



# St Andrew's ConneXions

CONNECTING US TO WORSHIP, MISSION AND EACH OTHER

November 2018

| <br><b>St. Andrew's Church</b><br><b>Honor Roll</b><br><b>From Aug 4-1914 to Nov 11-1918</b> |                  |                |
|--|------------------|----------------|
| Name   | Name             | Name           |
| Goodfellow W.E.M.  | Anneer E.P.      | Jacques A.     |
| MacLoughlin D.   | Whitelaw R.      | Puray D.       |
| Snyle R.   | McIntyre, Parker | Hogarth J.     |
| Livie D.   | Sproule J.P.     | Brown E.D.     |
| Campbell A.G.  | Leith J.         | Sharnat H.     |
| Hardie R.S.  | Flourance A.     | Whitaker E.    |
| Hardie W.G.  | Inglis W.W.      | Maclean H.     |
| Smith A.   | Buckham J.A.     | Robinson D.R.  |
| Brace W.C.   | Buckham T.       | Hayne O.       |
| Armstrong J.M.   | Forbes A.        | Galloway J.H.  |
| Anneer C.W.  | Fletcher E.      | Tenables G.    |
| Lourie B.W.  | Howie W.         | Seright J.     |
| Howard H.  | Duncan A.        | Hogg U.        |
| Banks W.C.   | Gosgrove J.M.    | Macdonald H.   |
| Henderson J.   | Gosgrove J.C.    | Emmery W.E.    |
| Howe J.H.W.  | Redpath G.D.     | Campbell D.G.  |
| Grant P.W.   | Jeffries J.H.    | MacKenzie G.C. |
| Mac Masters W.   | Urquhart L.K.    | Fletcher H.    |
| Smith J.   | Prescott D.      | Parker E.      |
| Cullen L.  | Rose S.          | MacCunnagh J.  |
| Phillips W.W.  | Groves J.W.      | Surtees A.     |
| Fluery J.  | Tower E.B.       | Gray J.        |
| Beattie G.   | Willon H.        | McTaggart W.B. |

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|---|------------------|------------------|
| Name  | Name             | Name             |
| Dickson J.J.  | John Dingwall    | F.H. Wilson      |
| Snyder J.   | James Paxton     | G.J. Thompson    |
| Wilson R.   | David Carmick    | A. Johnston      |
| McKenzie J.K.   | Alex. Dumbreck   | James Bates      |
| Smart A.W.  | George Kedpath   | Frank Linnart    |
| Miller J.   | Frederick Abbott | George Skene     |
| McLean A.F.   | G.R. Ginnell     | John Ritchie     |
| Nicol J.  | Frank Healey     | Hector MacArthur |
| Orisk H.  | B. Gillespie     | D.C. McKenzie    |
| Mortimer A.   | J.E. Brindal     | Robert Craig     |
| Knight W.   | W.J. Gadsden     | James Hardy      |
| Watson J.C.   | D.C. Stuart      | Andrew Nesmith   |
| McFarlane A.  | K.M.S. Taylor    | J.R. Munro       |
| Stewart C.  | D.H. Travis      | Geo. Stymont     |
| Graham A.   | A. Parks         | John Hall        |
| Turnbull E.   | W.A. Beattie     | A. Atkinson      |
| Munro D.  | Jas. Robb        | Robert Swan      |
| Anneer W.H.   | F. Middleton     | John Gray        |
| Jeffries J.M.   | Geo. Anneer      | Snodan Jock      |
| Hood G.   | J. McLaughlin    | Herb Fleury      |
| Orisk J.H.  | Hugh McLean      | Stuart Murray    |
| P.J. Phillips   | J.W. Armstrong   | A.L. Galloway    |
| E. Ward   | Steve Scott      | A. Jenkins       |
|   | Clifford Harris  |                  |

Sunday November 11 marks the 100th anniversary of the end of WWI. The Honor Roll at the back of the Sanctuary recognizes the military service of members of St. Andrew's who served in WWI





Ladies Guilds preparing and canning antipasto for the November 17 Christmas Bazaar. Read more about the Bazaar on page 10



Val Hall and Lucy Aburto with some of the food that gets distributed to Calgary Food Bank Clients see page 11



Participants of the Church Family Ministry Team Pilgrimage walk at Brown-Lowery Provincial Park Read more about the walk on page 12



## St Andrew's Presbyterian Church Annual Christmas Bazaar

Welcome donations of gently used items including books, CDs, DVDs, children's toys, collectibles & bake goods

**Second Hand Treasures, Jewelry, Handbags Books & Media:**

(No text books, encyclopedias, Reader's Digest condensed books or magazines please)

### DONATION DROP OFF TIMES

#### Bake Table (Trinity Hall)

*Friday November 16 10:00 am – 7:00 pm*

#### Second Hand Treasures (Lower Fireside Rm) & Boutique

*Thursday & Friday (November 15 and 16) 10:00am – 6:30pm*

*Jewelry (Drop off at office during business hours)*

#### Media Room

**(Room across from Lower Fireside)**

*Monday-Friday (November 12-16) 10:00am-4:00pm*



# ***Making ConneXions***

Welcome to St. Andrew's *ConneXions*, a new monthly publication designed to connect people with the ministry and mission of St. Andrew's church.

You hold in your hand something brand new. Parts of it will feel familiar, but its purpose, goals, and structure has been rebuilt from the ground up.

A couple of years ago, in an effort to waste less paper, the office decided to move from a weekly to a monthly announcement bulletin. This meant that the office would be producing two documents every month with little variation in content. We heard your feedback. Some of you indicated that you only read one or the other. Others wondered whether we were actually saving anything at all. We tried to further differentiate the two publications, but this only seemed to create confusion about "what goes where."

So Rev. Dr. Tim and Dr. Jeremy worked with both the office staff and the News from the Pews team to articulate the goals and purposes of the church's communication documents. Information in hand, the office set out to ensure that these goals and purposes were achieved.

So why *ConneXions*? As we started to discern that one publication might be a more efficient use of resources than two, the question arose "what do we call it?" Sticking with News From the Pews was an option, but it's more than news now. Now it would be news, announcements, and reflections. We came at this question in two ways: what symbols, logos, and designs characterize us here at St. Andrew's Church; and what is the identified vision and purpose for church communication? The latter was easy. To connect the Mission, God and People of St. Andrew's Church. The former was more difficult.



