



CONNXIONS

October/November 2023



ST. ANDREW'S

GROWING. LIFE. TOGETHER. WITH GOD



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Session Highlights - Debby Dorcas

Session Update - September 2023

- LOTS of work was completed this summer in the kitchen (renos on the cupboards and countertops), the foyer (new carpeting and paint), and the back door stairwell (paint). Our thanks to ALL THOSE who helped in any way with the renos!!
- Plans are in place for our new outreach program The Edge. For more info on this initiative, visit our website.
- We are making headway with an Indigenous event next year - stay tuned!
- The Search Team are in the midst of interviews.
- Upcoming events at St. Andrew's: Presbytery Visitation and Fire Drill

SAVE THE DATE

The Ladies Guild would like to remind you to save the date for the annual Christmas Bazaar and bake sale.

Saturday, November 18, 2023

10:00 a.m. to 2:00 p.m.

St. Andrew's Presbyterian Church

We hope you can join us!

Elder Profile - Mark Rowe

Mark grew up as a Methodist in a small town near Houston, Texas. The family home was about $\frac{1}{4}$ of a mile from the Methodist church, and it was an easy walk to the church that he made many times. Mark's parents were very active in the church. Mark's minister in high school and his university chaplain provided needed guidance that kept him connected to the church.

As a new graduate engineer, Mark went to Saudi Arabia for two years. This experience led him to a transfer as an engineer working on a gas plant project in Rocky Mountain House for ten months. A transfer to Calgary gave Mark the chance to meet his wife, Joan. Taking a major gamble, he quit his job with his US employer and went to work in Calgary. Joan and Mark were married in 1982. In 1984 they moved to New Jersey where Mark was working. When the assignment finished, they had an option of going to Houston or coming back to Calgary. Calgary has been home for forty years where they raised their three children: Lindsay, Tim, and Paul. In 1986, with oil prices collapsing, Mark changed jobs. He spent the next 31 years with the City of Calgary and is now retired.

Mark and Joan were members of another church. They were looking for a new church home, tried several churches and settled on St. Andrews. It was a comfortable, welcoming space. Rev. Karl English visited the family at their home and helped them decide that St. Andrews should be their church home. They transferred their membership to St. Andrews in 1998. In 2003, Mark and Joan became Elders at St. Andrew's. Mark has had the same elder visitation district since 2003 and enjoys his elder visits. (Joan retired as an active elder in 2022.)

Mark and Joan were active on the Mission Team. Their high point came in 2008 when St. Andrews decided to send a group to Gulfport, Mississippi to work with the Presbyterian Church USA (PC USA) in their Katrina re-building program. Cathy Millar was a key organizer in Calgary and Mark led the fifteen - person St. Andrews team to Mississippi. It was a great experience. We raised money in part by selling beignets (a New Orleans pastry). They made them on Saturday and sold them on Sunday in the lounge. The congregation was very supportive and generous in their donations to the trip.

Elder Profile, cont'd - Mark Rowe

The group arrived at the PC USA camp on Easter Sunday. There was a worship service that night with the other Presbyterian groups staying at the camp. Mark's biggest fear was how he would split the group into three teams, getting the correct skill-set mix, and still not upsetting anyone. After the service, the St. Andrews group split into three teams on their own, each team with the correct skill-set mix and without Mark saying a word. Thank you, God. The homeowner of the house Mark's team worked on said that the St. Andrew's team were "his angels." The group has remained actively engaged in St. Andrews and as friends because of this ten-day event.

When the Board of Managers dissolved in 2014, Mark became active in the church finances. He presented five budgets to the congregation and helped restructure the church investments. It was time for a change and Mark resigned in 2019. Since then, he has focused his attention on the Facilities Team, which he enjoys.

God has been a guiding hand in Mark's life when he has had to make major decisions. He admits to making mistakes yet believes in God's grace.



SPIRITUAL MOMENT

My Encounter with the Holy - Judie Coleman

Many years back, when Rev. Jan Hazlett was with us, she held a summer prayer service. Several people were asked if they would help with the service, and I agreed to be one of them. Our role was to stand at the front when people who were in need of prayer came forward, and we were to pray over them. Before the service, Rev. Jan encouraged us to pray privately and ask the Holy Spirit to be with us and give us the words to pray. I was nervous; I had never done anything like this before.

