



CONNEXIONS

AUGUST/SEPTEMBER EDITION
2023



ST. ANDREW'S

GROWING. LIFE. TOGETHER. WITH GOD

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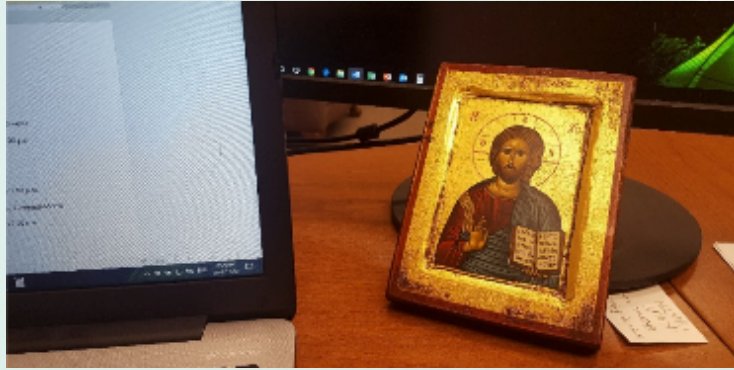
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DEADLINE FOR ARTICLE SUBMISSIONS FOR NEXT ISSUE: Friday, September 15th
(the deadline for issues moving forward will be moved up to the 5th of every other month)

A Letter from the Minister - Rev. Peter Coutts

Paying Attention



Every year I tell myself once again that summer is a slower time.....and every year I learn again (though it seems I never retain the learning) that summer is just as busy. Just a different kind of busy. I'm guessing it's the same for many of you.

In the midst of the busy-ness, how do you help yourself remember the presence of God? What do you do each day to be mindful of God's presence in your life? One thing I do is keep at hand a small Greek Orthodox icon that represents Jesus. It often leans up against my computer monitor so my eyesight regularly falls upon it. I tell people that "my boss is always supervising me," but it is more than that. It helps remind me that all I do is under his care....all I do is for his glory....that all I do is to align with Christ's mission in the world. It's a small thing but it works for me. What works for you....?

As part of my physio work, to get my ankle back in working order, I'm now walking in Fish Creek Park. I have never in my life focused so hard on monitoring and managing the movement of a foot while walking! But with my attention focused on how I walk, I'm not being that mindful of the environment of the park I'm passing through.

Some time ago I read that you can discover what's important to you by observing what you pay attention to. What kind of thoughts does your mind dwell on? What issues in life are first priority for you? At the end of the day, what kinds of activities did you give your time to? Then ask yourself, "Are these things really what's important to me?" Returning to my two stories above, focusing on my work and my physio are important, but in making those things a priority am I squeezing out other aspects of life that I should be attentive to?

And that brings me back to being mindful of God. Did God feature in the answers to those three questions above? As I reflect on those questions from a faith perspective, I'm embarrassed to say God didn't feature as much as I'd like. That prompts the questions for me, "So what am I paying attention to? How do I up my attentiveness to God?"

Summer is a different kind of busy, but perhaps there is room in your summer pace to do some of this kind of reflection work. After all, wouldn't it be meaningful to sense God more often in the corners of our lives, to find ourselves being more attentive to our faith, and notice that we are spending more time consciously in God's service?

Session Highlights

Debby Dorcas, Clerk of Session

- In an effort to help 'lessen the load' for our Interim Moderator, and to reduce the amount of money we spend on pulpit supply, Session passed a motion that they, along with members of the congregation, be responsible for 3 worship services between now and the end of the year. The first service that members of the congregation will be leading is August 20th. The second will be in the fall, and a potential third service will be an intergenerational musical focusing on Christmas. We know the congregation will support those who will be stepping up to take on leadership roles in these services. We are grateful for their willingness to serve in this way.
- On September 20th, the Mission Team will be starting a new initiative called "The Edge", an after-school drop in time here at St. Andrew's for students ages 12 - 16, where they can chill or get homework done! (see page 9-10 for further details).
- There has been a team of people working hard this summer to make improvements to our downstairs Kitchen (off Trinity Hall). We are appreciative of all the volunteer labour that has gone into this project.
- This fall you will hear more about bequests that St. Andrew's has been blessed with, as people have named St. Andrew's as one of the beneficiaries in their estates.
- As of mid-August, Lynn Judd will be St. Andrew's Presbytery Representative. Audrey Cole will be our Alternate Representative.
- Starting in September, the Faith Formation Team will be phasing out the adult library in the Karl English Lounge. Stay tuned for details on how this will happen.

