

*St Andrew's*

# **ConneXions**

January, 2019

**CONNECTING US TO WORSHIP, MISSION AND EACH OTHER**

## **A Prayer for the New Year**

God of new beginnings, of second, third and 70th chances: we enter this new year filled with hope for what this year can be; the endless potential, the opportunities for Grace it presents, and the idea that in this season of starting over, that we can live up to the potential you created within us.

Your word promises that each day brings a new reminder that our past has been removed from us as far as east is from west, and so much more with the dawn of this new year.

Make this year our best one yet. Pour your spirit into our time and fill it with hope where the world sows despair, with peace where the world sows conflict, with joy where the world sows discontent, and love where the world sows hatred. Sow your spirit that in this season of snow, the world can see shoots of life in us, that we bear witness to the sower.

Through Christ our Lord we pray, Amen.

## **Epiphany Season**

Epiphany means “to show”, “to make known”, or “to reveal”. The Season of Epiphany begins in the Church year following the 12 days of Christmas and highlights the manifestation or revealing of Jesus’ glory and divinity in our midst --- and the implications of Christmas. Epiphany also highlights the implications of Christmas in the revealing of God’s glory and presence in God’s people and God’s community --- the church.

Join us for the following services at  
9:30 am and 11:15 am

January 6: Epiphany  
Matthew 2: 1-12

January 13: Baptism of Jesus  
(Sacrament of Baptism)  
Isaiah 43: 1-7; Luke 3: 15-17, 21-22

January 20: Glory in our Midst  
1 Corinthians 12: 4-11; John 2: 1-11

January 27: Spiritual Body  
Building  
1 Corinthians 12: 12-31a

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## The Light Before Christmas performed December 16, 2018

Thank you to all who participated



### The Mitten Tree—Another success story!

Congratulations, St. Andrew's, you again have outdone yourselves! The total items collected from the Mitten Tree totalled 501 items. These items were delivered to the Mustard Seed, the Sheriff King Women's shelter, the Louise Dean School, Clare's Home and the Shawnessy senior's lodge.

**BIG THANK YOU** - Judy McVittie and Lois Kerlake

Thank you to those who donated baking for our annual CareShare Christmas plates, to those who helped put the plates together, and to those who helped delivered them. Thank you to all of you for your gift of giving.

### Praise for the Bazaar

“Excellent bazaar. I got butter tarts, mince tarts, Xmas pudding & sauce, and a tin of cookies. And the church got \$47. I don't think I could have made the tarts at 6/\$5. And such pleasant knowledgeable people working there.”

From someone who had never set foot in our church before & is not a Church goer, I felt it was quite an amazing tribute. Arlene Young

### Editorial Team of *ConneXions*

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

Articles may be submitted in the mailbox in the Karl English Lounge or emailed to: [Communications@standrewscalgary.ca](mailto:Communications@standrewscalgary.ca)

**February 2019 ConneXions DEADLINE is:**

- ◆ Sunday Jan. 13
- ◆ \*The editorial team may edit your submission due to space limitations.

## FROM THE MINISTERS' DESKS

### CHRISTMAS CHANGES EVERYTHING!

Rev. Dr. Tim Archibald



So, have you recovered? The crush of Christmas can leave even the hardest of folk crumpled in a heap and gasping, “What was all that about?” The return to regular routines seems a welcome relief to many. As a creature of habit myself, I understand that. But I have the distinct impression that in sending Emmanuel --- God with us --- that it was our Heavenly Father’s intention that things would NEVER be the same again; Christmas changes everything.

