

Summer 2019

ConnXions

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Uniquely Gifted

By Rev. Dr. Tim Archibald

Christian writer, Mark Buchanan tells about identical twins whom he knows—Michele and Nicole. Early on, Buchanan was always stumped by who was who and which was which. The two girls were mirror images: the high, fine cheekbones and the soft, dark eyes, the lilting cadence of speech, the delicate artistry and polished musicianship—perfectly duplicated in each. But as Buchanan got to know the twins better he began to see subtle, but distinct differences. Their smiles were not exactly alike. They carried themselves with enough degree of difference that you could distinguish one from the other just by watching their postures, their gestures, their expressions, the way they walked. You could tell by listening to the timbre and texture of their voices. In so many ways they were the same, yet in so many ways each was unique—it was like hearing a single Mozart piece played by two different, but equally proficient orchestras.

It's amazing, that God has created each of us unique and endowed each one of us with a one-of-a-kind combination of gifts that is like no one else's. Even congregations are created unique. Such an abundance of gifts God gives in this world—and such a unique combination of gifts in

a congregation like St. Andrew's. Knowing our gifts is important because such gifts help us know God and God's goodness more easily. Gifts also allow us to be able to give back the love that we so readily receive—and join God's purposes by using our gifts to transform the world.

When you discover your gifts, you will have discovered what is unique about your call from God. What joy and fulfilment comes from discovering and using your God-given gifts and putting them into action. When we use our gifts for God, we are doing what we were created to do. The witness of somebody (or a whole community) using their unique gifts calls forth the gifts of another. The person who is having the time of their life doing what she or he is doing has a way of calling forth the gifts in another. Such a person is Good News; such a community is an embodiment of the freedom of the new humanity in Christ—God's desire for all of us!

Sometime's in a community like St. Andrew's we need others to help us recognize our gifts or even encourage our individual gifts by fanning them into flame. What gifts has God given you that could be used to transfigure the world in love? What gifts in others could you encourage and help fan into full flame—fully ablaze with love. What are the unique sounds and sights of an orchestra of activated gifts in a congregation like St. Andrew's?

Alpha at St. Andrew's

By Rev. Christian Persaud

You've probably seen or heard something about Alpha recently at St. Andrew's which begs the question...so what is Alpha anyway? And also, what does it have to do with me?

According to their website (which is filled with amazing resources and the content we'll be looking at!) "Alpha is about creating a welcoming, friendly place where people can come and ask questions to explore the Christian faith." Let's be honest, a lot of us can talk about the weather, the latest movie we've seen, or something about sports, much easier than we can about faith, Jesus, or even our personal lives. Alpha helps to address these essential parts of ourselves in a friendly, nonthreatening environment.

Maybe you feel like you're already strong in your faith and you aren't really looking for answers in your life – that's okay too! Writing as someone with a degree in theology, I still find the Alpha videos very insightful, but more than that, I really appreciate the opportunity to have conversations with other people about questions that we don't really talk about – even in the church. Some sessions look intentionally at the Holy Spirit, and even though I've spent many years worshiping in Presbyterian churches I cannot remember hearing much about this part of the Trinity outside of Pentecost. What does the Holy Spirit do? How can I be filled with the Holy Spirit? These are just two examples of some of the questions that the renewed Alpha series addresses.

So what can you expect if you're still undecided? Firstly, there's food! That's always a pretty good reason to come out to a church event. After eating we'll look at a short talk or video that is part of the series and explores some big questions of the Christian faith. Lastly, we'll have discussions in small groups. If you want to talk about something that really spoke to you from the video – that's great, if you want to disagree with something that was mentioned – that's okay too. The discussion isn't meant to force you to talk or hear the same things over again; instead, it's an opportunity to engage with each other about the message we've heard, and how it relates to us in our lives today. Still have questions? Come out in the Fall and let's explore them together!

Aboriginal Sharing Day

By Brian Hawco

On May 25 we had a very successful day of song, dance, story telling, tipi teachings, art and food. We had friends from the Aboriginal Friendship Centre and from the First Nations around Calgary; we had people from other churches and the wider community attend as well. While the weather did not help, it did not dampen the spirit of the day. In the coming days we will be asking you to share your thoughts about the day so that we can create a collage of thoughts and experiences.



