

CONNEXIONS

OCTOBER/NOVEMBER 2022



ST. ANDREW'S

GROWING. LIFE. TOGETHER. WITH GOD

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October/ November Edition

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FROM THE MINISTER'S DESK

Meandering or Straight Ahead?

A voice cries out: "In the wilderness prepare the way of the Lord; make straight in the desert a highway for our God." (Isaiah 40:3, NRSVUE).



Photo by Dan Meyers on Unsplash

What would the tracks and turns of our lives look like if we could see them through God's eyes? Would they trace a straight highway, as Isaiah describes, or would they flow like a meandering river? Most of our lives look more like a meandering river than a straight highway. Lives meander because they have to. Rocks and uneven ground sometimes block our progress. Floods and times of drought affect our pace and our flow. Given all that life throws at us, some might say, it's a miracle that we continue to flow at all.

Our lives flow on because God fills us with the urge to return to God, the source of light and life. Despite twists and turns, God remains with us. Despite times of adversity, God remains constant.

This is true for individuals as well as congregations. Sometimes, congregational life seems to flow with the force and clearness of a spring-time river in the Alberta foothills. Other times, congregational life seems less like a straight path than like an ox-bow bend.

Not now, however. We seem to be enjoying a spring-time flow in this congregation. We are tumbling and turning and flowing with new life. As we wait where the waters will carry us, let's strap on our helmets and ride the rapids.

I think of two verses of the beautiful hymn "My life flows on:"

*My life flows on in endless song;
Above earth's lamentation,
I hear the sweet, though far-off hymn
That hails a new creation*

*The peace of Christ makes fresh my heart
A fountain ever springing
For all things are mine since I am his
How can I keep from singing?*



Vase (pyxis) with a meander pattern. Mid-8th century BCE. Metropolitan Museum of Art, New York.

As we look towards the future, both personal and as a congregation, let us be hopeful that the peace of Christ will make our hearts fresh—and help us flow forward faithfully with confidence.

Rev. Geoffrey

SESSION HIGHLIGHTS FOR SEPTEMBER

The Presbytery of Calgary-Macleod has released St. Andrew's from the responsibility to conduct 'ministry south of Fish Creek', as it was directed to do by the Presbytery on 31 January 2011.

The Search Team members for the search for a Lead Minister are: Lorna Andronikou (Convenor), Inge Murray, Bill Judd, Judie Coleman, Thelma Wagner and Bart Stolee. Peter is looking to recruit 1-2 additional people.

A service of ordination for new elders will be held on Sunday, January 15, 2023 during Sunday morning worship, once the election process is completed in December.

The 9 elders who will be retiring as of January 15, 2023 are: Ed Braun, Elaine Cantlon, Bill Judd, Sheila Kirkland, Kevin MacFarlane, Hugh McFadzean, David Platt, Janet Ridsdale, and Annette Shaw. Session expressed thanks for their willingness to affect the rotation model, and for their faithful service over the years they have served our congregation (and we know they will continue to serve in many new, and continuing, ways).

We have the largest Sunday morning Adult Bible Study than we've ever had, under the leadership of Bill Judd, with 25 participants.

Session expressed joy at seeing the children back at worship, as well as seeing others who are now attending in-person worship once again. The building is 'a-buzz' again with energy and enthusiasm.

Our Side By Side program is starting to meet in person again at the end of September, continuing with an online weekly opportunity as well. They are thrilled to have had 2 people come forward to play the piano for their time of singing, and are looking for people to lead a time of devotion. If this is something you might be interested in, please contact Judie Coleman.

The Presbytery of Calgary-Macleod granted permission to St. Andrew's to commence our search for a Lead Minister.

STATE OF THE CHURCH REPORT – REV. PETER COUTTS

If you missed the update on the “State of the Church” report provided during worship September 18, below are some of the highlights from the sermon to see how St. Andrew’s is looking into our future. To think about the stewardship of the future of St. Andrew’s, some of the topics include:

- **New Direction** – focus on issues in Haysboro/Kingsland area.
- **South Calgary Focus Ends** – our Presbytery has released us from our responsibility for creating a new worshipping community in south Calgary.
- **LGBTQI+ Inclusion** – our congregation will be aligned with The Presbyterian Church in Canada on this issue.
- **Start Search for Lead Minister** – we will commence a search for a new Lead Minister.

