

# ConnXions

St. Andrew's Presbyterian Church – Calgary

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## A Message From Your Minister

### Rev. Jared Miller

You've probably noticed that on Communion Sundays there are sign-in sheets in the foyer. It's a weird thing to do if you think about it. Why do we do something one Sunday that's different from the others?

It's actually the evolution of a process nearly half a millennia old.

As the Reformation spread and the distinct strand of Presbyterianism (governance by elders) emerged, the ancient question of Spiritual Formation took a unique turn. The church diverged from the common practice of celebrating Communion at every Sunday gathering and instead took it up quarterly to give each elder sufficient time to visit every church member in their district and discern the integrity of their faith: did how they acted match up with what they said they believed. If they 'passed', the elder would grant them a communion token that was exchanged for entry into worship. Gradually, tokens became cards as medallions became too costly to produce, and the cards evolved into a sign-up sheet, but its roots lie in a commitment to Spiritual Formation.

It's a reminder that the church's first calling isn't actually worship: it's discipleship. And I don't think it's a coincidence that as we've moved away from more tactile reminders of the church's first call, our spiritual formation has suffered.

For most of the twentieth century, the church acted like the goal of Christian faith was to cram as much knowledge into our brains as we could get. We built massive education wings onto buildings from coast to coast and wondered why our numbers kept dwindling. In a world of increasing literacy and expanding knowledge, we'd made our faith something that you could get on your own, and still we wondered, "Why was our faith so resistible?"

How do you hear the voice of Jesus through the din of a hundred different opinions? How do you join God at work in the neighborhood if you don't know what he looks like? How do you respond to the Spirit's nudging if you're already sure of what you want? As St. Andrew's leans into a year of reVision, it is the question of Spiritual Formation that will be what determines whether or not St. Andrew's will be a vital, thriving church – or just one more in a long line of churches wondering why is our faith so resistible?



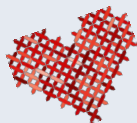
# ConnXions

## Finely Woven With Love

By Alice Post

The Karl English Lounge seems warmly vibrant as Side by Side gets into full swing. We have enjoyed coffee and muffins together and have shared in exercises designed to increase our alertness. Looking around as we settle in for a time of devotion and prayer, our homey assortment of couches and chairs are providing comfort and support to the people taking part. There is general chatter as each finds a place in the circle. Good-natured kidding leads to jovial laughter amongst some, while others, already settled in, are quietly watching the devotion leader.

Devotion time is just one of a series of activities that make up the Side by Side fellowship time, which is designed to be inclusive and welcoming for people living with dementia. Side by Side takes place in an informal and relaxed atmosphere, where each person is appreciated as a whole person, with gifts and abilities as well as challenges. In fellowship, we are defined neither by our gifts or our limitations, but by who and whose we are. We are all children of God, called to care for one another in Christ's name. A phrase from a song by Ken Medema expresses the character



of our time together: *“Well, we are bound together and finely woven...with love.”*

Throughout the day, all are encouraged to help out as they are able. While dementia is a progressive disease that is very challenging, many people living with dementia remain able to help with familiar tasks, show kindness to others, care about and share in mission, lead a prayer, read a scripture passage, laugh, joke, smile, encourage and love.

After the devotion concludes, the day carries on with exercise and stretching, crafts, games, music and refreshments. At the end of the day we part ways, going out into the community feeling refreshed and blessed by our time together, and knowing that we are all “...finely woven...with love.”

*“Well, we are bound together and finely woven...with love.”*

## Ash Wednesday Pancake Supper

Everyone is invited to a pancake supper prior to the Ash Wednesday service at 7:30 pm on March 6. The supper will comprise pancakes, syrup, ham, eggs and fruit with lots of coffee and juices. It will be served in Trinity Hall from 5:45 pm – 6:45 pm before the service.

Tickets will be \$5.00 each and \$15.00 for a family and will be sold in the foyer between services on February 17 and 24 and after the 10:30 am service prior to the Annual meeting Sunday.

All the cooking, set-up and clean-up will be done

by the men's fellowship group (MEN), so ladies, enjoy the evening. There will be a sign-up sheet at the Volunteer Corner for all men volunteers for this important event. Come and enjoy the food and fellowship.



## Stephen Ministries Leaders Training Course

By Jayne Martin

Recently I attended the Stephen Ministries Leaders Training Course in Anaheim, California. I was honoured and blessed, not only to escape one of our coldest weeks in Calgary, but because it equipped me to lead our next group of Stephen Ministers at St. Andrew's

Here at St. Andrew's, we are a Stephen Ministry congregation. We already have a team of trained Stephen Ministers available to provide Christ-centred care to those in need.

In April, we will begin a new Stephen Ministers evening training class. This class may appeal to those of you who were unable to attend the previous class, which had been offered during the day. Please stay tuned for further details.

Training to be a Stephen Minister involves 50 hours of classroom training, which will take place once a week for 2 ½ hours from 6:30 to 9:00 PM. Upon completing the training, a participant will commit to a term of two years as a caregiver, meeting with a Care Receiver, for an hour once a week. One Stephen Minister is assigned to one Care Receiver. Twice a month there are supervisory meetings where Stephen Ministers and their Stephen Leader meet to support each other. Everything shared is kept in the strictest of confidences.

When Care Receivers are matched with Stephen

Ministers, women are matched with women and men with men. Currently, we do not have any male Stephen Ministers, so we are on the lookout for a few good men as well.

Please give serious consideration to this ministry to see if God is calling you to be a Stephen Minister.

If you feel you would benefit from having a Stephen Minister, please email our Pastoral Care Coordinator at [pastoralcare@standrewscalgary.ca](mailto:pastoralcare@standrewscalgary.ca).

