

AROUND THE CROSS

Immanuel Anglican Parish, Regina, is a diverse, open and caring community of people who have come together in fellowship to joyfully live out our love for God and to actively engage in loving our neighbours.



Immanuel Anglican Parish, Regina joins together communities of Jesus' disciples to share the Good News through worship, word and action and to engage the world as a sign of God's blessing and promise.

IMMANUEL ANGLICAN PARISH



Life is a dance...**really**, think about it...in your youth it was the wild, energetic and free form dancing of the 60's and 70's or perhaps the gentle slow movement of the waltz.... or maybe the stomping beat of country.... or the intricate moves of square dancing....whatever, whenever and however you moved it was done with joy and abandoning yourself in the moment. I remember my first entry into the wonderful world of "dance" - I was perhaps 6 or 7 and my mother, like all good mothers of that period, thought that a **girl** should learn to dance - ballet was not for me but in her wisdom she thought highland dance would be something I could enjoy and maybe even be good at. Well....I was never a particularly graceful child but I did master some highland dance moves (*I can even do them to this day!*) and the outfit was cute! In my teenage years dancing took on a whole new meaning...I spent many a happy hour putting on a record(s) and dancing alone in my bedroom. A little later in my teen years we gathered in each other's basements for a dance party of snacks, cokes, and all the latest records blasting out on the record player. It was a "girlfriend"/"boyfriend" kind of time - cuddling up to the slow dances with the special boy or girl of the time. Always keeping a watchful eye out for a parent that might suddenly descend the stairs with more refreshments as an excuse to check on us when the lights got turned off! In my late teens there were the "balls" that happened regularly on the RCMP barracks where I lived...beautiful ball gowns and long



white gloves and a handsome escort or two...usually a recruit who was so terrified of my father, who was the commanding officer, that there was little chance of a stolen kiss on the dance floor. It was there that I learned how to do a decent waltz and it was there that I really began to appreciate the “magic” and the “language” of dance - a dance that hadn’t changed much in a hundred years.

During that period I attended a few prairie country weddings with the current boyfriend of the time. This was a real step, indeed a leap, out of my comfort zone as many of those weddings were cultural experiences that introduced me to strange things like pirogies, cabbage rolls, and the very odd custom of pinning money on the brides dress during the dance time! It was there that I heard and participated in...my first “polka”! I wasn’t going to admit to some of my more “sophisticated” friends...but I kind of enjoyed the polka and actually became quite good at it!

The first years of my marriage were the “disco” years and going out with friends to dance and dine was the fun weekend thing to do - at least until children began to arrive which cut into that somewhat! Living in the southwest music and dance took on another expression. It was there I had my first entry into “country” and tried, without much success to master some of those complicated movements. Then there was the colourful and lively music of Mariachi bands and the beautiful and colourful dresses of the Mexican dancers and dashing attire of their partners. The whirling and stomping of boots...and the joy of the music was both entrancing and entertaining. It was during that period that I got talked into...much against my better judgement...in learning to square-dance with friends, who were avid participants in a weekly square-dance group. This was definitely not a happy or enjoyable experience. I always seemed to be “out” when everyone else was “in” and I am sure they all breathed a sigh of relief when we decided that was not for us! My parents were great square-dancers when they lived in PEI - I remember my mom dressing up in big wide skirts with a flouncy “crinoline” underneath. Apparently big wide skirts with lots of lace beneath was the “look” to go for!

Dance has been a big part of my life in one form or another. I remember as a child and as a young adult...watching my father dance my mother around the kitchen. My mother for some unknown reason abandoned her reserved, ladylike demeanour, and fell madly in love with Randy Travis - I was appalled! I can

still remember her dancing and baking to her favourite Randy Travis song...“Forever and Ever..Amen”...and how funny and heartwarming it was to see my father take her in his arms and waltz her around the kitchen! I also remember a memorable and quite amusing time when my parents visited us in Tucson and we took them out to our favourite local restaurant and dance place...Bobby McGee’s...where the waiters and waitresses dressed in costume - you could be seated on an upholstered toilet seat or served salad from a bathtub! But they had the best steaks in town and after dinner you could venture into the dance area where you could dance away all those calories! I wasn’t too sure how my parents would enjoy this experience - but they loved it! We knew some “questionable” people during that time...and when I say “knew” it was because they were members of our local country club and seemed to travel in the same circles of my husbands parents. The night we were there with my parents a handsome young man, whom we knew, asked my mother to dance...and quite flattered, she accepted the invitation. Afterwards we took great delight in informing my mother that she had just danced with the son of a local mafia bigwig! She was both appalled and I suspect secretly delighted - her little walk or should I say “dance” on the wild side. That episode was one we teased her about for many years.



