

EVENSONG SERVICES

Something for everyone

The next three Sunday afternoon Evensongs offer a mixed bag of music and history



Holocaust survivor Mendel Good brings his stories to St. Olave's November 1.

First, on September 20, we celebrate the legacy of Henry Purcell (1659-95), whose music is still admired 350 years after his death. Naturally, his music will be performed during the Evensong service, but also honoured with the return of Clem Carelse, St. Peter's music director (formerly of All Saints, Kingsway). Mr. Carelse has a special feature presentation on Purcell. Peaches and cream will be served.

On Sunday, November 1, we travel forward in time to 1939, a year that still rings in infamy for Canada and the world as the day England and the Commonwealth declared war on Hitler. Now more than ever we need to hear the startling and moving stories of Holocaust survivors. St. Olave's is honoured to welcome Mendel Good, who recalls his precarious survival in five concentration camps and the later impact of his life in Canada. Pumpkin pie will be served. Then finally, we welcome Advent and get ready for Christmas by travelling back in time to Germany in the early



Johann Sebastian Bach

1700s and look at the life of Johann Sebastian Bach. Musical scholar Douglas Cowling takes a lively and humorous look at Bach and his large family focusing on the Reformation and the Lutheran Church. Christmas cake will be served.

Worship Calendar

Every Sunday
Services at 8:30 and 10:30 a.m.
1st, 3rd (and 5th) Sundays
Holy Communion
2nd and 4th Sundays
Morning Prayer
9:30 a.m. - Bible Study
10:00 a.m. - 1st, 3rd Sunday of Month
Prayers in the Chapel
10:30 a.m. - 1st Sunday of Month
Holy Communion with Anointing
10:00 a.m. - 2nd Sunday of Month
Healing Service
Noon - Last Sunday of Month
Prayer Meeting

BIBLE STUDY
Every Wednesday - 10 a.m.
followed by Eucharist at 11:15

SEPTEMBER
13 - 10:30 a.m..
Back to Church Sunday and Parish Picnic
Junior Church Amazing Race

20 - 9:30 a.m.
Ukrainian Service on Bloor Street with Reverend Burrows participating (TBC)

20 - 4:00 p.m.
Evensong - Clem Carelse on Purcell

OCTOBER
11 - 8:30 and 10:30 a.m.
Thanksgiving Services

18 - 10:30 a.m.
Harvest Thanksgiving - Guest Speaker from Wycliffe College (supported by St. Olave's Second Century Fund)
Children process with vegetable offerings

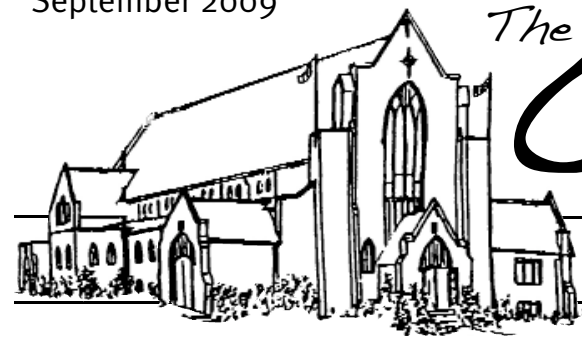
25 - 10:30 a.m.
Service followed by Art Show by artists of St. Olave's congregation

NOVEMBER
1 - 4:00 p.m.
Evensong - Holocaust survivor Mendel Good shares his experiences

8 - Remembrance Day Services

22 - 10:30 a.m.
Guest Speaker from San Lorenzo Anglican Church "Caravan of Hope" (supported by St. Olave's Second Century Fund and St. Olave's ACW)
Junior Church pageant rehearsals begin

29 - 4:00 p.m.
Evensong - Back to Bach



The Olave Branch

Reaching out to St. Olave's Anglican Church community

360 Windermere Avenue, Toronto M6S 3L4

416-769-5686



Special thanks to Gabbie, Katie and Tess who helped run the inflatable.

Community spirit at St. O's

For the first time, St. Olave's participated in the Bloor West Village Festival July 18 by setting up an inflatable obstacle course and a tent with face painting and tattoos. Before the course was even inflated a lineup of excited children had formed and the lawn was steadily busy. Parents were pleasantly surprised there was no cost and kids had a great time!



