



The Cathedral Notes

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DATES TO REMEMBER

**February 6 – Annual
Congregational Meeting**

**February 15 – Vestry
Meeting (tentative)**

**April 17 – Confirmation +
Baptisms**

The Dean's Notes

If there is one thing that is important, one thing I want everyone to remember about being a baptized person, it is this: it is not about how wet one gets as it is about how one works to live it out everyday afterwards.

And that's when it hit me – pow! In Luke's Gospel it is written, "Jesus was baptized too." (Luke 3.15-17, 21-22) The Gospel reminds and recounts that fact for us. In particular, it was the word "too" that caught me off guard and captured my imagination. You see, Jesus, along with a good many other people, responded to the call to come and be baptized. I know that there are people who will react to the fact that he is the Son of God and if so, why did he need baptism and the forgiveness of sin? He didn't. Jesus chose to identify himself with us in our shared humanity. That is the epiphany that God wants us to have. It is why the Father testified, "This is my Son, the Beloved, with whom I am well pleased." Christ entered our life and our situation. We needed shown how to start the life that would lead to reconciliation with God and to life that is to come with God and all those who love him. He laid down the pattern that we as a community were to follow. All of God participates so that we can repent and be reconciled to God and to one another And let's not forget that baptism is not a personal affair – I know from research that I did on a project when I was studying to be ordained, that there was a "crowd of people" at Saint Matthew's Church in Abbotsford on the feast of the Transfiguration in August 1969. My parents and grandparents, various and assorted aunts and uncles, including my Godparents.

Baptism is the beginning of life in the community of Christ for every individual. Coming for Eucharist is the maintenance not only of your own spiritual life but also the life of the community to which all and each of us belong. The Church's community and ability to do what is it called to do is diminished by people not coming to worship and experiencing the presence of the Almighty in sacrament and word as well as in one another. Worship is the fuel that moves the Christian in daily life. Its like driving a car without gas: if we are to live without taking time to pray and to worship, Life stalls, cannot move and if not remedied, causes community and mission to break down.

Therefore, baptism is by no means a private activity. It is deeply personal to the person being baptised and for the family, friends, and community that gather to be apart of the event. But it is not left there. There is a moment in the Service where I take the newly baptized to introduce them to others, so that the congregation can meet and greet them – not just at worship but in everyday life and living. Baptism lived

out this way means that we are choosing to be led by and follow Christ, empowered by the Spirit. We have to learn to see Christ in each person we meet and know. We have to soak up and drawn in the presence of Christ so that people can see him in us because we radiate his light and his presence. We are to be his hands, his feet, his voice and his face to the world, so that they can see and know what Jesus looks like, even if they do not know him or his presence. As we spend time with Jesus we will begin to look like, sound like, and please Lord, act like him.

Those who come to the call to repentance and who believe in Jesus are being empowered by the same Spirit that works in Christ, that was part of creation, is at work in each and all of us. Therefore, we are to live in such a way as that we sign the presence of the kingdom and to embody its reality in the life of the wider community. We do this so that people will ask, "what's wrong with you? Why do you still have joy? Why can you still have hope?"

Baptism is a human response to the Spirit and to the fact that God is at work in us and through us into the world. He is building his kingdom in us and through us. What will you do in response to him? Don't forget, Jesus was baptized too.

Jason+

Your Heart: More Than Just a Decoration

By: Emily Klatt, RN, BScN

Ah February...the month of love. Romantic movies, chocolates, and endearing cards; the month where you see pink and red hearts plastered all over, brightening up the dull winter days. But have you ever taken the time to think about your own heart? No, we're not talking about soul searching, but the physical heart itself. You've probably been scolded by the doctor for your high blood pressure, or been lectured to lower your cholesterol; but why should we? What is causing this all to happen in the first place? How can you make those changes if you aren't really sure what is happening in the first place? Let's talk about your heart health and ways you can stay well.

Your heart and circulatory system are essential parts of your body and can be influenced by other parts of our body and lifestyle. According to the Canadian Council of Cardiovascular Nurses high blood pressure remains the leading cause of preventable death and disability worldwide therefore it is important to understand what is going on in your body. Your blood pressure is the force of blood against the walls of your blood vessels. When you have high blood pressure it due to a higher-than-normal pressure consistently in your arteries. Narrowed or clogged blood vessels will also contribute to a raised blood pressure. High blood pressure increases the heart's workload as it must work harder to meet its blood and oxygen needs, and over time damaging arteries and organs.

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. At this point you may be wondering, am I at risk of developing high blood pressure? Some risk factors you can control, some you can't. Several factors that can't be modified would be gender, increasing age, race/ethnicity, family history of high blood pressure, chronic kidney disease and obstructive sleep apnea. Some aspects that can be changed are physical inactivity, unhealthy diet, cigarette smoking, diabetes, high cholesterol, and being overweight or obese. These lifestyle modifications are a cornerstone of managing high blood pressure. For example, you can look to lowering the amount of salt, cholesterol, and saturated fats in your diet. Sodium, or salt, can cause your body to hold onto water, raising the amount of blood in the vessels, which then raises your blood pressure. One way you can lower your salt intake is avoiding processed and restaurant foods that contain high amounts of sodium. It is also encouraged to add more fresh fruits and vegetables. Both the Canadian Council of Cardiovascular Nurses (CCCN), and

the American Heart Association recommend following a “DASH” (Dietary Approaches to Stop Hypertension) diet. It is also recommended to reduce alcohol intake in those who drink more than two drinks per day, and smoking cessation is also encouraged. If you have diabetes, you are at a higher risk of developing heart related complications, therefore maintaining normal blood sugar levels is a key factor to your overall health. Finally, by increasing your physical activity you can improve your heart health by reducing blood pressure and heart rate and, in combination with a healthy diet, can contribute to maintaining a healthy weight. Currently, CCCN recommends “30-60 minutes of accumulated moderate intensity exercise 4 to 7 days per week.” This could be walking, swimming, cycling, Pilates, or your favourite workout class.

Looking after your blood pressure may seem like an overwhelming task when you start looking at the information. It is important to remember that everyone must start somewhere, and each person will have to make changes to fit their individual lifestyle needs. Consider starting with modifying one risk factor, rather than trying to change everything all at once, and allowing yourself to feel discouraged at the burden of the challenge. For example, you could start with setting a goal to limit the amount of sodium in your diet by buying less processed foods, or that you will go for a 30-minute walk everyday after work. To stay motivated and track your progress, you can monitor your blood pressure at home using an Electronic Automatic Blood pressure machine and recording your results regularly. Similarly, you can also keep a food log, track your exercise, and record your blood sugar results.

Take control of your health and get started today! Additional resources for maintaining a health blood pressure are available on the bulletin board outside the Parish Office. If you have more questions about your heart and how it impacts your overall health, speak with your health care provider.

Announcements

The Annual Congregational Meeting will take place February 6th, 2022, after the 10:30am Eucharist.

Nova would like to host an ACW meeting in the weeks following our annual congregational meeting. Stay tuned for more details!

The Synod Office will have reduced hours Tuesday – Thursday, 9am – 12pm.

Are you looking for some fresh air and exercise? Please sign up for some snow shoveling duties over this winter to help keep the church safe and accessible for all. The sign-up sheet is available on the Greeters table.

God willing, we will be having Confirmation and Baptisms on April 17th. Please see Dean Jason if you would like to participate in confirmation classes.

Please keep General Synod (July) and Provincial Synod (April) in your prayers as they prepare to meet again in 2022.

On January 16th we said farewell to Bruce and Margaret Stewart. They will be truly missed! We wish them many blessings as they embark on the next part of their journey.