

# SPIRITUAL NEWSLETTER

## THE SIGN OF THE CROSS

When we cross ourselves, let it be with a real sign of the cross. Instead of a small cramped gesture that gives no notion of its meaning, let us make a large unhurried sign, from forehead to breast, from shoulder to shoulder, consciously feeling how it includes the whole of us, our thoughts, our at-

titudes, our body and soul, every part of us at once, how it consecrates and sanctifies us. It does so because it is the sign of the universe and the sign of our redemption. On the cross Christ redeemed humanity. By the cross he sanctifies us to the last shred and fibre of our being. We make the sign of the cross before we pray to collect and compose ourselves and to fix our minds and hearts and wills upon God. We make it when we finish praying in order that we may hold fast the gift we have received from God. In temptations we sign ourselves to be strengthened; in dangers, to be protected. The cross is signed upon us in blessings in order that the fullness of God's life may flow into the soul

and sanctify us wholly. Think of these things when you make the sign of the cross, taking time, thinking what you do. Let it take in your whole being — body, soul, mind, will, thoughts, feelings, your doing and not doing, and by signing it with the cross strengthen and consecrate the whole in the strength of Christ, in the name of the triune God. - Romano Guardini

# AUGUST 1987

... THE LORD GIVES US LIFE TO ALL BROTHERS AND SISTERS. WE THE BROTHERS  
at the Bay give thanks to God for another issue of the Spiritual Newsletter.

If this is the first copy of the Spiritual Newsletter you've read, we ask that you pass it on  
to someone else once you've read it. PLEASE DO NOT THROW OUR MESSAGE TO THE SIDE. Help us to  
share with other people out there that Our Lord's presence exists in these places.

The Spiritual Newsletter is FREE to anyone wishing to receive it. Just drop us a line. We ask  
for your support in whichever way God speaks to you. We are not wishing to profit financially  
only Spiritually. If you wish to contribute towards the cost of the postage, it's greatly  
appreciated but not necessary. We are more eager for YOUR PRAYERS.

So again, until the next issue (OCTOBER), we pray for God's blessings on each of your lives and  
ask that you join us in PRAISING and GIVING THANKS TO GOD for the opportunity of this Newsletter

KEEP SMILING, AS EVERYONE SMILES IN THE SAME LANGUAGE.

THANK YOU

verse 1  
THANK YOU GOD FOR OUR "BREAD OF LIFE" -  
JESUS CHRIST, YOUR SON, WHO EASES OUR STRIFE.  
HE DIED ON THE CROSS TO PARDON OUR SIN,  
SO THAT OUR HEARTS ARE OPEN TO LET HIS LOVE IN.  
THANK YOU LORD FOR LOVING US SO,  
THAT YOU GAVE UP YOUR SON SO THAT WE CAN GROW.

verse 5  
THANK YOU DEAR JESUS FOR THE PERSECUTION WE RECEIVE  
WHEN WE ACT RIGHTEOUSLY, BECAUSE WE BELIEVE;  
FOR WE SHOULD REJOICE, GLADLY AND WELL,  
FOR IN MATTHEW FIVE TO US DO YOU TELL  
THAT WHEN WE ARE PERSECUTED IN THIS WAY,  
THE KINGDOM OF HEAVEN IS OURS, SINCE WE OBEY.

verse 2  
THANK YOU GOD FOR THE BEAUTIES OF NATURE:  
WONDEROUS! ASTOUNDING! ABUNDING IN GRANDEUR!  
DEEP CANYONS, GREEN MEADOWS, MOUNTAINS SO HIGH,  
PRECIOUS DEER, CUTE SQUIRRELS, AND BIRDS ON THE FLY.  
ALL THESE AND MORE TO US YOU PRESENT.  
THANK YOU FOR EVERYTHING SO MAGNIFICENT.

verse 6  
THANK YOU LORD JESUS FOR OUR BELIEF IN YOU;  
THAT WE CAN BELIEVE WITHOUT SEEING - THIS IS TRUE!  
YET ANYONE WHO IS OPEN CAN QUICKLY SEE  
YOUR WONDERFUL WORKINGS IN OTHERS AND ME.  
WHAT A GIFT THIS BELIEF IS, WITH WHICH YOU REVEAL  
OUR HEART'S CONTENTMENT, OUR BEAUTY, OUR ZEAL.