Dance is a part of all our lives and we all have stories to tell and memories that I suspect are now rising to the surface. Happy memories and perhaps sad and even painful memories. Not every teenager got to participate in the dance...some simply stood on the sidelines and watched...and never got invited into the dance. Not every wedding had a happily ever after - after the dance there was simply a memory and an unfulfilled future. In the time of my youth the joy of the dance was definitely exclusive to male/female couples...it excluded so many others from entering into that wonderful world that was part of our teenage rite of passage. I suspect for a lot of teenagers, the joy of the dance was experienced in private, to avoid ridicule or worse. **No one should ever be excluded from the dance!**

Dance, and the joy and expression of dance has been around for thousands of years. I first learned of “liturgical” dance when I began to work for the church in the late '80's. I was a **very** outspoken critic of what I thought then, was something that “we” traditional Anglicans would never lower ourselves to be a part of - **that** was for the “out there” charismatics that had somehow infiltrated out traditional faith. I remember attending a service at

Ecclesiastes 3:4

A time to weep and a time to laugh;
A time to mourn and a time to dance.

Psalms 30:11

You have turned for me my mourning
into dancing;

You have loosed my sackcloth and
girded me with gladness,

Psalms 149:3

Let them praise His name with dancing;

Let them sing praises to Him with
timbrel and lyre.

Psalms 150:4

Praise Him with timbrel and dancing;

Praise Him with stringed instruments
and pipe.

Jeremiah 31:13

“Then the virgin will rejoice in the
dance,

And the young men and the old,
together,

For I will turn their mourning into joy

And will comfort them and give them joy
for their sorrow.

the then Holy Trinity Anglican church in Regina and hearing my first “praise band” and the music that was very foreign to my upbringing in the church. And I remember standing next to my then Bishop (*and good friend*), Duncan Wallace, and expressing my very uptight, judgemental feelings of the moment..especially when each pew was invited into the dance and with joyful abandon began to prance around the church. Before I could, with righteous indignation, plonk myself firmly on the seat of my pew...I felt a strong and very firm hand on my back pushing me into the aisle and into the dance! This of course was my Bishop who decided, in his wisdom, that perhaps I needed to be taken down a peg or two!

I have since experienced liturgical dance as an expression of poetry and beauty and needless to say I am much more open to experiencing and accepting what I don't always understand. Dance, in all its many forms and expressions, is a part of the rhythm of our lives. Whether we are a graceful swan or a stumbling, clumsy, duck we are all touched, in some way, but the movement of the dance. Tapping our feet to a song, or drumming our fingers on the steering wheel, when the sun streams down on a spring morning and our favourite song of our youth comes on the car radio...are all part of the “dance”...the “dance” that lives in the hearts and souls of all of us.

We can't avoid the “dance” no matter how hard we try. Dance, in an obviously very modified and creative form, is a part of “therapy” in nursing homes and senior's residences. Dance is in our souls...even if we try and mask it.

You may be thinking, what does dancing have to do with religion? In some faith traditions dancing was and is, considered sinful. When Sydney Carter's hymn “Lord of the Dance” came out in the sixties, many people felt it was sacrilegious to associate Jesus with dancing. Dancing is joyful, even playful, and we don't usually associate religion with joy. In the words of preacher Frederick Buechner, “We tend to think that religion is sitting stiff and antiseptic and a little bored and that joy is laughter and freedom and reaching out our arms to embrace the whole wide and preposterous earth which is so beautiful that sometimes it nearly breaks our hearts. We need to be reminded that at its heart Christianity is joy and that laughter and freedom and the reaching out of arms are the essence of



it.” Daniel Migliore, a Christian theologian and author and former Professor Emeritus of Theology at Princeton Seminary, writes, “I wonder if the church, and indeed our world, suffers from an absence of dancing before the Lord.” With the decline in membership, and the controversies over sexual, political, ethical, and theological issues, a cloud of gloom has settled over so many of us in the church today. Have we forgotten how to dance before the Lord? We know how to stand still and go nowhere. We know how to walk in a funeral procession, moaning that the church is dying. And we know how to march in battle, our little armies mobilized against each other. But we don’t seem to know how to dance, how to rejoice and celebrate God’s presence. “Christian life... [is an] empty routine apart from the dance,” writes Migliore, “ - the dance of praise, the dance of thanksgiving, the dance of exuberant faith, hope, and love, the dance of joyous discipleship.” When was the last time you kicked up your heels, let loose, and danced for joy before the Lord? Perhaps we have forgotten what it is to worship.