Summer Safety

By Anne Greco

It's difficult to believe, but summer will soon be here. When temperatures start to climb there are certain things to keep in mind. The human body is 60% water which requires regular "top ups" to prevent dehydration. Keep in mind fluids containing caffeine and alcohol can cause an increase in dehydration. Water is always the fluid of choice especially when summer arrives. Dehydration can lead to headaches, dizziness, confusion, bladder infections and in an advanced stage, heat stress and coma. It is recommended a person drink 8 glasses of water daily, which is critical during the summer months.

Wearing a hat with a brim in the summer keeps the body cooler and reduces the risk of facial skin cancer. Sun screen should be applied to all exposed skin when outside for extended periods of time and reapplied every 2 hours. The higher the SPF (sun protection factor) rating the greater the protection from the sun's damaging UV rays. An SPF of 30 prevents 97% of the UV rays.

Fire up the BBQ and have a fun and safe summer...you deserve it.

Spiritual Moments

By Jayne Martin

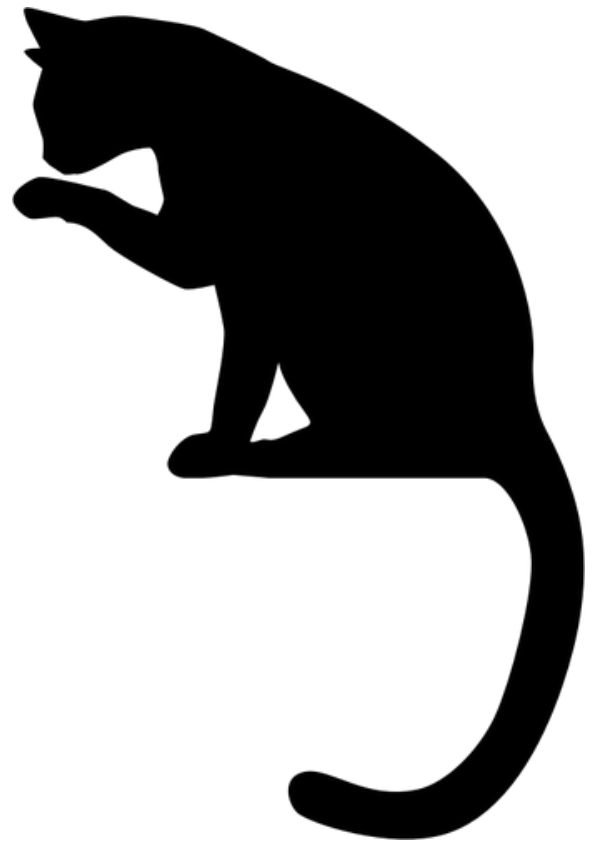
After my husband passed away, I was having a difficult time. When I was out gardening, my neighbour came up to me and asked if I knew of anyone who would like a 13-year-old cat. Before I knew it, my hand was raised high in the air. “No,” he replied, “I was asking if you knew of anyone who would want him.” I said, “I would.” My daughter, Amelia, had been after me to get a cat for the past year and I had come up with numerous excuses as to why it was not the right time for me to have a cat. So, we were both genuinely surprised by my gesture. Even Amelia’s girlfriend, Erin, asked her how she finally convinced me to get a cat. Amelia just shrugged her shoulders.

Now, I have had my 15-year-old cat, Vulcan, for two years and I truly do believe he was a gift from Jesus. Jesus knew I was struggling and sent me a helpful, furry friend.

At night when I kneel beside my bed to say my prayers, no matter where in the house Vulcan is,

he comes bounding into the bedroom and up onto the bed, sitting quietly while I finish my prayers.

I used to have trouble sleeping at night. Now, Vulcan’s gentle purring lulls me to sleep. Every night when I say my prayers I add an extra prayer of gratitude to my Lord Jesus for blessing me with the companionship of Vulcan for He knows what you need, even when you do not.



Stroll in the Park

Join members of the Bereavement Team for a walk from South Glenmore Park to Heritage Park. Participants can choose to stop at Glenmore Landing for refreshments or lunch.