verse 3  
THANK YOU LORD FOR THE LOVE YOU EXHIBIT;  
FOR, WHEN WE LEARN IT, WE MAY PROHIBIT  
SUCCUMBING TO TEMPTATION OR TO SIN  
BY RETURNING YOUR LOVE TO ALL OUR KIN;  
THAT IS, TO SAY, TO EVERYONE EVERYWHERE,  
BECAUSE WE ALL SHARE YOUR TENDER, LOVING CARE.

verse 7  
THANK YOU DEAR JESUS FOR THE JOY YOU'VE GIVEN ME;  
FOR THE JOY I FEEL FROM AT LAST BEING FREE.  
FREE FROM MY SINS, MY WORRIES, MY CARES,  
WHICH WERE HAMPERING ME LIKE QUICKSAND OR SHARES.  
WHEN IN FOUL WATERS NOW, I FLOAT LIKE A BUOY.  
I'M WITH YOU, JESUS. WHAT JOY, JOY, JOY!

verse 4  
THANK YOU VERY MUCH OUR FATHER IN HEAVEN  
FOR FATHERS, AND MOTHERS, AND SISTERS, AND BROTHERN.  
AND FOR THOSE WITH NO FAMILY HERE ON THIS SOIL,  
THANK YOU FOR LETTING THEM BE OF THE FAMILY OF GOD.  
THANK YOU FOR THOSE WHO ALWAYS ARE THERE,  
WITH WHOM MEANINGFUL MOMENTS WE ALWAYS CAN SHARE.

verse 8  
THANK YOU GOD FOR EVERYTHING AND MORE!  
WITH YOU IN ME, MY HEART DOES SOAR!  
WITH THESE FEW WORDS, I CAN'T BEGIN TO EXPRESS  
ALL THE THANKS I FEEL FOR YOUR LOVING CARESS.  
SO SUFFICE IT TO SAY THAT I LOVE YOU. AMEN.  
AND THANK YOU, THANK YOU, THANK YOU, AND THANK YOU AGAIN.

THANK YOU GOD,  
IAN GIBB



# Editorial

## "TOUCHING"

While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean." Jesus reached out his hand and touched the man. (Luke 5:12,13)

Leprosy was a humiliating disease that automatically carried a sentence of rejection and isolation. The lepers were forced to cry out, "Unclean! Unclean!" wherever they went. They were forced to live alone, banished from man and exiled from home.

It is quite obvious that a leper would have suffered mentally as well as physically. To be afflicted with a disease that ate away the flesh leaving only stumps for legs and hands. To be forced to watch their bodies rot away was certainly a terrifying, painful and devastating experience. A living death with no sympathy from their fellowmen. It was LAW that anyone who had such a disease was to be labelled unclean and made an outcast. (Leviticus 13:45,46)

People didn't understand this disease and although it was innocently acquired, like most other diseases, leprosy was associated with shame, horror and guilt. Therefore the leper was hated by the so-called clean. Most wouldn't even touch a leper or their clothing.

Leprosy caused an attitude in people that sounds familiar. In 1987, another disease has captured the imagination of man and paranoia has set in. Once again the clean want to force the sick to live a life of exile. A.I.D.S. has invaded the bodies of man, woman and child. Sadly many have died from this disease. Even sadder is the fact that so many have been forced to live a life of humiliation, rejection and isolation, like the lepers who were forced out of society because of their illness. Society wants victims of A.I.D.S. to cry out, "Unclean! Unclean!".

Not much has changed since the days of the leper. But why? Fear of the unknown is very real for everyone and it's alright to have fears. But fear doesn't justify forcing another human to live in pain, alone, unwanted, labelled and unloved. Leprosy and A.I.D.S. are but two of the many diseases that we've had to deal with since the beginning of mankind. The world of medicine has always discovered a cure for these diseases. Unfortunately the people have continued to deal with diseases in ignorance. Society contains many people who want to label a child with A.I.D.S. and demand that laws be declared to remove the child from the school.

Would Jesus touch someone with A.I.D.S., as He touched the leper? Did Jesus tell the leper to stay away? Was Jesus afraid that He would catch this disease if He touched the leper? No, Jesus showed compassion and love towards the leper. He reached out and TOUCHED the man without any fear or disgust.