To worship is to forget about ourselves, to lose ourselves in the awesome wonder of God. That’s what David did in 2 Samuel 6:14. Filled to overflowing with the joy of the Lord, he lost all self-consciousness and utterly abandoned himself to the sheer ecstasy of his sacred dance. Perhaps the reason why we find it so difficult to worship is because we are preoccupied with ourselves, overly concerned with self-image and what others think of us. In the words of poet Ann Weems: “Once there was a time when you danced. Remember? You weren’t afraid to dance then. One you could cry and laugh and dance and sing.” To worship “in spirit and truth” we need to become like children - open, eager, uninhibited, exuberant.

So my friends...whether we are graceful or awkward, confident or hesitant, energetic or tired, we are invited to join the dance. And he who is the Way, the Truth and the life, the Lord of the Dance, will be there to lead us, to show us the steps and support us when we stumble. In the words of Sydney Carter’s hymn, Jesus calls to us: “Dance, then, wherever you may be; ... I’ll live in you if you’ll live in me - ... I’ll lead you all in the dance, said he.” ***Lets keep dancing and never loose the wonder, magic, joy and healing of the dance!***

A few other things to take note of...

Spring Bible Study on Women of the Hebrew Scriptures

Our Bible Study got off to a great start...we have 12 lovely and inquisitive ladies joining every Thursday...with two more to jump in around week three or four. I plan on the cut off being 15 so we have one more space available. The study requires some lectionary reading ahead of time each week, some questions, shared reflection and prayer in the group setting. The study began on **Thursday evening, April 22nd at 7 pm to 8:30 pm via Zoom (the link is below) and will end Thursday, June 10th**. We will start up again in September with the second part of the study. This week (tomorrow evening) we will tackle three of the matriarchs - here they are and the readings, and a "teaser" question(s) to reflect on.

Sarah: Gen 11:27-32; 12; 13; 16; 17:1-8, 15-21 Gen 18:1-15; 20; 21:1-14; 22:1-14 Gen 23; 24:36,67; 25:10; 49:31 Is 51:2

Reflect on Sarah the matriarch. What new information have you learned about her from hearing all of her story? What are Sara's particular strengths? How might she serve as an inspiration and a role model for you?

Milcah: Gen 11:26-29; 22:20-24; 24:15, 24, 47

We won't be spending a lot of time on Milcah but here is something to reflect on: Would you personally list Milcah among the matriarch? If so, why? if not, why not?

Hagar: Gen 16; 17:1, 18-21; 21:1-4, 8-21 Gen 25:5-6, 12-17

Now here is something to reflect on: the Hagar narratives reveal two strong women and a passive, somewhat powerless male. Find evidence in the text to support or contradict these images of Hagar, Sarah, and Abraham.

Here is the Zoom link which will remain the same throughout the study:

Zoom Meeting

[https://us02web.zoom.us/j/88064422281?](https://us02web.zoom.us/j/88064422281?pwd=ZWRLbjE3Ym9YdUVwV0c2aVFhRkVTQT09)

[pwd=ZWRLbjE3Ym9YdUVwV0c2aVFhRkVTQT09](https://us02web.zoom.us/j/88064422281?pwd=ZWRLbjE3Ym9YdUVwV0c2aVFhRkVTQT09)

Meeting ID: 880 6442 2281

Passcode: 621581

Seniors Coffee Zoom Meeting

[https://us02web.zoom.us/j/81151849728?](https://us02web.zoom.us/j/81151849728?pwd=UHZVZWt0V0U0dUoxOUw1UGM5VndvQT09)

[pwd=UHZVZWt0V0U0dUoxOUw1UGM5VndvQT09](https://us02web.zoom.us/j/81151849728?pwd=UHZVZWt0V0U0dUoxOUw1UGM5VndvQT09)

Meeting ID: 811 5184 9728

Passcode: 946753



OUR NEXT GATHERING WILL BE APRIL 30, AT 3 P.M.

We are called "Seniors Coffee" but don't let that fool you - we like to be called "Friday Fun and Fellowship" - we are a welcoming bunch - sharing our stories and praying with and for each other. No agenda - unless you count lots of laughter an agenda. Come and check us out!

Friday Night Evening Prayer of the BCP Service of Compline

This quiet and reflective prayer service is led by me, Rev. Winna and Father Michael Bruce with the grateful assistance of our ZOOM host, Laura French

Compline Zoom Meeting

<https://us02web.zoom.us/j/89324033051?pwd=QUxhCQjBoQW9xdklEWVlVZlVzak52dz09>

Meeting ID: 893 2403 3051

Passcode: 701044

Compline is a lovely way to end your day and your week. Please consider joining us...



We, the clergy of Immanuel, hold you all in prayer daily... and we invite you to pray along with us. If you have a specific prayer request please let us know so that together, in community, we can lift your prayers to the Lord. I invite you to send your prayer requests to our Office Manager, Mojgan Shirazi, at officemanager@immanuelanglicanregina.ca Mojgan is keeping a list for us that will be updated regularly. These are some of the prayer requests that I have had this week...