We welcome all those who have recently lost a loved one and anyone who wishes some exercise and companionship.

Dogs welcome!

Tuesday, August 20th

At 10:00AM.

There will be a sign-up sheet at the Volunteer centre mid July with more information.

Book Review

By Terry Zimmer

It's a rare author who can bring to light each of the fears of old age that we bury inside and never speak of; examine the joys and challenges of each in the clear light of faith, and conclude that "the gift of these years is not merely being alive; it is the gift of becoming more fully alive than ever."

As Joan Chittister plainly states in her introduction to The Gift of Years, her book "looks at the many dimensions of the aging process, its purpose and its challenges, its struggles and its surprises, its problems and its potential, its pain and its joys. It deals with the sense of rejection that comes from feeling out of touch with the rest of life. It examines the difference between doing and being; and argues that both are important dimensions of life. Both are essential to the fabric of life, both are meant to be gifts to society, not one important and the other insignificant."

Her chapters are short and pithy, designed for reading not at one sitting, but probably many. Those on Regret, Meaning, Fear, Joy, Possibility, Adjustment, Fulfilment, Mystery, Relationships, Freedom, Wisdom, Loneliness, Spirituality, etc., each end with two short paragraphs. One summarizing "the burden of ...", and the other "the blessing of" the particular aspect of aging of which she is speaking. Her reflections ring so true to life, capture the subject so clearly, and are so uplifting and encouraging, that I thought I was going to need a second yellow "hi-liter" before I finished it!

If you are interested in reading the book and afterward would like to meet with others to discuss it, please let the office know (403-255-0001). Everyone would be welcomed.

The church has three copies of the book which can be found in the Personal Growth section of the library in the K.E. lounge.

Annual Family Camping Trip

By Stephanie Werle

It is time for our 4th Annual Family Camping Weekend! We have camped East, South and North of the city, so this year we are headed WEST to Bow Valley Provincial Park, Grouse Group Campsite (located SOUTH of Highway

1) from August 23 - 25, 2019! This is an INTERGENERATIONAL weekend full of fellowship where great memories will be made. The campground is only about an hour drive from Calgary, so even if you don't want to camp for the weekend, day visitors are encouraged to attend. Cost for the weekend is \$70 per site and includes firewood. Spots are limited! For more information and to RSVP, please contact Craig Murray at murraycraigjohn@gmail.com.



Ladies Book Club Night

Please join us this June for a discussion about the book, The Liturgy of the Ordinary by Trish Harrison Warren. Looking at the regular routines of our everyday lives, the author encourages readers to be open to finding God's presence in new ways. Our discussion will be lead by Beth Miller and hosted by Carolyn Jerrard at her home in Deer Run. We hope you will join us on Friday, June 14th at 7pm. This is an INTERGENERATIONAL event and open to all women. For more information and to RSVP, please contact familyministry@standrewscalgary.ca.

Prayer Chain

One of the cornerstones of St. Andrew's church is prayer, so it follows that our prayer chain is an important ministry. This consists of people who pray for others and their needs, which can be diverse and wide-ranging. They are linked, like a chain, to one another so that the needs for prayer can be passed on to all the members of the chain.

When you are in need of prayer or want prayers for someone else, please contact our coordinator of the Prayer Chain, Lorie Nielsen at flnielsen64@gmail.com or 587-777-2444.



Summer Bible Study

Nicola Cameron

The Summer Bible Study this year is on the Patriarchs. Classes run Wednesday evenings from June 12th to August 21st at 7:00 pm in the Inner Hall.

"El Roi. He sees through the smile we wear when we're dying inside. He sees our hurt when we're mistreated. He sees us when we cry into our pillow because we feel unloved. He sees beyond our sin into the depth of our need. He sees when we're

hiding or running. He sees when we continue to sow the seed of His Word even in the floodplain of our grief."

Do you experience these things? Do you experience El Roi, The LORD, The Almighty God who invited Abraham, Isaac, Jacob and Joseph into a wild ride to bless everyone on earth? Do you relate to Sarah, Hagar, Rachel, Bilhah and Rebecca in their wild adventures? Would you

like to know more? We watch the videos every Wednesday through the summer. You are invited to join us just for the discussion, or you can buy a work book and get in depth and personal with the God Who Sees. He really is as wonderful as He's made out to be!

