



# CONNIXIONS

EASTER APRIL/MAY 2021

ST. ANDREW'S CHURCH CONGREGATIONAL NEWSLETTER

*He  
is  
Risen*

AS WE CELEBRATE  
**EASTER!**





## CONNIXIONS APRIL / MAY ISSUE

- PAGE 2 FROM OUR INTERIM PASTORAL CARE MINISTER
- PAGE 3 HISTORY OF THE BANNERS
- PAGE 4 RENEWAL CONTINUES
- PAGE 5 HELPING PEOPLE FIND THEMSELVES IN GOD'S STORY
- PAGE 6 EASTER SCAVENGER HUNT
- PAGE 7 HEALTH MATTERS
- PAGE 8 HEALTH MATTERS (CONTINUED)
- PAGE 9 THE BELL
- PAGE 10 RETURNING TO WORSHIP
- PAGE 11 ST. ANDREW'S HISTORY
- PAGE 12 STEWARDSHIP
- PAGE 13 HELPING HANDS
- PAGE 14 FROM THE EDITOR / CONTACT US



## Grounding our Faith in Easter Hope

As we move into spring and prepare for Easter, let us open our hearts and minds to live out the Resurrection's good news: Jesus lives within the world today and always.

This year, St. Paul's Cathedral in London, England, commissioned leading British Christians to address the theme of "Hard Questions in Hard Times." Brief, yet powerful videos resulted, offering hopeful words of inspiration during these lingering days of the pandemic.

(See <https://www.stpaulsresources.co.uk/hardquestions>).

Here are two of the comments on hope from that video series:

Christian Hope is that we stand on the ground of the death and resurrection of Jesus Christ: that the ultimate victory over suffering and death has already been won. My hope is that the church may emerge from this better able to focus on the hope of the gospel. (The Rt Revd Stephen Cottrell, Designate Archbishop of York.)

I want to mention children as a sign of hope. God comes to us as a child. St. Augustine says, God is always younger than us. Children show us God's creativity, God's playfulness. (Fr. Timothy Radcliffe OP.)

Your faith will be strengthened and your heart warmed as you listen to these testimonies of faith expressed during hard times.

Holy Week provides the same sort of contrast: Christ's suffering is necessary before we experience Easter joy. The Maundy Thursday service reminds us of Christ's love for his friends while setting out the principles of Christian service and sharing. Maundy is a translation from the Latin of Jesus' words in John 13: 34: "And so I am giving a new commandment to you now—love each other just as much as I love you" (Living Bible). On that day, Christ gathered with his disciples in an upper room. On that day, Christ shared a meal as a sign of his great love. On that day, Christ took a towel and washed the disciples' feet, showing us how to serve others.

To love others as God loved the world; to share with others the signs of our love; to serve rather than to be served. We are called to live out these teachings in our own lives.

In our community here at St. Andrew's, we celebrate that we have resumed in-person worship. We look forward to the rest of 2021 as an opportunity to continue to grow and learn to follow Christ's good news and good path for us all.

Thank you for your faithful support of our varied ministries at St. Andrew's.  
**We are GROWING. LIFE. TOGETHER. WITH GOD.**

**Rev. Dr. Geoffrey Simmins**  
Interim Pastoral Care Minister

## History of the Banners

(This is the second in a series of short articles describing the story and the history of the Liturgical Banners, which have been an integral part of worship at St. Andrew's since 1982. Ed.)

### Part 2: The Easter Banners by Sheila Kirkland

For Christians, Easter is the chief observance of the Christian year. It is also the most joyous. After the contemplative period of Lent, we now enter into a period of rejoicing. After the suffering of Christ, we celebrate his resurrection.

Our Easter Banner has a multi-coloured sunburst on a bright white background which portrays the feeling of overwhelming joy at the realization of the resurrection of Christ. The matching panels, which encircle the sanctuary with the words Alleluia and Hallelujah, are verbal expressions of that joy. The words come from the Hebrew "Praise the Lord".

