



**October November 2024**



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*"In all circumstances give thanks,  
for this is the will of God for you  
in Christ Jesus."*

1 THESSALONIANS 5:18

Happy Thanksgiving every day

# Woven Together

*Hello Beloved!*

What a rich time it has been for us so far this year. We are getting comfortable with each other's names, gifts, and places of service. We are enjoying worshipping, learning, and playing together. We hold each other and the community in prayer. We have connected with others through preparing for and celebrating with our Indigenous neighbours. Working on such a large event has strengthened our relationships with each other. Excitement of continuing our engagement with the community is evident as we prepare for the Bazaar, and the Intergenerational Musical.

As we seek to be woven into the community, I am aware that a weaving cannot be done by a single thread. The richness of the tapestry is the beauty of being (as well as doing) life together. There are things that we simply can't do alone – like share, love, play a team sport, be a family, shake hands, volunteer, sing harmony. Can you think of more? St. Andrew's offers an opportunity of belonging and service. Like a beautiful weaving, it takes different characters, colours and vibrancy to make the whole.



We are in the process of being created. Some are strands that are at various stages of being woven in. Some are happy to appreciate from the sideline until their gift is called for. Some are frayed and need attention to be bound up before they can participate again. Others are strong and steady creating the faithful presence on which we create. Through it all, the Spirit's presence dances in the space and the warp and woof that binds it all together.



Heaven and earth witness to the beauty of the community weaving. Stars, trees, living things take up our song and sing back to us the sacredness of all of life. The light plays on all of creation – including our weaving! I hope and pray that you feel connected and blessed by this wonderful process. As Psalm 139:15 says "My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth." As the strands of our lives are intricately woven, we celebrate that the invisible tugs on our heart are visible to the Master Weaver who holds us all in Her Hands.

With love,

*Laurie*

## *Session Highlights September 2024*

- This fall we will begin the nomination process for 6 new elders to join Session in January 2025. Reflect and pray about who might have the gifts St. Andrew's needs.
- October 4 & 5 Session will be spending time together in a retreat reflecting on Spiritual Gifts.
- A small team of our Session is currently meeting to reflect and review how we will move forward with Land Acknowledgements.
- Rev. Laurie is going to talk to the Rev. Dr. Ted Siverns about leading a Sunday morning Bible Study here at St. Andrew's following a worship service. Stay tuned!

Debby Dorcas, Clerk of Session





Church school has begun, and we are back in full swing! We are so excited to see all the children and youth back in class this fall. We have some great activities planned with some new curriculum for teachers and learners to enjoy.

We have the following faith stories to explore this fall:

**Kingdom Kids (Preschool to grade 6):**

October 6: God's Promise to Noah

October 13: God's promise to Abraham

October 20: God's Promise to Sarah

October 27: God's Promise to Jacob

November 3: God Provides When You Need it Most

November 10: God Provides People at the Right Time

November 17: God Provides More Than You Can Imagine

November 24: God Provides Wisdom

Up High (Grade 6 and above):

October 20: Who is God

November 17: Who is the Holy Spirit



Remember to fill out your church school registration if you have not already done so. Registration forms can be provided by your church school leader.

The Kingdom Kids space is getting a bit of a facelift. With thanks to the Legacy Fund, The Faith Formation Team has purchased some new chairs for the children and leaders to enjoy.

**TAKE 150:**

This event will be happening on Saturday, October 26th from 5:30-8:00 p.m. at St. Andrew's. Please reach out to the Church Office if you are interested in registering your child for this event. The child must be in grades 1-6. We look forward to a spooky Hallowe'en time with the children!

**Foster Child:**

The spring fundraising for Joud and her family raised \$405! Thank you all who supported this initiative when Joud and her family were displaced from their home. The money was sent to Haiti for the family.

**Intergenerational Musical:**

Mark the date down in your calendars! This year's musical is scheduled for Sunday, December 15th. Debby will be finalizing the details with the music in the coming weeks and we would love to have all the children's voices heard for this special event! More details to come.

**The Faith Formation Team,**

**Rhonda Wishart, Inge Murray, Debby Dorcas, and Lorna Andronikou**



# UPLIFT



You may recall that 5 young people from our congregation attended a youth conference this summer called UPLIFT- United & Presbyterians Living In Faith Together. They joined 400 other individuals from across both denominations and the country for 5 days of fellowship. Read on to find out what they had to say!