For more information and to order your study guide, call Nicola Cameron at 403-251-9701

Summer Bible Study

The Patriarchs by Beth Moore

June 12th to August 21st

Wednesdays

7 pm

In the Inner Hall

Congratulations on 100!

Joyce Young will be celebrating her 100th birthday on June 25.

If you would like to send birthday wishes from the church, please send them to the office. Alice Williams will make sure that she gets them.



Brown Bagging for Calgary Kids (BB4CK)

By Sylvia Shaw

We're happy to report that from the beginning of the BB4CK program in early March of this year, St. Andrew's has provided approximately 310 lunches to elementary and junior high school students in the south west of our city. These young people come to school with no lunch, and in some cases, without having eaten breakfast. We know how critical nourishment is for growing bodies and developing brains, so through this very worthwhile program many students are supported by our efforts.

We're taking a break while school is out during the summer months, and while the main downtown kitchen and other agencies continue to provide lunches to needy kids. We'll resume in September and are ready to expand the program to volunteers from within the congregation. The time commitment is only an hour or two on a Wednesday morning.

Please watch for the sign-up sheet at the Volunteer Centre in August!

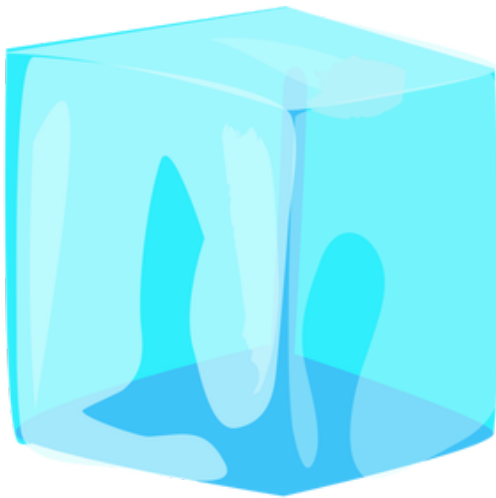
Thank You!

I would like to express my sincere thanks and appreciation to those persons in our church family who have offered prayers, words of encouragement, support, and offers of meals, following my knee injury last summer. The struggle to regain normal use of my knee has been a challenging and frustrating one, but has been made much easier with God's Grace and the support of St. Andrew's congregation. God is good.

Thank you. Annika Koch

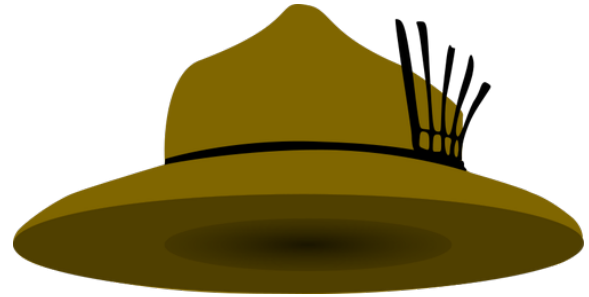
Fill the Freezer

Thank you!!! Over the last year we have seen the "Fill the Freezer" campaign be a huge success. Many meals have been given to people in our congregation who could use an extra hand through a frozen homemade meal. Just in May we have helped out three different families. This is such a blessing and we want to thank all those who continue to keep our freezer stocked.



Camp Kannawin

There is something for everyone! Sign up online at www.campkannawin.ca (Please see the bulletin board and sign-up desk for more information on camping opportunities at Camp Kannawin.



Congratulations!

Congratulations to Victoria and Adam Thomson as they welcome newborn daughter Briella.



Where To Find Us

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ConnXions





Service Hours CHANGING

June 30th - September 1

One Service -10:30 am

Ladies Afternoon Guild



Ladies Evening Guild

The Ladies Afternoon Guild is having a summer Wind-up lunch and is inviting all St. Andrew's Ladies.

Doors will be opening to Stage West (727 42 Ave SE) at 11:30 am. The event takes place on June 14th.

