make their way through the wilderness toward Sinai where they are to meet with YHWH, their God who has delivered them. But reality hits home—they have no food or water, and they begin to complain. The motif of complaining forms an ongoing theme of the books of Exodus, and Numbers. In today's reading God responds by sending them mysterious bread from heaven that arrives with the dew every morning. Its name, manna, is a wordplay based on the people's question when they first see it—Man hu? What is it? Unlike modern economic theory which sees the world as a place of endless shortage in which people must compete for scarce goods, Exodus 16 gives a different version of economics. In Exodus there is always enough for everyone to have what they need. If people hoard because they buy into fear of scarcity, the manna goes rotten. If they panic because there won't be enough and they will need to work on the sabbath, God provides extra, and when they keep it overnight it does not go rotten. *[Dr. Walter Deller/2017]*

## UPCOMING EVENTS

September		
<b>Sunday, 24<sup>th</sup></b>	<b>Tonight</b>	Organ recital by David Braund
<b>Tuesday, 26<sup>th</sup></b>	<b>7:30 p.m.</b>	Refugee Sponsorship Group Meeting
<b>Thursday, 28<sup>th</sup></b>	<b>6:00 p.m.</b>	Men's Group at the home of Bill Found. Contact Dennis Chalmers (416) 502-3145
<b>Friday, 29<sup>th</sup></b>	<b>7:00 p.m.</b>	"Snakes and Lagers'" at Willie Stouts Pub, 2175 Sheppard Ave E, North York, ON M2J 5B8
<b>Saturday, 30<sup>th</sup></b>	<b>10:00 a.m.</b>	Walkathon Fundraiser
October		
<b>Sunday, 1<sup>st</sup>. After the 10:00 a.m. service</b>		Joys of Pickling with Catriona Kollar
<b>Thursday, 5<sup>th</sup></b>	<b>7:00 p.m.</b>	Wardens' Meeting
<b>Sunday, 15<sup>th</sup> After the 10:00 a.m. service</b>		Christmas Wreath Making workshop with Diane Wilton
<b>Sunday, 22<sup>nd</sup></b>	<b>5:00 p.m.</b>	Evening service returns
<b>Sunday 29<sup>th</sup></b>	<b>7:30 p.m.</b>	Organ recital by David Braund

## PARISH & COMMUNITY EVENTS

*For week of Sept. 24, 2017*

**NEWCOMER UPDATE:** Neema and Chance have moved into their new apartment near the Shops at Don Mills and walking distance from their ESL Classes at Overland Learning Centre. St Matthew's continues to support Neema and Chance financially, emotionally and socially as they build their lives in Canada.

**WALKATHON & SCAVENGER HUNT: Saturday, September 30th.** This year Our annual walkathon will walk in Parkway Forest to see all the changes made there in the past three years. Please join us for some fun, fellowship, exercise and refreshments.

It only takes 3 easy steps.

1. Add your name to the list in the hall, and pick up some sponsor sheets.
2. Ask your family, friends and neighbours to sponsor you in support of St. Matthew's.
3. Lace up your sneakers and bring your sponsor sheets and money to the church before 10:00 a.m. on September 30th when we will hit the trail. The walk will take about an hour after which we will return to the church for lunch.

If you cannot walk, we hope you will sponsor one of the walkers.

Contact: Janice Sanders, 416-491-6422 or email [jesand@rogers.com](mailto:jesand@rogers.com)

**THANKSGIVING DONATIONS** ~ Thanksgiving is just about upon us. Therefore it is time to remind parishioners of the needs of so many in our city and community. On behalf of the Food Bank all canned, packaged and boxed goods are greatly appreciated. As has been mentioned in years past, if you plan on donating PRODUCE would you kindly ensure that hearty vegetables are brought that do not require refrigeration. It will be a couple of days until the produce is received by Harvest and given out to the clients. Thus, cabbages, squashes, onions, potatoes, apples, are welcome, whereas carrots, peppers, corn, and many fruits etc. will not last. It would be a shame to have worthy donations go to waste. All produce should be brought to the church by **9:30 a.m., Saturday, Oct. 7th** for decorating of the Sanctuary for Thanksgiving Sunday.

**FUNDRAISING FOR THE CHRISTMAS MARKET:** ~

**"Snakes and Lagers" - September 29th- Willie Stouts, 7:00 p.m.**

Game night awaits you at your Local pub, Willie Stouts! Come join us for board games, food, drinks and friendly competition!!!

Entry and Games: \$5.00

Food and drinks: purchased independently. 10% profits is given to St.Matthews! "

**Joy's of Pickling" Sunday, October 1st- after the 10:00 a.m. service.**

Want to save money and learn some new tricks of Pickling?

Come on out to our workshop! An avid pickler, Catriona Kollar, will lead this workshop.

We invite you all to bring your own recipes to share together!