St. Andrew's Logo

The Celtic cross adorns both the north wall of the Sanctuary and the stained-glass window at the south and the window above the main doors, as well as forming a major component of our logo, which also happens to be the shape of the front of the Church.



The Celtic Cross  
above the main doors



But we do have a third logo, a brand that has been part of the church's ancient history: the saltire, also known as the Andrew Cross (you may know it from the flag of Scotland). Thus, *ConneXions* is intended to connect us to Worship, Mission and each other.

This change is part of a broad communications makeover here at St. Andrew's Church. In the coming weeks we will be piloting a new format for the worship guide as well as a brand new email communication system here at the Church. We want to ensure that every person at St. Andrew's has every piece of information they need to be fully connected to the mission and ministry of the church.

News from the Pews has served us well over the years. We have issues going back to 1997, but it started years before that. We want to thank and acknowledge Terry Zimmer for coming up with the name, as well as all volunteers and contributors who helped over the years.

If you have any questions, please don't hesitate to be in touch with the office.

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## Editorial Team of *ConneXions*

The Rev. Dr. Tim Archibald  
Terry Zimmer, Judie  
Coleman, Linda Haines,  
Jean Sadler, and Dr. Jeremy  
Hexham

Articles may be submitted in  
the mailbox in the Karl  
English Lounge or emailed  
to:

Communications  
@standrewscalgary.ca

## December ConneXions DEADLINE is:

♦ Sunday Nov. 11

\*The editorial team may  
edit your submission due to  
space limitations.



## FROM THE MINISTER'S DESK

Rev. Dr. Tim Archibald

Ministry is about relationships, pure and simple—relationship with God, and relationship with others. Truly, the health of our relationships determines the health of our ministry together as a congregation. Although we might wish to think that the quality of our ministry is about the calibre of our programs, or our Sunday Worship Services—the true calibre of our ministry is based solely on the quality of our relationships, with God and with others. This is central to all that we do.

My focus this fall at St. Andrew's is on building relationships. As the newbie I do have lots of relationships to build—and tons of names and faces to learn. In late August we had an Office Staff retreat at King's Fold Retreat Centre, near Cochrane. Over a two-day period we enjoyed time in beautiful surroundings with God and with each other. Through worship, teaching, silence, prayer and fun we grew together as a team and drafted a covenant of the way that we will work together for the good of the ministry and mission of St. Andrew's.

On Oct. 12-13 the elders of St. Andrew's had a retreat together at Varsity Acres Church. In addition to learning about Prayerful Discernment and its implications for ministry, we deepened our relationship with God through times of worship, prayer and silence—plus deepening our personal relationships with each other through discussion, meal preparation and fun.

One of the ways I enjoy building relationships with folk at St. Andrew's is in the foyer every Sunday following each service. This is important time. Not only is it time for me to begin to put names with faces, it is also time for me to “see you.” “Sawabona” is a Zulu greeting from the Northern region of Natal of South Africa. It means literally, “I see you.” An important part of building good relationships is to “see” each other, to notice the people who are around us and offer meaningful connections. Deeper relationship with God always leads us toward others.

In today's Western Culture community is under threat. So many people live in loneliness and isolation. We can be instantly connected with those in the far reaches of our globe, yet we may not have even one meaningful face to face conversation in a whole day. Recognizing such a problem, the government of the UK has created the Ministry of Loneliness. More than nine million people in the UK have indicated that they often or **always** feel lonely. Research found that at a given time about 200,000 people in Britain had not had a conversation with a friend or relative in more than a month. Since the 1980s, the percentage of American adults who say they're lonely has doubled from 20 percent to 40 percent. To escape such crushing loneliness, many succumb to narcissistic disorders, and addiction—and **loneliness** exacerbates mental illness. Medical experts agree that “Human connection lies at the heart of human well-being.” Add to this the Divine/human connection and we can discover **“the life that's really life.”**

With Jesus at the centre of our relationships we are empowered to become a community of healing and transformation. We embody Jesus' welcome in an openness to others—especially those who may be different from us. In a time of rush and hurry we take time to “see” those around us and to notice their needs. Together as a community of faith we offer a safe place where it is okay to come broken—where brokenness does not need to be hidden or concealed. Jesus' gracious welcome becomes a source of healing.

L'Arche founder Jean Vanier writes: “My experience has shown that when we welcome people from this world of anguish, brokenness and depression, and when they gradually discover that they are wanted and loved as they are and that they have a place, then we witness a real transformation – I would say resurrection.”

Sawabona

Dr. Tim  
Lead Minister, St. Andrew's



## Ladies' Night: Book Club

### **The Rest of God: Restoring Your Soul by Restoring Sabbath by Canadian author Mark Buchanan.**

On Friday, November 2nd at 7pm (location TBD), Stephanie Werle will be hosting her first book club for church! "I am no expert, so for those of you who haven't been to a book club at church or are nervous about contributing openly to a conversation about your faith - don't let that stop you from coming out for the night. I enjoyed this book because it helped me see how in my busy week, I can make time for Sabbath and it can give me rest and rejuvenation without me falling behind in everything else."

From the book: *"Most of us feel utterly ransacked: we're waylaid by endless demands and stifling routines. Even our vacations have a panicky, task-like edge to them. 'If I only had more time,' is the mantra of our age. But is this the real problem? Widely acclaimed author Mark Buchanan states that what we've really lost is 'the rest of God – the rest God bestows and, with it, that part of himself we can know only through stillness'...It is a gift for our sanity and wholeness – to prolong our lives, to enrich our relationships, to increase our fruitfulness, to make our joy complete."*

For questions or to RSVP, please contact Stephanie Werle at [swerle@telus.net](mailto:swerle@telus.net) or Lucy Aburto at [lucy\\_aburto@shaw.ca](mailto:lucy_aburto@shaw.ca)

## Meal Train

Brought to you by CareShare and Family Ministry, Meal Train ([www.mealtrain.com](http://www.mealtrain.com)) is an easy way for us to let volunteers know that meals are needed for someone in our faith family. When a need is identified, volunteers receive an email with all the details (who is receiving the meals, allergies, delivery instructions, and dates meals are needed). As a volunteer, when you receive the email, you decide if you can help and select a date that works for you. It is an easy and effective way to organize meal delivery and it is convenient for volunteers to sign up to deliver meals when able. We need more volunteers who are willing to have their names added to the Meal Train fan out. For more information or to volunteer, please contact Joan Rowe at [mjrowe@telus.net](mailto:mjrowe@telus.net) or Stephanie Werle at [swerle@telus.net](mailto:swerle@telus.net) or add your name at the Sign-up Desk.