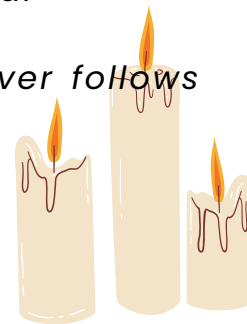


MEMORIAL CANDLE LIGHTING SERVICE – BARB KEARNES

In collaboration with the Worship Team, the Life After Loss Team is pleased to announce the return of the memorial candle lighting service in memory of loved ones. This will be offered after worship on the months when there is a 5th Sunday, commencing October 30th.

For many this is a way to give thanks for the life of a loved one, remembering them while reflecting on our own memories. Candles could also be symbols of the brevity of life or pledges of the living to brighten a dark world.

John 8:12: Jesus spoke saying, *"I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life."*



ELDER PROFILE – RHONDA WISHART

Rhonda grew up in the Maritimes and upon finishing University came west to Calgary to find work. Although Rhonda's plan was to stay one year to gain experience, she has now made Calgary her home for 40 years! Rhonda had the good fortune to enjoy two different careers at the law firm of Burnet, Duckworth & Palmer LLP, the first half as a litigation lawyer and the second half in communications. She met her husband John at the firm on her first day of work, and together they balanced busy careers while raising three wonderful daughters, who are now busy with their own careers – one in Canmore, one in Victoria and one in San Francisco. Rhonda & John are blessed with 3 grandchildren (so far) and are loving their roles as Nana and Papa as well as their role as retirees!

Rhonda started coming to St. Andrew's in 1987 and soon became engaged in a number of ways. She has been teaching church school for 33 years given her love of children, which led to membership on the Faith Formation Team. After several years service as Coordinator of the Church School, Rhonda became Convenor of the Faith Formation Team, which she currently continues. Rhonda was called to eldership over 20 years ago and in addition to serving as elder, sat on 4 different Search Teams and in the recent past convened the ReVison & Renewal Task Force and the Executive Leadership Team of Session.

Rhonda is an avid reader and runner and enjoys downhill and cross-country skiing, biking and kayaking.

While Rhonda & John now spend a lot of their time at Sylvan Lake, they continue to appreciate and stay connected with their St. Andrew's family, knowing St. Andrew's will always be their church home.



SPIRITUAL MOMENTS - JARI- LYNN ECKERT

Today I am sharing my personal journey to becoming a follower of Jesus Christ by using **The Bridge Illustration** by Navigators.

Step 1: God loves me and wants me to experience peace and life - abundant and eternal (Romans 5:1, John 3:16; 10:10).

Step 2: I realize that my wrongdoings separate me from God (Romans 3:23 & 6:23). My attempts to bridge the gap between God & I are insufficient (Proverbs 14:12 & Isaiah 59: 2).

Step 3: I need God's bridge: the cross where Jesus died and rose from the grave. He paid the penalty for my sin and bridged the gap between God and people, including me (1 Timothy 2:5, 1 Peter 3:18, Romans 5:8).

Step 4: I need to trust Jesus as my Lord and Saviour and receive Him by personal invitation.

I received Christ into my life at the tender age of 7. My mother demonstrated my life before and after asking Jesus into my heart by turning off the light and then knocking on the door which I opened, mom entered the room and turned on the light (Revelation 3:20, John 1:12, Romans 10:9). I understood! To receive Christ: I needed to admit my need. I was willing to turn from my wrongdoing. I chose to believe that Jesus died for me on the cross and rose from the grave. Through prayer, I invited Jesus Christ to come in and control my life through the Holy Spirit. I attended Church and at a young age joined Pioneer Girls Club earning every single badge. I attended a Bible class on Monday evenings and loved singing, hearing stories of Jesus, and racing to find a verse in the Bible. I memorized scripture and my mom wrote them on recipe cards and stuck them to the refrigerator.

When I was 12 years old, I walked a 25-mile marathon for Athletes in Action and collected the most money. I was small for my age, and no one thought I could do it!