Kaitlyn Werle says “Thank you all so much for sending me to UPLIFT, through this journey I have grown and have experienced some more independence. I have come together with my youth leaders more than I could have ever known. One of my favourite parts was called Neon Night. It consisted of laser tag, spray face painting and silent disco. Each event at neon night was carefully executed to be an incredible night. Another one of my favourite times was when we were playing this game called Catan, to my surprise Rev. Jared Miller was the teacher. I really enjoyed this activity because it was a game of competition and activity in nature. If I were to receive a chance to go again I would definitely take it. Thank you for this amazing opportunity.”

Braeden Werle says “The conference was an amazing experience. I was able to participate in a multitude of fun events with people of my own age. It was a ton of fun especially during the services that were held every night, which had an amazing atmosphere with everyone singing and laughing. I was also able to meet and connect with some new people when I was there. I am very grateful to everyone for giving me the opportunity to experience it.”

Douglas Henrichsen says “UPLIFT, for me, was a week of memorable experiences, where I met like-minded people and could participate in many activities and workshops.

The workshops I chose ranged from hiking Bruce Trail, which is a hiking trail very near Brock University campus, to a ukulele workshop, where we were taught to play basic ukulele in an hour and a half. The workshops that stood out to me, however, included a caregiving workshop, where we made cards with a positive message for people in seniors homes, and a workshop about Jesus and polarization, in which we talked about Jesus' attitudes and how He handled polarization in the world of his day.

UPLIFT was also a great opportunity to meet people from all over Canada. I ended up meeting some new friends, as well as some old friends that I hadn't seen in a few years which was really nice. Throughout the week, I was talking and spending time with people from Nova Scotia, Saskatchewan, Ontario and with my roommate who was from Vancouver which was pretty cool.

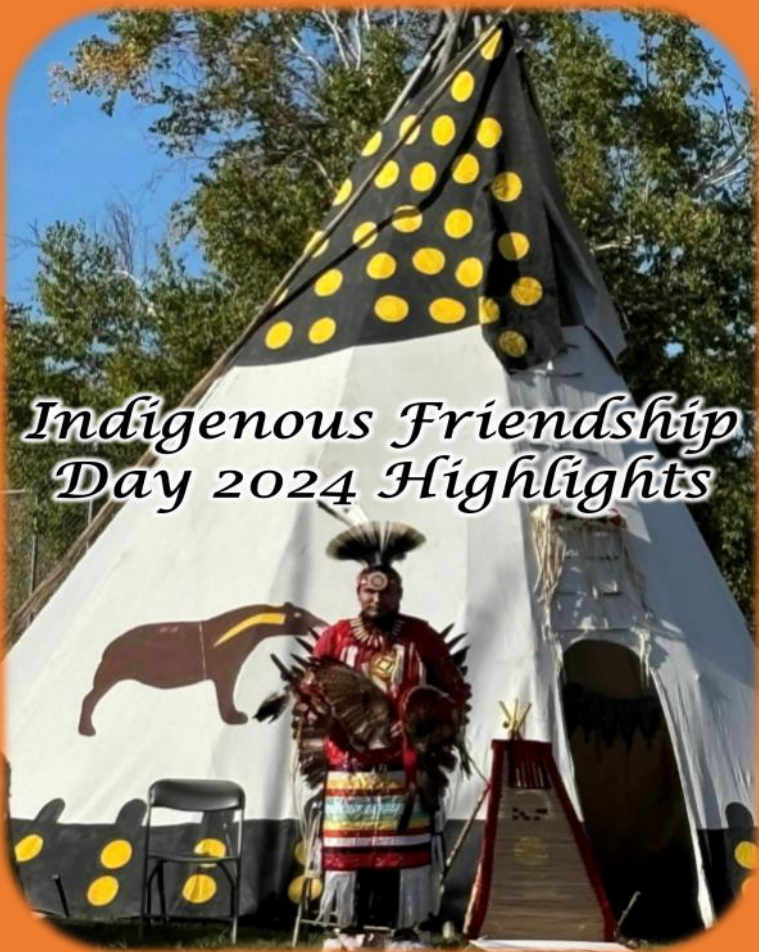
Overall, from the food to the activities and worship, UPLIFT was a really good experience and a great opportunity for Christian youth to connect.”