## Small Groups

Small group Bible study is a great way to get to know others in our congregation and deepen your relationship with God. There are different forms this can take, from a video-based series to a manuscript study. Small groups deepen community and the Family Ministry Team hopes you will take an interest in diving deeper into your faith and connecting with others. If you are interested in exploring the opportunity of a small group, please contact Stephanie Werle at [swerle@telus.net](mailto:swerle@telus.net) or speak with a member of the Family Ministry Team. Please note that small groups are good for our whole church family - all generations are invited to get involved.

## Fill the Freezer

Family Ministry and the CareShare Team are continuing to ask for help to - Fill the Freezer! We have a dedicated freezer in the Inner Hall for you to leave a frozen meal for someone who could benefit from the gift of a meal. Here's how it works: You bring a meal or baked goods, labelled with what it is, serving size, list of all ingredients, date made, and your name, to the Inner Hall at the church and place it in the freezer marked 'Family Ministry - Fill the Freezer'. Next - A member of the Ministerial, CareShare or Family Ministry Team will deliver your meal to a family in need. Questions? Please contact Joan Rowe at [mjrowe@telus.net](mailto:mjrowe@telus.net) or Stephanie Werle at [swerle@telus.net](mailto:swerle@telus.net) or add your name at the Volunteer Corner.

## CHILDREN'S LIBRARY

The Children's Library is found downstairs in the Church School hallway. New books have recently been added! The library has a variety of books from storybook Bibles to chapter and picture books and books for early-readers. We hope you will enjoy the new additions and take time to sign-out and share a book with your children or grandchildren. Please kindly return books within 3 weeks. If you have suggestions for new books you would like to see added, please contact Stephanie Werle at [swerle@telus.net](mailto:swerle@telus.net) or 403-257-9604.

## CELEBRATION OF LIFE SERVICE

Recognizing that Christmas time can be difficult, fearful and sad for those who have suffered loss, the Bereavement Team invites all those who have suffered a loss, whether it is the death of a loved one, a change in financial circumstances, health, relationships or job loss, to join us in our annual Celebration of Life service on Monday November 26, at 7:30 pm.

This year our guest speaker will be Rev. Fiona Swanson.

Everyone welcome.

## WOULD YOU LIKE TO SERVE COMMUNION?

St. Andrew's will be providing an opportunity for all members of the congregation to serve Communion at the intinction services. This can be a wonderful and meaningful way to grow one's faith in service. Please contact the office if you are interested in serving in this way. Once we have sufficient numbers, we will plan a short orientation session.

## MEN'S FELLOWSHIP BREAKFAST

All St. Andrew's men and their guests are invited to attend the next Men's Fellowship breakfast on Saturday November 24th in Trinity Hall starting at 8:30 am. Please join us and enjoy a delicious breakfast, warm fellowship, and an entertaining speaker. Our guest speaker is our own Rev. Dr. Tim Archibald. Tim will captivate us with an informative and entertaining presentation on "The man and his vision for St. Andrew's".

Cost is only \$5.00 per person. Pre-register at the Volunteer Corner in the foyer and invite your guests to join us. We will be pleased to invite the ladies to a future breakfast.

Please join us on Saturday November 24th for an entertaining and informative morning!

## CHRISTMAS COOKIE PLATES

Christmas Cookie Plates, are a St. Andrew's Care Share Mission project, for our members who are in care facilities, home bound, who suffered the loss of a spouse this year or for those who are challenged by major health problems or other crisis. This gesture is hopefully, a reminder to the recipient and his/her family, that we remember and we do support them in thought and prayer at this time of year.

If you are willing to share a batch of Christmas cookies, please deliver them to Karl English Lounge on Friday, November 30, during office hours (9:00am to 12:00 noon and 1:00pm to 4:00pm). Last year, 58 plates were delivered, each with a Christmas greeting and message prepared by our Minister. Thank you for your consideration, of our request for help with the baking.

**Psalm 141:2** ~ *May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.*

Do you have a desire to pray for the needs of St. Andrew's? Meet with the Prayer Team in the Sanctuary at 9:15am on Thursday mornings.

## SESSION HIGHLIGHTS – SEPTEMBER & OCTOBER 2018

DEBBY DORCAS, CLERK OF SESSION

- Session were 'on retreat' Friday evening, Oct 12th and Saturday, Oct 13th at Varsity Acres Presbyterian Church. Dr. Tim led us in this time together as we focussed on "Prayerful Discernment 101", and Rev. Jared led our music and Bible Study time.
- Dolly Forcade will be St. Andrew's equalizing elder at Presbytery for a 3-year term.
- Engaging Faith in Today's Context: everyone is invited to join Dr. Bob Paul, Professor of Mission Theology at St. Andrew's Hall, UBC on November 3rd from 2:00 – 4:00 pm here at St. Andrew's. Dr. Bob will lead us in a conversation about the challenging missional context of North American Culture.
- We would like to thank all those involved in planning - and all who attended - the September 22nd Stewardship Dinner. To date we have received about \$6,000 in special gifts towards our \$10,000 goal by year-end. We are 60% 'there'!
- For those who really like to pre-plan, please be advised that the 2019 Annual Congregational Meeting will be held on Sunday, March 3, 2019 at 1:00 pm.
- The Christian Education team advised that the successful candidates for the 2018 youth scholarships are Jacob MacRae and Heather MacDonnell. Congratulations Jacob and Heather!
- Session has committed to sending a team of four leaders to Stewards By Design in May of 2019. This is the Presbyterian Church in Canada's stewardship conference, designed to help congregations discover how to nurture generous giving and grow and deepen their ministry. Participants explore how stewardship is not just a financial matter, but is a spiritual matter concerned with all aspects of life.
- Session moved that, going forward, a choice of juice and wine will be available for all Communion services.
- Rev. Jared:
  - ♦ Update on his work South of Fish Creek: Earlier this year participants went through 16 communities doing prayer walks, and debriefing after the walks on how some communities felt 'alive', while some felt 'removed'. It was discerned that we narrow our work to three communities before making a decision on where we want to focus our work South of Fish Creek: 1) Somerset/Bridlewood, 2) Seton/Auburn Bay, and 3) Legacy. For more information on what will be happening South of Fish Creek, please see Rev. Jared's article in this month's edition of Connexions (our new publication combining News From The Pews and Monthly Announcements).
  - ♦ Rev. Jared will be on vacation from November 11th – 22nd inclusive
- Dr. Tim:
  - ♦ Spoke to Session about how his primary emphasis this fall is on 'building relationships'.
  - ♦ Dr. Tim will be on Study Leave the week of October 22nd, focussing on 'being a Lead Minister in a large congregation'.
- Session gave approval for engaging a part-time Pastoral Care Minister during this period of transition. The Ministry Resource and Accountability Team and Dr. Tim have started interviewing for this position.
- We will be receiving new members to our congregation on November 4th.