Mary Lindberg tells this story: *Twenty girls, ages three to twelve, pile into the entrance of the Korean Cultural Centre, where they have come to practice traditional Korean dance. According to Korean custom, everyone takes off their shoes when they enter a building, and the girls observe this ritual – in their own fashion. They topple over one another as they toss their shoes into a large pile and head off to rehearsal. While the dance teacher leads the class, I sit in the lobby, waiting for my daughter and watching another ritual unfold. One of the other moms methodically picks up each of the dozens of shoes in the large pile and sorts them into pairs. She matches up the shoes and sets each pair neatly down, with the toes pointed toward the door. By the end of her ritual she has turned all the shoes around. When our daughters finish dancing, their shoes are pointed outward, ready to go.*

Christmas is about God turning around our shoes. You see, whether we noticed it or not in the crush of Christmas, when given the smallest of room, Jesus has moved into the neighbourhood, into our homes, into our lives; God is no longer merely watching over us from heaven; God is right here --- living with us --- in us. And since arriving, while we’ve been busy dancing, working, eating, playing, already Jesus has gently and quietly begun to rearrange things here at St. Andrew’s --- to start to point our shoes outward. Epiphany is the light bulb moment when that Christ presence, that light shining in our midst, becomes freshly real --- and the implications of Christmas become tangible.

God, in moving into the neighbourhood, has begun to rearrange our shoes --- outward, and is sending us out in new directions.

Are you ready to put on your shoes? We’ve got some walking to do.

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### CARRYING THE CHRISTMAS MESSAGE INTO THE NEW YEAR

Rev. Christian Persaud, Interim Pastoral Care Leader

Christmas symbolizes so much to Christians around the world. Inasmuch as this event represents many wonderful things, I want us to think about the significance of Jesus being called “Immanuel” which means “God with us.” At Christmas we celebrate God coming into the world --- God who loves this world so much that God enters into it, in order to demonstrate how important we are to God. In the person of Jesus, God physically walked this earth, ate as one of us, laughed as one of us, cried as one of us, and died as one of us. Something about the significance of Immanuel, of God with us, which speaks to me is that I believe we are called to embody God’s presence, as Jesus did, by being present with others, and

Continued next page .....

accompanying them along life's journeys. Sometimes our actions can be more meaningful than words; a warm embrace, or simply being present with others and listening to their concerns can be of greater help than words at times. One of the challenges I have, and perhaps you do as well, is feeling helpless when others describe their challenges. A cure for a terminal illness might not be found, tragedies will continue to take place, but we can still minister to each other by being present and attentive. Maybe praying for cures isn't always effective or transformative, but praying to be an instrument of God's compassion and presence in this world can be. As we enter into the new year, let us also reflect on the meaning of Immanuel, of God with us, as we minister to each other.

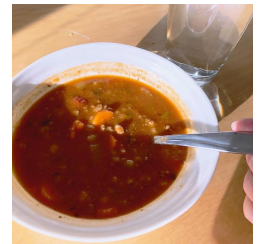
## *Caring ConneXions*

### Hamburger Soup

Things were a little harder earlier this fall for a number of different reasons, though nothing approaching life-crisis level (actually, I'd rather have just tell you that I'M FINE and be on my way). But a friend at St. Andrew's, who oversees a volunteer program where anyone who bakes or cooks a little extra can drop it in the church freezer for it to be ready for a family in need, asked me one day this fall about how a few things were going. She then informed me she'd get me some soup from the freezer. She was hearing none of my (very valid) points that others are far more in need, that I'm really okay, don't worry about it....

But the next night we came home after work/school/late swimming lessons and there was homemade soup ready to eat. I talked with our girls about how there was someone who cared enough to make extra soup, not even knowing who would receive it. And we talked about how someone bothered to ask how we were doing, **and that I answered with the truth**. That's not always easy to do. It's easier, sometimes, to drop extra food in the freezer and check in with our friends rather than answer honestly when someone checks in with us.

Also, I'm fairly certain this is what it means to be in community. That we care for each other tangibly, when life is really hard or even a little hard. It's one of the truest expressions of faith that I know - to bring or serve food. So yes, check in with your people and bring food to them and to the freezer at church. But especially? Tell the truth when someone you trust asks you how you are.