Pulpit Supply

Bart Dailley

Bart Dailley was born in Toronto in 1943. He pursued a career in radio sports and worked in Toronto, Montreal and at CHQR and CKMX in Calgary.

He was the original play-by-play broadcaster for the Calgary Flames and the Calgary Cannons. After leaving the broadcasting industry he sold office equipment, radio advertising and real estate.

In 1981 at the Billy Graham Crusade at McMahon Stadium, he decided to spend the rest of his life serving God. He has been the Chaplain at Trinity Lodge for 36 years. In the 1980s he started the 'Joy to the World' Christmas program which involved 5 churches including St. Andrew's.

Bart has been married to Barbara for 52 years, they have 3 children and 5 grandchildren.



Elder Profile

Inge Murray

Inge grew up in South Africa. Her parents were from the Netherlands, and her family was part of a Dutch church community in South Africa. After her marriage to Craig, the couple began to attend a Presbyterian church in South Africa, and their children, Carl and Shona were baptized in St. James Presbyterian church.

The family came to Canada in August, 1999, when the children were 4 and 5 years old. They arrived with 6 suitcases and their cat, and spent their first night on mattresses on the floor of their rental home at the old Currie Barracks. It was a time of significant change, including adjustment to a new country, a new culture, and a new weather pattern. The first focus was to find schools for Carl and Shona and jobs for Inge and Craig.

St. Andrew's is blessed that the family was led to our congregation. The steps in that journey are best related in Inge's own words:

When Craig came on a "look see" trip in 1998, a year before we immigrated, he was walking from Heritage station to an appointment on Elbow Drive. He walked past St. Andrew's and stopped in, and was warmly greeted by Karl English. When we arrived in Canada a year later, we soon found our home at St. Andrew's, where we were welcomed with such love and care. It wasn't long before I was asked to lead a church school class; this was new territory, and I felt very much out of my depth. But God put people in place to mentor me, and the CE Team became a place where I could grow in my understanding of a faith community. I started to rely on God's plan and strength, and through those days when I didn't feel I had anything to give, God gave with abundance. It is not I, but the Christ that lives in me. It humbled me to know that God is so BIG.

As we started settling into our new life, God was calling me out of my comfort zone, and to be involved in many activities of the church.

Inge was ordained as an elder on October 24, 2010. She has been on the Faith Formation team since the early years, co-ordinating the work of the church school. Most importantly, she ensures that the children feel cared for and an important part of the church family. She brings her expertise from working in the school system to her involvement at St. Andrew's. Inge has also been on the Districts Team for the past 8 years, under the Ministries of Care umbrella.

During her time at St. Andrew's, some enjoyable and meaningful events stand out: retreats and "big think" times, like crafting Mission and Vision statements; outdoor worship on camping weekends; Easter morning sunrise service; the pastoral element in quieter ministries like the meal train; watching her children grow in their faith through faith mentors.

The Source of Inge's faithful ministry can be summed up in her own words: *God keeps nudging, and when I hear that still small voice, I know I will be able to do it, not because of me, but because He makes it possible.*



Permission Granted to be Real Grievers and Supporters

"They walk among you every day.

The silent grievers.

It's easy to miss them for they've learned how to mask their true pain.

You may think you are supporting them when you ask "How are you doing?"

But mostly they tell you what you want to hear:

"I'm doing ok."

"Hanging in there."

"I'm taking it one day at a time."

But if they had permission to be honest they'd probably tell you truth:

"Sometimes I feel like I can't breathe under the weight of all this grief."

"I don't understand how the world can just keep moving on."

"I feel completely alone."

You nod your head in sympathy and say "Let me know if you need anything."

And again they tell you what you want to hear:

"Ok. Thanks."

"That's so kind. Thank you."

"I will."

But if they had permission to be honest they'd probably tell you truth:

"I promise you I won't let you know if I need anything."