I believe that Jesus today would touch a victim of A.I.D.S. or for that matter the victims of any disease. He would show compassion and love towards them just as He did to the leper. Why was Jesus able to do this? Why do so many struggle to allow these poor, unfortunate people the freedom to live their lives as best they can under such sad circumstances? It is bad enough to have such a disease but what must be worse are the labels placed upon them. To be no longer looked at as a human being but as some form of freak. Why does society permit such unjust and perverted action? So many people are forced to bear the frightening experience of this disease alone because of the ignorance of others.

Jesus saw the leper as a human being in need and showed compassion towards him, Jesus didn't see the disease in the man, He saw a man with a disease. Jesus saw a child of God, just as He would see the A.I.D.S. victims of today. Would Jesus touch someone with A.I.D.S.? I believe He would and just as Jesus would see them as children of God, we should accept them as sisters and brothers in need of compassion, understanding and even more, love.

TUBE

UNTITLED

"DEAR LORD, GUARD MY CHILDREN TO-NIGHT,  
WHEREVER THEY MIGHT BE.

TAKE THEIR LITTLE HANDS IN YOURS,  
AND GUIDE THEM TENDERLY.

IT'S NOT THEIR FAULT, THEIR DAD'S A CON,  
AND UNFIT ASSOME MAY SAY.

POINT THEIR FEET TO HIGHER GROUND,  
DON'T LET THEM COME THIS WAY.

TAKE THEIR LITTLE HANDS IN YOURS, ,  
AND GUIDE THEM TENDERLY.

DON'T LET THE CITIES OF THE WORLD  
SCAR THEIR SOULS LIKE ME,

I HAVEN'T TALKED TOO MUCH TO YOU, LORD  
AND THIS MIGHT NOT BE THE WAY,

BUT OF ALL THE THINGS I'VE LEARNED IN LIFE  
I'VE NEVER LEARNED TO PRAY.