With sincere appreciation from Kim McLachlan

### **WITH SYMPATHY**

We extend out deepest sympathy to;

- ◆ The family of Sharon Klassen who passed away November 24
- ◆ The family of Joan Wall who passed away in November
- ◆ Joan Packer and family on the death of Charles Gordon (Gord) Packer, November 28, 2018
- ◆ Sibbie and family, on the death of William Kendrick (Ken) Borden, December 1, 2018
- ◆ Desiree Henrichsen and family, on the death of her father in December
- ◆ The family of Miriam Flemming who passed away in early December
- ◆ Nicola Cameron and family, on the death of Nicola's mother, December 17, 2018

# Creating ConneXions

## Introducing Mail Chimp



Have you heard about this new electronic mail everyone is talking about? Letters, notifications and even whole newsletters delivered right to your computer. I don't know about you, but I think this email thing might be here to stay.

Today, there are an estimated 4.3 billion email users worldwide --- 100 million more than last year --- and more than 99% of Calgarians have an email account they call "theirs". Email has changed the way the world works. So, when I tell you that St. Andrew's is jumping into the email game, I don't think we can be accused of rushing into things.

In 2019, St. Andrew's will begin to use a service called "Mail Chimp" (That's just what it's called, don't ask us why.) to create and curate email communication for St. Andrew's Church, and we invite you to be a part of it.

Some of you may be thinking, "Someone at St. Andrew's already has my email address. I don't need to do anything." And while that might have been true before, Canada's recently enacted anti-spam legislation has made this kind of communication more regulated for churches like St. Andrew's. It meant we had to throw out all our email lists and recreate them in a more formal way. This isn't a bad thing. It lets you choose exactly what emails you would like to receive from St. Andrew's and how often you will receive them. So we need you to take the first step.

To take that step, simply visit our website --- [www.standrewscalgary.ca](http://www.standrewscalgary.ca) --- and click the email banner at the top of the page.

We will be sending out three kinds of email: **1. Emergent**, which will be occasional notices we weren't able to inform you of on Sunday (funerals, building issues, other emergencies); **2. Weekly Announcements** of events and programs happening here at the church, including an inspirational message from our ministers; and **3. Connexions**, a monthly digital copy of St. Andrew's newsletter.

Weekly, Monthly, or Emergent. You can sign up for all three if you want, or just pick the ones you'd like.

If you have any questions, please don't hesitate to be in touch with the office. We look forward to seeing you on Mail Chimp next month!

### GRATITUDE

We would like to express our gratitude and sincere thanks for the ladies of CareShare (Joan/Pat/Lynn) who provided us with hearty and delicious meals after Lynne's recent stay in hospital and confinement and recovery at home. Also, thanks to the many friends for their phone calls and messages of concern. They truly warmed our hearts. Warm blessing to you all. Lynne & Denis Holmes



## Invitation to Men's Fellowship Breakfast Saturday, January 26, 8:30 am in Trinity Hall

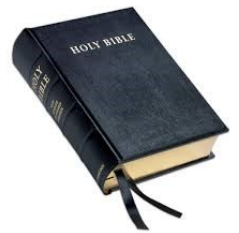
All St. Andrew's men and their guests are invited to attend the next Men's Fellowship breakfast in Trinity Hall on Saturday, January 26 starting at 8:30 am. Please join us and enjoy a delicious breakfast, warm fellowship, and an entertaining speaker. Our guest speaker is a man with an incredible story. Gatluak Bichoik journeyed from the Sudan, through refugee camps in other countries, to finally arrive in Canada. Cost is only \$5.00 per person. Preregister 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.*

**The men's group from McDougall Church will be joining us, so let's ensure a good attendance.**

**Kitchen duties (report for duty 7:15 am) – Team D – John Hazlett**

**Set-up and registration duties (report for duty 7:30 am) – Team A – Don Koch**

## Faith Formation 101



- A weekly class for the season of Lent, preparing people for baptism, membership, or just a renewed practice of faith
- A safe space to explore and ask questions
- An opportunity to learn and practice faith on a deeper level

**Dates/Time: 7:00 pm ~ Thursday nights, March 7 – April 11**

If you are interested in participating in these classes, please add your name to the [sign-up sheet](#) at the volunteer corner. If you have any questions, please speak to Dr. Tim.

## INVITATION

All members of the congregation are invited to a dinner provided by the Sudanese congregation. Arrive at 3:30 pm on **Sunday, January 13th** and be prepared for an amazing meal.