"It's all I can do to put one foot in front of the other. I don't know what I need. I don't have the energy to reach out. So, I won't.

"There's no way I will. I don't want to seem weak."

Maybe you give them a hug and you whisper "I wish I could make it better for you" before you walk away.

And they smile and whisper back what you want to hear:

"Thank you."

"That means a lot."

"I appreciate you."

But if they had permission to be honest they'd probably tell you truth:

"No one can make it better but you could sit with me in my messy grief for a while longer."

"I don't want someone to make it better. I want someone to let me talk about how much it really hurts."

"Then please reach out more. Talk about my loved one. Support me even when I can't ask for it."



Permission Granted to be Real Grievers and Supporters Cont'd

And later that night you think about them as you capture a quiet still moment in your evening
and your heart aches because you know they are struggling.

You hope they know how much you truly care about them.
You pick up your phone and think about reaching out to them.

But then you doubt yourself.
You don't want to make them feel worse.

You don't want to remind them of their pain if they are having a good night.

You don't really know what to say.

And so you put down your phone and trust that they will reach out to you if they need you.

But they probably won't.

Because we don't give them enough permission to be real with their grief.

And so they continue to walk among us.

Grieving.

In silence."

~ Written by Jenni Brennan~

Used with permission

<https://www.facebook.com/changingperspectiveswithjennibrennan/>



If you are traveling life on a grief journey, join with us as we walk your journey with you forward
to hope, healing & joy. Registration is open now for our next GriefShare group beginning
Tuesday, September 5 and running through to November 28.

Register for our group

www.griefshare.org/findagroup

Type in your postal code

Select or search: St. Andrew's Presbyterian Church

Or register by contacting Alice Williams or Judie Coleman: pastoralcare@standrewscalgary.ca.



Spiritual Moments

Margaret Mehrer

I would like to tell you about a flight I had from South Korea. Why South Korea you might wonder? Well, my daughter Melanie teaches English at a Canadian school in Seoul and has for the past 20 years. The last time that I visited her was 14 years ago when her twins were born. It's always difficult to leave as I never know when I will see her again, so I was more than a little sad on the flight home.

However, the Lord sent a message to me in the form of a young man who sat beside me on that flight. He mentioned that it was his first flight ever, and his first time to leave Korea. We continued to talk, mostly small talk about my children, my family, about Melanie. Then he totally surprised me, when he asked me if I was a Christian. I said, "Yes I am." He said, "Me too." He then told me that he was the only Christian in his family as they were all Buddhists. I was astonished! I asked him how he was led to the Lord, and he told me that it was his English teacher, who made it possible for him. He said that he was a Presbyterian, and that he was going to the Vancouver School of Theology to become a minister. Again, I was astonished. Just before we landed in Vancouver, we held hands, and we prayed the Lord's Prayer.

He never knew how much his presence meant to me, but I knew that the Lord was flying with us that day. I often think of that young man; and pray that the Lord has guided him as he began a new chapter in his life.



Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation;
but deliver us from the evil one.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

The Edge

Judy McKearney on behalf of the Mission Team

God calls us to mission, to reach out in his name with love, and to use our talents and spiritual gifts to help others. Initial conversations a year ago with the Mission Team has led to what we believe is a God-directed mission opportunity.

The Edge, I believe, is such a program. This important outreach project has the opportunity to make a difference in the lives of young people. Affirming their confidence and worth during what can be a difficult time in their lives affords them the opportunity of growing into strong, self-assured adults. We give so little, but we receive back ten-fold.

Earlier this year I met with Bev Chambers from Westminster Presbyterian Church to learn about their after-school program, "The Edge." Several years ago this congregation partnered with Foothills Alliance to offer such a program to youth in their area. After our worthwhile discussion, I felt supported and encouraged to pursue a similar program at St. Andrew's.

I then contacted and met with Jane Wachowich, who was the worthy recipient of last year's "Citizen of the Year" for Youth Advocacy. I arranged a tour of her incredible Youth Centre in Ogden with Audrey Cole. Jane is a wealth of information and has become a valued friend. This remarkable woman is in our corner cheering us on.