Tiger was a popular choice.



Gabbie Douglas paints a puppy on Gabbie Orth's face.

A new way to think positively

Letter from the Rector
The Reverend David Burrows

When I was back at McGill University in the olden days (1967-1973), we heard of an odd thing. Some young Christians had been studying the Epistle of St. James and they found this verse:

My brethren, count it all joy when you fall into diverse temptations, knowing this: that the trial of your faith works patience and let patience have her full effect, that you may be perfect and complete, lacking nothing. — (James 1:2-4)

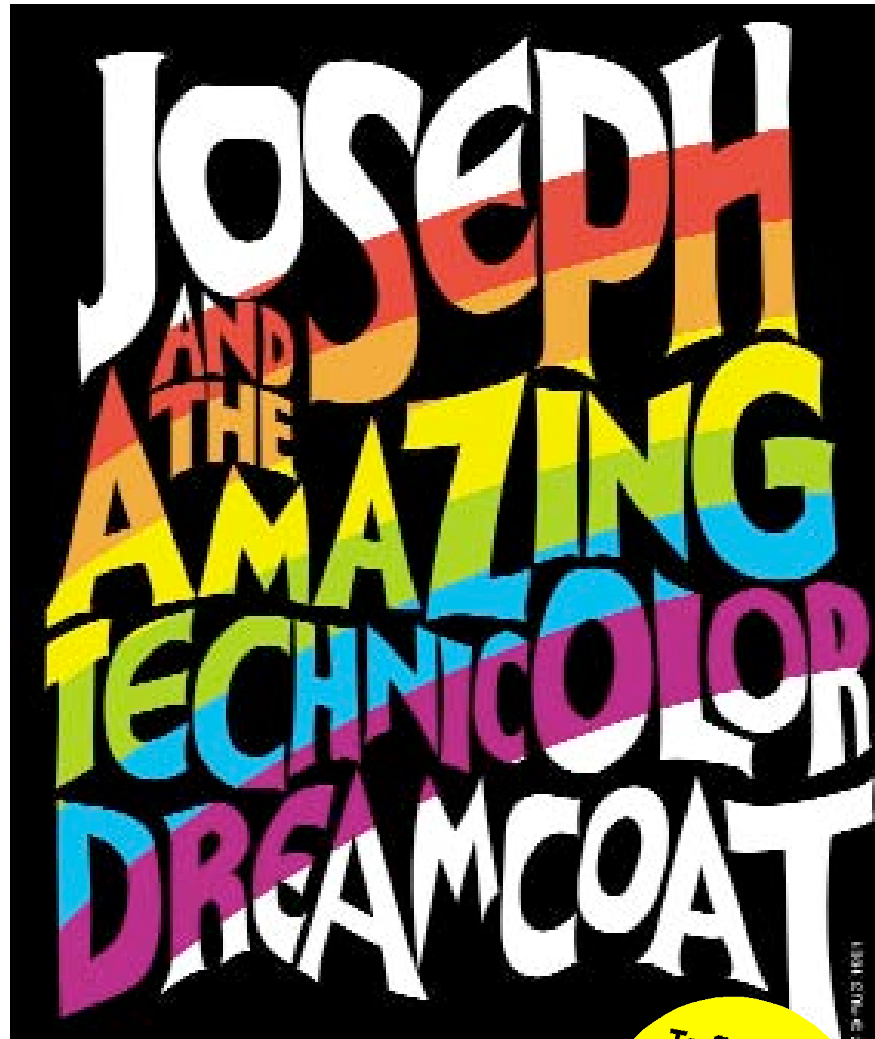
So what they did was, every time they heard someone complaining, they quoted that verse: "My brethren, count it all joy etc." At first, those to whom the verse was quoted felt a certain degree of irritation at being told to consider whatever they were complaining about a "joy" but eventually it sunk in. People began complaining less and less; the mood was lightened and people felt generally happier about their lives, just by following some good biblical advice.

If the Christian faith doesn't teach you, in a practical way, how to deal with life and its tough situations, what good is it? For an update on this approach, come out on Back to Church Sunday, get a purple bracelet, (a what?).