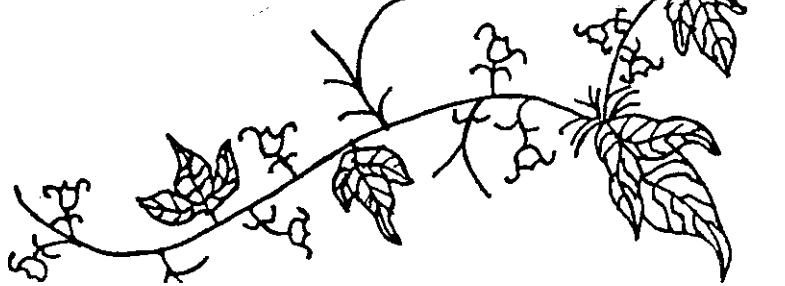
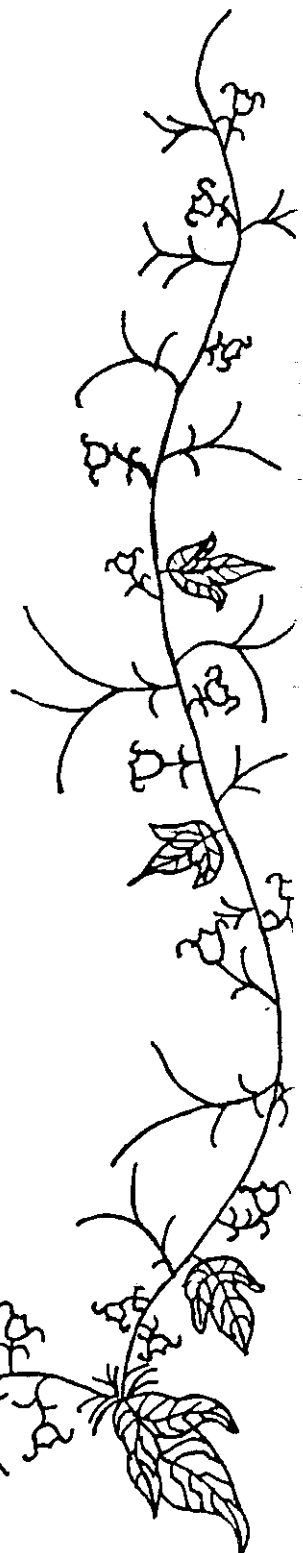
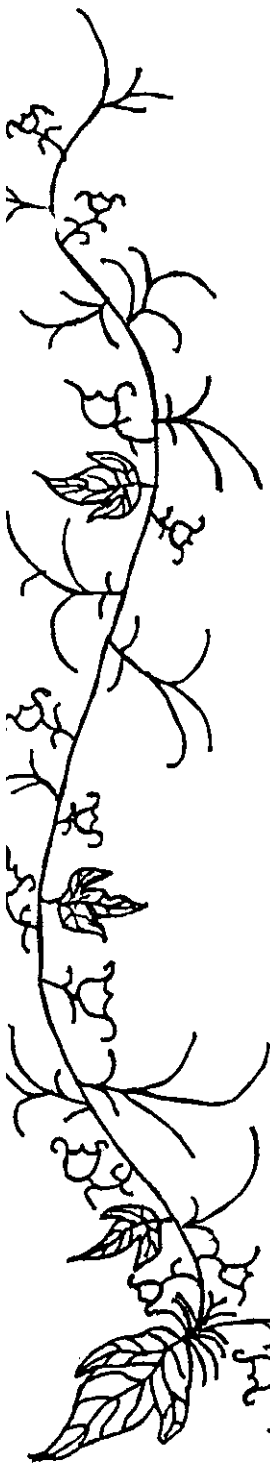
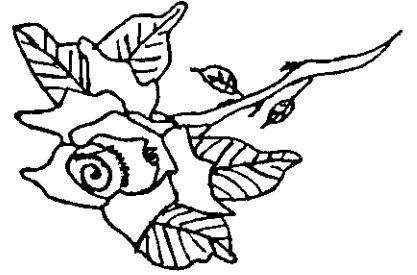
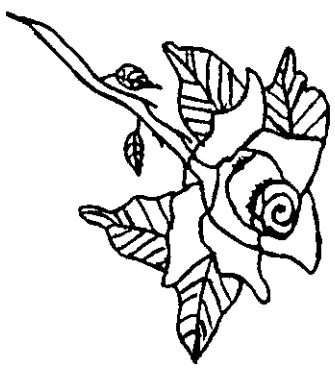
BUT TO-NIGHT I THOUGHT THAT IF I TRY,  
YOU JUST MIGHT HEAR MY PLEA.

AND KIND OF WATCH MY LITTLE ONES,  
THEY'RE ONLY NINE AND THREE.

AT THESE LAST WORDS THE LIGHTS WENT OUT,  
AND THE CORRIDORS GREW DIM.

BUT FROM MANY DARK AND LONELY CELL,  
THERE WHISPERED A SOFT "Amen".

AUTHOR UNKNOWN



One day a guy was heading back to his cell after having bought his canteen. As he entered the range he was attacked, beaten and robbed. He was left lying in a pool of blood, badly cut and hurt.

A guy came walking along and though he saw the guy lying there, he didn't stop to help him. He didn't want to get involved in anyone else's beef. Besides he didn't really know the guy that well, so why should he bother to help him? The injured man wouldn't help him if the tables were turned.

A second guy came walking down the range and he also saw the man lying there. Like the first, he didn't bother to stop. This guy was of a different colour from the beaten man and ran with a different clique. He figured, let his own kind take care of him. Besides, what would the others in his own clique think if they saw him stop to help? Better to just keep moving on and put it behind him. Just as the code said. You see nothing and you do nothing.

A Christian came down the range. He wasn't liked by many of the others. People were always going out of their way to make fun of him or to give him a hard time. He saw the person lying there and immediately recognized him. He went over and helped him to his cell. After taking care of his cuts and getting him into some clean clothes, the Christian went to the canteen and replaced some of the stolen articles out of his own money.

No one on the range said anything to the Christian. This was the first time they didn't make smart remarks about him as he walked by. It wasn't because they were afraid of him; it was out of respect. This man, who had been called weak and weird because of his Christianity, had shown a special strength and character as he went out of his way to help someone who was down. He wasn't caught up in what others would think or say. Even more, the man that was down had been a leader among those hardnosed guys who had gone out of their way to be ignorant to the Christian. Yet, that didn't stop the Christian from helping his fellow man.