I am humbled with those that share this passion, and the support given by our church family. We have a very talented sub-group of 8 who have stepped forward in faith and offered their valuable assistance. Personally, having Rev Peter Coutts on board to help guide us with the steps required to undertake this program has been a true Godsend!

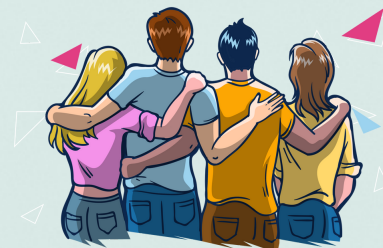
He has already arranged "The Edge" to be included on St. Andrew's website (including contact info) and designed an attractive ad to help spread the word.

Our group has met on a regular basis. Recently, while having a discussion regarding choosing a name for our program, I decided to follow up with Bev Chambers. I asked permission to use the name they had used. She responded "With Their Blessings!" The Edge at St. Andrew's was born.

As we move closer to our launch date of Wednesday September 20th the momentum and excitement is growing. We are hoping to arrange a roster of volunteers for this program, much like the well-organized volunteer list for the Food Bank Depot. We don't want to burn anyone out! If you are interested in becoming involved we would welcome you with open arms to join us on this journey.

As a participant of "The Edge," this is what activities each boy and girl should experience:

- Welcome and nutritious snack upon arrival
- Name Tags/Lanyards for each person
- An icebreaker and creating a time to get to know each other



The Edge - Cont'd



Highlight guidelines for participation:

- A Homework Corner - Kya McLeod and Lauren Cantlon have offered their services
- An Art Station - materials available to create whatever they may wish
- Gaming Station- Nintendo Switch will be available which will allow up to 4 people
- Computer Work Station - a couple of Laptop's will be available - restricting adult content
- Board Games - a variety of games will be available
- Listening Bench - leaders will be available if a boy or girl wishes to share
- Reading Corner - those seeking a quiet space

We feel we have planned a variety of fun activities suitable for the ages of 12 - 16 years. We want those youth participating to bring forth their own ideas. It is after all their program, and we will embrace their input.

It can be important to have a safe place to gather after school, perhaps just to chill and wind down after a full school day. This is not a religious program. I believe strongly that people are brought to faith often by actions.

God's Blessings



Thank you, God, for the pleasures of summer, the bright sunny days and perfect moonlit evenings,
the smells of mowed grass and air thick with rain.

Thank you for days at the lake
and evenings chasing fireflies, for vacations and festivals, picnics and cookouts,
baseball and concerts and swimsuits and popsicles.

Thank you for the fireworks of thunderstorms, for watermelon sweetness, for summer's pace and
summer's grace, for all your beauty and power, faithfulness and fecundity displayed in summer.

Lord, please bless all our teachers, friends and students as they make their way back to their
classrooms for another year.

Help them to feel excitement and joy in the promise of a new start.

Give them everything they need to start their classes.

Give them all they need all year.

Please keep the students and teachers safe this year.

Let the students be excited about this wonderful world and all there is to learn about it.

Help them to be interested in each other, for there's a wealth to learn about and from each other,
and this is true for teachers and parents as well.

Give the parents willing hearts, both to help in the classroom if they can, and certainly to be involved
in their children's homework and in their stories as the year goes on.

Let this be a truly wonderful year for everyone involved in education.

Let everyone feel, at the end of the year, that they learned all they could and gave the best they had.

Amen

Portraits of long-time St. Andrew's Congregants: Alison and Ron Horwood

Alison Horwood (nee Kempt) was born in Calgary General Hospital and lived in the community of Inglewood. She was baptized at Trinity Methodist Church (later Trinity United) by a Rev. McKinnon. Her father was a Presbyterian in Scotland and he would not attend Trinity, so the family transferred to St. Andrew's Presbyterian Church. Alison remembers her brother getting into trouble with the son of the minister at St. Andrew's, Rev. Robert J. Burton. The two of them used their collection to buy candy instead of giving it to the church. As a result, Alison's mother kept her brother home. Fortunately, 5-year-old Alison was still allowed to go, and has attended St. Andrew's Calgary ever since!