The banner and panels were made by members of the congregation: Ruth Grant, Jean MacDonald, Pat Pollard, Judie Coleman, and Joanne McIntosh.

### He is Risen.



Another Easter banner features the traditional white background. The highly coloured, sparkling butterfly represents the resurrection of Christ. This is derived from the three stages of its life:

the caterpillar (life), the chrysalis (death) and the butterfly (resurrection). The flowers portray the bursting forth of spring in the same way we burst forth with joy at Christ's resurrection. This banner was made by Grace Geren, Oromocto, NB.

### We are the New Creation.



Pentecost, (the fiftieth day) crowns the "Great Fifty Days After Easter". This year it falls on May 23.

This banner has a red background, the traditional colour of Pentecost. The sunburst represents the wind and fire, and the descending dove is the traditional symbol for the Holy Spirit in Christian art.

The banner was made for the Christian Festival in Calgary in 1986. Banners were made by several churches in the city and used for decoration in the Stampede venues. At the conclusion of the Festival, everyone was allowed to keep the banner they had made. Our banner was made by Eleanor Art, Jennifer Owen, and Sheila Kirkland.





**Renewal Continues:  
New Mission Statement and Set of Values  
by Rhonda Wishart,  
Convenor, the R&R Task Force**

Thanks to all of you who were able to join the ReVision & Renewal Task Force (the TF) on Zoom, February 9, 2021 as we shared and discussed the results of the TF's hard work on a new Mission Statement and set of Values for St. Andrew's.

For those of you unable to attend, we share with you here, the outcome of the TF's discernment. As with the development of the Vision for St. Andrew's (GROWING. LIFE. TOGETHER. WITH GOD), thoughts and ideas from the congregation, were instrumental in the ultimate determination of our new Mission Statement and a set of Values.

The determination of the Vision, followed by that of the Mission Statement and set of Values for St. Andrew's, is important work in the future of our congregation. These Statements become the cornerstone for all decision-making in the life of the church. The Vision speaks to the ultimate goal of St. Andrew's, while the Mission Statement speaks to how we, as a congregation, achieve our Vision. The Values speak to the principles and beliefs that we hold as a congregation, values that will guide us daily in our journey to fulfilling our Vision. The Vision and Mission Statements are intended to complement each other – have the same heart and perspective – so the church has unified goals, everyone moving in the same direction.

We will be providing opportunities for more reflection and discussion on the new Mission Statement and Values over the coming months, and Rev. Dr. Tim will lead the congregation in a relevant sermon series on the meaning of the Mission Statement and Values in June 2021. We hope you find this work of renewal as inspiring and hopeful as we do.

**St. Andrew's Mission Statement:**

**Woven into our neighbourhood, growing disciples who love like Jesus.**

**St. Andrew's Values:**

**Welcoming:** Inviting you to experience God's presence and love in community, whoever you are and whatever your circumstances.

**Generous:** Making the interests of others greater than our own.

**Courageous:** Seeking out new and bold ways to glorify and advance God's purposes in the world, knowing we are never alone.

**Compassionate:** Opening our hearts and minds to the suffering of others and responding with mercy and grace.

**Missional:** Discerning from God who we are sent to, as we grow flourishing life in our world.

**Serving:** Demonstrating Christ's love, with a willing heart, for God and others.

**Accepting:** Honouring different ways of thinking, perspectives, languages, cultures, races, and genders, enabling the Spirit's creative spark to bring forth new possibilities.







## Helping People Find Themselves in God's Story by Kim McLachlan

theCreek is the reimagined South of Fish Creek ministry, inspired by the image of a gentle creek that brings new life. We've been hard at work moving to a primarily online model in the realities of COVID, though our focus remains mostly on communities located south of Fish Creek. We are bringing church to our neighbours in new ways, to help people find themselves in God's story.