# Uplift

Lauren and Matt Nolette say “We want to say a massive thank you to everyone for their generous donations, both by wallet and waistline, for every cent and cookie given and eaten to send us down to St. Catharines once again. We were so lucky to get to go to UPLIFT and share with our fellow brothers and sisters in Christ. We laughed, cried, prayed, worshipped, and had so many moments of meaningful fellowship on our 5 day trip. Lauren’s favourite part of any sort of youth conferences has always been seeing old friends. It’s always hard at the end of the week to say goodbye, however, the older I get the harder it is to be away from my nice cozy bed! This was my first time being a leader in charge of the safe travel of our youth, and with that comes a new anxiety and stress I imagine I will become fairly used to when I become a parent one day. But seeing the kids throw themselves into the activities, make new friends, and even lead worship on the last night was one of the most gratifying parts of getting to go. I watched the spirit move through their hearts and help them come out of their shell and enjoy all the conference had to offer. Events such as this one are so vital to allowing our youth to continue to feel connected to not only Christ, but to the rest of our church family. Church doesn’t just happen in these 4 walls, and there are so many spectacular people throughout our whole denomination that we wouldn’t have the opportunity to get to be around. We cannot express how grateful we are again for your generosity and supporting our youth always.”













*Thanks to all who participated*



# CHURCH HISTORY

## *Trinity History Bites*

### Part 2 of a Trinity History Series

#### The “St. Andrew’s Satellite” becomes a Formal Congregation

You may have noticed the display in our Karl English lounge related to the Growth of Life Together with God in St. Andrew’s “satellite congregation” from 1983 through to 1986. The materials in that portion of the historical display are courtesy of Kathy Slimmon and her daughter Kerrie, who lovingly prepared a photo album which preserves the history of Trinity Presbyterian Church, Calgary. Both the predecessor satellite church (which was highlighted in Part 1 – June/July 2024 ConnXions) and Trinity Presbyterian Church, Calgary are essential components in the history of St. Andrew’s Calgary which we know and love today.

The following summary from the photo album described above gives you an interesting overview of developments in the life of Trinity Presbyterian Church, Calgary.

January 31st, 1988

The Presbytery of Calgary- Macleod met at the Midnapore Elementary School for the purpose of establishing the new congregation of Trinity Presbyterian Church. The act of erection of a congregation was conducted by Rev. Dr. Frank Breisch. The Rev. Stephen Kendall received 10 members by Profession of Faith and 52 by Transfer of Certificate.

Spring 1990

Construction began on the new building for Trinity.

Sod Turning

Fran & Stan Wrobleski

June 24, 1990



## Part 2 of a Trinity History Series (continued)

December 1990

The congregation of Trinity moved into the new building at 400 Midpark Blvd., SE, Calgary.

January 1991

The building was dedicated by the Presbytery of Calgary-Macleod at a special service attended by approximately 250 people. The Session comprised: Teaching Elder-Stephen Kendall; Ruling Elders- Betty Baxter (Clerk), Jacqueline Fox, Malcolm Roberts, Linda MacLean, Ian Laird, Ian Denness and Greg Lippitt.

July 1991

The Rev. Stephen Kendall resigned and moved back to Toronto, Ontario.

February 1992

Duncan Colquhoun (and his wife, Delaina), was appointed as minister to Trinity.



June 1993 to July 1994

Trinity was served by Rev. Karl English (as Interim-Moderator) and Reverends Carl DeLine and Gordon Cunningham as Interim Ministers.

July 1994

The Reverend Robert (Bob) Cruickshank (and his wife, Joan) appointed Minister.

May 1997

The Rev. Bob Cruickshank was reappointed without term on a request from the congregation at a called Congregational Meeting, chaired by the Reverend Gordon Firth.

September 1999

The Sanctuary has been enlarged by removing the "Mothers' Room" and relocating it to the Nursery Room across from St. Andrew's Hall. This gives an extra 40 seats in the Sanctuary. Session is now comprised of 12 Elders: Betty Baxter, Joyce Bodie Bell (Clerk), Leonard Bradley, Doris Davis, John Kenney, Agnes Kopfensteiner, Barbara McKeever, John McPhee, Malcolm Roberts, Ronald Smith, Priscilla Towers and Stan Wroblewski.