I married young, right after graduating as an RN, and had 3 children by age 26 and stayed home to raise them. I returned to working as an RN as a single parent when my daughters were teens. Initially, my life was very dark during this period. After several years God drew me back into his loving arms and I have not looked back. My family relationships have been restored. I have been married for 17 years to a wonderful man with a Catholic background. The first thing we did was to find a church where we both felt we could worship together. We were married at St. Andrew's Presbyterian church and have been active members ever since. My husband really cares for my mom (my dad died 7 years ago) and is Grandpa to our grandchildren.

I sing in our church choir and in a community senior choir. I have a weekly Bible study online with my oldest daughter and we are studying the Bible with a guided study about answers to being in the LGBTQ community. Her youngest is 15 and gay. I took him out for a vintage shopping trip and then ice cream during his birthday week. I had the opportunity to talk to him about Jesus. I used the bridge illustration (as above) by explaining that we have all done wrong and are separated from our Holy God.

Jesus died for us so we can pray to ask Him into our lives. Our wrongdoing is as far as the East is from the West when we ask Jesus Christ into our life (Psalm 103: 12, Ephesians 2: 1-10). Then we will know we have eternal life and after our death, we will live forever in Heaven.

SPIRITUAL MOMENTS CON'T

As a recent retiree, I have become involved in Power2Change digital strategies. In essence, I am an online missionary and mentor to hurting people. I lead an initial small group at Church to consider online mentoring as part of our outreach program. I will be following this up to see if we can use an online format to encourage and ultimately have others join us in [Growing.LIFE.Together.With God](#). In Christ's Love



CELEBRATION OF LIFE SERVICE – BARB KEARNES

The Life after Loss team has been preparing for a Celebration of Life service, which is planned for Monday, November 28th at 7:30 PM in the sanctuary. Our music this year will be provided by two students from Ambrose University, and we look forward to having them share their talents with us.

Our guest speaker is Rev. Rick Beck, who has agreed to speak about the losses we all experience in our daily lives whether it be the death of a loved one, the pain we experience from a broken relationship, job loss/ financial insecurity, or decrease in independence due to health issues.



The title of his message will be Finding Life When It Feels Like Death.

Rev. Rick and his wife were ordained together in the Moravian theological seminary in Bethlehem, Pennsylvania, and he received his Master of Divinity in 1986.

He served 14 years in the Good Shepherd Moravian Church in Calgary, and in 2009 became certified as a spiritual director after a two year course. Since retirement, his current ministerial practice of spiritual direction is as an instructor and supervisor at the FCJ centre. Rev. Rick says his greatest joy in ministry has been music, storytelling and spiritual companioning. We are very grateful He has agreed to join us and look forward to the words of wisdom he will share.

Light refreshments to follow the service in the KE Lounge. Please plan to join us for a very informative and heartwarming time together.

HIGH SCHOOL STUDENT EMERGENCY FUND – SYLVIA SHAW ON BEHALF OF THE LADIES GUILD

A number of years ago one of our Guild members spoke at a Remembrance Day event at Henry Wise Wood High School, and on learning of the school's student emergency fund (the Fund), Guild members voted to financially support the Fund with an annual donation. The Fund supports students who are undergoing financial hardship by providing, among other things, transit tickets, lunches, expenses towards the cost of field trips and grade 12 graduation expenses. After a few years the Guild expanded this financial support to all the Calgary Public High Schools in the south of the city: Lord Beaverbrook; Centennial, and Dr. E.P. Scarlett. In 2018 Joane Cardinal-Schubert High School opened in Legacy in the deep southeast and when their first grade 12 class was inaugurated in 2020 they were added to our list of supported student emergency funds. So we're now supporting the Funds in 5 High Schools.

Each of the high schools have appreciated our support of these Funds and during the recent pandemic lock-down the principal of Lord Beaverbrook contacted us to ask if he could visit us to convey the school's appreciation, in person. At the time guild meetings were being held over Zoom so it was decided to wait until we were again meeting in person then invite him to speak at one of our meetings. This happened in May 2022. He was accompanied by the principal of Henry Wise Wood H.S. He told us his plan had been to gather all five high school principals and visit us together but due to pressure of work this was not possible.