AfterWords launched this winter, as both small, outdoor gatherings and on Zoom. Every two weeks, theCreek community is invited to come together to discuss topics in recent videos (found on YouTube), to pray and share the Lord's Table. We are thrilled to report two new families have joined us!

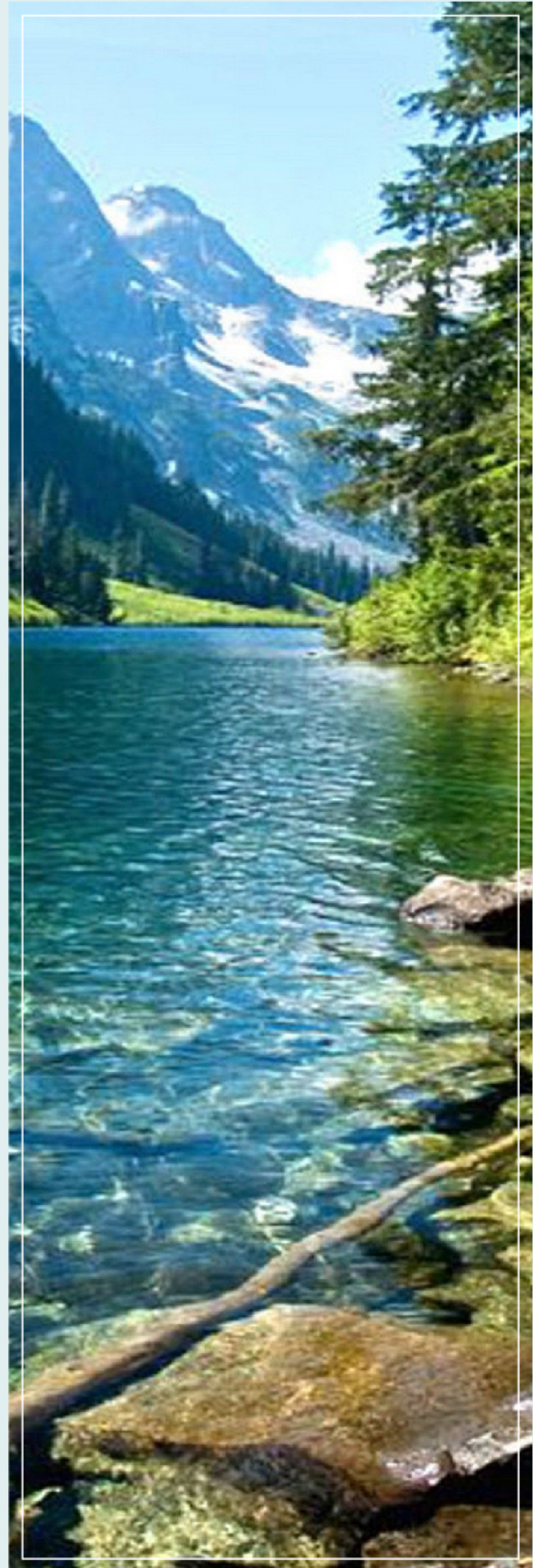
**Next AfterWords will be March 6 and 20.  
Register at TheCreek - AfterWords.**

Alpha has been a success and continues through March with good conversation and exploration of tough questions. They looked forward to a meal "together" next month too!

Behind the scenes, the website and app are frequently updated and, we'd love for you to check them out as they grow: <http://thecreek.life> and theCreek on your favourite app store. Following along will keep you up to date on new events, such as an upcoming Faith & Food series, Easter plans and more.

### How can you help support theCreek?

- Pray that our work will have impact south of Fish Creek; and pray for the leadership team.
- Fill out the survey, sent by email, to help us communicate with you more effectively.
- Download theCreek app.
- Follow theCreek on Facebook, Instagram & YouTube, and share content with your own circles.







# Easter

TREASURE HUNT



LET'S GO ON A TREASURE HUNT!  
IT WILL BE SUCH FUN!  
GO TO THE PLACE WHERE  
YOU PUT YOUR SHOES  
WHEN THE DAY'S ALL DONE!