We pray for healing mercies for: Claude (Saul), Doug O., Rick (Allison), Heather, Jan, Kay, Krystal, Leslie, Ruth, Shawn, Sheila F. (Tom), Theo, T.J., Trina, Wayne, Linda & Lloyd (and family), Bob G., Jessica K., Jackie, Lori, Pat L. (Dennis), Keith, Corrine, Declain, Allan, Marion, Greta, Pat, Pat B., Phillip, Beth, Gwen R. and family, Jeremy S. and his mother Joan, Thereza, George, Joanne Shurvin-Martin and family, Elvira Beday and family. We remember in our prayers all those who have passed in the peace of Christ

remembering especially James (Doug) Vokey...and those who we hold in our hearts....

We pray for Bishop Rob and Lorraine, as they continue this new journey into retirement and relocation with family and friends in the UK. We pray for comfort and strength in the days, weeks and months ahead and may God's peace surround them. We pray for Dean Mike and Archdeacon Catherine and the staff of the Synod Office. For our parish of Immanuel - for our wardens Mae Boa and Richard Simpson and our new Vestry.

Please uphold in prayer Deacon Alexander Campbell, his wife Muriel, and their family. Alex will be ordained Priest on June 12th in St. Paul's Cathedral. The ordination service will be live streamed and the time will be confirmed shortly.

We prayer for our partners at Living Spirit Centre: Pastor Stewart Miller (Bread of Life), Rev. Russell Mitchell Walker (Eastside United), Pastor Patti Sherk (Bread of Life) and the administrative assistants: Cheryl Conly (Living Sprit Centre) and Becca Dziaduck (Eastside United).

And a few funnies courtesy of Pat Schellhorn - thanks Pat!

They're Back! Those wonderful Church Bulletins! Thank God for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water'. The sermon tonight: 'Searching for Jesus'.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

And this one just about sums them all up:

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.'

Here are your readings for this week...Easter Five...May 2nd

Collect

Almighty God, your Son Jesus Christ is the way, the truth, and the life. Give us grace to love one another and walk in the way of his commandments, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

A Reading from the Book of Acts. Then an angel of the Lord said to Philip, "Get up and go toward the south to the road that goes down from Jerusalem to Gaza." (This is a wilderness road.) So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, "Go over to this chariot and join it." So Philip ran up to it and heard him reading the prophet Isaiah. He asked, "Do you understand what you are reading?" He replied, "How can I, unless someone guides me?" And he invited Philip to get in and sit beside him. Now the passage of the scripture that he was reading was this: "Like a sheep he was led to the slaughter, and like a lamb silent before its shearer, so he does not open his mouth. In his humiliation justice was denied him. Who can describe his generation? For his life is taken away from the earth." The eunuch asked Philip, "About whom, may I ask you, does the prophet say this, about himself or about someone else?" Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus. As they were going along the road, they came to some water; and the eunuch said, "Look, here is water! What is to prevent me from being baptized?" He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing. But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea. *Acts 8.26-40*

Psalm

Refrain All the ends of the earth shall turn to the Lord. My praise is of him in the great assembly; I will perform my vows in the presence of those who worship him. The poor shall eat and

be satisfied, and those who seek the Lord shall praise him: "May your heart live for ever!" All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him. **R** For kingship belongs to the Lord; he rules over the nations. To him alone all who sleep in the earth bow down in worship; all who go down to the dust fall before him. **R** My soul shall live for him; my descendants shall serve him; they shall be known as the Lord's for ever. They shall come and make known to a people yet unborn the saving deeds that he has done. **R**

Refrain **All the ends of the earth shall turn to the Lord.**

Psalm 22.24–30

A Reading from the First Letter of John.

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and do testify that the Father has sent his Son as the Saviour of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God. So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgement, because as he is, so are we in this world. There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us. Those who say, "I love God," and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also.

1 John 4.7–21

The Holy Gospel of our Lord Jesus Christ according to John. Jesus said, "I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the

branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples. John 15.1-8

The Members of the Ministerial and Their Primary Areas of Responsibility...

I hope you are enjoying Around the Cross. As editor I am always delighted to receive your articles, information, pictures, etc. - anything you would like to share. I do however reserve the right to "edit" as appropriate or to not publish anything that I deem inappropriate. Remember this is YOUR Epistle so please send me whatever you think our readers may enjoy - we would love to hear from you!

God's richest blessings....Winna+

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ON LEAVE**Pastor Zsofi Schmiedge

***All members of the Ministerial work together on Worship Services within the Parish - sharing in the Preaching, Presiding and Assisting.**