



**JUNE 2010**

# THE GRAPEVINE



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## From the Pastor's Desk

Dear Friends,

There is a phrase in the Gospel of Luke that has often struck me. The phrase I am referring to is this, “as was his custom.” The words are simple and could easily be passed by without even a second thought and yet I believe, what those words say is highly significant. If we look at the context of the phrase we see very quickly that the phrase immediately follows the time of Jesus’ testing in the wilderness. In Luke 3 Jesus is baptized and in Luke 4 he goes into the wilderness for a period of forty days. It was



while he was in the wilderness that Jesus was tempted by the devil. At the end of the time of testing, Luke tells us that Jesus returned to Galilee “in the power of the Spirit” (Luke 4:14) and then two verses later we are told that, “He went to Nazareth, where he had been brought up, and on the Sabbath day *he went into the synagogue, as was his custom*” (italics added). What strikes me is that for Jesus, worshipping with the community of faith was a normal part of life. It wasn’t hit and miss, it wasn’t an optional extra. It wasn’t something that Jesus sought out when he had a bit of free time. Worshipping with the community of faith was a regular part of life. Jesus gathered in community to give God glory—it was part of his custom. It was part of the rhythm of life.

It is so easy for us to establish rhythms of life that are hurried and harried. So often we find ourselves racing around trying to get all the things done that *we* want to get done. We go from one thing to the next. We want to make sure that we feel fulfilled. Those who are parents want to make sure that their children get as many opportunities as possible so that they (and the parents) don’t feel as though limitations were placed on them. From an early age, children are given the impression that life is about “doing.” Parents model to their children the things that are important. Without even really noticing it, by the craziness of our activity, we say to our children that life is about satisfying our own desires. Is this really what we should be communicating?

One of the things that I notice happens when people get busy is their regularity at worship decreases. People tell me that they just don’t have the time—that they have too many things on the go. I don’t dispute that. But I do wonder sometimes how much of the busy activity is absolutely essential and unavoidable and how much of it is simply a choice that somebody is making. We are busy, but are we making the right choices?

When we look at the life of Jesus we can see somebody whose life was filled with the demands and expectations of others. Once his earthly ministry began, so much of Jesus’ time seemed to be spent in the presence of others. Once there was a time when Jesus knew that he needed some time and space on his own so he withdrew by boat to a solitary place only to find the crowds waiting for them on the other side of the lake (see Matthew 14:13ff). The demands and the expectations on Jesus were great. And yet even though the demands were great, Jesus did something regularly each week. When the Sabbath came, Jesus went to the synagogue as was his custom. While growing up, going to the synagogue became part of his rhythm of life. It was something that Mary and Joseph did and they modeled that to Jesus. It was something that became part of his life—it became as much a part of life as breathing itself. Has worship become as natural and normal to us as breathing itself?

I do look forward to these next two summer months. I am looking forward to resting, relaxing and refreshing. I hope that you are too. But I'm not going to take time away from regular worship. Going to church on a Sunday (whether that is here at Holy Trinity, or someplace else that I am visiting) will be part of my custom. Having said that, I hope people don't feel as though I am loading a burden on them. I'm not saying keep as busy as you've always been and go to church as well. I guess what I am saying is this: Take a look at your busyness and see what choices and changes you can make in the summer and throughout the year—just don't let church be the optional extra. Let worship with a community of God's people become part of your custom. I think it will only when we get to this point that we will experience some real peace in our hectic world.

I pray that you will have a blessed summer, resting, relaxing and refreshing in the presence of God.