At the appropriate time in the service, I moved to the chancel area, ready to pray for whoever came forward. The first person asked for prayer for her particular need. I put my hand on her shoulder and prayed for her softly so that only she could hear me. When she sat down, I felt a bit more confident that God was giving me the words I needed. James 4:8 says "Come near to God and He will come near to you." The second person told me her needs but they were a bit more general. I wondered if I could compose an appropriate prayer without a specific request. As I prayed for her, I put my hand on her shoulder, and that is when it happened. I felt something I had never felt before, an energy that descended on me. It seemed to enter through the top of my head and flow out through my hand to the person standing in front of me as I prayed for her. At first, I didn't know what was happening. I was overwhelmed with a feeling of awe, then a certainty that it was the presence of the Holy Spirit, God's indwelling presence. This happened again with the third person as I prayed. When he sat down, I was in tears. I was shaking. The trembling didn't subside. Rev. Jan said later that she knew something had happened to me but at the time had no idea what I was experiencing. After the service, I asked the last person if he had felt the energy flow into his body while we were praying. I was surprised that he did not! The feeling was so intense that I felt the tingling for several hours after I went home, maybe not as intense, but very present.

Weeks later I spoke with Rev. Kevin Lee about my experience, especially that the person being prayed for did not feel the energy enter his body. Rev. Kevin said that possibly the experience was meant just for me, just at that moment. I now believe that to be true. I participated in another such service a year later but the experience was not duplicated. I believe the Holy Spirit was also present at that second service but there was no need for me to have the same experience.

I do believe if we want to hear from God, we must read God's Word and train our mind toward God's voice. If we want to feel God's touch, we must practice providing God with a sacred space to visit. Being in God's presence does not always mean a dramatic trembling, but it may simply be a comforting presence and being aware of God throughout our day. God can speak to us in so many ways, through scriptures, through people, through preaching, through the worship service, in nature, or through works of art. May you listen and be open to hearing God's voice.

SPIRITUAL MOMENT, cont'd

My Encounter with the Holy - Judie Coleman



The LORD your God
is with you,
He is Mighty to Save.
He will take great *delight* in you,
He will *quiet* you with His love,
He will *rejoice*
over you with singing.
Zephaniah's 3:17



Search Team Update

The Search Team is back! We are excited to announce the Search Team has been reconvened. The faithful members include Lorna Andronikou (convener), Judie Coleman, Peter Coutts (Interim Moderator), Bill Judd, Inge Murray, Bart Stolee, and Thelma Wagner.

Over the summer, the team met to complete a massive mailout campaign sending hundreds of copies of our profile across Canada in the hopes of reaching the desks of potential candidates. As much of the heavy lifting in terms of organization had already been done by the team, we have moved quickly into the interview process with potential candidates and we continue to pray our discernment process will bring us the candidate we know God is sending to us.

In the coming weeks, The Search Team will continue its interview process hopefully with the aim of bringing any potential candidates to Calgary so we can meet them in person and they, in turn, can discern whether St. Andrew's Calgary is the right fit for them.

We ask for your continued prayers throughout this time and will update the congregation as we move forward.



Immunizations - Wellness Team

Vaccines have greatly reduced diseases that once routinely killed babies, children and adults. People worldwide still die from diseases that vaccines can help prevent. It is important we stay up-to-date on recommended vaccines. The protection some vaccines provide can fade over time, and we may need additional boosters. In Alberta the last childhood vaccination is given in Grade 9.

CHILDHOOD VACCINATIONS

TWO MONTHS

- Diphtheria, tetanus, whooping cough, polio Haemophilus infouenzae type B, hapatitis B
- Pneumococcal
- Rotavirus

FOUR MONTHS

- Diphtheria, tetanus, whooping cough, polio Haemophilus infouenzae type B, hapatitis B
- Pneumococcal
- Rotavirus
- Meningococcal disease

SIX MONTHS

- Diphtheria, tetanus, whooping cough, polio Haemophilus infouenzae type B, hapatitis B
- Pneumococcal for high risk children