September 1999

The Reverend Robert Cruickshank served as Moderator for the Presbytery of Calgary-Macleod.


December 2001

The church received an organ and the choir music library (as well as 103 stacking chairs) from Chalmers Presbyterian Church, Calgary which had closed in June of that year. The choir now sat in diagonal rows with the Communion table in the middle. As well, Trinity was given a gift from the proceeds of sale of Chalmers which went toward debt reduction. Ordination of new Elders added four to session which is now comprised of 15 elders: Betty Baxter, Joyce Bodie Bell, Leonard Bradley, Barbara Brown, Doris Davis, Nora Finley, Douglas Hardie, Merle Kirkpatrick, Agnes Kopfensteiner, John McPhee, Judy Roberts, Malcolm Roberts, Ronald Smith, Priscilla Towers, and Stan Wroblewski.

January 2011

In 2011, Trinity Presbyterian Church, Calgary and St. Andrew's Presbyterian Church, Calgary merged into our present congregation. The new amalgamation was committed to a renewed focus of ministry to families in the "South of Fish Creek" area. In addition to the naming of Trinity Hall downstairs, evidence of Trinity Church as part of our history can be found in the Chancel area and the stained glass in the Foyer above the Sanctuary doors.

# The Power of Showing Up



Thirteen years ago, I found myself at the Calgary Pride Parade for the first time. I left my 5 month-old son at home with my husband, and joined with other teachers to walk in the Pride Parade with the Calgary Public Teachers banner. This was the first time that teachers had walked together under our ATA local banner in the Pride parade, and it was important for us to show support for our colleagues and students. As a high school teacher, I could see the daily wear on my students and colleagues who silenced parts of their identity in order to keep themselves safe at work and school. It was important for me to use my privilege of being a cis-gendered heterosexual woman to stand up for the right of my colleagues to talk about their same-sex partners as freely as I could talk about my husband. It was important for me to stand up for my students who just wanted a safe place to eat their lunch, free from the glares and comments of their peers. It was for these very simple but powerful daily moments that I walked in the Pride parade with the hope that as our son's identity revealed itself as he grew older, he and his friends could live in a friendlier world than the one he was born into. I was surrounded by my colleagues that day, feeling the strength of our community in standing for what we valued.

As we walked along the parade route, it was such a joyful, rainbow-themed party, and such a contrast from the isolation that we felt as 2-3 people within a school trying to support our students. I was feeling uplifted by the power of community that day.

Half way through the parade route, I caught sight of something that brought me to tears. It was a message that was created just for me.

My husband surprised me and came to the Pride Parade with our son. There they both were, standing on the street corner with a huge rainbow-colored poster that read "My name is Josh, and I am proud of my mom who supports ALL students". I was undone - the tears started flowing as I felt the incredible support of my family who showed up for me.

That is the power of the Pride parade. It's about showing up for people.

Jesus' ministry took place in the streets, in the marketplace, in private homes, and sometimes, even in places of worship. Here at St. Andrew's, we are actively pursuing ways that we can Grow Life Together with God and be "woven into the neighborhood". That's why a number of us from St. Andrew's Rainbow Team were in attendance at this year's Pride Parade in downtown Calgary on Sunday, September 1, 2024. The Pride parade is a yearly event in Calgary, and in many major cities across Canada, as a way to support and uplift the 2SLGBTQIA (Two-spirit, lesbian, gay, bi-sexual, transgender, queer, intersex and allies) community who have been throughout history, and in many ways continue to be silenced, ignored, ostracized, undersupported, ridiculed, and even targeted.

What could be more uplifting than adults and children dressed in rainbow colors, dancing, singing, walking dogs and blowing bubbles as a way to celebrate the many different and beautiful ways that we live in the world? As a team from St. Andrew's, we were quietly taking note of how other faith communities identified themselves as they walked in the parade. The messages of "God is Love" and "God loves everyone" may seem simple, and yet we know that not all Christian denominations are prepared to affirm the identity of 2SLGBTQIA people, and that for many 2SLGBTQIA people, church has been a place of pain and rejection because of their sexual orientation or gender identity. Christian spaces can be unsafe and hostile places as biblical passages have been, and continue to be used to condemn 2SLGBTQIA people.