It was a pleasure to host these two educators and learn of the impact the Funds make on students. One highlight of their presentation was the story of two students who are both enrolled in the shop program, with a goal of beginning a trade apprenticeship on graduation. Neither would have been able to enroll in the program without financial assistance provided through the Fund. It was moving to hear of the practical impact our donation was making in the life of two young people. It was apparent during their talk that both principals were surprised, and perhaps a little bewildered, that our group would undertake to financially support high school students without even being asked!

As the St. Andrew's Guild our mission continues in supporting our neighbours and spreading God's love in all sorts of ways!



WHAT DOES PRAYER LOOK LIKE? – CATHY MILLAR ON BEHALF OF THE FINANCE TEAM

One Sunday late in the spring when the building had been vacated and the parking lot was empty, Brent Harding, a member of our congregation, happened to be in the parking lot waiting for his ride to pick him up. He noticed a gentleman standing there examining our building and went over to speak with him.

What he learned was that this man was a member of the Haddon Road AA group which had been meeting for years in rented space on Haddon Rd. Recently they had discovered the building they had been using was to be sold, requiring them to look for a new home. So Brent provided the gentleman with some information and suggested he contact the church office, which he promptly did.

And the rest is history as they say! The man from AA did contact the church office and eventually a meeting took place between the AA leadership team and several individuals from St. Andrew's, including Debby Dorcas from the church office, our Interim Minister Peter Coutts, Mark Rowe representing the Facilities Team and David Townsend from the Finance Team.

Most groups wanting to rent space are looking to meet once a week or once a month, but AA was looking to meet multiple times a day, almost every day of the week. Due to the nature of the service AA offers, it is important to offer a variety of meeting times throughout the week to enable people to easily find a time to attend that suits their schedule. Therefore finding such a space can be a daunting task. And it was all the more challenging because St. Andrew's is a very busy congregation.

But where there is a will there is a way! AA was more than willing to work with us to respect our own weekly space requirements, and we were willing to accommodate their needs to the best of our ability.

Each party recognized the other was an answer to prayer – AA needed space, and not just any space, but a large, clean, welcoming space with amenities, available multiple times each day, and St. Andrew's could offer that. And AA had something to offer to St. Andrew's too --- they were offering to pay \$1300 per month rent, providing the church with solid rental income.

As we know, St. Andrew's, as many congregations are, is currently facing some financial challenges. And it is no coincidence that Brent Harding was out in that parking lot on that particular Sunday morning when the representative from AA just happened to show up! No coincidence at all!

They are calling themselves the Haddon Group, and they are one of the 3 largest AA groups in Calgary, making them also one of the largest in Western Canada. They have been in existence for 38 years and have approximately 300 members, with an average meeting size of roughly 15 people. The group is delighted to be meeting at St. Andrew's and is most grateful to our congregation for providing them with a place to pass on the gift of recovery. This is what reaching out to our community can look like.

Their Monday to Friday meetings at noon from 12:10 to 1:00 p.m., as well as their Guided Meditation Meeting Sundays at 7:00 p.m., are "open" meetings, meaning they are open to anyone who wants to see what AA is about and observe an AA meeting. There is an open invitation to drop in to one of these meetings so please feel welcome to do so. All meetings take place in the Upper Room.

We thank David Platt who has agreed to be the liaison between Haddon Group and the

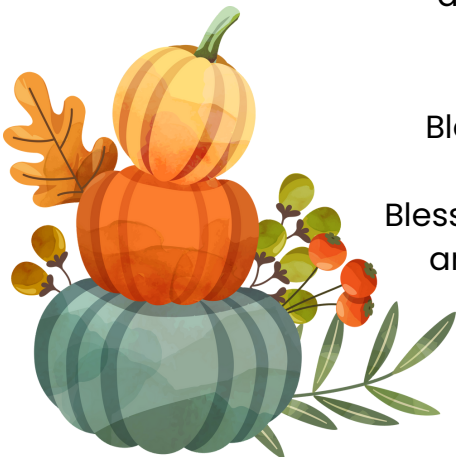
WHAT DOES PRAYER LOOK LIKE? – CONT'D

congregation. Truly, we are an answer to each other's prayers and we give thanks to God for bringing the Haddon Group and St. Andrew's together in our time of need. We wish to extend a sincere and warm welcome to our newest in-house neighbours and pray that this will be a long-lasting partnership once the 6-month trial period has passed.