### INTERGENERATIONAL MUSICAL: SUNDAY, DEC. 16<sup>TH</sup>

If you like to sing and have fun, please consider joining us for our intergenerational musical this year. We provide a CD so you can sing in your car to learn the songs, and we try to keep practices to a 'few times' in November/December. Watch the Volunteer Corner, or contact Debby Dorcas at 403-255-001 for more information. We'd love to have you participate – the more the merrier!

## FINDING FARM IN SFC BY JARED MILLER

How do you create a new worshipping community, without planting a church? To put it another way, how do you do church without building a building?

This is the animating question for Phase II of St. Andrew's Ministry South of Fish Creek, and it's been a question that has animated discussion for almost two years. It was February of 2017 when Glenn Smith and his wife Sandy came to share with us the work they were doing in Montreal's east end and since then we've been engaged in a process of learning: there is a population the size of Red Deer that lives South of Fish Creek who are a) vastly underserved by churches and b) vastly underrepresented in churches. Reaching people in these communities was going to take new ideas and a new approach to church. That meant learning the communities. So teams from St. Andrew's walked through and prayed for each of the sixteen neighbourhoods South of Fish Creek.

Understanding the neighbourhoods was central, we believed, to figuring out what Church might look like in them. Is it a campus? A cluster? A nurse log? Or some social enterprise? The answer, it turns out, is yes.

We had been approaching the question through our traditional lens: a person parachutes in, somehow finds a core community, rents space, and begins organizing worship services. Many at St. Andrew's were chaffing on this model for a hundred different reasons, not least of all is its personality driven nature. But look beyond the privilege of that model for a moment, and opportunities abound.

The struggles of the church in the developing world are not the struggles the church faces in North America. While we try and figure out how to keep our buildings half-full, the churches in Africa, Asia, and South America are bursting at the seams.

I was in Cuba a few years ago, speaking to a Baptist pastor in Havana when he remarked about the sadness he felt that on any given Sunday, only half of the city of Havana was in church. HALF! Imagine the logistical

nightmare of half the city of Calgary wanting to be in church on a Sunday morning! But such is the struggle of the church in the developing world, and in a communist, technically atheistic country like Cuba.

But it is precisely this identity that has caused the developing world to find new, creative ways of doing church that can't count on personality or privilege. Not far away from Havana, we found an old looking Catholic Church, still very much in operation. While the church was filled to capacity for every single mass, the communist nature of the country dictated that they could not build new church buildings. They could maintain the ones they have, but add nothing new. So the church began to pray for God to help them solve their growth issue without a building. Two things happened:

A man from the congregation came forward and told the leadership that he lived nearby and lived alone. He didn't need all the space he had in his home and would like to donate his house to the church to use as a worship centre.

Another man from the congregation came forward and told the church that he ran a dairy farm down the road but was struggling to keep up with the work.

God had answered their prayer.

The church took over the house and began offering alternative services to the regular mass. They also took over the farm and staffed it entirely with volunteers and, once they had met their costs, they regularly gave away their surplus of milk to the community. As the spirit led, members of that church, appropriately named Holy Trinity Church, served the world on the farm as the son, prayed for and cared for the world in the house as the spirit, and sang and worshipped with the Father

Campus. Cluster. Nurse log. Social enterprise.

One Church in more than one location.

Now, we just need to find our farm...



## MENTAL HEALTH PANEL BY BRENT HARDING

With about one in five Canadians facing mental health issues, there is a role for Christians and the church in meeting the needs of those facing mental challenges.

During an October 3 seminar at St. Andrew's, mental health was defined as a state of well-being in which an individual copes with normal stressors in daily life.

Former St. Andrew's youth director and now psychologist with the Calgary Board of Education, Adam Hall, told the audience mental health is different from mental illness that can be diagnosed by doctors.

Mr. Hall said that a Christian response, and therapy, have many parallels in Christian beliefs and teachings. Active participation in Christian activities helps potential mental health sufferers to build resilience.

Psychologist Geri Fitch took Adam's comments a step further, telling the seminar that avoiding discussing issues, such as anxiety, only increases anxiety for the sufferer and the intervenor. Response to someone with mental health issues can be simple.

She said often someone confronting mental health issues simply wants to feel needed, accepted, and valued. "If you are listening, they will tell you what they need," she added.

In the panel discussion the Rev. Dr. Tim Archibald positioned himself as the shepherd of the St. Andrew's flock, noting that people today claim to be too busy; too busy to welcome friends and even family.

With the internet, people can connect with others on the opposite side of the world but are unable to speak directly with someone in their own community. Quoting American statistics, in the absence of Canadian data, Dr. Archibald said that in surveys, the number of people who claimed to be lonely had increased from 20 per cent to some 40 per cent.

Ms. Fitch offered tips for connecting with someone who seems stressed. First, she said to ask permission to join the person. Next, without making it a barrage, ask a series of simple, open ended questions. Reaching someone experiencing problems requires a connection and in the absence of an existing connection, questions will help to build a link.

Avoid asking why, she told the seminar. For instance, following a service, start with a question such as, "what

did you think of the sermon" or "which hymn did you like best this morning?" Above all, she strongly urged people to remember and use names. Mr. Hall and Dr. Archibald emphasized her point noting that Christ in his teaching also urged using names.

Using names means an individual is noticed and given their identity, Ms. Fitch said. She went on to advise being prepared for awkwardness and ready to listen.

Mr. Hall reminded the audience to avoid trying to take on the person's total situation. Build the connection first.