As Christians, we are called to help others whenever they're in need-without holding back because of the past. We move ahead in the knowledge and with the assurance that we do not go alone: like Jesus who came to our rescue even though we had gone out of our way to hurt Him. Our savage treatment of Him did not and does not stop Jesus from helping us when we are down and hurting.

UBE

As an abused child I grew up quickly. Learning to trust no one, which meant turning away from those who were willing to help. Lonely and scared I decided that drugs and alcohol could help me escape life's many problems. But of course they didn't and above all couldn't. For a while it seemed like drugs did help me to ease through the reality of so much pain. But eventually they worked in a negative respect. My life became a mess of hopelessness, despair and loneliness. The more my inner-self cried in torment the more drugs I would do, which had a crippling, addictive effect. Only when I reflect back in time do I realize that I was only trying to mask my real inner-identity away in a cloud of heavy drug and alcohol consumption.

Eventually I found myself coming in and out of prison on a regular basis. By now I knew that drug and alcohol abuse was part of the reason behind why I kept coming back to jail. However, the realization of this condition did absolutely nothing to help curb the terrible disease that I had acquired, if anything it only made matters worse. It was a compounding position for me to be in. Yet at the same time a predicament that I wanted and needed to understand. It led me to take my first painful step towards Jesus' out-stretched hand. Then was I truly released from the power that drugs had over me.

It all began when I met a young man here within the institution, who in so many ways introduced himself to me as a Christian. Now I believed in Jesus, but I never really understood that much about spirituality. But if Jesus was, I wanted Him all and I wanted Him fast. Of course my new Christian friend picked up on this by the thousand and one questions I had asked him. Yet it always came back to him telling me the same thing, read your Bible and come down to the meetings. After a while I started to read the Bible that he gave to me, but as for going down to the Christian groups that was another matter all together. For some reason I thought that these Christian people were weak, too much gaiety. Besides, if the guys seen me going down to these groups who knows what they may have thought? But I soon found myself going down to the meetings regardlessly. The people at these groups shared with me a little more of the Jesus that I was looking for. At one meeting I was confronted by a gentlemen who said, "It's good to see ya," while trying to squeeze the life out of my hand. Immediately followed by a left jab to my shoulder. At another meeting a couple kept telling me that they loved me. I couldn't understand why anyone would want to love me, yet I knew that their love was real. After a while I discovered that many people had their own type of message to share, each one uniquely different from the other. Life wasn't and still isn't easy for me at times. But thanks to the grace of God, Christ is with me during every season.

The Salvation Army Group meets every Monday night at 6:30 P.M. -9:30 P.M.

The doors are open in welcome to all who wish to come and worship the LORD in singing, fellowship, a punch in the arm from John Walton! Reading from the Bible and teaching by Major Fred Mills.

Major Fred Mills is in every Tuesday for those who wish a private talk, requests are to be dropped in the Salvation Army box on the strip.

Major Fred Mills and John Walton are in for the Bible study every Tuesday afternoon. With Paster John Rice, at the ST. JOHN'S CHAPEL.

The Salvation Army Bible studies are available to anyone that wishes to enrole, see Major Mills.

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#### "FOURTH DAY GROUP"

Our Fourth Day Group consists of both insiders and outsiders who get together every two weeks for fellowship and coffee.

This group is a follow up to the Kairos weekend, and welcomes all denominations to come together as one under God.

For those of us on the inside this group is a place where we can get away from the inside atmosphere for a couple of hours and into a group where we care and share with each other, both insiders and outsiders together.

Our group is God based but it's your choice, come and attend one and see for yourself. If interested insiders can contact Ted Perry 3-A-39 or just drop in, outsiders can contact Al Meloche, Box 190 Kingston, Ontario, K7L-4V9.

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#### "FULL GOSPEL"

Sunday Evening -- 6:30 P.M. to 9:30 P.M.

THE FULL GOSPEL GROUP here at the BAY would like to welcome "ALL" from inside and outside the Institution. This is a time where we have the opportunity to learn the "GOOD NEWS", have some fun, to relax and have a coffee, as well as to share and meet NEW PEOPLE.

We are a group actively involved in different events here at the Institution, such as SOCIALS, GOSPELFEST, SPIRITUAL WEEKENDS and such.