LOVE AND JOY AND EASTER WISHES  
YOUR NEXT CLUE IS HIDING  
WHERE YOU PUT YOUR DIRTY DISHES!

ANOTHER CLUE, YOU'RE DOING GREAT!  
HEAD TO WHERE YOU  
FIND YOUR JAMMIES  
WHEN IT'S GETTING LATE!



CARROTS ARE MY FAVORITE SNACK!  
SUCH A TASTY TREAT!  
HEAD TO THE PLACE WHERE YOU CAN  
GRAB A COLD CHILLED BITE TO EAT!

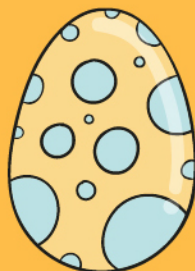


THIS TREASURE HUNT IS FUN,  
BUT IT'S NOT DONE YET!  
GO TO WHERE YOU USE THE SOAP  
AND GET YOUR HANDS ALL WET!



YOU'RE GETTING CLOSE,  
THIS CLUE IS EASY! OPEN ONE OF THESE  
FOR SOME FRESH AIR WHEN THE  
WEATHER IS WARM AND BREEZY!

YOU'RE ALMOST THERE!  
YOU'LL BE A WINNER!  
NOW, GO TO THE PLACE  
WHERE YOU SIT WHEN YOU  
EAT YOUR DINNER!



YOU'RE ALMOST DONE!  
IT'S TIME TO FIND YOUR PRIZE!  
GO TO WHERE YOU KEEP THE CAR  
FOR A BIG SURPRISE!





**Health Matters:**  
**Facts from the Nursing Team**  
**Spring cleaning your medicine cabinet and medical kit.**  
by Alice Williams

Come spring, we all get that urge to open up the windows and clean away the winter blahs, but how many of us think to clean out our medicine cabinet on a regular basis? Likely it's only when we go to get a medication and find out that it smells or has turned a funny colour; only then do we pause to look at the expiry date on the bottle. The same applies to the medical kit that sits in a cupboard or in the back of the car.



**Medicine cabinet:**

Here are some suggestions to keep your medicine cabinet tidy and up to date.

**Location:** If possible, choose a spot that does not get a lot of humidity from a bath or a shower. Ongoing humidity will expedite the medications expiry date. Keep medications in a safe place away from children. A locked tackle box is a good storage option. It is easy to move around and place on a top shelf.

**Expiry dates:** Always check the expiry date when you buy a new medication. If the medication is not opened, it will keep for a year, but if the

cap is opened, the clock starts ticking on that expiry date. The same applies to all over-the-counter drugs including natural vitamins. Do not stockpile unused medications. Pharmacists advise an annual check of all medications to ensure optimum quality. All pharmacies offer free environmentally friendly medication disposal.



**Medications in blister packs** are protected against humidity and oxygen and have the advantage of showing the actual day of the week above the individual drug, making compliance easier. Expiry date is usually two months.

**Epi Pens and Inhalers:** the expiry date is usually written on the carton and on the pen. During the Covid pandemic it is advisable to keep a 30-day supply of your daily medications on hand as well as extra Epi Pens and over-the-counter Tylenol or Advil.

**The expiration date** is the final day the manufacturer guarantees the full potency and safety of the medication.

**First aid medical kits:** Keep your kit in a clean dry location away from humidity. A small card listing the contents with purchase date removes the guess work of how long the item has been in the kit.

**Suggested medications for a well-stocked kit:** Calamine lotion, antacid, anti diarrhea medication, Benadryl, hydrocortisone cream, sunscreen, digital thermometer, Polysporin ointment, pain relievers such as acetaminophen or ibuprofen.



If you keep aspirin 81 mg tabs in your kit, use them only for an adult with unexplained chest pain OR heart attack symptoms before calling 911. Ensure that the person is not allergic to aspirin and that they are not taking blood thinners. Never give aspirin to children.