Every year in September, the Presbyterian Church Sunday Schools in Calgary held a church rally. St. Andrew's won the banner in 1943 for having the most attending the rally, which was held that year at Grace Presbyterian Church. There is a picture of it in the church. Alison is the little girl in it. By that time Alison's brother was allowed to attend again and take her to Sunday School. Her mother did not know that the Sunday School class was going to Grace Church by streetcar, or she would have kept her home.

As Alison grew in her faith, she enjoyed the "Young Peoples" group at the church, even more so after a fellow named Ron Horwood attended. A friend that Ron worked with at the CPR brought him to a meeting. Soon Alison and Ron took an interest in each other, and were married at St. Andrew's in Inglewood on March 22, 1958 by Rev. John MacLeod. Ron had joined the Calgary Transit System (CTS at the time) and started their training program at the same time as he and Alison wed. Alison supported the church by typing the weekly Sunday Bulletin on a stencil each week, and running it off on the church duplicating machine every Saturday for a few years. She also taught Sunday School and was in the choir. Bill Hadden was the organist and every Sunday evening they had a sing-song after the service.

Some believe that Ron and Alison were the last couple to be married in the old Inglewood sanctuary of St. Andrew's, but Alison remembers two couples who were married there in 1960. Alison commenced work at Western Leaseholds in 1959, and retired as a payroll clerk in 1962 from its successor Canadian Fina. At that time, they would not employ women with children. In May 1962, the Horwoods adopted Don, and in December 1963, Brenda. Kathy was born in 1965. Faith and family became Alison's focus.

A lot of hard feelings were caused by closing the Inglewood sanctuary in 1962 and moving it to Haysboro. Alison's parents, longtime Inglewood residents, were unhappy about the move and were sent back their membership without them asking for it. They never joined another church, but Rev. John MacLeod, who had conducted the Horwood wedding, officiated at both of their funerals.

Ron was on shift work with Calgary Transit, so every Sunday Alison would take their three children to Sunday School at the new Haysboro location. Mothers would take their turns in the nursery, so Alison spent six years doing her turn in the nursery as the three Horwood children were only a few years apart.

Portraits Cont'd

Ron's faith has always been strong, and he was able to attend more regularly as he moved from a driver position to a supervisor at Calgary Transit. As a youth, Ron attended Crescent Heights Baptist Church with his grandfather. His other grandparents were Salvation Army and his grandfather played in the Salvation Army band. In 1974, Rev. Kingsley King asked Ron to be an elder. Ron always visited his members when giving out communion cards. Since his retirement from Calgary Transit in 1993, Ron has been very involved with Heritage Seniors. They are always looking for new members. They are a friendly group who meet on Monday & Thursday, participating in carpet bowling and professionally led exercise.

The following are some interesting highlights about Alison and Ron's children:

- Don attended Boys Bridge at St. Andrew's until 1979 when he was eighteen years old. Paul Elliott was his leader. He and his partner Lori Gibson live in Strathmore, AB.
- Brenda and Kathy danced at the Burns Supper for thirteen years. Kathy was just five when she started.
- Kathy lives in Port Moody, B.C. and has just retired from her dental practice in Port Coquitlam. She is married to Kevin Chu and they have a son Issac.
- Brenda and her husband Graham Lays live at Blind Bay, B.C. in the summer and in the US for winter.
- Brenda's daughter Elizabeth lives in Victoria, B.C. She has a daughter Juniper who is 18 months and a going concern. They come to visit Alison and Ron, a delight for the Great- Grandparents!

Watch for more articles on other folks who share a long history at St. Andrew's, Calgary. If you wish to suggest someone we should interview, please contact the office.



A photo of Alison Horwood.

(This photo is now on display on the south wall of the nursery hallway.)



Alison & Ron Horwood.

Youth Group Fun!

Lauren Nolette



Our year-end party was a huge night of fun! We had themed snacks and watched the wonderfully magical Harry Potter and the Philosopher's Stone!

We will kick off our school year this fall with a Bottle Drive Extravaganza on Friday, September 29th! There will be treats. There will be games. There will be bottles. Bring your friends, one and all! Grade 6 & up! We will be starting the night at 7pm!

To our congregation, we appreciate your support always! Thank you now in advance for your generous contribution of bottles and cans to support our youth ministry here at St. Andrew's.