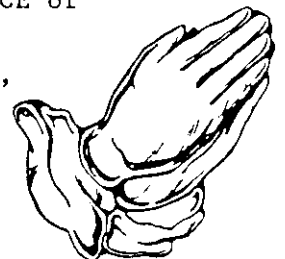
If any of you guys in here would like to come down and check it out to see what's happening, see myself GEOFF HEAD (chairman) to get your names put on the list so that you won't have any hassel's getting in.

For any volunteer's wishing to attend please contact REVEREND JOHN FLINDALL, you can find him in the ST. JOHN'S CHAPEL extension: 344.

Speaking for myself, and I know from the rest of the group, we all look forward to the time we get to share with our brothers and sisters on the other side of the wall, obviously by the GRACE of GOD the doors have been opened.

So now let's keep in mind what JESUS said in -MATTHEW 25:36, "I WAS IN PRISON AND YOU CAME TO VISIT ME".

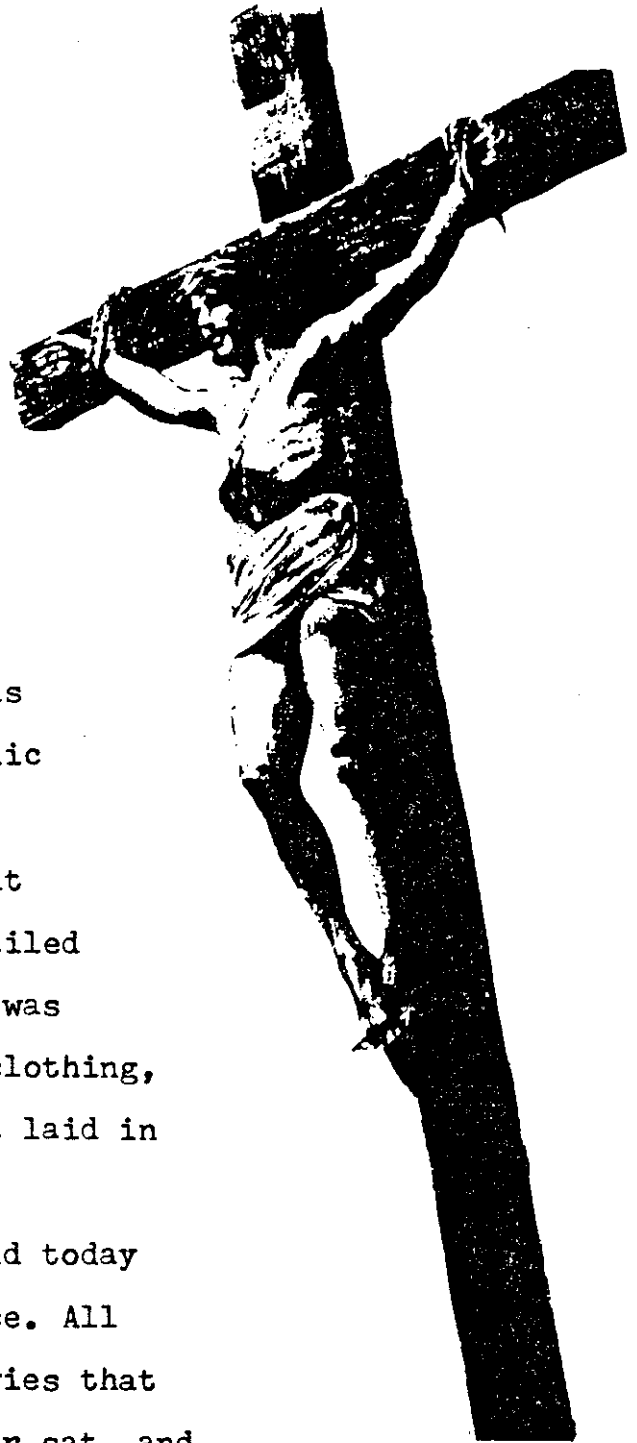
GEOFF HEAD (CHAIRMAN)



" ONE SOLITARY LIFE "

He was born in an obscure village. He worked in a carpenter shop until He was 30. He then became an itinerant preacher. He never held an office. He never had a family or owned a house. He didn't go to college. He had no credentials but Himself. He was only 33 when the public turned against Him. His friends ran away. He was turned over to his enemies and went through the mockery of a trial. He was nailed to a cross between two thieves. While He was dying, His executioners gambled for His clothing, the only property He had on earth. He was laid in a borrowed grave.