**Suggested additional items:**

Gloves, eye protection, CPR pocket/face mask, tourniquet, 2-inch rolled gauze, 4x4 gauze pads, a couple of triangular bandages and safety pins, elastic rolled bandages, medical tape, assorted size Band-aids, 2 sterile eye dressings, wound cleaning agent, scissors, and tweezers.



**Expiry dates for bandages:** Technically these have no expiry date because companies are not legally required to do so, but most bandages have a life span. Bandages with a sticky component lose their ability to cling after two years, so keep bandages unopened until needed.



**Medical devices:** Check batteries in glucometers, blood pressure machines, thermometers, and AED machines. Spring and fall when the clocks change, is a good time to check and change batteries.

Having an up-to-date well-stocked medicine cabinet and medical kit will ensure that you are prepared for any emergency if it happens.



The Bell  
Author unknown

**THE BELL  
I KNOW WHO I AM**

I am God's child (John 1:12)  
I am Christ's friend (John 15:15 )  
I am united with the Lord (1 Cor. 6:17)  
I am bought with a price (1 Cor 6:19-20)  
I am a saint (set apart for God). (Eph. 1:1)  
I am a personal witness of Christ. (Acts 1:8)  
I am the salt & light of the earth (Matt 5:13-14)  
I am a member of the body of Christ (1 Cor 12:27)  
I am free forever from condemnation ( Rom. 8: 1-2)  
I am a citizen of Heaven. I am significant (Phil 3:20)  
I am free from any charge against me (Rom. 8:31 -34)  
I am a minister of reconciliation for God (2 Cor 5:17-21)  
I have access to God through the Holy Spirit (Eph. 2:18)  
I am seated with Christ in the heavenly realms (Eph. 2:6)  
I cannot be separated from the love of God (Rom 8:35-39)  
I am established, anointed, sealed by God (2 Cor 1:21-22 )  
I am assured all things work together for good (Rom. 8:28 )  
I have been chosen and appointed to bear fruit (John 15:16 )  
I may approach God with freedom and confidence (Eph. 3: 12 )  
I can do all things through Christ who strengthens me (Phil. 4:13)  
I am the branch of the true vine, a channel of His life (John 15: 1-5)  
I am God's temple (1 Cor. 3: 16). I am complete in Christ (Col. 2: 10)  
I am hidden with Christ in God (Col. 3:3).. I have been justified (Romans 5:1)  
I am God's co-worker (1 Cor. 3:9; 2 Cor 6:1). I am God's workmanship (Eph. 2:10)  
I am confident that the good works God has begun in me will be perfected. (Phil. 1: 5)  
I have been redeemed and forgiven ( Col 1:14). I have been adopted as God's child (Eph 1:5)  
**I belong to God  
Do you know  
Who you are?**





**Returning to Worship:  
A Question of Pastoral Care  
by Rev. Dr. Geoffrey Simmins**

Have you ever gone away for a while from somewhere, or someone, then come back? It can feel strange to return. Places you know well, people you are used to seeing; they can seem suddenly unfamiliar. We might find ourselves at a loss for words and not know what to do or say. We've been subject to stresses that have made us wonder whether we would ever get back to normal; and, of course, we wonder what "normal" means anyway.

Some of us might be thinking along these lines as we start to return to in-person worship after a time away. No matter how you look at it, this pandemic has stretched and changed us, both as individuals and as a congregation. Online worship has been a good tool for us, and it will remain in our repertoire. However, now we are starting to worship again in-person. What is it going to feel like?

We might think of seeing a familiar pew or a friendly face. But then what? Are we allowed to hug any more? What's the protocol? Is this place ever going to be the same? Am I going to be OK? Is it safe?

We are following all health protocols to the letter and are dedicated to keeping everyone as safe as is humanly possible. With that in mind, here are three thoughts that we hope will ground you if you choose to return to worship in-person.