THANKSGIVING PRAYER – LAUREN NOLETTE

For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything your goodness sends.
We thank you God, for creating the world
and for preserving it until now.
We thank you for the regular return of day and night,
and of the seasons, and for the dependability
of nature and of time.
We thank you for memory,
which enables us to build on the
experiences of the past;
for imagination,
which admits us to a wider world than
we could otherwise know;
and for foresight,
by which we plan for the future.
We thank you for your patience with us in our failings;
for friends and family with whom we can
celebrate our successes;
and for those closest to us who support us
in our times of need.
Bless this feast we will eat.
Bless those who have little food or friends to
comfort them in body or spirit.
Bless those who are unable to be with us this day,
and those who have gone before us in faith.
We ask this in your name
Amen



BE STILL AND KNOW, CHRISTIAN MEDITATION AT ST. ANDREW'S – SHARON & KEN BURRILL

Did you know that St. Andrew's hosts a Christian Meditation group that meets online for an hour every Monday morning, with occasional opportunities to meet at retreats with the broader community of Christian meditators in and around Calgary?

This group began in the fall of 2019 as an extension of a small prayer team that was formed that summer to support the work of STAC renewal. As the pandemic curtailed in-person meetings, we moved our gatherings to ZOOM and continued to meet weekly. With encouragement from church leadership, a six week online introduction to Christian Meditation was offered in the fall of 2020. Several new meditators have since joined the group. We continue to meet and meditate together weekly every Monday morning at 10 a.m., still on ZOOM.

The Christian Meditation group at St. Andrew's is one of many such small groups meeting as part of the Canadian and World Communities for Christian Meditation, active in more than 165 countries around the world. Several of us have taken on-line and in-person opportunities to meet, learn and meditate with other members of that community in Alberta, Canada, Britain, France, Ukraine, Poland and beyond.

Christian Meditation is a silent prayer practice that has been a part of the Christian tradition since its earliest days. Jesus taught a prayer of simplicity. He asks us to find a quiet, secluded place where we can sit as simply and honestly as we can manage, allowing our focus to shift from ourselves to God as we begin to sense His grace. (Matthew Chapter 6).

If you are interested in learning more about Christian Meditation, please contact us at skmeditates@gmail.com.

"All growth in nature is growth from the centre outwards. The centre is where we begin. And the experience of meditation is that we return to our origin, to our centre, to God. God is our source."



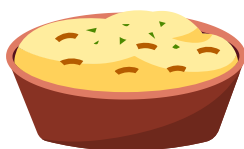
ANNUAL YULETIDE BAZAAR – THE LADIES GUILD

SAVE THE DATE!

Saturday, November 19: 10:00 am – 2:00 pm

After a two-year absence, plans are in the works for the Annual Yuletide Bazaar!

This is always a fun day for the congregation to come together and also welcome the neighbourhood to enjoy the Tearoom, Bake Table, Crafts, Candy, New to You Treasures, Books and Children's Fun Room. It is a great way to get involved and perhaps meet new people as well. Stay tuned for information on how you can get involved to make this year's event a great success.



STRATEGIES FOR BACK-TO-SCHOOL ANXIETIES – BARB KEARNES ON BEHALF OF THE WELLNESS TEAM AND CONTRIBUTIONS BY DEANNE BARRETT

As parents we are hardwired to connect with our children and that is the best way to support them when they are anxious. Although we want to take away their suffering, that is not possible. What we CAN do is provide them the support they need to do things that feel difficult to them. Bearing this in mind, we need to remember that anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school or for first timers starting kindergarten. Avoidance of school will only increase and reinforce your child's fears over the long term and make it more difficult to attend. The transition can be stressful and disruptive for the entire family! Teacher and Parent-teen relationship coach Deanne Barrett says, "It's important to remember one key message, I know it's hard, AND I know you can do it."

Stresses for children returning to school could be focused on the pressures of academic and athletic achievement, changing friendships / relationships, challenges navigating social media, finding a balance of commitments all while still growing and discovering/developing their own identities. Children with anxiety may appear more clingy than usual, be restless and fidgety, complain of stomach aches, display changes in eating and sleeping habits, express negative thoughts or worries, get upset or angry more quickly, have bouts of unexplained crying, struggle to concentrate.

