

The City Centre Scroll - Easter 2022



From Pastor Gabriel's Desk—MRI

An MRI, which stands for *Magnetic Resonance Imaging* is a medical technology we can thank God for. It can save your life. It has saved many lives already. It gives you and your doctors the ability to see better what is going on in your body and therefore to treat whatever might be wrong much more effectively. .

In the book “*So Beautiful: Divine design for life and the Church*”, Leonard Sweet argues that the church has an equally important MRI build into its God given design for life. Here MRI stands for Missional, Relational, and Incarnational. Churches that have this, will enjoy the vibrancy of a life in Christ. Even if they have little else and gather under a tree. Let me explain.

By “Missional” we mean that a church should be on a mission. Going out into the world with intention and focus. In doing that they reflect a God who is on mission and went out from himself to create, nurture, protect and save. Our mission has to do with our thinking and strategy, the goal of why we do what we do. To glorify God and reach other with the good news of his love. The evil opposite of missional is attractational. We surely do not want to be unattractive or repulsive to people but when we are nothing but attractive and attractational, we are on no mission bigger than our own consumeristic needs. Then we turn into a spiritual service provider instead of being a church.

We are no different from other organizations and institutions when this happens. They all seek to attract people. Only the best ones seek to join people to a cause and equip them to fulfill a mission. Why do the efforts of fighting Ukrainians capture our imagination? Because across a great diversity of people there seems to be a singular focus on mission. Because they do not only pay lip service to this mission but they sacrifice for it. The church's greatest moments were and still are when being on a mission happens.

Relational has to do with the heart. Relationships are the core of what gives meaning to our existence. God: Father, Son and Holy Spirit is a relational being as a triune community of persons. Everything we do must be undergirded by and flow from relationships. When it does not, our doctrine becomes dead, our actions mechanical and lifeless and our passion squelched. The real metric to watch, if you want to evaluate if you are walking with God, is the quality of your relationships. If your walk with God does not over time enable you to love people close to you more deeply

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PRAYER AND PRAISE

Praise!



Praise For...

- New faces at church-welcome!
- The incredible, awesome meaning of Easter - He Has Risen!
- Our country's medical system.
- God for blessing us to be in City Centre, where we can serve our neighbours.
- The incredible growth and colour of nature at springtime.
- Peace and democracy in Canada.
- All those who filled bags of clothes from Sister's Closet and all the connections we made in the neighborhood.
- All of the volunteers who gave of their time towards Sister's Closet.

Prayer For...

- Safety and peace for the refugees leaving Ukraine. For housing, food and safety.
- For the Russians to retreat from this war of aggression on Ukrainian soil.
- The world leaders to have an abundance of wisdom in responding to the Ukrainian crisis.
- Countries to accept refugees leaving Ukraine.
- Joy and positivity for those anxious and/or depressed.
- Wisdom in all of Session's decision making.
- Covid to go away and/or be manageable.
- For an uplifting of spirits for those in care homes as visitors are allowed again.

REVIEW OF SISTERS CLOSET

On Monday, April 4th we once again hosted Sister's Closet for the neighbourhood. Usually this event is held in October but because of Covid we had to cancel the fall event until this spring. At 12:15 pm, 45 minutes early, there was a line up of folks outside waiting to get in to shop. Ron Gaudette was at the door checking on vaccine passports (as the government mandated). A few people asked if they could shop for a friend who could not come. We also had volunteers shop for those who did not have vaccinations. This year we had more kids clothes, toys, books and DVDs than we ever had donated in the past. This took up all the space in the old library room off of the hall area. Just off of the kitchen we had a couple tables where the public sat and drank their coffee/tea and ate a sweet treat or two.

It was not as busy as in the past, but this could have been due to holding it in a different month, or to the fact that we have not held the event in two years, due to the pandemic. The advantage of this was that we were able to hold conversations, help folks shop, and generally be more relational. Stories were shared by patrons and we met new friends such as the unvaccinated homeless man who had everything stolen from his tent. At first he was upset that he could not shop but he allowed us to shop for him. As we filled a couple bags, he stated that he needed to do something in return, and he disappeared into the parking lot picking up garbage to 'earn' his new things. May our efforts bless him and others.

The very first Easter taught us this: that life never ends and love never dies. -Kate McGahan

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and better, if it doesn't rid you of abusive and unhealthy relationships or behaviour and does not nurture a deep personal connection with God, nature, society and self, you need to ask yourself what is askew. Because relationship, the heart, is what it is all about.