The Ladies Evening Guild is having a Ladies Night Out and is inviting all the women of St. Andrew's.

The event will take place on Monday, June 17th at Pasquale's on Macleod Trail. It starts at 6:30 pm but spots are limited so please sign up!

Communications Coordinator

I am pleased to inform the congregation that the Personnel Team has hired a new Communications Coordinator, Micheal McEachen. Micheal will start with us on June 11th, and will be under contract, working twenty hours a week (Monday through Thursday from 10:00 am – 3:00 pm). He brings an extensive background with him, and we are looking forward to the future! Please stop by and introduce yourself the next time you are in the office!

-- Hugh McFadzean, Personnel Team Convenor

As we say farewell to Britten Banerjee in the Communications Coordinator role, we wish him every success in his new job this summer with Global news! We are thrilled that Britten is not saying goodbye to St. Andrew's, and are thankful that our relationship with Britten will continue. The office staff have enjoyed working with him very much, and are excited to see how God will use him in the future!

-- St. Andrew's Office Staff

Remembering A Loved One: Lighting a Candle

The Worship Team, in conjunction with the Bereavement Team, will be offering a candle-lighting opportunity for those who wish to remember a loved one. This will take place on June 30, the fifth Sunday of the month, after the 10:30 service. The next opportunity will be September 29.

Twelve Steps for Christians

The Twelve Steps evolved out of the Oxford Group - an openly Christian organization, founded just after WWI, aiming to rekindle living faith in a church gone stale with institutionalism. If there are any areas of your lives in which you feel powerless, or any situations that always seem to “trip you up” or cause you pain - potentially separating you from the love of Jesus, we have good news for you!

Come join us in a relaxed, friendly, safe, confidential environment where, each week, we will share our experience, strength and hope with each other as we strive to improve our conscious contact with Jesus.

This is not a bible study: It is a discussion and encouragement group which will meet for one hour each Sunday, in the tradition of the Twelve Steps. We will be reading and following the guide book “Twelve Steps for Christians” which is recommended, but not necessary.

If you have any questions or need any further information please contact David or Jo-Anne Platt at 403 225 1050. Event takes place every Sunday at 9:15 am in the Inner hall.