Find out about our exciting Back to Church Sunday plans on pages 2 and 3

St. Olave's Arts Guild presents...
In association with the
Junior Church

Our Annual Parish Potluck Dinner
featuring a mini-choral version of



Saturday, October 24, 2009
Dinner, 6:00 p.m.
Show, 7:30 p.m.

Tickets go on sale Sunday, September 20
\$8, adults, \$4 children, \$20 family

To find out
how you can get
involved, see
notice on
page 7

Welcome Back to Church picnic planned

By Jim Shapland
Chair, St. Olave's Growth Committee

Sunday, September 13 marks the first celebration (of what we hope will become an annual event) of our "Back to Church" Sunday. Essentially it will replace (but incorporate the elements of) "Rally Sunday" which was the traditional return of the Junior Church for its fall classes and activities. But we are expanding it to be a congregation-wide day to recognize a "return to the fold" after summer, to resume the habit of regular Sunday worship and to begin the intensive planning for the exciting fall schedule.

It will also incorporate the Parish Picnic on the lawns which has been moved from its prior early July date.

It will also adopt many of the elements of the Diocese's campaign planned for late September — including its "Bring a

**Everyone will
get a purple
bracelet to try
the Complaint-
Free challenge.**

Friend" initiative. A steering committee has met and all the details of the day have been put in place. The ACW, led by President Penny Burrows, will be convening a full picnic lunch, compliments of the Parish.

A special theme has been selected for the service: Living a complaint-free world (see Toronto Star article at right). Briefly, the complaint-free world challenge involves wearing a simple purple bracelet, and every time you complain, you switch the bracelet to the other hand. The challenge is to go without complaining for 21 days, the length of time research has shown it takes for the brain to break a habit. Those who have participated describe the process as "absolutely transforming."

Reverend Burrows has ordered 200 purple bracelets for everyone who attends. How long will it take you to go 21 days?

Let the spirit of St. Olave's triumph once again, and bring a friend!

Hey Kids, do you like to Go-Go-Go?

Join our free 6-week Musical Theatre program Saturday afternoons from 4-5:30, September 19, 26, October 3, 10, 17. We'll be learning songs and movements from *Joseph and the Amazing Technicolor Dreamcoat* to perform on Saturday, October 24 at the Parish Potluck. Directed by Sir Wilfrid Laurier drama teacher Liz Burnip, produced by Janice Douglas, in association with St. Olave's Arts Guild. Call 416-658-4769 to sign up.

Start thinking about Christmas!

Saturday, November 14, 10 a.m.

Once again John Damery is convening our annual Christmas Market, which has become the premier fundraising event of the ACW. There are many ways to help: first, mark it on your calendar and plan to attend. There will be the popular lunch service, bottle draws, raffles, plus dozens of tables of crafts and treasures. Second, see what you can do to help! John always needs bottles donated to the bottle draw, and people are always needed to help set up and clean up the event. Third, tell your friends!

For art's sake

Visual arts have played a significant role in the Church since the birth of Christianity. The Bible has long been a source of Divine inspiration for many of the world's great artists, such as Michelangelo. And of course as the world's great churches and cathedrals were being built, architects and clergy sought out great painters, stained-glass artists and sculptors to create works of art to the glory of God.

This year at St. Olave's, renowned artist and parishioner Sandra Franke is leading an exhibit of five to six members of the parish who enjoy creating art.

The exhibit will be in the Narthex on Sunday, October 25, and possibly on view the night before during the Parish Potluck.

ST. OLAVE'S PRESENTS

A Dickens of a Christmas event

By David Hutcheon

For many years now I have wanted to bring Charles Dickens' classic story "A Christmas Carol" to the St. Olave's stage.

For me Christmas does not really start until I see Alastair Sim reprising his masterpiece (sorry David). For my wife, a Dickens scholar, it is *The Muppet Christmas Carol* that brings cheer and tears to her eyes. So imagine our delight in discovering the CBC Radio edition produced by Judy Maddren (which I had the privilege of seeing performed at Christ Church Deer Park), a performance we both agree is without parallel.