## Take 150 is back on Saturday, January 19!

The next installment of Take 150 will take place on Saturday, January 19, 2019 from 5:30 - 8:00 pm in Trinity Hall. This is a great chance for parents to enjoy a night out (Think shopping, reading a book or even date night!) while the kids (Kindergarten to Grade 6 only) get a night in together at the church with dinner, games, friends and activities. It is always a great night, and we want your kids to invite a friend! Please sign up prior to January 16 at <https://www.standrewscalgary.ca/pages/take150>.

## Beating the Post-Holiday Blues

The Christmas holidays are a time of hectic schedules, overconsumption of food, extra socializing and unfulfilled expectations. When January dawns and reality returns to our lives, how do we keep the blues away? Here are a few ideas:

**Take a junk-food fast:** Foods high in sugar rapidly raise insulin levels and then promptly lower them, leaving a crash -and-burn effect. The body, accustomed to regular consumption of sugar, craves it more.

**Make healthy lifestyle changes:** Your choices have a direct impact on how you feel physically and emotionally. Incorporate fruits and vegetables into your diet, add a daily walk with a friend, put on the skates, snowshoes or skis, and get some exercise with a good, healthy dose of fresh air!

**Stick with a routine:** This simple tool can help reset your normal wake-and-sleep patterns to get your physical and mental health back to normal. Add in meal scheduling, making sure that you finish your evening meal about three hours before bedtime.

**Schedule in a friend time:** Now is the time to connect with the friends that you did not manage to see over the busy holiday season.

**Take up a new hobby:** Get out of your rut and sign up for a new activity and meet new people. If you have spare time, and it is making you blue, volunteer. Helping someone else can help lift your own spirits.

**De-clutter:** A cluttered home can make you feel overwhelmed and unable to move forward in your thinking and activities. Cleaning and de-cluttering can be therapeutic as most people feel and perform better in an uncluttered environment. You can create a new space for beauty and amazing possibilities, while blessing others by giving away things that you no longer need.

**To maintain spiritual health in times of winter blues:** Plan exposure to the "light" by spending time with God in worship, prayer and reading of the scriptures.

Health Matters: Facts from your Nursing Team

### 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.

### HERITAGE SENIORS

Registration \$20  
January to August 2019

|                         |          |                |
|-------------------------|----------|----------------|
| <b><u>Monday</u></b>    | 9:30 am  | Aerobics       |
|                         | 10:30 am | Carpet Bowling |
|                         | 10:30 am | Yoga           |
|                         | 12:30 pm | Bridge         |
| <b><u>Tuesday</u></b>   | 10:00 am | Art Group      |
| <b><u>Wednesday</u></b> | 10:00 am | Music Makers   |
| <b><u>Thursdays</u></b> | 9:30 am  | Aerobics       |
|                         | 10:30 am | Carpet Bowling |
|                         | 10:30 am | Stretch        |



MODERATOR OF THE 2018 GENERAL ASSEMBLY

The Rev. Daniel W. Cho, B.A., M.Div., BCPC, NCPM

October 10, 2018

To the people of The Presbyterian Church in Canada,

Grace and peace from our Lord Jesus Christ!

As you are aware, The Presbyterian Church in Canada has been struggling for some time with the place of the LGBTQI community in The Presbyterian Church in Canada and our appropriate response as a denomination. Unsure of how to move forward without causing further divisions and tensions, the 2018 General Assembly decided to make an unprecedented move: to assign the task of finding a way forward to twelve former Moderators of previous General Assemblies\* with the mandate "to propose a way ahead that allows the mission and ministry of The Presbyterian Church in Canada to continue" and to report back to the 2019 General Assembly with its proposals.

The Special Committee held its first face-to-face meeting September 28 and 29, 2018. The members of the committee entered the meeting with the expectation of a respectful conversation even as we are aware of the deep pain and significant divisions present in the church. Our first order of business was to rearrange our meeting room so that the tables formed one large square with each side of equal length so that each of us could clearly see and hear each other – a symbolic reminder that Christ calls us to gather as one family of mutual love and respect around His Table. As a result, our time together was truly a meeting of friends, filled with heartfelt dialogue, careful listening and yes, even laughter.