Nineteen centuries have come and gone, and today He is the central figure of the human race. All the armies that ever marched, all the navies that ever sailed, all the parliaments that ever sat, and all the kings that ever reigned, have not affected the life of man on this earth as much as that One Solitary Life.



Author Unknown

# Spring Flowers

The birds are singing  
Gentle breezes are blowing  
All over God's green earth  
The flowers start growing  
First the shy little snow drop  
Stretched and opened one eye  
I think it's time for me to get up  
Because I see the bright blue sky  
Then a little crocus  
Nodded its little head  
I know that I should wake up  
But it's so warm here in bed  
The sturdy little daffodil  
With its sunny little face  
Winter has been here long enough  
Let's brighten up the place  
Now don't forget the dandelion  
People say they spoil the land  
God took time to make them  
I think they are just grand  
Our Ontario flower, the trillium  
Spreads a carpet pure and white  
They remind us of God's true love  
So pure and clean and bright  
Oh look! I see some cow slips,  
Growing in a great brook  
They seem to be saying that spring is here  
Come on and take a look!  
God made these little flowers  
Some large and some small  
Let's not forget he made us too  
He loves and cares for all. JEAN GRIFFITHS



SCHEDULE OF SOCIALIZATION EVENTS  
 ST. JOHN'S AND ST. MARK'S CHAPEL  
 COLLINS BAY 1987.



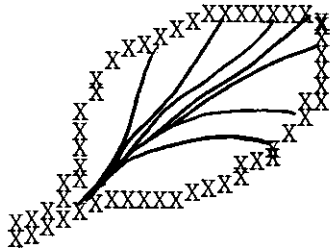
GOSPELFEST  
 SALVATION ARMY ANNUAL SOCIAL  
 SPIRITUAL DAY FOURTH DAY  
 DISCOVERY '87 FULL GOSPEL

AUGUST 15.  
 AUGUST 29.  
 SEPTEMBER 12.  
 OCTOBER 20, 21, 22.

The above dates are proposed and subject to confirmation by INSTITUTION.  
 Anyone wishing further information can contact reverend John Flindall.

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I CALL THIS THE PERRY LEAF, FOR THE PEOPLE WHO STARTED TO CALL ME THE PERRY LEAF, WELL NOW YOU GOT YOUR WISH, YOU SEE THEY DIDN'T BELIEVE ME THAT I WOULD PUT THIS IN.



I WOULD LIKE TO THANK THE PEOPLE WHO WERE AT THE TABLE OF 10 COLOURS. AT THE 4th DAY SOCIAL A FEW OF THE OUTSIDE GUESTS WERE SITTING AT A TABLE WITH ME AND WE ALL STARTED TO SEE HOW MANY COATS OF PAINT WAS ON EACH OF THE TABLES, WE ARE PROUD TO ANNOUNCE THAT THERE ARE 10 COATS OF PAINT ON EACH OF THE TABLES OUTSIDE OF THE CHAPEL OF ST. JOHN'S.

REMEMBER YOU HEARD IT FIRST FROM THE EDITOR OF THIS NEWSLETTER. I would like to say to the people who made the weekend fun for me, and also for helping me to fill in this blank spot, **THANKX!**

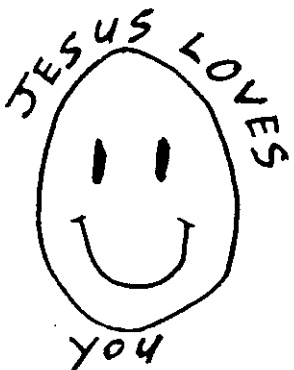
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 \*\* P.O. BOX - 190  
 \*\* COLLINS BAY INSTITUTION  
 \*\* KINGSTON, ONTARIO  
 \*\* K7L - 4V9  
 \*\* CANADA

\*\*\*\*\*



**ABOUT TO MOVE?**

Write your new address below and send it to us  
 And please say which issue (month) you have recieved last, so we don't send you the same one again.  
 THANK - YOU.



NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 PROV. \_\_\_\_\_ P.C. \_\_\_\_\_

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