SOME GENERAL STRATEGIES FOR BACK-TO-SCHOOL WORRIES LOOK AFTER THE BASICS

Nobody copes well if they are tired or hungry. Provide frequent nutritious snacks and build in regular routines so that life is

more predictable. These routines can involve the morning and bedtime habits as well as eating schedules. Plan the morning by suggesting the child choose and set aside their clothes at bedtime. Breakfast could also be planned and backpack organized.

For first timers it may be helpful to walk or drive the route before the first day to establish some familiarity. Some schools may offer an orientation for kids as well as parents. Helping your child understand what to expect will go a long way in easing any jitters or anxiety.

ENCOURAGE YOUR CHILDREN TO SHARE THEIR FEARS

Some children feel more comfortable in a private space with your undivided attention such as at night before bed or during mealtime. Teens often welcome some sort of distraction to cut the intensity of their worries (such as while driving or taking a walk). These moments may be an opportunity to include a short prayer of thankfulness and intercession to God for His presence and watchfulness.

AVOID GIVING REASSURANCE. INSTEAD, PROBLEM SOLVE AND PLAN

Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with "Don't worry. Everything will be fine." When your children share their fears and worries, it's important to acknowledge and name their emotions by saying something like, "That sounds frustrating..." or "I can hear that you're worried about..." This is a powerful step to help our children feel seen and heard, and to acknowledge that their emotions are real and powerful, AND something we can work with. Encourage your children to think of ways they can solve their problems.

STRATEGIES FOR BACK-TO-SCHOOL ANXIETIES CONT'D

EXAMPLE... BULLYING

Typical bullying symptoms may include physical complaints such as tummy aches as well as worries and fears. "A child may not want to go to school" says Steven Pastymak, Ph.D., Division Chief of Psychology at children's hospital in Grand Rapids MI. A normal defense is to avoid or withdraw from things that are causing stress. Deanne Barrett tells us that, "in the case of handling a school bully, students need support to be able to handle that sometimes-daily situation.

For parents, knowing that their child is being bullied can lead to feelings of anger, frustration, and hopelessness. It can feel like there's nothing you can do to help- but you can! Know that your commitment to connecting in positive ways with your child, and in working with them to understand their emotions, and supporting them with coping strategies, you are showing your child that you love and care for them, and that you are working with them to handle the problems in their life."

Sometimes role playing a certain situation can help them make a plan and feel more confident. For example, let your child play the part of a demanding teacher or bullying classmate. Then model appropriate responses and coping techniques to help them calm down. These could be simple and direct but not antagonistic such as: "No thanks", & "I need some space right now" or "I don't think so" and walk away. Reminding children at any age that it's always ok to ask for time and space. Deanne Barrett adds, "Another important aspect of supporting children who are being bullied is working with classroom teachers and school administrators. Leaders at your child's school need to know what your child is experiencing, and it is their

duty to work with the children within their care so that everyone in the room feels safe and respected. It is helpful for classroom teachers to know that you are working with your child on positive ways to respond to bullying behaviour. Skilled teachers can also work with your child so that they have the time and space they need to handle the dynamics of the classroom."

Pay attention to your own behaviour. It can be anxiety-provoking for parents to hand over the care and responsibility of their child to a teacher but remember that you are a team of adults who are there to support your child. Children take cues from their parents so the more confidence and comfort you can model the more your child will understand. Keep an open line of communication checking in with them frequently about how things are going emphasizing that their safety and well-being are important, and they should always talk to an adult about any problem, even small ones. Sometimes talking with a friend or support person in a child's life such as the leaders in the Faith Formation team and the youth group at St. Andrew's can be a very valuable and reliable resource. We are so thankful for such strong leadership in our midst!!

References:

- <https://simplycounselling services.com>
- A Parent's Guide in How to Deal with Bullies (Stacey Colino and Laura Broadwell)
- <https://www.anxietycanada.com>
- Deanne Barrett <https://radiantmom.ca>



FAITH FORMATION UPDATE

Our church school space has been filled with a contagious joy this past month. It has been so wonderful to see so many children back in worship. We have been so excited to see the faces of the children we have missed so much ~ and to hear their laughter and excited voices once again.