To our youth group, it has been a pleasure having you join us again this year! Matt and I are so thrilled you choose to spend your Friday nights with us! We can't wait for another year of fun!

Building Improvements

Don Koch on behalf of the Facilities Team

In order for it to remain a safe, secure, and an attractive place for worship, our St. Andrew's building demands continual attention. The original building occupied by the Sanctuary dates from 1962, the Karl English lounge and Nursery addition were constructed in 1982, and the main entrance, church office, Inner Hall, and Upper Room were completed in 2004. It is incumbent upon each of us to care for and maintain the building, both to honour past members of our congregation, and also as a legacy for future congregants. We have embarked on a number of upgrades, renovations, and facelifts around the building this year to keep the St. Andrew's facility looking its best. We are very grateful for private donations, for Legacy funds, and for donations from the Ladies Guild which have made possible each of the following improvements:



Kitchen Upgrade

Under the very able management of Tom McIntyre, the kitchen has been renovated. Improvements include new LED lighting, new countertops, and a stainless-steel island. The walls and ceiling fixtures have been brightened by repainting, and drawer facings refinished. New wall tiles, and under-the-counter lighting have been added. Watch for a more detailed article published about this attractive facelift.

Foyer Facelift

The foyer and centre section of St. Andrew's building date from 2004. As the part of our building which most visitors first encounter when they come for worship, it was considered important to spruce it up. This summer the entire foyer is being repainted, following which the current foyer carpeting is being replaced by carpet tiles. The southwest stairwell and smaller foyer by the back door is also being repainted.



New Windows in Karl English Lounge and Nursery

The current wood frame windows in the Karl English Lounge and in the Nursery are 41 years old and have reached their end of life. We have contracted with a local company to fabricate and install new vinyl framed windows in both locations. We expect the new windows will be much more energy efficient.

Installation is scheduled for late September.

Double Ramp Doors

We have completed replacement of the heavy metal double doors on the ramp leading into Trinity Hall. The new doors provide better security and have better weather stripping, which will minimize heat loss during winter months.

Faith Formation Team Update

Our post-Covid Nursery is back to full service with Nursery staff Lilwen Henrichsen and Lauren Cantlon sharing nursery duties. Please visit the Nursery to meet these warm and engaging young ladies eager to look after our congregation's littlest ones.

Church School wrapped up another eventful season in June - ice cream at closing is a well-honoured tradition — and church school will resume on Sept. 10, 2023.

We are blessed with returning church school leaders to lead our age 3 to Grade 5 children every Sunday morning at 10 a.m. and to lead our junior high aged youth on the third Sunday of every month.

Youth Group will be returning this fall under the capable leadership of Lauren and Matt, kicking off their season with a bottle drive on Sept. 29 — see LinX for updates.

The spring brought celebrations for graduating Grade 6 students — Josh Barrett, Willa Boehm, Elizabeth Hume and Mason Black and for Grade 12 students - Calysta Payne, Kia MacLeod and Marcus Thornborough. Calysta plans to study in the General Studies program at U of C in the fall, Kia will upgrade some courses for her subsequent application to architectural engineering and Marcus plans to pursue his interest in autobody mechanics. We are delighted to announce our St. Andrew's 2023 Youth Scholarship winner, Calysta Payne.

we look forward to seeing everyone back in our regular programs in September!



Faith Formation Team Update - Cont'd

Annual Family Camping Trip

Calling all campers and day trippers! Our next Family Camping adventure is booked!

We hope you will join us August 25-27 at Elk Flats Group Camp in Bow Valley Provincial Park. You will need a Kananaskis Park Pass to camp or join us for the day.

Saturday we will plan an easy group hike nearby and Sunday morning we will join together in worship before packing up for home.

Reserve your camping spot with Craig Murray by emailing murraycraigjohn@gmail.com. There is a cost per family to camp (stay tuned), but it does include firewood for the weekend.

We love to have people join us for the day either Saturday and/or Sunday. Please also RSVP to Craig so we know to expect you.

Please note, everyone is responsible for their own food and drink, so plan your favourite picnic or meals for the weekend.

The Annual Family Camping weekend is always memorable and a great time together! We hope you can join us!

Craig, Inge, Lucy, Stephanie