**1. We are here to worship God and to transform ourselves and the world.** Be open to the joyous experience of worship. It is a good thing to be back together. Here's a scripture to savour: "Rejoice in the Lord always; again, I will say, rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but, in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:4-7).

**2. Social connection is an essential part of worship.** It may feel a little different after so long away, but it will soon feel normal again. If you can't hug someone (just yet), then smile and wave. The more of us who come back together, the more we embrace all generations, the more healing and renewing the experience will be.

**3. Forgive. Forgive others, forgive yourself.** During the pandemic did you not make quite as many phone calls or muffins as you hoped to? Were you expecting to learn how to quilt, or brush up on your Spanish, or get an inside garden going? Even if none of that came to pass, we are called to celebrate each and every day as the gift and blessing it is.

Pastoral care means taking care of ourselves and others. Let's celebrate our caring for each other in a spirit of openness, forgiveness, and gratitude for all that has been, and all that will be again. And when in doubt, savour and repeat the words of Psalm 85:8: "I will listen for what the Lord says, for He will speak peace."

**Rev. Dr. Geoffrey Simmins is Interim Pastoral Care Minister**



## St. Andrew's History

(This is the fourth in a series of short articles highlighting significant events in the life and growth of St. Andrew's Presbyterian Church in Calgary. Ed.)

### Inter-denominational harmony in early Calgary

by Kevin MacFarlane and Flemming Nielsen

In 1913, after six years of service to the St. Andrew's Congregation in Inglewood, Rev. A Mahaffy decided to enter the law profession, and he was succeeded in May 1914 by Rev. Alexander McTaggart.

World War I was just around the corner, and McTaggart became very active in local politics. He remained in the pulpit and steered the church through some tumultuous times, during which the congregation, by a large majority vote, decided to remain Presbyterian and not enter into the newly formed United Church. McTaggart continued as pastor until December 1924, and after an almost 12-month vacancy, the post was filled by Rev. J.A.T. McLagan in November of 1925.

The United Church of Canada grew out of the union of Methodist, Presbyterian and Congregational denominations, and a United Church was established in Inglewood in 1925. At the time of the union, the Trinity Methodist congregation had joined with a number of members of St. Andrew's Presbyterian Church, who were in favour of church union, to form Cushing Memorial United Church, later renamed Trinity United Church.



Located two blocks south of St. Andrew's at 1401 – 10th Avenue SW, the building still stands and is now named Lantern Community Church.

On November 16, 1952, the Moderator of the General Assembly of The Presbyterian Church in Canada, the Very Reverend J. A. MacInnes D.D., joined the congregations of St. Andrew's Presbyterian and Trinity United Churches for a Veteran's evening service at St. Andrew's. The Rev. Ross of Trinity United cancelled his evening service, brought his congregation, the choir and their hymn books to the event. The evening was a great success, and hopes were expressed that another combined service and visit to Trinity United might soon be achieved.