Incarnational has to do with the hand. It is about action and making our deeply held beliefs and convictions about God manifest for all to see. It is giving flesh to the dreams and hopes God gave us for his Kingdom. It is giving a hug, not just vaguely loving someone, but showing it in a way accessible to the senses. It's not telling. It's showing. It's not just believing but serving. It's getting your hands dirty. It's hosting a Christmas party for those who cannot have their own. It's about helping to clothe people with Sister's Closet. It's the thousand ways in which we can demonstrate God's love.

When church are these three things, MRI, they are alive and life giving. When they aren't, they become merely Attractional, Propositional and Colonial (APC). APC churches produces members, believers and consumers and could, by worldly standards, look quite successful and thriving. MRI churches produce missionaries, disciples, and world changers even when they fly under the radar of worldly success metrics.

What makes Lent and Easter special, is that it makes us focus on a part of Jesus's journey that showed just how deeply He was invested in being on mission, in relationship and incarnationally close to us and for us. The price of his mission was no less than his life, the most beautiful and authentically human life ever lived. No sacrifice can be greater. Jesus loved the twelve close to him and later the church "until and up to the ultimate end" as John 13 expresses it (my translation). He ate with sinners and embraced lepers. He was relational to the core. And Jesus became human flesh. He showed us God in human form. He couldn't come to us in a more personal and intimate way.

By his grace, also City Centre Church is and becomes an MRI community, one shaped by the life, death, and resurrection of Jesus. People transformed to think missionally, engage from the heart relationally and serve concretely in so many ways.



What can ever be more beautiful, live giving and salvation testifying than that? I treasure nothing more than sharing in this MRI design for life with you!

Happy Easter! He is risen. He is risen indeed. Also in you!

Gabriel J Snyman

April 2022

"Our old history ends with the cross; our new history begins with our resurrection."

-Watchman Nee

A Prayer for Peace By Pope Francis

Lord God of peace, hear our prayer!
We have tried so many times and over so many years
To resolve our conflicts by our own powers and by the
force of our arms.
How many moments of hostility and darkness have
we experienced?
How much blood has been shed?
How many lives have been shattered?
How many hopes have been buried?
But our efforts have been in vain.
Now, Lord, come to our aid!
Grant us peace, teach us peace;
Guide our steps in the way of peace.
Open our eyes and our hearts,
And give us the courage to say: "Never again war!",
"With war everything is lost"
Instill in our hearts the courage to take concrete steps
to achieve peace.
Lord, God of Abraham, God of the Prophets, God of
Love,
You created us and you call us to live as brothers and
sisters.
Give us the strength daily to be instruments of peace;

Enable us to see everyone who crosses our path as our
brother or sister.
Make us sensitive to the plea of our citizens
Who entreat us to turn our weapons of war into imple-
ments of peace,
Our trepidation into confident trust,
And our quarreling into forgiveness.
Keep alive within us the flame of hope,
So that with patience and perseverance
We may opt for dialogue and reconciliation.
In this way may peace triumph at last
And may the words "division", "hatred", and "war"
Be banished from the heart of every man and woman.
Lord, defuse the violence of our tongues and our
hands.
Renew our hearts and minds,
So that the word which always brings us together will
be 'brother',
And our way of life will always be that of: Shalom,
Peace, Salaam!
Amen.



He then began to teach the that the Son of Man must suffer many things and be rejected by the elders the chief priests and the teachers of the law, and that he must be killed and after three days rise again.

-Mark 8:31

'Twas The Day Before Easter

'Twas the night before Easter, and all through the land
There was mourning and grieving for Jesus, the man.

Forsaken by God, abandoned by friends,
Jesus was punished for all of our sins.

"Crucify Him!" the angry crowds cheered.
"Save Yourself!" the bitter ones jeered.

His followers' hopes were dashed in His death
As they watched their Leader take His last breath.

They didn't remember or couldn't understand
All Jesus said about God's ultimate plan.

What they thought in this silence seemed the end.
They'd lost a Master, a Teacher, a Friend.

But Praise be to God – things aren't as they seem!
A battle was raging behind death's last scene.

Sin could not win, death could not hold
Messiah, Our Savior, as prophets foretold.

When on the third day, women were a-chatter,
Disciples ran to the tomb to see what was the matter.

The tomb – it was empty, just like they said.
Jesus had risen – He's no longer dead!

Sin, where is your victory? Death, where is your sting?
It was finished! Sin's curse destroyed by Jesus, The King!

Now we hear Jesus exclaim from His Word every day,
"Come unto me, I'm the Life, Truth, and Way!"

'Twas the morning of Easter, and all through the land,
We rejoice in Salvation, through Jesus, for man!

By Jennifer Crawford Walker
Smellingcoffee.com



Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life — is at the right hand of God and is also interceding for us. - Romans.8:34

COOK'S CORNER

In honour of the Ukrainian people we are focusing on Eastern European recipes this Easter. To start off we begin with a cheater's version of sauerkraut.