TWELVE MONTHS

- Pneumococcal
- Meningococcal disease
- Measels, mumps, rubella, chicken pox

EIGHTEEN MONTHS

- Diphtheria, tetanus, whooping cough, polio Haemophilus infouenzae type B, hapatitis B
- Measels, mumps, rubella, chicken pox

FOUR YEARS

- Diphtheria, tetanus, whooping cough, polio Haemophilus infouenzae type B, hapatitis B
- Measels, mumps, rubella, chicken pox (if not given at 18 months)

GRADE 6

- Hepatitis B
- HPV (Human Papillomavirus)

GRADE 9

- Diphtheria
- Tetanus
- Whooping cough
- Meningococcal disease

The influenza and COVID vaccines are available for 6 months and older.

Immunizations, cont'd - Wellness Team

ADULT VACCINATIONS

Flu vaccines have been used since 1945 with excellent safety records. It can reduce the chances of getting sick by up to 60%. You can absolutely not get the flu from the vaccine and is recommended annually.

To prevent pneumonia in adults Prevnar 23 is recommended for adults 55 and over, and at a younger age for those who are immunocompromised. It is a one-time dose for healthy adults, and every five years for high risk individuals. Prevnar 20 may also be recommended for those who are at risk but is not covered by Alberta Health Services.

Protection against shingles (shingrix vaccine) is given in 2 doses 2-6 months apart for ages 50 and older. It is highly recommended but not covered by Alberta Health Services.

DTaP (protection against diphtheria, tetanus, and whooping cough) recommended for adults every 10 years and one dose with every pregnancy.

All individuals should stay up-to-date with COVID-19 vaccines. Moderna is offering a new monovalent vaccine tailored to the current strain now circulating. Pfizer Omicron vaccine is awaiting Health Canada approval to offer additional Covid protection this season. Eligibility is based on length of time since last vaccine or infection (ideally six months prior).

Health Canada has approved the first vaccine for RSV (Respiratory Syncytial Virus) for adults age 60 and over, but its use may be "limited" during this fall's respiratory virus season. Although the virus is common, older people who are high risk are more likely to become severely ill and require hospitalization. Studies show mortality rates in older adults is six-fold of what you would have in a child under one. RSV season usually starts in late fall and lasts until spring.

Individuals planning to travel to under-developed countries should seek advice of a travel clinic at least 4-6 weeks prior to departure.

May we all have the presence of mind to access recommended vaccinations as needed to prevent unnecessary illness.



Kitchen Renovations - Facilities Team



It has been a long time since renovation was last undertaken in the kitchen area, and comparison with recent improvements in Trinity Hall provided compelling, languishing evidence of an imminent need.

It has been suggested that if you provide food, Presbyterians will actively get involved, and the kitchen is considered the *boiler house and heart* of those many gastronomic church activities that take place. Those events include the annual bazaar, barbecues, school lunch programs, Side by Side meals, monthly Seniors' lunches, social events and many more. The kitchen is also considered a prime fund-raising facility, and the Facilities Team determined the time had arrived to roll up sleeves and get to work.

Project financing was provided by contributions from St Andrew's Legacy Fund and Ladies Guild. In order to get the project underway, a committee of Ladies Guild and Facility Team members was formed to determine priority needs. Team members were:

Pam Livingstone Margaret Bates Sylvia Shaw Don Koch Tom McIntyre

Work commenced mid-April and concluded in mid-August, while working around access limitations due to election use, funerals and regular activities. The following improvements were identified and undertaken:

- Removal, renovation and painting of ceiling tiles.
- Improved ceiling lighting and new under-counter task lighting.
- New stainless steel island countertop and replacement of remaining laminate countertops.
- New kitchen sink faucet with spray nozzle attachment.
- Wall tiles added behind spray-wash and dish washer stations.
- New wall paint.
- Refinishing of all cabinet doors, drawer fronts and hardware.
- Stripping and refinishing of floor tiles.
- Deep cleaning of all kitchen cupboards and equipment.