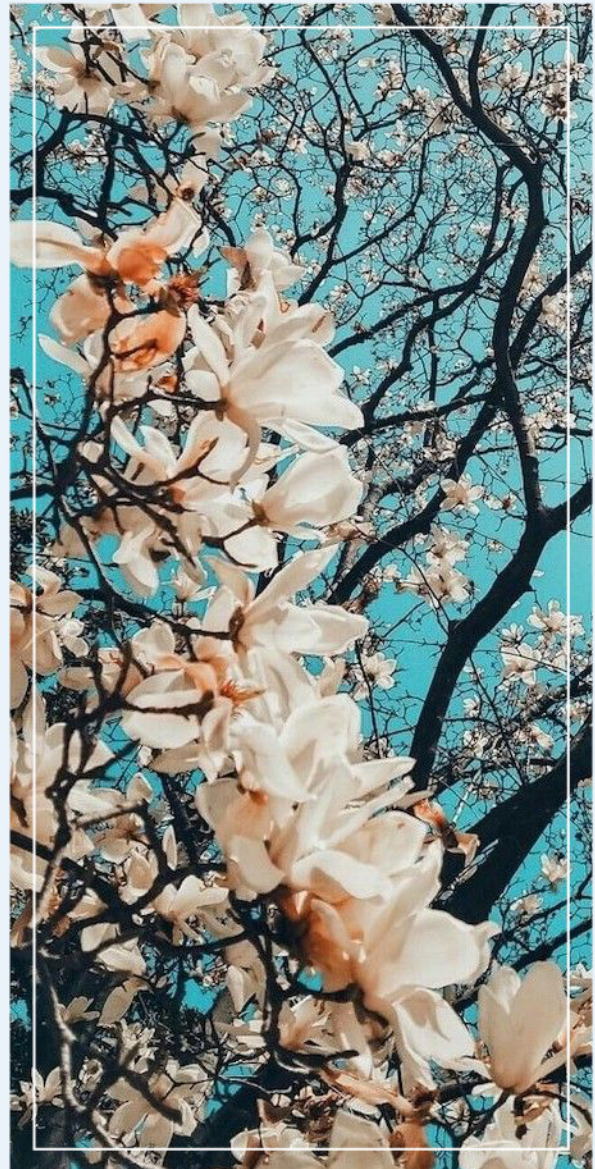
## Stewardship by Stephanie Werle

Two years ago, I was invited to attend the Stewards by Design conference. The opportunity was exciting, but I was nervous about stewardship. I felt uneasy talking about money in the context of church, but I was reminded that stewardship is more than just treasure; it includes giving our time and our talent too. I responded to the uncomfortable nudge forward and went looking for spiritual growth.

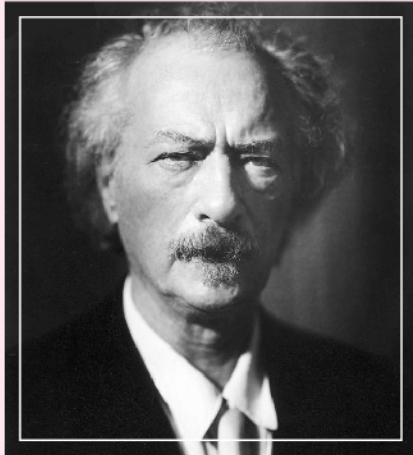
I admit I felt the financial health of our church resided with those serving on the appropriate teams. What I had not realized, is that financial stewardship is as much a part of my faith as giving of my time and talents. It requires prayer and intention. I admit that financial giving at church does feel different to me than giving to other charities, where I can research which ones are fulfilling the 80% ratio and choose the mission I want to support. In this there is no relationship with the board nor its employees. There is no discord. I simply opt to give, or I don't. With church it feels different. Here, we are a faith family and with family and money mixing together, it can feel uncomfortable when we are asked to give; or disagree with how money is being spent. The work of our church is far reaching. Our ministers equip us to be good disciples of Jesus; our building serves as a gathering place in our community; our giving supports our Youth Group, enables us to host the satellite Food Bank, to produce the Advent devotionals and provide the care packages given to frontline workers last summer. These are just a tiny sampling of the practical ways our growing generosity has an impact on our own church family, and the neighbourhood around us as we are **GROWING. LIFE. TOGETHER. WITH GOD.**

After returning from the conference, I found a number in my head and on my heart that I could not shake. I said to my husband, "I have this number that has been sitting with me for quite some time, and I think it is telling me we need to be giving this amount of money to the church."

We looked at it together and adjusted our giving in accordance with the number I had been given. It still amazes me that as soon as we did that, the number left me. The Holy Spirit was at work, knowing what we were capable of and it felt good, not because we increased our giving, but because I felt more connected to God. He knew I could help move his ministry with my small contribution, and that it would deepen my faith and my relationship with Him. I wonder if you might pray and listen for the ways God is inviting you to participate in moving his ministry today.