That is, until the mighty St. Olave's players, with the help of the CBC script, take to the stage on Saturday, December 5, 2009, at 7:30 p.m. Be sure to mark it in your calendars. You'll not want to miss

Remember
these dates

Monday, September 14
10 a.m. - Christmas Market Planning Meeting

Tuesday, September 15
2:00 p.m. - Mary & Martha
7:30 p.m. - Advisory Board Meeting

Tuesday, October 20
2:00 p.m. - Mary & Martha

Tuesday, November 17
2:00 p.m. - Mary & Martha
7:30 p.m. - Advisory Board Meeting

Reverend Burrows will also prepare his sermon on the subject of art in the Church, and the Junior Church will also have some of its creations on display.



No, the muppets are not coming to St. O's, but who can resist Kermit as Bob Cratchit?

this experience. Proceeds from the evening will go to St. Olave's Hunger Patrol. In years to come people will remember Christmas 2009 began on December 5th! And they will say of performers and audience alike that we "knew how to keep Christmas well."

It's time to prepare for a new season

A Word from the Wardens
David Hutcheon, Rector's Warden
John Stafford, People's Warden
Gord Rands, Deputy Warden

Welcome back to church, as another busy summer recedes and childhood dreams of bouncy castles are replaced with thoughts of Christmas carols.

We are sincerely thankful to the Reverend Sister Mary Florence Liew for filling in for our Rector David Burrows in

August. Your Wardens (in cahoots with Penny) lay claim to being the first team to get David to take a well earned vacation, something he has failed to do each year he has been at St. Olave's. Bishop Poole was beginning to question our labour practices!

In July we participated in the Bloor West Village Festival and installed an inflatable obstacle course on the church front lawn. Hundreds of kids happily bounced as our Rector bounced up to their unsuspecting parents and handed out welcome to St. Olave's brochures to them as part of our outreach program.

In July our Treasurer John Dalton kept our promise to give you a six-month financial update by releasing our half-yearly figures and being present at both the 8:30 a.m. and 10:30 a.m. Sunday services to present them. Rather than follow the fiscal year, we divided the year into January to June and July to December so that our two largest festival holidays don't fall in the same half-year. If you have questions please contact John or one of the wardens.

As September gets into full swing, your wardens will be reviewing the Engineering Report we commissioned from Carson Dunlop Weldon and Associates Ltd. on the condition and maintenance of our buildings. At first blush the Church building has no major deficiencies but several building systems are showing their age. We will be reviewing the fire, safety and sound systems in our Church. The Rectory's garage roof needs to be replaced, the driveway repaired and electrical upgrades need to be considered. However, the most important result of the study is that we now have a 10-year plan on which to prioritize and plan the upkeep of our Church and Rectory, rather than waiting for the flood before we start building the ark.

As for Christmas carols, thank you to our anonymous donor for presenting us with a wonderful keyboard instrument which we used as part of our summer lawn services and our choir now use in regular practice – tuning up their carol singing.

Skies clear for Patronal Festival

Jim Shapland
 Chair, St. Olave's Growth Committee

On Wednesday, July 29, after a day of soggy and very threatening skies, the Patronal Festival drew a huge break from the weatherman — by 6:00 it cleared and more than 60 parishioners and guests enjoyed a splendid dinner on the church lawns.

The bold decision of the Rector to risk maintaining the venue outdoors is to be applauded.

All of the extra work by Ching-Hong Lam in setting things up was appreciated.

Nancy and Jim Shapland are especially grateful to the numerous parishioners who brought contributions to the bountiful salad and dessert tables. And finally, a special thank you to Richard Fogel who stepped up and volunteered his considerable skills on the BBQ.

This event marked the conclusion of the year's special services program. But the plans are already set for the 2009.2010 season (see article on page 7). Be sure to pick up a copy of the new brochure and mark your calendars accordingly. William Cowling has managed to top himself once again — it is an impressive line-up.

From the Library Corner

By Cathy Hutcheon
 Church Librarian



"It has been said that those who can read should!"

There are many books in St Olave's library about prayer. It has to be said that there are some pitfalls to reading these. Some can overly complicate the practice with tips that don't seem to help in practice. Others harangue the hapless reader into feeling too inadequate to even begin. Our latest acquisition, *Sister Wendy on Prayer*, does none of this. Her basic premise is that "prayer is essentially simple."