Among the tasks assigned to the committee was to receive and reflect upon the responses from the church to "On the Question of Unity and Diversity" study document produced by the Church Doctrine Committee. ([presbyterian.ca/gao/ga2018/2018referrals/](http://presbyterian.ca/gao/ga2018/2018referrals/)) While the deadline for responses is January 31, 2019, if sessions and presbyteries can send in their responses to the General Assembly Office ([thamilton@presbyterian.ca](mailto:thamilton@presbyterian.ca)) earlier than this it would be greatly appreciated. The Assembly Office will forward the responses to the Special Committee.

We will meet again, having scheduled meetings on November 22 (conference call) and on February 1–2, 2019 (face-to-face). We know the people of The Presbyterian Church have been praying, we value that prayer and we ask you to continue to pray for us even as we continue to pray for the church throughout this process.

We ask as well that, as Presbyterians in Canada, our conversations with one another be marked by respectful language. Heeding the Apostle's advice to "speak the truth in love" (Ephesians 4:15), may we use words and tone that aid respectful conversation rather than words and attitudes that enflame and anger those with viewpoints different from our own. It is possible to have a conversation between people of divergent opinions in which the differences are acknowledged but the tone remains respectful. We would encourage such a conversational style in the church. May we choose to highlight our common commitment to following Jesus, humbly recognizing that none of us knows exactly where the Triune God of grace may lead the church, while remaining hopeful that together we can find a way forward as we seek to follow him who is our Living Way (John 14:6).

Yours in Christ,

Daniel Cho  
Moderator, 144th General Assembly

Peter Bush  
Convenor, Former Moderators Committee

\*The Committee members, in order of their moderatorial year from earliest to most recent, are as follows: the Rev. Dr. Jean Morris, Dr. Wilma Welsh, the Rev. Dr. Hans Kouwenberg, the Rev. Dr. Cheol Soon Park, the Rev. Dr. Herb Gale, the Rev. Dr. Rick Horst, the Rev. Dr. John Vissers, the Rev. Dr. David Sutherland, the Rev. Dr. Stephen Farris, the Rev. Dr. Karen Horst, the Rev. Doug Rollwage, the Rev. Peter Bush, and the Rev. Daniel Cho (ex-officio).

Clerks of Assembly: The Rev. Stephen Kendall and The Rev. Donald Muir

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# JANUARY VOLUNTEERS

**Greeters**
**Ushers**  
**9:30 AM**
**11:15 AM**
**9:30 AM**
**11:15 AM**

|            |                        |                           |  |                       |                     |
|------------|------------------------|---------------------------|--|-----------------------|---------------------|
| January 6  | Shirley & Clayton Howe | Pauline Evans & Bill King |  | Otto & Ellie De Nooij | Duane & Pat Tritter |
| January 13 | Brenda Pudwell         | Dan & Phyllis Duncan      |  | John & Jean McPhee    | Rene & Gail Prevost |
| January 20 | David & Gillian Currie | Ian & Judy Brown          |  | Bob & Annette Shaw    | June Goddard        |
| January 27 | John & Joan Davies     | Clarence & Pat Lomheim    |  | Carol Olton           | Rob & Pat Pollard   |

## Welcome Desk

|            |                |               |
|------------|----------------|---------------|
| January 6  | Emma McIntyre  | Terry Zimmer  |
| January 13 | Carol Olton    | Gail Prevost  |
| January 20 | Shirley Howe   | Shirley Allen |
| January 27 | Margaret Bates | Barb English  |

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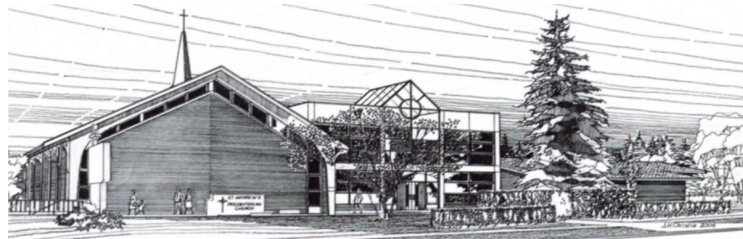


calgarystandrews

**Lead Minister**  
**Associate Minister, Congregational Care**  
**Associate Minister, Family Ministry**  
**Interim Pastoral Care Leader**  
**Director of Music**  
**Executive Assistant**  
**Office Administrator**  
**Communications Co-ordinator**  
**Side-by-Side Co-ordinator**  
**Nursery Caregiver**