**Helping Hands**  
**Author unknown**

A mother, wishing to encourage her son's progress at the piano, bought tickets to a performance by the great Polish pianist Ignace Paderewski. When the evening arrived, they found their seats near the front of the concert hall and eyed the majestic Steinway waiting on the stage. Soon the mother found a friend to talk to, and the boy slipped away.

At eight o'clock, the lights in the auditorium began to dim, the spotlights came on, and only then did they notice the boy; up on the piano bench, innocently picking out "Twinkle, Twinkle Little Star." His mother gasped in shock and embarrassment but, before she could retrieve her son, the master himself appeared on the stage and quickly moved to the keyboard.

He whispered gently to the boy, "Don't quit. Keep playing." Leaning over, Paderewski reached down with his left hand and began filling in the bass part. Soon his right arm reached around the other side and improvised a delightful obligato. Together, the old master and the young novice held the crowd mesmerized with their blended and beautiful music.

Throughout our lives, we receive helping hands; some we notice, some we don't. Equally we ourselves have countless opportunities to provide helping hands. Sometimes we would like our assistance to be noticed, sometimes we don't. Little of what we all achieve is without assistance and learning from others, and what we receive we should hand out in return.

Reprinted from [The Parish Window.co/UK](http://TheParishWindow.co/UK)





## A MESSAGE FROM THE EDITOR



### CHANGE

This word has one of the longer descriptions in the dictionary and can be used in so many ways. It's a constant presence in our lives, and sometimes a source of regret. We miss the way things used to be.

It is now more than a year since Covid-19 became an influential part of our lives; normal mores of personal communication were suddenly altered, the word "bubble" took on a new meaning, and mask-wearing made it impossible to read a person's expression during conversations.

As we slowly return to worship in our church building, I wonder how the lives of our readers have been changed, how they feel about the growth of electronic media use in church affairs, and how many Covid regulations they think will become permanent as we return to a "new normal."

It is an interesting subject, and I hope you will share some of your opinions and experiences with us by writing a short letter to the editor and sending it to ConnXions. You can email me at [news@standrewscalgary.ca](mailto:news@standrewscalgary.ca); or you can send me a letter by post, addressed to **St. Andrew's Presbyterian Church, 703 Heritage Drive SW, Calgary, T2V 2W4**. Please make sure to mark the envelope "ConnXions", and include your own contact information, so I can get back to you.

If you have any questions you would like to discuss beforehand, you can call me at **587-999-5026**.

Happy Easter.

Flemming Nielsen

## GET SOCIAL WITH CONNXIONS

-  703 Heritage Drive SW T2V 2W4
-  [news@standrewscalgary.ca](mailto:news@standrewscalgary.ca)
-  403.255.0001
-  [@CalgaryStAndrews](https://www.facebook.com/CalgaryStAndrews)
-  [@CalgaryStAndrews](https://www.instagram.com/CalgaryStAndrews)
-  [standrewscalgary.ca](http://standrewscalgary.ca)

## EDITORIAL TEAM

- |                            |                  |
|----------------------------|------------------|
| Editor                     | Flemming Nielsen |
| Team Member                | Judie Coleman    |
| Team Member                | Barbara English  |
| Team Member                | Lorie Nielsen    |
| Communications Coordinator |                  |



The church building has been closed, but following the advice from Alberta Health, meeting together in limited numbers is once again appropriate.

**On March 21 we began a four-week trial period of two in-person services Sundays at 9:30 and 11:15 am. (Registration is required by Friday noon at 403-255-0001)**

**Livestream worship has been moved to 9:30 am.** Following this trial period, a re-evaluation will take place.

Please watch for email announcements from St. Andrew's in the weekly StAC LinX Newsletter.

If you do not have computer access and would like to have a copy of Sunday's sermon mailed to you, please contact the church office at **403-255-0001**