Yours in Christ,

*Stephen*

**You Are Invited to Holy Trinity's  
2nd Annual**

*Stampede Lunch*

**Sunday July 11, 2010  
12pm—2pm**

**Join your neighbors in the Ranch for  
Food, Fun, & Entertainment**

**We're still looking for people to help—please see the sign-up sheets at the back of the church.**



## Sierra Leone Mission Team Returns

On May 22<sup>nd</sup>, the eight members of the Holy Trinity mission team to Sierra Leone returned to Calgary after ten days on the ground in Freetown, the capital city of the West African country of Sierra Leone. The mission trip was an experience that the team members would never forget as they participated in a work project and visited several outreach ministries in and around Freetown that seek to serve the vast array of needs in a country described by the United Nations as “the poorest country in the world.”

### Building Project: The City of Rest

The main purpose of the mission trip was to participate in the construction of the new City of Rest located on the outskirts of Freetown in the community of Grafton. The City of Rest is a drug rehabilitation and psychiatric healing centre for people in Sierra Leone and other neighbouring countries. Some of the residents are former child soldiers struggling to move beyond their pasts in order to re-enter the society in which they live.



To say that the current City of Rest is a far cry from being a place of rest for those who live there would be an understatement. Located in a noisy area of Freetown, the current City of Rest is a dark, overcrowded facility where residents live in confined spaces. Although the centre does amazing work in helping its residents, there has been an increasing desire to move to new premises in order to help those who are struggling with drug addictions move further away from the temptations of the city where drugs are easily accessible. Pastor Morie Ngobeh, founder of The City of Rest and Heleen Vander Brink, currently serving on the staff team, are excited about the plans to move out of the city to a place that is much more peaceful.



When the Holy Trinity team first arrived at the Grafton site they saw a twelve foot security wall erected around the perimeter of the property as well as the foundation and floor of the facility in place. Along with local workers, the task of the Holy Trinity team was to work on the walls of the facility. Bricks were made by mixing sand, mortar and water and then filling brick moulds. After bricks were made they would need to bake under the sun for about three days before they could be used.



Grafton Site Nearing End of Mission Trip

These bricks (weighing about 40 pounds each) were then carried about 150 feet to the areas of the building where work was progressing. Along with the mixing of mortar and the making and carrying of bricks, mission team members also participated in filling mortar between bricks in order to strengthen the walls. By the end of their time in Sierra Leone, mission team members and their fellow Sierra Leonian workers had made great progress. Walls had been erected to ceiling height in the Women’s and Children’s Dormitory, the Washrooms, and the Chapel while the Men’s Dormitory walls were about 1/3 complete. In addition, Holy Trinity team members took with them a total of \$14,300 US raised from the donations of church members and interested people outside our church. The team was told that this

money will easily cover the costs of the windows and doors for the City of Rest with money left over for other parts of the construction. (please see letter in the *Grapevine* from Pastor Ngobeh giving thanks for the financial contribution.)

It is hoped with further work by Sierra Leonian laborers and future teams with Mission Direct that the new City of Rest might be complete and ready to receive residents shortly after next year's rainy season (June to October 2011). Please keep Pastor Ngobeh, Heleen and the other staff and residents of the City of Rest in your prayers that this new facility will go a long way to helping many people to find the rest and the freedom from addictions that they so desperately need.



## Opportunities to Study the Bible this Fall

### The Gospel of John

Beginning Sept 13, 2010 and running for 13 weeks this fall, the final 13 chapters of the Gospel of John. John's Gospel is different from the other Gospels in that it is not just another account of Jesus' life but an accounting of the miracles he performed and proof that he is the Son of God!

Join us Monday nights at 7:30 pm here at the church, if you did not attend the study in the spring where we studied the first 13 chapters, do not let that stop you, the study is such that each week is a stand alone topic. To register call Debbie Bradley 403-274-2758 or e-mail [wbradley@shaw.ca](mailto:wbradley@shaw.ca).

### Life Lessons from Old Testament Heroes

Have you ever thought you'd like to know more about people from the Old Testament, but just haven't known where to start?