Offering reassurance to those in distress, Dr. Archibald noted, "it is okay to come here broken . . . (the church) is a place where you can be you. The church can be a place of healing."

During the question period, Mr. Hall told the seminar, "it is shocking, even disturbing, how lonely people can be in a room full of people who share their beliefs."

It was Ms. Fitch who encouraged the congregation to consider starting a "benevolent fund," a pool of funds available for people in need to start counselling. "Ministers have too many other duties" to be able to devote much time to someone under stress. A fund might provide two or three sessions with a mental health professional to help get therapy under way.

Some 60 people attended the two-hour seminar organised by the Mission and Pastoral Care Teams. In closing comments, Rev. Jared Miller, a member of the Mission Team, commented that there is interest in continuing the conversation about mental health. He encouraged audience members to pass along their comments on suggestions.

Holding a seminar on mental health at the beginning of October seemed timely as the first week of October has been designated as Mental Health Week in Canada, and other countries like the United States and Australia. (In 1992 The World Federation for Mental Health designated October 10th as World Mental health day with people in more than 150 countries participating in activity and events.) A goal of the Canadian Mental Health Association, and Mental Health Week, is to destigmatise mental health. With mental health touching one in five Canadians, and several high profile suicides this spring, the need to talk about this epidemic is serious.

# HOW AND WHY DID THE ST. ANDREW'S ANNUAL CHRISTMAS BAZAAR COME TO BE? BY JAYNE MARTIN

As the newly installed Convenor of the Ladies Evening Guild and pretty much a newbie when it comes to St. Andrew's and the Bazaar, I took it upon myself to find out some of the history behind our hugely successful and widely attended Bazaar.

Audrey Cole pointed me to the plaque posted outside the downstairs kitchen, dedicated in December, 1998 by Mr. Ron Winters. I had never even noticed it before. It is surprising how many things we miss that are right before our eyes. Audrey also shared "The Antique Gas Stove" story with me from inside their cookbook. Cook book?! What cookbook? Who knew there was a cookbook and how can I get my hands on one?!

So, before the idea of the bazaar was hatched by Greta Burger (Birney), the Ladies Guild, then known as the "St. Andrew's Ladies Aid" operated a tent restaurant at the Calgary Stampede, selling 9,000 meals per week. The three meals a day were all prepared from scratch and the dishes were all washed and dried by hand on site. (I really need that cookbook!) The ladies baked pies at the church and they were delivered to the grounds daily in orange crates by a generous gentleman who forewent his vacation every year in order to make this contribution. (I seriously need this recipe book since I have never even baked a pie before!) There was even a 1902 gas stove which was meticulously dismantled and rebuilt on the grounds to assist the ladies in their cooking!

A few things have changed since then. Our annual Bazaar is now held in November and this year will be on Saturday, November 17 from 10 to 2. There will be a bake table, so you can still purchase the ladies freshly baked pies as well as cookies, loaves, muffins, cakes, anti-pasta, samosas, chimichurri spread for beef, jams, jellies, Christmas pudding, and sauce. (It is never too late to

bake an extra dozen cookies!) There is also a tea room serving a light lunch and of course, pie, in case you don't want to take a whole pie home or can't wait to eat pie, with or without ice cream. You may see me there scooping ice cream as I did last year, for those who would like a scoop or two to go with their pie.

We will have a Second Time Treasures room, a Craft Room (complete with a Christmas table with gently used items), a Media Room (with second-hand books, CDs & DVDs), and a Candy Table.

As well, there will be an art gallery section for viewing and or buying.

This year, the Henna House will become the "Hen House" and will be featuring five minute shoulder massages for \$5 from registered massage therapists. Don't worry, men, if you're brave enough to enter our Hen House, you too can purchase a massage. We won't discriminate and we won't tell!

Check for our volunteer sign-up sheet mid-October, the November bulletin and the overhead loop before Sunday services on how and when you can donate your time, talents, and barely used quality items.

And now I will explain the why for the Bazaar. Your generous support of our annual Bazaar in its many facets goes not only towards St. Andrew's but also benefits many worthwhile charities in the community who do not already benefit from funding from the United Way. Thank you for attending and helping to make this happen and I am also very appreciative of all my sisters in both the Ladies Afternoon Guild and the Ladies Evening Guild and all of our other tireless, dedicated volunteers. The Bazaar would not be the success it is without your contributions!

## STEWARDSHIP DINNER BY CATHY MILLAR

The Stewardship Team would like to express a sincere THANK YOU to all those who purchased tickets to support the recent "God is Good – Let's Celebrate" dinner. We would also like to thank the many volunteers who helped to transform Trinity Hall, those who spent endless hours in the kitchen, those who served dinner and waited on tables, and all those who assisted with clean up. Without this generous gift of time and energy

an evening like this would not be possible!

In addition to the warm fellowship, amazing food, and music by Cody Obst, the dinner guests were treated to a moving slide and video presentation. Prior to the dinner, the Stewardship Team selected a number of people from the congregation and asked them to submit their answers to the following 3 questions:

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What difference has the ministry of St. Andrew's made in your life?

How has this inspired you to give your time, talent and/or treasure to the ministry and mission of St. Andrew's?

How has giving to the ministry of St. Andrew's changed you?

The presentation was based on thoughtful responses to these questions, and we wish to thank all those who took the time to participate.

How would YOU answer these questions?

We wish to thank The Rev. Dr. Tim Archibald for his inspiring words, reminding us that the best days of St. Andrew's ministry lie not in the past, but in the future!!! For that to happen, we need to begin to rebuild our

capacity. And that doesn't happen by doing the same old things we have always done. It happens when we are willing to step out on a new path. Over the weeks since his arrival Dr. Tim has challenged us to take new steps to help us rebuild our spiritual capacity. The night of the dinner those in attendance heard Dr. Tim challenge us to discern what next step God could be asking of us *financially* in order to increase the capacity of St. Andrew's ministry. He informed us that if we keep going at the current rate, we will have a \$10,000 deficit by year end. But if each of us takes a step forward and begins to discern how God is asking us to help rebuild the ministry capacity of St. Andrew's, the year-end picture will look completely different. We can't wait to discover what God will do through us all working together!

## HERITAGE FOOD BANK DEPOT – ONE YEAR CELEBRATION

BY BILL JUDD

St Andrew's Mission Team has spawned a partnership with the Calgary Interfaith Food Bank to distribute food hampers once a week at our Heritage Dr. location. The first week of October this year marked one year of operation, but the story begins even farther back.