There is power in our words. There is power in showing up.

For all the people who have been wondering if they are loved.

For all the people who have been wondering if they belong within the church.

It is important for us as a community to publicly, intentionally, explicitly state for all those who are wondering, that God loves ALL people.

God loves people who are two-spirited

God loves people who are lesbian

God loves people who are gay

God loves people who are bi-sexual

God loves people who are pan-sexual

God loves people who are transgender

God loves people who are cisgender

God loves people who are queer

God loves people who are intersex

God loves people who are allies

God loves ALL people. Every one.



I'm standing on the streetcorner with my rainbow sign to tell you, God loves YOU.

**Deanne Barrett is a member of St. Andrew's Presbyterian Church, a mother, educator, and avid walker.**



# Care Ministry

## *10 HEALTH FACTS YOU NEVER KNEW YOU NEEDED TO KNOW!*

- 1 – The human body has 206 bones. Each foot is made up of 26 bones and each hand 27 bones.
- 2 – The fastest growing nail is the one on your middle finger and slowest growing is your thumb nail
- 3 – A serving of apricots offers 12% of a daily dose of Vitamin C & A and 6% of potassium.
- 4 – A medium banana will provide 320-400 mg of potassium which meets about 10% of daily needs.
- 5 – Eating oatmeal at breakfast offers health benefits related to reduced heart disease and reduced blood sugar levels.
- 6 – Change your pillows every year. Old pillows can build up with pollen, fungi, mould, bacteria and dust mites.
- 7 – Allergy specialists recommend washing your mattress cover once every two months and your bed sheets every week, both in hot water.
- 8 – More germs are transferred by shaking hands than by kissing.
- 9 – Listening to music while working out can improve your performance by 15%.
- 10 – According to the Public Health agency of Canada, 1 in 4 adults aged 18-34, 1 in 3 aged 35-64 and 1 in 4 adults aged 65-79 are not getting enough sleep.

Current recommendations: 7-9 hours for ages 18-64 and 7-8 hours for ages 65 plus.

**SUBMITTED BY THE WELLNESS TEAM**





# *Surviving the Holidays*

## *- A GRIEF SHARE PRESENTATION*

The holidays can be stressful for a number of reasons, but especially when someone is grieving the loss of a loved one.

Grief can make the holiday season more challenging. The holidays tend to amplify feelings of loss, whether the loss is recent or years ago, that loved one's absence can serve as a painful reminder and inevitable reality check.

This year we are offering a different format from previous years.

Instead of a Celebration of Life service on the last Monday of November, The Life after Loss Team along with Rev. Laurie McKay, Rev. Geoffrey Simmins and your Grief Share facilitators, Judie Coleman and Alice Williams, will be hosting [Surviving the Holidays](#). We hope that the video presentation followed by a short discussion time, will help those dealing with grief and loss to find some comfort, support and helpful suggestions on how to navigate through the holiday season. Please join us. ***THIS EVENT WILL NOT BE LIVE STREAMED.***



### **Surviving** *the Holidays*

Encouragement, support, and valuable tools to navigate the challenges of the season.

Video & Discussion Time  
**Saturday, December 7**  
**10:00 to 11:30 am**



Please Register at  
[GriefShare.org/findagroup](https://GriefShare.org/findagroup)  
Or contact Judie at [pastoralcare@standrewscalgary.ca](mailto:pastoralcare@standrewscalgary.ca)  
Or sign up in the foyer.  
**St. Andrew's Presbyterian Church**  
Karl English Lounge  
703 Heritage Dr. SW



## Angels for Christmas

### Calling People who Knit and/or Crochet

Do you like to knit or crochet? Would you like to share that gift to bring joy to others? The Ministries of Care [Life after Loss Team](#) is looking for people who would like to knit or crochet Angels to gift to people who will be attending the [Surviving the Holidays](#) event on December 7.