Beginning on Wednesday, September 22<sup>nd</sup> Pastor Stephen will be offering a chance for people to meet some Old Testament Heroes and to learn how the way they lived their lives can help us to live ours. We will take a look at the faith of Abraham, how Jacob hung in there during tough times, how Moses overcame his past and how Boaz reached out to others. We will also look at the lives of a number of other heroes to see how their experiences in life intersect with some of our own experiences and help us daily in our journey of faith.

The course will be held at the church from 7-9pm each Wednesday until the middle of December and is open to any and all who are interested. Please stay tuned for more information and a sign-up sheet in the foyer coming in early September.



## More Help Needed For Inn From the Cold & The Mustard Seed!!

By Stephen Hambidge

Holy Trinity is scheduled to host Inn From the Cold on June 29-30<sup>th</sup> and September 28-29<sup>th</sup> and we are participating in The Mustard Seed Ministry on June 28 (cooking) and June 30 (serving). These two ministries are vital ones in our city as they reach out to people in Calgary who are homeless.

To make our Inn From the Cold ministry run well at Holy Trinity we have created shifts so that people from our church community can sign up for as little or as long as they are able. Some shifts include the setting up of our facility in preparation for our guests while others include making meals, socializing with the guests, doing laundry or staying at the church overnight to make sure the night time hours run smoothly. For our Mustard Seed Ministry we provide people from our church with the opportunity to volunteer either to cook or to serve so that time commitment is kept to a minimum.



We are still in need of a number of people of help with Inn From the Cold this month and for the Inn in September as well as our Mustard Seed Ministry at the end of this month. As has been previously mentioned at Holy Trinity, often we talk about people needing to feel called before helping out with the ministries of our church. While for some of our ministries this sense of calling is very important it is also important for us to realize that sometimes it is not a matter of “feeling” called. It is important as a church community for each of us to know that **all of us are called to serve those who are in need**. This calling isn’t only for some and not for others, it is something for our church community as a whole. Clearly there are times when people are not available to help out in some of our service ministries and we need to respect that; however, it is also important for us not to confuse lack of time with lack of calling. Sometimes what we need to do is to rearrange our schedules, sometimes we need to shift our priorities. Just as God calls us to be good stewards of our resources and to offer to him first, so are we to be faithful stewards of our time. Our time is not first and foremost ours to do as we choose, but rather our time belongs to God. God has entrusted us with time to use in ways that please him. How we use our time, for God, for others and for ourselves in an important part of being a disciple of Christ.

I encourage you to take some time to reflect on how you might serve Christ by reaching out to those in need in our community and sign up to help with Inn From the Cold and/or our Mustard Seed Ministry on the respective sign-up sheets located in the foyer. As Jesus said in Matthew 25, as we reach out to those in need, so do we serve Jesus himself.



# City of Rest (Deliverance Ministries)

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P.O. Box 1357 / 34 Fort Street, Freetown, Sierra Leone  
Telephone: 022 226 136 / 076 612 935 / 033 749 757  
e-mail: info@cityofrest-sl.org

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To: Holy Trinity Anglican Church, Canada

Date: May 20, 2010

Dear Children of the Most High God,

On behalf of the staff, board and guests of the City of Rest, I take the pleasure to write and thank you for your handsome donation of USD 14,500, your sacrifices and prayers for the work of God at City of Rest in Freetown, Sierra Leone.

We do appreciate you and the team you sent out here to us.

Brethren, be assured that your labour in the Lord will never go in vain.

We love you all.

From your fellow-labourer in the Vineyard,

Pastor Morie S. Ngobeh

## Mission Team Visits Outreach Projects in and Around Freetown

Along with the physical work that the Holy Trinity mission team did at the site of the new City of Rest, there were many opportunities while the team was in Freetown to visit different Sierra Leone outreach projects supported by Mission Direct. Each of the projects was started for the purpose of meeting some of the many needs of the people of Sierra Leone.

**The St George's Foundation** works with some of Freetown's 3,000 street children, living off scraps or turning to prostitution as young as nine. The Foundation works to bring these children off the streets, offer food, shelter and nurture so that when possible they can rejoin their families and be educated in school. Since its opening, St. George's has worked with over six hundred young people.