The Faith Formation Team provides support for the following classes:

- Kingdom Kids (age 3 to grade 5) - meets every Sunday
- Up-High (grades 6-9) - meets the third Sunday of every month



The Faith Formation Team is delighted to announce the names of the two recipients of a St. Andrew's Youth Scholarship in 2022, Tristan Payne and Kamsi Chukwu. Both Tristan and Kamsi demonstrated academic success in high school, have been involved in programs and volunteering at St. Andrew's and have shown interest in serving in their broader communities. Tristan started at the University of Calgary in September, where he is studying physics and Kamsi commenced studies at the University of Alberta in the Computing Science program. We are proud of these young men and know the congregation joins us in congratulating them and wishing them well in their studies. And thanks to the Ladies Guild for their support of this valuable resource for our students!

We're asking our church school children what qualities they want to see in our new minister. What qualities do YOU want to see? We are asking our church school children to let us know what qualities they would like to see in a new Minister at St. Andrew's - we would love to hear from YOU as well! You will find a worksheet by on the following page. If you feel called to provide us with feedback, please take a few moments of your day - we would love to hear from as much of the congregation as possible.

NAME (Optional): _____

Write or draw about your ideas and submit them to the office at: office@standrewscalgary.ca
In order to help me **Grow.LIFE.Together.With God**, I would like the new Minister(s) to be:



This will help me become a disciple who loves like Jesus!



THANK YOU FROM KATHLEEN TOMIE

On behalf of my family I am extending loving and sincere thanks for all of the cards, notes and expressions of sympathy I received after the passing of my wonderful mother Betty Burtch on June 28th.

Mom enjoyed her time at St. Andrew's, attending services and volunteering at the Side By Side program.

She knew that this congregation was indeed a great church family to belong to.



THANK YOU FROM JANET RIDSDALE



Hello dear St Andrew's friends,
Thank you so much for the delicious meals,
help with unpacking and prayers.
Much appreciated. God bless



REMEMBRANCE DAY



**They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.
Lest We Forget.**

We thank all service members, past, present and future for their sacrifices and selflessness.

PRAYERS WITH POPPIES – HELPING OUR YOUNG ONES UNDERSTAND

Anyone can be involved in prayers for remembering, whether in church or at home. All you need for this simple prayer is a poppy each.

Look at your poppy. Poppies are bright and cheerful flowers: give thanks to God for the lives of those who have died in war, remembering all the joy they brought to families and friends, and all the good things they did for their home and their country.

Then look at the red petals: red reminds us of danger and harm. Ask God to be close to those who are still facing danger each day, to give courage to the armed forces, and compassion to all who help others.

Place your whole hand over the poppy: poppies are also fragile and need to be handled gently. God cares for those who are hurting and those who are sad. Ask God to comfort all who are grieving the loss of someone they love.

Finally place a finger on the centre of the poppy: ask God to help you play your part in working for peace in the world.

*Prayers with Poppies from a Church of England service that she brought back from her trip to England 3 years ago by Lauren Nolette





COVID-19 TASK FORCE REPORT: MARK ROWE, CONVENOR



The COVID-19 Task Force was formed to provide guidance to St. Andrew's during COVID-19. The congregation has been following safe COVID-19 practices which have allowed our most vulnerable members to safely worship with us. The province has relaxed its COVID-19 restrictions, and the Calgary COVID-19 count has dropped but COVID-19 is still with us.

To maintain a COVID-19 safe place for worship, we suggest the following:

- If you are not feeling well, please follow AHS protocols and do not come to church
- The use of hand sanitizer is encouraged upon entry into the church
- Masking is not required at worship, but feel free to wear one if that is more comfortable for you
- Vaccination is strongly encouraged but not required

It is our desire to create a welcoming environment that is helpful and encouraging for all. In this small way, we express Christ's care. Thank you!



St. Andrew's Presbyterian Church
703 Heritage Drive SW
Calgary, AB T2V 2W4
(403) 255-0001

ConnXions@standrewscalgary.ca

EDITORIAL TEAM:

Coordinator: Lorna Andronikou
Team Member: Judie Coleman
Team Member: Barb English
Team Member: Lauren Nolette

DEADLINE: Article submissions for our next issue:
Tuesday, November 15, 2022