At the December, 2016 Men's Breakfast, Keoma Duce was speaking about the Calgary Interfaith Food Bank and happened to mention that they had been working on a new program to expand the Food Bank reach and make it more accessible by working with satellite distribution sites. They already had a few up and running, but they were mostly in the north half of Calgary. With thousands of Food Bank clients coming from neighborhoods in the South side of Calgary, there was a keen interest to expand in that direction. When asked if the St Andrew's facilities and location might be useful, Keoma seemed quite certain that it would.

Indeed, St Andrew's facilities, people and location appeared to be very useful in helping to extend the work of the Calgary Interfaith Food Bank. After months of assessing, reviewing, planning and volunteer recruiting, there was finally a partnership agreement that included collaboration with volunteers from a neighbouring temple, B'nai Tikvah, and two shiny new industrial-sized fridges. After some appropriate training and a couple of trial runs, our Heritage Food Bank Depot was ready to receive clients.

have been offering this service most Saturdays – only closing for special occasions or when the Food Bank is closed. The food bank prepares and ships us our deliveries on Friday where we store and, if necessary refrigerate it so that it can be distributed to clients that have been preapproved and scheduled by the food bank. The number of clients can vary from week to week. So far, we have helped 362 people, including singles, single parents, infants, toddlers, children, and seniors.

So far, the Heritage Food Bank Depot is the only location where a client can receive a Food Bank hamper on a Saturday. This has been an important addition to accessibility to the Food Bank. And the Food Bank itself is very generous with the help it provides. Most clients are amazed at how much food they get. It is very uplifting to be a volunteer in this very good work.

None of this would be possible without the dedication and caring of the volunteers. Liza Fuenning, Bill Judd and Jon Zyto (B'nai Tikvah) co-captain the group, with a total of 40 volunteers taking turns in small teams receiving the food on Friday and distributing on Saturday. Some clients are more sociable than others, but for the most part they appreciate gestures of hospitality – coffee and pastries, toys for kids, a time to rest if they have come a long way. Our own volunteers often remark how nice their shift was when they had a

Our food bank depot service began on Oct 7, 2017 and we

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chance to understand the impact of the help that they bring.

Unfortunately, the needs have only increased over the last year. The Calgary Interfaith Food Bank sees a need to do even more with satellite distribution depots. The Heritage Food Bank Depot plans to continue sharing in this work. If anyone is interested in further information, please contact Liza Fuenning (403-561-7422) or Bill Judd (403-278-5904).

## FAMILY MINISTRY 2.0 BY STEPHANIE WERLE

On Sunday, October 14th, the Family Ministry Team hosted a church family Pilgrimage walk at Brown-Lowery Provincial Park near Millarville. The opportunity for intergenerational activities like this is one of the most precious and valuable to our church. Where else during the week do our children and youth get to spend time with, learn from, and build relationships with people who are from a generation different from themselves, other than their teachers, parents and relatives? As a Team, we seek opportunities to encourage these relationships through events such as Family Camping, Book Studies, Ladies' Evening Guild preparing and serving food for Take 150, Pub Night, Care Packages for Post-Secondary Students and the Family Hike. These relationships are important to us parents (of younger children) too. From you, we can learn from your experience, enjoy sharing stories and offer one another support in different ways.

The Family Ministry Team is mandated to provide programming, events and faith building opportunities for our children, families and parents with young children, our youth, our post-secondary students, and our young adults, in hopes they will be nurtured and grow in their commitment to their faith. Our Team

sends out a monthly email to this group with a list of events hosted by Family Ministry along with opportunities for mission. If you would like to receive emails from our team, please email Stephanie Werle at [swerle@telus.net](mailto:swerle@telus.net) to be added to our list.

While some of the events we hold cross generations, others are designed to reach young moms, young adults, young dads, and families with young children. In these cases, we try to be very specific when we advertise events for these specific groups, in an attempt to eliminate confusion as to whom the event is directed. When we host our church-wide intergenerational events, look for terms such as 'church family', 'faith family', 'intergenerational', 'faith community', 'ladies'/men's night' and 'everyone welcome'. We want to see our faith community grow in numbers, relationships, and in a deeper faith in Christ. Please don't hesitate to speak to any one of us about an event or contact the Church Office.

The Family Ministry Team (Rev. Jared Miller, Carolyn Jerrard, Bart Stolee, Craig Murray, Martin Ghogomu and Stephanie Werle)

### HERITAGE SENIORS

Registration \$20

September 2018 to August 2019

#### Monday

9:30 am  
10:30 am  
10:30 am  
12:30 pm

Aerobics  
Carpet Bowling  
Yoga  
Bridge

#### Tuesday

10:00 am

Art Group

#### Wednesday

10:00 am

Music Makers

#### Thursdays

9:20 am  
10:30 am  
10:30 am

Aerobics  
Carpet Bowling  
Stretch

November Luncheon  
November 5th @ 12:00 noon

# Community **ConneXions**

Cantaré Children's Choir special concert presentation to commemorate the 100<sup>th</sup> Anniversary of the Armistice which ended World War I. **FOR THE FALLEN**, will take place on Saturday, November 10<sup>th</sup> at 3 PM at Knox United Church [506 – 4 Street SW]. The concert will feature music by Canadian composers Alexander Tilley, Mark Sirett, Ruth Watson Henderson with additional musical works by Z. Randall Stroope, John Lennon and Laura Farnell, The program will also include a selection of readings and poems written by WWI Poets and writers.

Admission to this concert is free however donation to Homes for Heroes, a charity working to end homelessness among our Veteran population is requested. Please RSVP through Event Bright.

Cantaré Children's Choir continues its ongoing commitment of remembrance, honour and education. In addition to our annual performance on Remembrance Day at the Field of Crosses, Cantaré has dedicated significant time and resources for our choristers to study the history of Canada's involvement in war and peace, and through research of Calgary and area soldiers, culminating in a two week concert tour pilgrimage to the Battlefields of Europe in the summer of 2017. This ongoing initiative will continue in the future.