**Mahanaim** is an orphanage located in the three-roomed home of a woman named Melrose—herself a former polio victim. Melrose saw the need to reach out to children with physical and mental challenges. While some of the children are not officially orphans, for all intents and purposes the children have been abandoned by their parents because of their disabilities. At Mahanaim, the team met children who had been left by their parents at the garbage dump as well as children who had been taken by their families to country doctors in the hope to have their sicknesses cured. Some of these country doctors beat the children or burned them in the hope that the sickness might disappear. The 27 children currently living at Mahanaim will soon be joined by 3 more children each suffering with various difficulties.

**The Leonard Cheshire Home for Polio Children** has been helping children in Freetown for many years. It operates as a school for children suffering from Polio, half of whom are residents. Polio sufferers are effectively marginalised and unable to work. Recently the school has been opened up to some non-polio sufferers. On site vocational training also takes place for some of the older residents. Computer training as well as shoe making is undertaken by the residents. During their visit, members of the Holy Trinity team learned that as many as 80 pairs of flip-flops were made on site at the Leonard Cheshire home per day.

**Dove International** is located in the hills outside of Freetown. Run by a Canadian woman who grew up in Olds, Alberta (and who went to school with Holy Trinity's Ross Dalgetty), Dove International is a Canadian charity that currently is home to 18 children who were orphaned by Sierra Leone's civil war. Many of these children were present when their parents were killed. One girl was being carried on her mother's back when her mother was shot—the bullet narrowly missing the young child. Since some of the residents at Dove are now young adults attending college with the hope of being able to help others in their country, Dove is readying itself to reach out to others as it prepares to welcome an additional ten orphaned children.



**Hastings Women and Girls Vocational Training Association** is another group that reaches out to polio victims. This residential centre that is home to women polio victims and their families has recently opened further space to help reach out to more and more people. Cloth-making and tailoring takes place on site to help the women not only learn vocational skills, but also to help them see that they can have a productive role in society despite their health issues. Team members Robert and Ryan purchased shirts made by some of the women at Hastings—Robert for himself and Ryan for his children Ben and Callum.

**Hosetta Abdullah Memorial** is a special needs school located in Freetown. One of the team members from Texas (who joined the Holy Trinity Team) had a touching moment when he met John Conte—one of the children from the School. Mark's wife, Brooke, who had previously visited Sierra Leone on a Mission Direct team had discovered John begging in the streets and wanted to find a place where he could go to school. After three days, she discovered that she could take him to Hosetta Abdullah and he has been attending that school since. Because this was Mark's first visit to Sierra Leone, although he had heard much about John Conte, he had not met him. It was heart warming to see Mark meet the young boy.

## Youth Group News

As we near summer vacation, the Youth Group has had a busy few months. Outside of our bi-weekly Sunday Youth Group, we have gone to LaserQuest and been Bowling. We also had several youth out for the Spring Maintenance day working on improving the Youth room with much success. Our attendance stays consistent at around ten youth per Sunday, however we're hoping we will see some more growth once Youth Group starts up again in September.

We have a couple big events coming up before we break for the summer. The first is a Youth Group windup, scheduled for Saturday July 10th. We are going to be going paintballing and having a BBQ—there will be more information to follow.

Secondly, the Youth Group has been recruited to help out at the church Stampede Lunch on July 11th. We will be helping out with the dunk tank, and will be taking donations for a charity called "Water for Life". Feel free to stop by the tank and take your best shot at your favorite (or least favorite) youth!

We hope to carry forward some of this year's Youth Group momentum into next year, and we have a bevy of events in the works (September Youth Group Kickoff/Cabin Trip, Ski Trip, YC) so please keep the Youth Group in your prayers over the summer, and by all means, encourage any youth you know to join us every second Sunday for Youth Group!