Following the workshop you can stay and practice your skills by helping to pickle for the Christmas Market!

Price: \$5.00 to cover the cost of items used.

**"Christmas Wreaths"! Sunday, October 15 - after the 10:00 a.m. service.**

"Every door deserves to the Christmas cheer! The lovely and talented Diane Wilton will be facilitating a workshop on wreath making! You will have fun learning the in and outs to making the perfect wreath!

These magical wreaths will be on showcased and available for purchase at the Christmas Market on November 4th!

**Mabel's Labels** – Online Fundraising initiative.

20 % of the purchase goes back to St. Matthew's.

<http://mabelslabels.com/fundraising/> click on "support a fundraiser" – drop down list, click on St. Matthew and then order and percentage is given to the church.

**"Drop off items!"** Please drop off your Christmas market items at the office Tuesdays 9:00 a.m. – 3:00 p.m., or Fridays Noon to 6:00 p.m. Thank you for your contributions of knitting, jewelry, household items ( decorations, vases, kitchen items etc) , Hobbie/games (puzzles, boardgames), children's toys, Jams, etc.

**SENIORS' YOUNG AT HEART CLUB AT INCARNATION ~ Tuesday, October 17<sup>th</sup> at 12:30 p.m.** *BRAIN HEALTH*– Lifestyle tips for keeping a healthy brain. Alzheimer Society. Sponsored by Daniel Wiskin of Total Access Centre., followed by lunch at 12:30 p.m. Cost: \$5.00 and, if you are able, an item for the food bank.

## **MENTAL HEALTH FIRST AID PROGRAM**

**Dates:** Mondays - October 16, 23, 30, and November 6, 2017

**Times:** 6:30 - 9:30 PM

**Location:** Iona Presbyterian Church  
1080 Finch Ave. E, North York, ON, M2J 2X2

**Facilitator:** Dr. Susan Kagan RN, EdD.

**Cost:** \$107.00 per person (includes the MHFA manual )

One in three people will experience a mental health problem in their lifetime. As a result, this course was developed to help people provide initial support to someone who may be developing a mental health problem or is experiencing a mental health crisis. This 12-hour course teaches mental health first aid skills. The philosophy behind MHFA Canada is that a mental health crisis may be avoided through early intervention. If a crisis does arise, then members of the public can take action to reduce harm and provide support.

### **Course participants will learn to:**

1. Recognize the symptoms of mental health problems
2. Provide initial help
3. Guide a person toward appropriate professional help
4. Provide help to prevent the mental health problem from becoming more serious
5. Reduce stigma towards those experiencing mental health problems

### **Who should take this course?**

Everyone can benefit from MHFA Canada training - members of the general public, teachers, health services providers, university students, emergency workers, frontline workers who deal with the public, volunteers, human resource professionals, employers, community groups.

**To Register:** Contact Susan Kagan at [kagan\\_51@hotmail.com](mailto:kagan_51@hotmail.com)



### **ADULT CHRISTIAN COLOURING GROUP**

- Do you like to colour?
- Could you use some time for quiet reflection, creativity and fellowship?

Then join us **Tuesday mornings**  
from **9:30 a.m. – 11:00 a.m.**  
beginning **September 26<sup>th</sup>**.

as we colour together using different pictures related to biblical themes and passages. Colouring pages, markers and crayons provided. We'll begin with a short meditation/reflection followed by a time of colouring and social conversation. Donations of \$5.00 per person would be appreciated to help cover the start-up costs. A perfect group to bring a friend or neighbour to!

Please speak to Rev. Lisa to let her know of your interest.

## **RECTOR'S CONTACT INFORMATION**

Rev. Lisa's Sabbath day is Mondays. Rev. Lisa's office hours are generally 9:00 a.m. – 1:00 p.m., Tuesdays – Thursdays at the church. Fridays are a home office day for sermon preparation. She may be reached through the church office at 416-494-7020 ext. 2 or at 416-756-9130 outside of office hours.

## **CHURCH ASSISTANT'S OFFICE HOURS**

Tuesday: 9:00 a.m. – 3:00 p.m.

Friday: Noon. – 6:00 p. m.

## **Parish Officers**

Rector's Warden	Valerie Seales
Peoples' Warden	Margaret Allen
Deputy Wardens	Raine Liliefeldt
	Norma Walker Roberts
	Kakra Winful
Treasurer	Virendra Singh
Office/Rentals	Donna Lam
Envelope Secretary	Shyamal Ray
Sidespeople 8:00	Roland Wood
10:00	Valerie Seales
Music Director/Organist	David Braund
Church School	Susan Porter
Nursery	Diane Wilton
Altar Guild Chair	Wendy Blatchford
Flowers	Minoli Gunawardana
Social Justice & Outreach	Deacon Kyn Barker
	Anne Creighton
Hospitality	Valerie Seales
	Margaret Allen