Braised Cabbage

2 tbsp butter, or more

1/2 head cabbage cored and cut into 1/4-inch slices

1/2 onion cut into 1/4 inch slices

1 cup water

1 tbsp white vinegar

1 tbsp white sugar

2 tsp caraway seeds (optional)

1 tsp salt.

Melt butter, cook and stir cabbage and onion until onions are transparent, about 5 min. Pour in water, add vinegar, sugar, caraway and salt. Reduce heat to low and cook, stirring occasionally, until cabbage is tender, 20-25 min.



Deruny

Deruny is a classic Ukranian Potato Pancake. They are usually served for breakfast, as an appetizer or a side dish. They are meant to be served with sour cream. This whole recipe should only take you 30 minute for everything.

4 large Yukon potatoes (2 lbs roughly)

1 small yellow onion

1 large egg

3 tbsp flour

1 tsp fine salt or to taste

1/4 tsp baking soda.

Grapeseed or sunflower oil

Peel four large Yukon Gold potatoes and one small yellow onion. Place a sieve over a large bowl so that potatoes will drain while you finish grating. Into a sieve, grate potatoes and onion onto the star shaped hole on grater, taking turns. Onion juice will prevent potatoes from browning. Dispose most of the potato juice from the bowl underneath the sieve but do not wash the potato starch. Keep the potato starch and add the grated potatoes and onions to the bowl with starch.

Add 3 tbsp flour, one egg, salt and soda into the potato mixture. Mix well until incorporated. Potato batter will be thick, but still liquid enough to spoon.

Heat 2-3 tbsp of oil in a large non stick skillet over medium heat. Spoon one heaping tablespoon of potato mixture to make pancakes, about 1 inch apart.

Fry on each side until golden brown (about 3-4 min per side) Repeat the same procedure for the remaining batter. Serve the deruny warm with a dollop of sour cream.

Accidently went grocery shopping on an empty stomach and now I'm the proud owner of Aisle 5.

Easter traditions...where and why

Even though we still may conduct Easter hunts, and chocolate bunnies abound in the stores, where did it all begin? A great many of these traditions are fairly ancient and had a pagan start. Even Easter baskets contain more than just colored eggs. They symbolize the nests of birds and therefore new life. The new life we have in Christ.

Ancient Easter meal traditions would most likely include a roast lamb. Especially since the holiday has its beginnings in Jewish Passover. A lot of modern day homes would now serve ham, due to the timing of the Christian holiday. Centuries ago, hams would be cured over the winter months and would be ready in the springtime.

The beautiful white Easter lily is a relative newcomer to the Easter holiday. They first originated in the late 18th century. After World War I, these blooms were popular in North America. The change from bulb to delicate flower reminds us of hope and rebirth, which are two meanings of Eastertime.

The origin of the Easter egg goes back to Medieval times. There was a children's game that would be played involving choir boys. The priest would hand out a hard boiled egg to one of the choir boys and then it would get passed among themselves until the stroke of midnight. The choir boy who ended up with the egg, got to eat it.

The fancy clothes that used to be worn on Easter Sunday were once believed to have given you good luck for all the rest of the year. It was such a strong belief that the upper crust New Yorkers would show off their attire coming out of Easter mass in the richer areas of town. It's widely believed that this tradition became the basis for the Easter Parade and the Easter Bonnet festival in New York.

It is supposed that egg dying originated from the early Christians in Mesopotamia. One of the theories of this is that the eggs are dyed to represent the blood of Christ.



As for the bunny rabbit, bringing eggs and candy to children, this originated in Germany during the Middle Ages. The first mention of this tradition goes back to the 16th century. In Pennsylvania, the Dutch settlers brought the bunny to the US in the 1700's and the idea still lives on.

I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

-Philippians 3:10-11

Simple Formula For Living

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| Live beneath your means. | Let someone cut ahead of you in line. |
| Return everything you borrow. | Take time to be alone. |
| Stop blaming other people. | Cultivate good manners. |
| Admit it when you make a mistake. | Be humble. |
| Give clothes not worn to charity. | Realize and accept that life isn't fair. |
| Do something nice and try not to get caught. | Know when to keep your mouth shut. |
| Listen more; talk less. | Go an entire day without criticizing anyone. |
| Everyday take a 30 minute walk. | |
| Strive for excellence, not perfection. | Learn from the past. |
| Be on time. Don't make excuses. | Plan for the future. |
| Don't argue. Get organized. | Live in the present. |
| Be kind to unkind people. | |



DID YOU KNOW?