Thanks and God Bless!  
Mandy, Erica, Jenn and Jeff



## **June 2010 Vestry News**

### **A Mission that Changed Lives**

The Sierra Leone mission trip was a resounding success. Lives were changed – both the lives of people in Africa, and the lives of the mission participants. The team remained safe and healthy throughout their trip and were able to accomplish an large amount of construction on the City of Rest (a rehabilitation centre) in Freetown. If you'd like to hear more about the trip or see some photos, speak with any member of the team – Jeff Matsumiya, Pam Matsumiya, Rachel Hambidge, Linda Dalgetty, Stephen Hambidge, Robert Griffiths, Ryan Collyer, or David Matthews.

### **The Power of Positive Thinking...and Action!**

The financial picture of the church finances for April was a positive one. Offering was up due to a one time anonymous donation of \$8,000. Our May financial reports show we are continuing to meet our budget. We also received a large one time donation of \$20,000. The donating organization designated \$5,000 of the total in this way: \$2,000 Sierra Leone Mission, \$1,000 Youth Ministry, \$1,000 Mustard Seed Ministry, \$1,000 Inn From the Cold Ministry. Vestry and Corporation have decided that the remaining \$15,000 will stay in the bank to ease cash flow over the summer but will likely be saved as a substantial start on the Maintenance Fund. While the numbers are looking good, we need to continue with our positive action with giving to ensure we meet our budget and beyond so we can accomplish even more for God in our community and world! Don't forget that you can sign up for automatic withdrawals for your offering while you are away over the summer or even to help you with your regular giving throughout the year.

### **Looking Ahead – Way Ahead!**

Most people haven't thought as far as September yet, but the members of Vestry have! Vestry members are excited to host the Welcome Back Barbeque on Sunday September 12<sup>th</sup>, 2010. After all the adventures and relaxing this summer, bring your energy, smile, and salad or dessert to the barbeque. We look forward to seeing you there.

### **Kick Up Your Boots**

The Stampede Lunch planning committee is still looking for donations of food, time, and talent. Be sure to sign up on the sheets in the foyer of the church to let the committee know what you can help out with. The vestry decided to provide the planning committee with \$1,000 out of the tithe fund to sponsor the event and assist with the costs of providing this free community outreach event. Get out your cowboy boots, two-stepping shoes and field-hand appetite for the 2nd Annual Stampede BBQ on Sunday, July 11th from 12:00—2:00 p.m.

### **Directed Donations**

At the June vestry meeting there were no tithe requests in addition to the Stampede lunch but the members of vestry had a lengthy discussion about how to generally direct our tithe funds. The group discussed ways of putting parameters around where we donate the tithe to so that our giving can have more of an impact in a few focused places rather than scattered bits here and there. When Vestry reconvenes in September there will be more discussion on this topic.

If you have any questions for Vestry, feel free to contact us at [vestry@holyltrinitycalgary.org](mailto:vestry@holyltrinitycalgary.org)

## Like an Ant Hill

You would have felt that you were visiting an ant hill if you were present at the Holy Trinity Maintenance Day on Saturday June 5<sup>th</sup>. With around thirty people scurrying around fixing this and cleaning that, Holy Trinity was a busy place!

The day started off with almost too much food (as is typical of Anglicans). Once the troops got their blood sugar levels up, the work began. As the strains of worship music were heard throughout the building numerous light bulbs were changed, all the nursery toys were cleaned, walls were wiped down, dry wall was repaired and the kitchen was scrubbed. The lawn was mowed, the exterior of the building pressure washed, bathroom stall locks fixed, and the



youth room received attention too. There were so many tasks completed it would be difficult to name them all. A great big thank you to everyone who came out to help take care of our beautiful facility – it was almost sparkling at the end of the day! Your time and energy are greatly appreciated. It is so important to be good stewards of the awesome building God has blessed us with. If you are interested in helping out with various maintenance tasks throughout the year, please get in touch with Scott Radford and Jason Lang – they have an ongoing list of items to be repaired and would love your skills and assistance.