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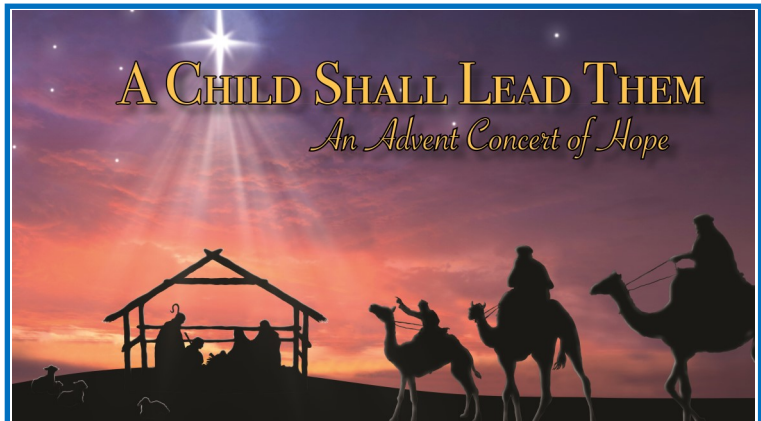
Centennial Presbyterian Church (103 Pinetown Place NE) warmly invites you to their Annual Christmas Bazaar & Lunch on Saturday, November 17 from 10:00 am—2 pm (Lunch 11:00 am—1:00 pm)

Westminster Presbyterian Church's (290 Edgemark Blvd NW) Annual Christmas Market and Cafe, featuring unique artisans as well as home baking and jams will be on Saturday November 24 from 10:00 am—3:00 pm

Ambrose University Annual Christmas Concert: Gold, Frankincense and Myrrh. Friday and Saturday December 7 and 8. Featuring a complete performance of G. C. Menotti's Amahl and the Night Visitors with F. J. Haydn's Te Deum in C Major and a performance of Duane Funderburk's arrangement of the classic Carol of the Bells featuring Edwin Gnadet - piano and Karri

Quan - violin. Tickets through Event Bright - \$25 Adult, \$20 Senior/Student/Ambrose Employee

Shine - Presbyterian Women Regional Gathering  
March 29-30, 2019 Vancouver . Early Deadline is Nov. 15.



## **"A Child Shall Lead Them"**

An Advent Concert of Hope  
featuring...

St. Andrew's Church Choir,  
Cody Obst, Director of Music,  
St. Andrew's Handbell Choir

Lori Teneycke & Annie Hergott, Directors  
with special guests...

"Foothills Brass" and Chellan Hoffmann, Organ and  
Piano Brent Van Dusen, Percussion

Come open your hearts to hear the message of Jesus Christ through music and word as we prepare for Christmas. This concert will be a wonderful outreach opportunity for our church and will be the first time to hear the brand new Handbells and Chimes that were donated just this summer!

St. Andrew's Presbyterian Church  
703 Heritage Dr. SW  
Saturday, November 24th, 2018 at 7:00 PM  
Doors Open at 6:30 PM

Tickets will be available soon through choir members or the office.

Tickets: \$20 Adults/Seniors, \$30 Families, \$10 Students, Children 12 & Under FREE

In support of the mission and ministry of St. Andrew's church .

Reception to follow.

## THANK YOU'S

The Facilities team would like to acknowledge and thank Roger Degraff, Val Hall, Donna Turnbull, and Noel White for their help staining the new garbage enclosure. Due to the weather we scheduled the staining on short notice, and Roger, Val, Donna, and Noel responded by doing a great job of staining the enclosure before the cold weather settled in. Thanks for your willingness to help St. Andrew's!

Maureen Flack and family wish to express our heartfelt gratitude for all the love and kindness shown at the time of our loved one, John's death. Thank you for all your cards and letters of sympathy, and warm hugs of comfort. Thank you to the Rev. Dr. Tim for a beautiful memorial service, to Cody and the choir for their moving rendition of John's favorite hymn, to the Office Staff for help with the bulletins, to Tom Spoering for operating the sound system and for the video recordings, and to the ladies of the Ladies Guild for the bountiful lunch following the service. All your love and support have been deeply appreciated. What a blessing to be part of such a loving, caring and supportive community of faith.

The Hazlett family offers heartfelt thanks to St. Andrew's for the many acts of kindness and special care extended to them in the wake of the sudden passing of their daughter Rachel. The prayers, cards, delicious meals and baking were encouraging expressions of care, love and hope during this difficult time.

## MEAL TRAIN THANK YOU FROM CAROLYN JERRARD

A beautiful idea came to fruition and my little family was the lucky recipient. After the arrival of our baby girl in August a Meal Train plan was set up for us to receive several meals. For three weeks members of our congregation delivered amazing suppers, some even with remarkable desserts. It was glorious! I will be honest, I completely underestimated the relief this gesture would bring us. When you are exhausted, getting back into the school year, don't have any family in town and trying to get to know a new baby, not having to cook supper took a huge load off.

From James, Malcolm, Amelia and I we want to say a huge thank you to all the lovely souls that helped us out. We felt incredibly spoiled and supported by our church family. Our hearts were very full.

This ministry is not only a fantastic way of blessing others during a crazy or difficult time. It is also a great way of growing connections in our church and getting to know each other deeper. I would highly encourage you to contact the office should you be going through a time where prepared meals would be a huge help; we would love to bless you with this. As well I would encourage anyone who is looking for a way to serve others to sign up for the next Meal Train.

## WITH SYMPATHY

We extend out deepest sympathy to;

- Jane MacDonnell and family on the death of her father
- John Cuthbertson & Mary Ellen James and families on the death of their father
- Jan and John Hazlet and family on the sudden passing of their daughter Rachel
- Cathie Huber and family on the death of her mother
- Ron Horwood and family on the death of his mother
- Alfred & Terry Zimmer on the death of Alfred's brother





# November Volunteers

9:30 am

11:15 am

9:30 am

11:15 am

## Greeters

## Ushers

|             |                        |                      |                              |                             |
|-------------|------------------------|----------------------|------------------------------|-----------------------------|
| November 4  | Shirley & Clayton Howe | Judie & Fred Coleman | Brenda Pudwell & Joan Davies | Pat & Duane Tritter         |
| November 11 | John Young             | Linda Bender         | Annika & Don Koch            | Gail & Rene Prevost         |
| November 18 | Sheila & Jim Adams     | Cathy Millar         | Elsbeth & Hugh McFadzean     | Pat & Rob Pollard           |
| November 25 | Linda Ripley           | Cam & Nancy Brown    | Maureen & George Amos        | Shirley Allen & Brian Hawco |