Rev. Dr. Tim Archibald  
 Rev. Jan Hazlett (On Leave)  
 Rev. Jared Miller  
 Rev. Christian Persaud  
 Cody Obst  
 Debby Dorcas  
 Dolly Forcade  
  
 Alice Post  
 Emily Izett

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 SidebySide@standrewscalgary.ca



# January 2019

| ISun                                                                                                                                                              | Mon                                            | Tue                                                                                                                         | Wed                                                                                                                        | Thu                                                                      | Fri | Sat                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                   |                                                | 1<br>NEW YEARS DAY<br>Office Closed                                                                                         | 2<br>Office Open                                                                                                           | 3                                                                        | 4   | 5<br>Food Bank<br>1:00 pm                                                                                  |
| 6<br><br>Communion<br>9:30 & 11:15 am<br>Adult Bible Study<br>Inner Hall—9:30 am | 7<br>Christian Ed<br>Lower Fireside<br>7:00 pm | 8<br>Stephen Ministry<br>Lower Fireside 1:00 pm<br>Ladies Afternoon Guild<br>KEL 1:30 pm<br>Stewardship Team<br>KEL 7:00 pm | 9<br>Side X Side<br>KEL 9:45 am<br>Worship Team<br>LF 6:30 pm<br>S&P Planning Leads<br>KEL 7:00 pm<br>Hand Bells TH 7:30pm | 10<br>Youth Group<br>Upper Room 7:00<br>pm<br>Choir                      | 11  | 12<br>Food Bank<br>1:00 pm                                                                                 |
| 13<br>WORSHIP<br>9:30 & 11:15 am<br>Adult Bible Study<br>Inner Hall—9:30 am<br>Sudanese Meal<br>Trinity Hall—3:30 pm                                              | 14                                             | 15<br>Coffee &<br>Conversation<br>KEL 9:30 am                                                                               | 16<br>Side X Side<br>KEL 9:45 am<br>Hand Bells TH<br>7:30pm                                                                | 17<br>Youth Group<br>Upper Room 7:00<br>pm<br>Choir                      | 18  | 19<br>Food Bank<br>TH 1:00 pm<br>Take 150<br>TH 5:00 pm                                                    |
| 20<br>WORSHIP<br>9:30 & 11:15 am<br>Adult Bible Study<br>Inner Hall—9:30 am                                                                                       | 21<br>Ladies Evening<br>Guild<br>KEL 7:30pm    | 22<br>Coffee & Conversation<br>KEL 9:30 am<br>Mission Team<br>IH 7:00 pm                                                    | 23<br>Side X Side<br>KEL 9:45 am<br>Hand Bells<br>TH 7:30pm                                                                | 24<br>Youth Group<br>Upper Room 7:00<br>pm<br>Choir<br>Sanctuary 7:30 pm | 25  | 26<br>Men's Breakfast<br>TH 8:30 am<br>Food Bank<br>TH 1:00 pm                                             |
| 27<br>WORSHIP<br>9:30 & 11:15 am<br>Adult Bible Study<br>Inner Hall—9:30 am                                                                                       | 28                                             | 29<br>Coffee &<br>Conversation<br>KEL 9:30 am                                                                               | 30<br>Side X Side<br>KEL 9:45 am<br>Hand Bells<br>TH 7:30pm                                                                | 31<br>Youth Group<br>Upper Room 7:00<br>pm<br>Choir<br>Sanctuary 7:30    |     |                                                                                                            |
|                                                                                                                                                                   |                                                |                                                                                                                             |                                                                                                                            |                                                                          |     | IH = Inner Hall<br>KEL = Karl English<br>Lounge<br>LH = Lower Hall<br>TH = Trinity Hall<br>UP = Upper Room |