## Mark Your Calendars-Welcome Back BBQ Coming Soon!

Although the summer has barely begun, we thought we'd put a plug in early so that you could mark your calendars. As a way of connecting with members of our church at the end of the summer, Holy



Trinity will be holding its 4<sup>th</sup> annual Welcome Back BBQ after the service on Sunday, September 12<sup>th</sup>. This will be a great opportunity for people to say hi once again after our summer vacations and perhaps meet some new people to our church who move into the area during the summer months. Stay tuned for more information including sign-up sheets for salads and desserts.

## Mission Direct Starts School Sponsorship in Sierra Leone

While participating in the mission trip to Sierra Leone, the Holy Trinity team learned about a sponsorship program that has recently been started by Alison Marsh, Mission Direct's Sierra Leone Country Manager. During her time in Sierra Leone, Alison has been struck by the number of children unable to go to school simply because their parents cannot afford to send them. When a choice has to be made between food for the family or sending the children to school, it is not surprising that school moves lower on the list of priorities. It was because of this that Alison decided that she wanted to find a way that she could help families in the hope that more children could go to school thus opening more opportunities for these children as they moved toward adulthood.

The child sponsorship program has now been operational now for about one year. The costs to sponsor a child for school is approximately \$25.00 per month and this provides the children with their school uniform, school supplies, shoes and textbooks. By giving this money to the families, other money is freed up for the family for food and other necessities and the children are excited about the possibility of going to school. One of the things the Holy Trinity team noticed in the schools was that any given classroom could have children from a wide variety of ages solely based on when the children first got the opportunity to start attending school. There was even a 3 year old (Moses) in a grade one class. He wanted desperately to go to school like some of the other children, so a uniform was made (his shorts went down to his ankles!) and he was invited to attend the classroom.

Some members of the Holy Trinity team are looking into the possibility of sponsoring children through Mission Direct knowing that 100% of the funds that are donated go straight to the place designated. The Vestry (Church Board) of our church are also looking at ways we can reach out with some of our tithe money to help educate some of the children of Sierra Leone so that more doors might be open to them in the future. If you would like to consider sponsoring a child in Sierra Leone or you have some questions about this, please talk to Pastor Stephen or any member of the mission team.



Three year old Moses proudly wearing his school uniform.



## Pre-Authorized Donations Authorization for Bank Withdrawal



**Please check one:**

- I hereby authorize The Synod of the Diocese of Calgary, Anglican Church of Canada (the "Diocese") to start withdrawing the amount indicated below from my bank account and transfer it to my congregation (which is registered with the Diocese to use this service) on or about the 16th day of each month beginning with the month shown below until I cancel or change my instructions in writing.
- I hereby authorize The Synod of the Diocese of Calgary, Anglican Church of Canada (the "Diocese") to change the monthly withdrawal from my bank account in accordance with the information provided below.
- I hereby cancel my authorization for The Synod of the Diocese of Calgary, Anglican Church of Canada to withdraw a monthly amount from my bank account on behalf of my congregation.

**Please return the completed form (signed and dated) and any subsequent instructions to the parish official that is administering this program (usually the Envelope Secretary or Parish Treasurer).**

**Donor Information:**

Name	E-mail Address	
Address	Telephone Number	
City	Province	Postal Code

**Bank Information:**

Name	Address	
City	Province	Postal Code
Account No.	Branch No.	Institution No.

***For verification, please attach a blank cheque, marked "VOID", to the completed Authorization.  
Thank you.***

**Withdrawal Information:**

Monthly Amount	Starting Month	Starting Year
Parish	Location	

Authorized Signature(s) of Account Holder	Date
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**NOTE: 30 days' notice required for changes to the Pre-Authorized Donation service.**

**For Parish Use:**

Donor Code:			
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