If this is something you would like to do, please use an angel pattern of your choice and skill level. The Angels should be 3 to 5 inches in height. A bit bigger or a bit smaller is okay. They can be ones that stand up or they can hang from the Christmas tree as an ornament. We need lots so keep them small and easy! If we have extras, we will put them in the Christmas Blessing Stockings going to the homebound.

**Deadline:** The completed Angels must be in by Sunday, December 1. There will be a drop-off bin in the foyer during the month of November.

If this is a mission project you would like to be involved in, please contact Judie Coleman at [pastoralcare@standrewscalgary.ca](mailto:pastoralcare@standrewscalgary.ca) for more details.



## Christmas Blessing Stockings

*To Sew or not To Sew: some handmade and some bought*

Would you like to share your talent to spread some cheer?

The Ministries of Care [Two's Company Team](#) would appreciate your help with the Christmas Blessing Stockings for our homebound! If you sew, would you like to make some? If you don't sew, would you like to donate a store bought stocking? **Suggested size would be 7 or 8 inches high. Wide enough to comfortably hold a mandarin orange in the toe.**

**Deadline:** The completed stockings must be in by Sunday, December 1 so we have time to fill and deliver them before Christmas. There will be a drop-off bin in the foyer during the month of November.

If this is a ministry project you would like to be involved in and need more information, please contact Judie Coleman at [pastoralcare@standrewscalgary.ca](mailto:pastoralcare@standrewscalgary.ca)



## *Christmas Blessing Stockings*

Did you know that many of our homebound people were once active in the life of St. Andrew's, but now they can no longer participate?

This Christmas the Ministries of Care Two's Company team wants to reach out to our homebound by putting together Christmas Blessing Stockings filled with goodies and trinkets which will be delivered to them and to those who are sick or in hospital during December.

### **Would you like to contribute to the stockings?**

There will be a container in the foyer during November to collect your gifts. Some suggested items are lip balm, tissue packs, individually wrapped candies, a pair of socks, a new toothbrush, small magnifying glass, small word search or crossword book, motion detector light, LED flashlight, hand cream or any other small items that would bring a smile to someone's heart. Be creative!

Items need to fit into a 7 or 8 inch stocking that is wide enough for a mandarin orange. Small items are best so we can put a variety of items into each stocking.

### **Would you like to help fill and/or deliver the stockings?**


We will need people to help fill the stockings and people to deliver them mid-December. A project for the congregation, from the entire congregation!

If this is a ministry project you would like to be involved in by filling or delivering stockings, please contact Judie Coleman at [pastoralcare@standrewscalgary.ca](mailto:pastoralcare@standrewscalgary.ca) for more details.

If you know of someone who would be blessed by receiving one of these stockings, please let Judie know. Everyone who receives a Christmas Blessing Stocking will feel God's love. They will know that

*The grass withers and  
the flowers fall, but  
the word of our God  
endures forever.*

*Isaiah 40:8*



St. Andrew's  
Presbyterian Church  
Annual Christmas Bazaar  
Saturday, November 16, 2024

10:00 am to 2:00pm

We are looking for your donations!

**Second Time Treasures**

(gently used items, no electronics, clothing or furniture)

**Books, Puzzles & Media**

Used Books & Media, CDs, DVDs, (No text books, encyclopedias,  
Readers Digest condensed books or magazines please)

Christmas Cookies, Baked Goods, Jams, Jellies, Preserves

Do you like to bake homemade cookies, muffins, cakes  
and could you to donate to the Bake Room?

**Artwork**

(Are you an artist and would you like to showcase your work in our gallery  
and sell some of your work?)

Volunteers needed for Set-up & Pack-up,  
Tea Room servers, Bake Table Room, Art Room, Market Room

Sponsored by Ladies Guild

For more information, please contact  
Elaine Cantlon (403) 519-2270  
Pam Livingstone (403) 815-3775



**Participate as a VENDOR in our new  
MARKET ROOM**

Tables in the Karl English Lounge will be rented to a variety of vendors. The vendor will be responsible for their table, or a few individuals may wish to combine their products on one or more tables. Profits will be from table rental and any donations the vendors contribute. The vendors will NOT sell candy or baking, so as not to compete with other areas of the bazaar. Examples of vendors may be Pampered Chef, jewelry, Indigenous artists, home decor, woodworking, etc.

[CLICK HERE FOR MORE INFORMATION](#)





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