## Welcome Desk

## Shepherds

|             |               |                        |               |                    |
|-------------|---------------|------------------------|---------------|--------------------|
| November 4  | Emma McIntyre | Terry Zimmer           | Craig Murray  | Alfred MacRae      |
| November 11 | Carol Olton   | Gail Prevost           | Bob Shaw      | Stephen Henrichsen |
| November 18 | Judy Roberts  | Shirley Allen          | Craig Murray  | James Jerrard      |
| November 25 | Pat McEwan    | Pat & Clarence Lomheim | Duane Tritter | Darwin Harnack     |



703 Heritage Drive SW  
Calgary, Alberta T2V 2W4



403.255.0001



office@standrewscalgary.ca



standrewscalgary.ca








surgeyouthcalgary



calgarystandrews

|   |                             |                                |
|---|-----------------------------|--------------------------------|
| Lead Minister                           | Rev. Dr. Tim Archibald      | TArchibald@standrewscalgary.ca |
| Associate Minister, Congregational Care | Rev. Jan Hazlett (On Leave) |                                |
| Associate Minister, Family Ministry     | Rev. Jared Miller           | JMiller@standrewscalgary.ca    |
| Director of Music                       | Cody Obst                   | Codyobst@standrewscalgary.ca   |
| Executive Assistant                     | Debby Dorcas                | DDorcas@standrewscalgary.ca    |
| Office Administrator                    | Dolly Forcade               | DForcade@standrewscalgary.ca   |
| Communications Coordinator              | Jeremy Hexham, PhD          | JJHexham@standrewscalgary.ca   |
| Side-by-Side Coordinator                | Alice Post                  | SidebySide@standrewscalgary.ca |
| Nursery Caregiver                       | Emily Izett                 |                                |

# November 2018

| Sun   | Mon  | Tue   | Wed   | Thu  | Fri  | Sat  |
|---|--|---|---|--|--|--|
| <p><i>This calendar does not show all church bookings. Please call the Office at 403-255-0001 if you wish to book a meeting.</i></p>    | <p>Please confirm all meeting times &amp; dates with your Team's Convenor</p>  | <p><b>"KEL"</b> refers to Karl English Lounge<br/> <b>"LFS"</b> refers to Lower Fireside Room<br/> <b>"YL"</b> refers to Youth Lounge</p>                             | <p><b>"UR"</b> refers to Upper Room<br/> <b>"TH"</b> refers to Trinity Hall<br/> <b>"KIT"</b> refers to Kitchen<br/> <b>"IH"</b> refers to Inner Hall</p>                           | <p><b>1</b><br/> Bazaar Prep 8:00 am KIT<br/> <br/> Choir 7:30 pm TH</p>                                       | <p><b>2</b><br/> Bazaar Prep 8:00 am KIT<br/> <br/> Book Club 7:00 pm UR</p> | <p><b>3</b><br/> Food Bank 1:00 pm TH<br/> <br/> The Missional Church with Rev. Dr. Bob Paul 2 pm KEL</p>                          |
| <p><b>4</b> </p>                                       | <p><b>5</b><br/> <br/> Christian Ed 7 pm LF</p>  | <p><b>6</b><br/> Coffee &amp; Conversation Bible Study 9:30 am KEL<br/> Aboriginal Awareness Org. CMTE 7:00 pm LFS<br/> S&amp;P Facilities 7:00 pm KEL</p>            | <p><b>7</b> Side By Side 9:45 am KEL<br/> Worship 6:30 pm KEL<br/> Bible Study 6:30 pm LF<br/> Hand Bell/Chime Practice 7:30 pm TH</p>  | <p><b>8</b><br/> <br/> Choir 7:30 pm TH</p>  | <p><b>9</b></p>  | <p><b>10</b><br/> <br/> Food Bank 1:00 pm TH</p>   |
| <p><b>11</b> </p>                                     | <p><b>12</b><br/> Bazaar Prep 8:30 am KIT<br/> </p> | <p><b>13</b> Bazaar Prep 8:30 am KIT<br/> Coffee &amp; Conversation Bible Study 9:30 am KEL<br/> Stephen Ministry 1:00 pm LF<br/> S&amp;P Stewardship 7:00 pm KEL</p> | <p><b>14</b> Bazaar Prep 8:30 am KIT<br/> Side By Side 9:45 am KEL<br/> Bible Study 6:30 pm LF<br/> S&amp;P Planning Leads 7:00 pm KEL<br/> Hand Bell/Chime Practice 7:30 pm TH</p> | <p><b>15</b><br/> Bazaar Prep 8:30 am KIT<br/> Bazaar Setup 1:00 pm KEL<br/> Praise Team 7:30 pm Sanctuary</p> | <p><b>16</b><br/> Bazaar Setup 8:00 am KEL</p>                               | <p><b>17</b> <br/> Annual Christmas Bazaar</p> |
| <p><b>18</b></p>  | <p><b>19</b></p>   | <p><b>20</b><br/> Coffee &amp; Conversation Bible Study 9:30 am KEL<br/> <br/> Session 7 pm UR</p>  | <p><b>21</b> Side By Side 9:45 am KEL<br/> <br/> Bible Study 6:30 pm LF<br/> Hand Bell/Chime Practice 7:30 pm TH</p>  | <p><b>22</b><br/> <br/> Choir 7:30 pm TH</p>   | <p><b>23</b></p>   | <p><b>24</b><br/> Food Bank 1:00 pm TH<br/> <br/> Choir Concert 7:00 pm Sanctuary</p>  |
| <p><b>25</b><br/> Hymn Sing before Services<br/> </p> | <p><b>26</b><br/> Celebration of Life Service 7:30 pm Sanctuary</p>  | <p><b>27</b><br/> Coffee &amp; Conversation Bible Study 9:30 am KEL<br/> Stephen Ministry 1:00 pm LF<br/> Mission Team 7:00 pm IH</p>                                 | <p><b>28</b> Side By Side 9:45 am KEL<br/> <br/> Bible Study 6:30 pm LF<br/> Hand Bell/Chime Practice 7:30 pm TH</p>  | <p><b>29</b><br/> <br/> Choir 7:30 pm TH</p>   | <p><b>30</b></p>   |  |

**Sunday Services 9:30am & 11:15am /Bible Study 9:30am**

**Sudanese Service 1:30pm—unless otherwise indicated**