You may be familiar with Sister Wendy's television programs or books about art. She has combined the calling of the solitary contemplative with that of a

television art critic. In this little volume on prayer she combines her considerable wisdom about both art and prayer. There are beautiful colour plates of 13 paintings that the author has interacted with in prayer in some way.

Sister Wendy herself is aware of the danger of contributing to the body of "glowing pages on prayer" that she calls "worse than futile." As she says: "Writing about prayer, reading about prayer, talking about prayer, thinking about prayer, longing for prayer ... anything rather than actually praying."

This book made me feel that, while my own prayer practice is as inadequate as the next person's, I am invited to the table. So are you!

Joe job



The Growth Committee is determined to revive the tradition of Coffee Hours. To spread the task around, we have decided to follow the lead of Timothy Eaton Memorial Church, a very large parish at St. Clair and Avenue.

St. Olave's many groups (i.e. Friday Drop-in, Youth Group, Mary & Martha, Guides, Scouts, Arts Guild etc.) will be asked to volunteer to take on as many Sundays as they can, not more than four.

Hosting coffee hour requires only plugging in the coffee urns just before the service starts and setting out a few cookies, store bought or homemade. Help us make weekly fellowship a part of St. Olave's again.

Purple means complaints stop here

By Trish Crawford
 The Toronto Star

In the darkest hour of her life, real estate agent Arnie Renda made the soul-saving decision to stop complaining.

"My mother died, my husband died, the market was crashing," Renda says of 2008, "and I was like Teflon. I let it roll off me."

She'd read a little book, *A Complaint Free World*, written by Missouri pastor Will Bowen, which talked about the negativity of complaining.

It urged people to keep track of how much they complain by moving a little purple wristband from arm to arm each time they grouched.

"Life is better without complaining in spite of everything that has happened to me," says Renda. "I feel so good."

With more than 100,000 books sold in North America and many more \$1 wristbands, the stop-complaining prophet has hit a nerve with people of all walks of life. What started as a Sunday morning sermon has blossomed into a movement embraced by schools, workplaces and individuals who see the wisdom of muting their inner critic. People who try it admit they are shocked to find out how much they complain and how hard it is to break the habit. But there's also surprise at the benefits ditching the bitching brings to their lives.

Darlene Kulig, manager of classical musical group Quartetto Gelato, read the book and got the purple wristbands for her family back in the spring before broaching the idea to the musicians, who leapt at the opportunity.

"I see a big difference," Kulig says during a recent rehearsal. "It feels a lot happier." Violinist Peter De Sotto, founder and artistic director of the group, says now that he's stopped complaining, "I feel less stress. Things are going much smoother."

The musical group has also changed how it operates, he says. "At the end of a performance, we would do a post mortem but that's been dropped altogether. Keep it to yourself." Alexander Sevastien, who plays the accordion, admits, "I felt embarrassed" when he found out just how much he com-



St. Olave's invites you to join the Complaint-free world movement

plained. Cellist Carina Reeves says she's a person who is "happy to have an opportunity to fix a problem and work toward a solution" so she was quite willing to give it a try.

Meanwhile clarinetist Kornel Wolak says it was an uphill climb for him because he's from Poland, where complaining is an entrenched way of speaking.

"Complaining is like having a rock in your shoe but not doing anything about it. We, as a group, are enhanced now."

With a fistful of bookings this summer and a tour of China and Korea on the books, Kulig believes that focusing on the positives has contributed to the group's success. "In a difficult economy we are getting bookings. This is a building block."

Windsor Regional Hospital found increased staff and patient satisfaction after a group of nurses instituted their own Can the Complaining campaign in February 2008. It has now spread throughout the entire hospital on a voluntary basis.

President and CEO David Musyj, one of the 500 staff participating (out of a total of 3,200), says it has played an important role in his leadership.

"When you are the CEO of a hospital, people listen to what you have to say. If you are complaining a lot or a little, it affects others. It's part of the culture. When our staff complain, our patients complain more. They feed off each other."