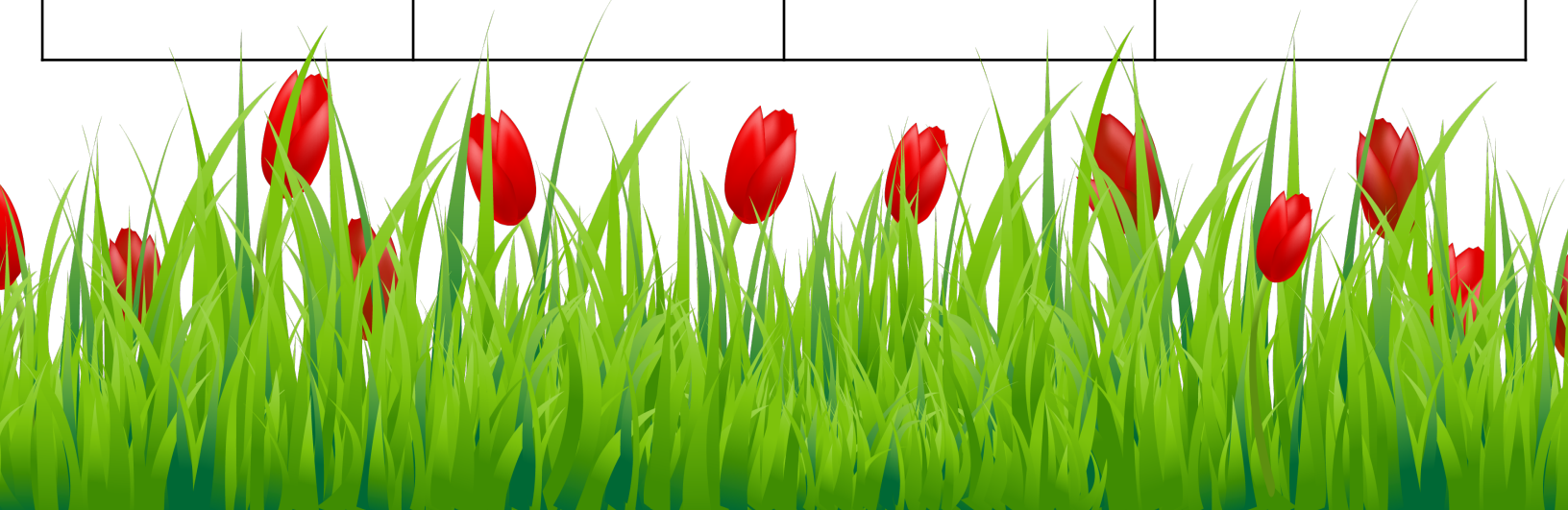
ConnXions Editorial Team

- Britten Banerjee
- Dr. Tim Archibald
- Debby Dorcas
- Lorie Nielsen
- Judie Coleman
- Linda Haines
- Jean Sadler

Articles may be submitted to the mailbox in the Karl English Lounge or emailed to communications@standrewscalgary.ca

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

	Ushers	Greeters	Welcome Desk
June 2nd	Fred and Judie Coleman	John and Joan Davies	Emma McIntyre
	Duane and Pat Tritter	Kathleen Tomie and Betty Burtch	Terry Zimmer
June 9th	Elders	Linda Ripley	Carol Olton
	Elders	Roger DeGraffe	Gail Prevost
June 16th	Ed and Aileen Braun	Colin and Marilyn Cantlie	Annette Shaw
	Dan and Phyllis Duncan	Clarence and Pat Lomheim	Shirley Allen
June 23rd	Alfred and Lynn MacRae	Pat MacEwan	Sylvia Provan
	Mark and Joan Rowe	Pauline Evans and Bill King	Val Hall
June 30th	Jerry and Jean Spotowski	Don and Arlene Young	Emily and Bill McKenzie



St. Andrew's Calendar – June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:30AM - Bible Study (IH) 9:30AM - Worship 11:15AM - Worship	3	4 7:00PM - Revision Team Meeting (IH) 7:00PM - Mission	5 9:00AM - Brown Bagging for Calgary Kids (Kitchen) 9:45 AM -- Side By Side (KEL) 6:30PM - Worship Team (KEL) 7:30PM - Choir Handbells (TH)	6 7:00PM - SURGE Deep (UR) 7:30PM - Choir (Sanctuary)	7	8 1:00PM - Food Bank (TH)
9 9:15AM - Discussion and Encouragement Group (IH) 9:30AM - Worship 11:15AM - Worship	10	11 1:00PM - Stephen Ministry (LF) 7:00PM - Session (UR)	12 9:00AM - Brown Bagging for Calgary Kids (Kitchen) 9:45AM - Side by Side (KEL) 7:00PM - WED Bible Study (IH) 7:00PM - SandP Leads (KEL) 7:00PM - Christian Ed. (LF) 7:30PM - Handbells/Chimes Choir (TH)	13 7:00PM - SURGE Deep (UR) 7:30PM - Praise Team (Sanctuary)	14 11:30 AM - Ladies Guild Luncheon (Off Site)	15 1:00PM - Food Bank (TH)
16 9:15AM - Discussion and Encouragement Group (IH) 9:30AM - Worship 11:15AM - Worship	17 6:30 PM- Ladies Evening Guild Supper (Off Site)	18	19 9:00AM - Brown Bagging for Calgary Kids (Kitchen) 9:45AM - Side by Side (KEL) 7:30PM - Handbell/Chimes Choir(TH) 7:00PM - WED Bible Study (IH)	20	21	22 1:00PM - Food Bank (TH)
23 9:15AM - Discussion and Encouragement Group (IH) 9:30AM - Worship 11:15AM - Worship	24	25	26 9:00AM - Brown Bagging for Calgary Kids (Kitchen) 9:45AM - Side by Side (KEL) 7:00PM - WED Bible Study (IH) 7:30PM - Handbell/Chimes Choir(TH)	27	28	29 1:00PM - Food Bank (TH)

***JUNE 30 - One Service @ 10:30 am | 9:15 am Bible Study**