- Are you (even slightly) technically inclined? Perhaps you could help Neil on the occasional Sunday with the camera and online service? Neil is training a team to help with the broadcast. Let Neil Singh know if you're interested.
- We are in need of coffee hosts once again? Hosts come a little early on Sundays to make the coffee and tea. If you

- wish you could also supply cookies or other treats, but it's not necessary. The calendar is on the bulletin board close to the kitchen, or see Elaine Singh
- It will be planting time soon again in early May? Let your elder or Pastor Gabriel know if you are interested in planting, weeding or donating seeds or soil for the Community Garden. Or even just lending advice!

- You can volunteer to do a children's story or be a scripture reader if you like. See an elder or Pastor Gabriel. A children's story can be as simple as reading a meaningful passage from a book, or a short lesson from life.
- Children's church is looking for volunteers and helpers.

Gardening is medicine that does not need a prescription... and has no limit on dosage.

SPRING TUNE UPS AND CLEAN UPS

.How about we start with your vehicle...here are eight tips for good car maintenance.

1. Change your oil and all filters regularly—it keeps your engine healthy. As oil ages it becomes less effective at picking up impurities and lubrication in general.
2. Check your fluids. This goes right with the first recommendation. Check the brake, power steering, transmission, windshield washer fluids and coolant. Top them up and replace them as it is stated in your owners manual. If the manual is missing, simply look online.
3. Tire maintenance. Spring is time to replace your winter tires with regular tires. Remember to rotate tires every 10 000 kms and monitor tread wear.
4. Replace your wiper blades. The winter can be hard on them. Each spring is a great time to replace them.
5. Check your battery. Colder temperatures can be difficult for a battery to stay in top condition. Batteries over five years old may need to be replaced.
6. Sub-zero temperatures can harden and damage rubber. Spring time is the ideal time to check all hoses and belts for any damage.
7. Check your lighting. To stay safe on the road, a thorough check of all exterior and interior lights is crucial. Wipe down all your exterior lights to ensure a clear light for others to see you.

Thanks to Minitlube



Kitchen Spring Cleaning Hacks

Cabinets...Take a dishwasher tab and place in a bucket or sink of hot water. Use a microfibre cloth to get the best results. There is no need to rinse, just give the cabinets a good wipedown. It should successfully cut through the grease without a filmy residue.

Kitchen sink...get the sink wet and then sprinkle with baking soda and make a paste. Line the sink with paper towels that have been soaked in vinegar. Let sit for 20 minutes. Finally, rinse with warm water and a cloth. Use an old toothbrush to get into the difficult spaces like the drain area. It's best to do this while keeping good ventilation, a fan or an open window.

Countertops...Dish soap, water and a cloth are the safest for that expensive feature. Never use bleach on marble or quartz because it can dull the sheen, but difficult stains can be cleaned with isopropyl alcohol and a wet cloth.

Oven...Make a paste of baking soda, white vinegar and water and apply to inside of oven. Leave overnight. Using a cloth dampened with hot water, in the morning you can wipe down surfaces. A scouring pad may still be needed. Alternatively you can line the oven with aluminum foil to avoid cleaning spills. Ventilate well!

Oven Racks...Soak the oven racks in a large plastic storage bin. Fill with very hot water and four to six dishwasher tablets, then begin your scrubbing. If you prefer to do this in your bathtub make sure it is lined with an old towel to prevent scratching. Add enough very hot water to cover and then pour in 1/4 cup dishwashing soap or up to 3/4 cup laundry detergent . Sit overnight and scrub.

THE LAST PAGE

A Prayer for Ukraine

God of peace and justice,

We pray for the people of Ukraine today.

We pray for peace and the laying down of weapons.

We pray for all those who fear for tomorrow,

That your Spirit of comfort would draw near to them.

We pray for those with power over war or peace,

For wisdom, discernment and compassion

To guide their decisions.

Above all, we pray for all your precious children, at risk and in fear,

That you would hold and protect them.

We pray in the name of Jesus, the Prince of Peace.

Amen

-Archbishop Justin Welby and Archbishop Stephen Cottrell.

7 Cardinal Rules For Life

1. Make peace with your past so it won't disturb your present.
2. What other people think of you is none of your business.
3. Time heals almost everything. Give it time.
4. No one is in charge of your happiness, except you.
5. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
6. Stop thinking too much. It's alright not to know the answers. They will come to you when you least expect it.
7. Smile. You don't own all the problems in the world.

When a flashlight grows dim or quits working, you don't throw it away, you change the batteries. When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not, you help them change their batteries! Some need AA...attention and affection; Some need AAA...attention affection and acceptance; some need C...compassion; some need D...direction. And if they still don't seem to shine...simply sit with them quietly and share your light.



“Our Lord has written the promise of resurrection, not in books alone, but in every leaf in springtime” -Martin Luther