Publicity around the hospital's program has encouraged others to give it a look. Musyj was delighted when his 9-year-old

son came home from Académie Ste. Cecile one day with a purple wristband on, too.

"It makes you think before you speak," says Musyj. "Complaining brings you down."

Ryerson University brought in a program last January for all 35 members of the student life team who work in the three student residences. Fourth-year theatre student Michelle Baker says not being able to complain was difficult.

"It was presented as a challenge. If we could do this, it would have a positive effect in the residence. We were hoping the students would feel this and change their behaviour. At the risk of complaining, it is one of the hardest things I have ever had to do in my life."

"We couldn't go one or two hours at the beginning," she says, adding that sometimes she was so stretched for something non-critical to say that "I couldn't say anything at all." She was stunned at the level of negative talk she and her fellow staff members engaged in, saying, "Our wrists were stinging from switching bands."

Bowen, 49, who was an advertising salesman before becoming an ordained minister six years ago, brought the 250 purple wrist bands into Christ Church Unity in Kansas City, on July 23, 2006 as a prop for his sermon about complaining. It was part of a series of sermons about prosperity but the "no complaining" message really resonated.

Before long, Bowen was being asked for the bracelets wherever he went, the book followed and then Bowen was on Oprah and crisscrossing the continent on speaking engagements.

"I can take complex issues and make them simple," explains Bowen, whose new book, *Complaint Free Relationships*, comes out soon.

He admits that he never imagined his challenge on the website acomplaintfree-world.org – to stay complaint-free for 21 days – would catch on like wildfire.

"When people start complaining, the world shows up to meet those expectations." The reverse is also true, he says. To stop complaining "is absolutely transforming."

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MAC IN THE MIDDLE: Students at the top of the stairs (Mikael, Gabbie, Katie, Tess, Aden, Miranda and Joshua) surround Mac with parents and family (from bottom left) Aneez, David, Sue, Craig, Jim, Janice, Rebecca, Nancy and Louise.



THE WHEELS, THE WHEELS: Children brought their bikes to church to learn about bike safety and test their skills. Special thanks to Turner and Porter for letting us use their nice smooth parking lot. After the service, Reverend Burrows blessed the bikes.



OUTDOOR CLASSROOM: Students made sandals after a lesson about walking with Jesus (left) and yummy apple/marshmallow boat snacks in a lesson about Storm and Calm.



We're looking to top last year's fun

By Janice Douglas
Junior Church Coordinator

The last term of Junior Church had many highlights. Our Easter family service was a truly joyous occasion with our colourful Balloon Parade and special talk from Bishop Poole which included another fun song, a catchy tune we couldn't help sing in subsequent weeks. At the end of the service, children distributed plastic Easter eggs that the Youth Group had stuffed with a wooden cross necklace and two chocolate eggs.

Easter, of course, marked the end of Lent and our offerings from that season were donated to MacDonald Adhikary of INN orphanages in Bangladesh. Our offering was supplemented by the extraordinary donation of \$470 from our student Joshua Virani-Wall, who held a pool party on Easter Saturday to raise money. Joshua was specifically mentioned in a letter to St. Olave's from Bishop Poole, and also recognized at the Easter service.

We had the opportunity to present the money to Mac when he returned to Canada in June (he originally visited last Fall). The Junior Church held a short Compline service on Tuesday, June 9 with Mac and Simon Marrable from INN, then shared a



spaghetti dinner in the Ethel Brown Room. The children received precious straw ornaments from Mac that were made by children in the orphanage. The money (\$670 in total), Mac informed us, will be going towards a clean drinking water project at the orphanage.

PENTECOST

May 31 marked the end of the Easter "season" (our Seasons of the Spirit curriculum got us thinking of Easter as 50 days) and we celebrated Pentecost by introducing another Family Service to St. O's. Young people were involved in all aspects of the service, including the bulletin cover, designed by Dana Baryckyj. The children sang Spirit of God with the youth ensemble accompanying (Katie Douglas on cello, Graham Harris on saxophone, Cathy Hutcheon on flute and Tim Showalter on

piano). Special thanks to Steve Hayman for arranging the instrumental parts. Emily Hutcheon and Katie Douglas read the lessons, with Level 3 students Gabbie Douglas, Natalie Gillard, Tess Puntanen and Emily Munding helping out with the 'whooshing' red streamers. After Rev. Burrows' wonderful child-focussed sermon, we all went downstairs to decorate windchimes with the word "peace" in several different languages. At the end of the service, the children hosted a coffee hour serving cake to the parishioners.