Kitchen Renovations, cont'd - Facilities Team



Much of the project work and cost saving was undertaken by volunteers who gave generously of their time:

Otto De Nooij	Don Koch	Brad Chalmers	Mark Rowe
Elly De Nooij	Sean Pepper	Brent Werle	Tom McIntyre
Flemming Nielsen	Emma McIntyre	Hank Wimmenhove	Dave Reed (Haddon Group)

Ladies Guild volunteers also undertook removal of stored items for cleaning, washing, sorting and organizing of cupboards. They also conducted a deep clean of kitchen equipment:

Margaret Bates	Judy Roberts	Emma McIntyre	Sylvia Shaw
Pat Tritter	Usha Mohan	Sheri Coutts	Audrey Cole

The project was completed within budget and has resulted in improved appearance and functionality.

On behalf of the committee, I would like to express thanks to all volunteers who participated and helped create a more inviting, practical facility for those who diligently labour in the kitchen for the benefit of others.

With much appreciation,
Tom McIntyre



YOUTH GROUP

Here is our schedule for the rest of the year!

We have so many fun activities coming up! Please feel free to invite your friends! The more the merrier!

If you have any questions, please don't hesitate to email Lauren & Matt at laurenrosecole4@gmail.com

October 13th - Study and Alien

October 27th - Halloween Party Spooktacular

November 10th - Paint Night at the Church

November 24th - Mario Party

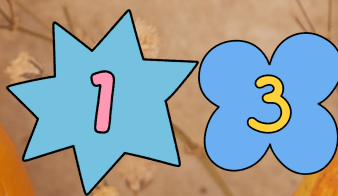
December 8th - Hot Chocolate and Hot Seat

December 22nd - Christmas Sweater Party & White Elephant Gift Exchange!

Also a humongous thank you to everyone who donated bottles and cans to our bottle drive!

Thanks to your generosity, we were able to raise over \$400!

Thank you everyone for your donations, prayers, and continued love and support!



Faith Formation Update - Inge Murray



On the weekend of August 25 to 27 the annual St. Andrew's camping weekend was held at Bow Valley Provincial Park. For those who would like to know what this wonderful weekend was like, here is a quick snapshot.

Friday afternoon and evening cars and trailers slowly rolled into the group campsite. As it is a private group camp site, trailers and tents can park anywhere. Everyone happily set up their site and before long, little groups began gathering as people walked around greeting and welcoming each other. In the mix there was lots of chatter, kids playing and dogs running around. Wood is provided by the campsite. After supper we made a huge campfire, and everyone enjoyed the warmth of the fire, the deepening of friendships and the sweetness of roasting marshmallows.

On Saturday morning the inviting smells of coffee and bacon drew people out of their beds and into the lovely sunshine. The day trippers started arriving just before 10:00 a.m. and with water bottles and walking sticks in hand, 37 of us were ready to start the easy hike to Middle Lake. What a gorgeous forest we walked through.



Faith Formation Update, cont'd - Inge Murray

We got back to the campsite in time for lunch, enjoyed more fellowship together and then out came the games and crafts and watermelon! The afternoon stroll down to the river was gorgeous with Mount Yamnuska as our backdrop. The campfire drew us all together again after dinner and with the fresh air and all the activities we rested well.

Sunday morning worship outside in God's beautiful nature is a very special experience. The veil is thin, and God's presence is near as we all participated in song, scripture, a devotional and communion. We always light a candle in memory of Steve MacDonnell and take time to remember.

For those who have been part of it all or part of a piece of this special weekend, we know this is a true experience of **Growing. LIFE. Together. With God.**

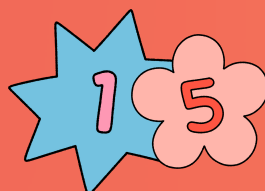
Church School Schedule:

Age 3 to Grade 3

- October 1st - Abraham and Sarah
- October 8th - God's Promise to Abraham
- October 15th - Abraham's Visitors
- October 22nd - Isaac is Born
- October 29th - Jacob and Esau
- November 5th - The Birthright
- November 12th - The Blessing
- November 19th - Jacob's Ladder
- November 26th - Peaceable Kingdom

Grades 4 and Up

- October 15th - Worship God Alone
- November 19th - Christmas Joy
- January 21st - Trust God Alone
- February 18th - Honor the Name
- March 17th - Remember the Day
- April 21st - Staying Close to God
- May 19th - Honoring Parents





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:
Sunday, November 5, 2023