END OF YEAR CELEBRATIONS

We celebrated the end of the teaching year twice: first on May 26 with a group outing to see the musical *Anne of Green Gables* (about 21 students and their families attended along with other members of the church.) The children's tickets were their year-end gifts. Then on Sunday June 14 we had our annual year-end party, this time choosing to have a Bike Rally and a Blessing of the Bikes. Members of the Youth Group Katie and Andrewes and Carol helped organize the children and teach them about bike safety. The 10-minute service came from a cathedral in Manhattan. It is based on the prophecy of Ezekiel ("For the Spirit of the living crea-

tures was in the wheels.") Reverend Burrows sprinkled Holy Water on the children's bikes that they had decorated with streamers and straws. The children were especially thrilled to have the support of the congregation on the lawn.

SUMMER FUN

Following on last year's entry into summer programming, we offered four Sunday morning "outdoor Junior Church lessons." The lessons all had a nature focus and twice we stayed for pizza and a movie. The children especially loved *Evan Almighty*, a hilarious and touching adaptation of the Noah story starring Steve Carrell. The simple message of learning to listen to God resonated with the children, and the CGI effects were awesome!

LOOKING FORWARD...

At our year-end planning meeting at the Harris/Branyiczky house we identified the need for a few more teachers. We are pleased to announce that Margaret Reive (mother of Jaiden), Paul Burrows (David's son), Lori Dickson (mother of Olivia and Jesse) and the incomparable Judy Beal have stepped up to join the teaching ranks. Our Junior Church leadership committee now looks like this:

Level 1 (ages 3-5) – Sandy Bowers, Lori Dickson, Judy Beal
Level 2 (ages 6-9) – Janice Douglas, Paul Burrows

Level 3 (ages 10-12)– Margaret Reive, Louise Wall
Support staff – Sue Harris, Nancy Shapland, Jim Shapland

We reluctantly accepted the news that Jim Shapland will only be our treasurer until next Vestry in February, so are actively seeking a replacement. Interested parishioners should contact Janice Douglas.

GO GO GO ST. OLAVE'S!

We are thrilled to announce that the children will be playing a key role at this year's Parish Potluck on October 24. As a Junior Church/Arts Guild co-production, and with the able help of director Liz Burnip of Wilfrid Laurier Secondary School drama department, we will be presenting an abridged choral version of

Joseph and the Amazing Technicolor Dreamcoat. The performance will also feature guest solos from friends of the Parish as well as dance numbers from the Creative Children's Dance Centre. Rehearsals begin Saturday, September 19, from 4-5:30 for five weeks, plus a dress rehearsal. This is a wonderful opportunity for our children, as well as children of the community, to try musical theatre without a major time commitment or cost (free to join). Parents of children who like to sing in grades 3 and up should contact Janice Douglas for more information.

BACK TO CHURCH SUNDAY

Don't miss our third annual Amazing Race on Sunday, September 13, followed by our Parish Picnic (see page 2).

THE YOUTH GROUP has been very busy during 2009. Activities include:

- helping out the church community by painting the basement doors
- serving and cleaning up at various meals, coffee hours and potlucks and rummage sale
- assisting at the Junior church bike rally
- hosting the St. Mike's camp reunion
- attending St. Mike's Youth Conference
- writing the foster children sponsored by the Second Century fund
- eating LOTS of pizza and popcorn (and sometimes ice-cream)

Plans for the remainder of 2009 include:

- participating at the fall potluck including helping with the Joseph production, food service and cleanup
- creating and selling crafts at the Christmas market
- helping at the church picnic
- enjoying both a Halloween and a Christmas activity/party (TBD)
- painting murals on the inside of the basement doors
- eating LOTS of pizza and popcorn (and hopefully more ice-cream)

—Carol Ambler, Youth Group Leader