### Annual Meeting Sunday- March 3

Information on Annual Meeting Sunday below:

- **10:30AM – One Service on March 3 (with Communion)**
- **11:40AM – Lunch in Trinity Hall**
- **12:30PM – 2018 Financial questions addressed in the Upper Room**
- **1:00PM – Annual Congregational Meeting in the Sanctuary**

If you have questions you would like addressed at the meeting, please write them out and place in the question box at the Welcome Desk.

## Dying To Know

Coming in March is a new monthly education program sponsored by Hospice Calgary called “Dying to Know.” The program is open to anyone interested in a variety of topics related to death and dying.

These interactive sessions will provide information on preparing for the end of life, offer strategies for staying resilient through challenging times and help care partners to become more confident in their role. Participants will have the opportunity to share and network with others while learning about available resources. The sessions are on the third Tuesday of each month from 6:00 – 8:00 pm. They are free of charge and will always feature expert speakers and professionals.

Session topics include:

- March 19 --- Facing Advanced Illness Together (see below)
- April 16 --- Advanced Care Planning
- May 21 --- Spirituality and Ritual at End-of-Life

- June 11 --- Funeral Planning
- September 17 --- Care Partners at Home
- October 15 --- As the Last Chapter Approaches
- November 19 --- Near Death Experiences

Information sheets with summaries of each session are available in the office.

### First Session – March 19 --- Facing Advanced Illness Together

Most Canadians want to die in their home, wherever that may be. Informing ourselves of the available options can go a long way towards making plans. Erin Forsyth, Director of Clinical Care, and Kathy Bach Paterson, Community Hospice Family Counsellor from Hospice Calgary, will share information about Hospice and Palliative Care as well as how to access services and resources.

All Dying to Know sessions are at Sage Centre (1245 70 Avenue SE) with free parking available in front of the building and across the street at Trail Appliances. To register for our seminars, visit [hospicecalgary.ca](http://hospicecalgary.ca), phone 403-263-4525, or sign up at the Volunteer Corner.

## Heritage Seniors

The Heritage Seniors Luncheon, March 4 at 12:00 pm, will host a foot care specialist from an elder care company called “All About Seniors” to talk about “healthy feet.”

Tickets are \$12 for members and \$15 for non-members.

Obtain tickets by Thursday, February 28 from

John at 403 255-7613 or Ron at 403 720-0136.

# ConnXions

## Brown Bagging for Calgary's Kids

By Sylvia Shaw

**Brown Bagging for Calgary's Kids (BB4CK) is a charitable organization within our city which partners with Calgary schools to ensure that healthy lunches (consisting of a sandwich, servings of vegetables and fruit and a snack) are provided to students who would otherwise go without a lunch, and sometimes without breakfast. Over 4,400 children in Calgary are impacted each school day by lunches and snacks made and delivered to Calgary schools by volunteers working in BB4CK's downtown kitchen and in community kitchens across the city.**

### BB4CK History:

The Brown Bagging for Calgary's Street Kids program began in 1990 through the now-defunct World Job and Food Bank, a Canadian agency affiliated with the United Nations. The original mandate of the program was to provide healthy lunches to homeless children - young people who weren't being helped by agencies that served the adult homeless. In 2002, still focusing on feeding hungry homeless young people, BB4CK became a registered charity. This status allowed BB4CK to issue official donation receipts for income tax purposes, and to apply for grants and accept funding from other charitable organizations. After studies showed that hunger in schools was a major problem, in 2005 BB4CK shifted its focus to include the thousands of Calgary school children who go hungry every day. Up until then, the organization had been known as "Brown Bagging for Calgary's Street Kids," and the word "street" was dropped, creating a movement that included all hungry kids in

Calgary. By 2012 with the downtown kitchen and community partners, BB4CK provided lunches to over 100 schools and fed approximately 2,000 kids a day.

### BB4CK Today:

The BB4CK community works with 220 schools and impacts approximately 4,400 kids a day who would otherwise go without lunch and sometimes without breakfast. About 58 percent of schools are cared for by community groups including retirees, parent groups, local businesses and kids helping kids. The rest of the lunches are created in the downtown kitchen with the help of volunteer groups. Approximately 2,500 volunteers share their time and talents each year to help make this all possible.

### BB4CK Future:

Brown Bagging for Calgary's Kids is committed to a future Calgary where no child goes hungry. Through awareness and outreach, BB4CK will work with every school in our city, identifying needs and empowering Calgarians to create lasting social impact by using their heads, hearts and hands to find ways to feed and care for kids who would otherwise go without food.

The Ladies Guild will shortly begin supporting the work of BB4CK by preparing and delivering lunches from our main kitchen one day each week. Each lunch typically costs between \$1 and \$2.50, and we anticipate providing 25 lunches each time. We hope to encourage congregational involvement in this program once we are up and running, so watch out for more details in the near future!

In the meantime, we'd be pleased to answer any questions you may have. Please speak to any Guild member for more information.



**BROWN BAGGING FOR  
Calgary's Kids**



# ConnXions

## Lent

By Rev. Christian Persaud

What are you giving up for Lent? It's a familiar question for many of us, but also one that needs to be unpacked. Lent refers to the period of time between Ash Wednesday and Easter (40 days not including Sundays) when Christians observe, contemplate and reflect on Jesus' ministry, sacrifice and resurrection. Naturally many of us are drawn to the sacrifices Jesus

made in His own life, and were moved to consider the parts of our lives that can be changed in order to live more faithfully or have a closer relationship with God.

Some folks give up smoking or chocolates/sweets. These can be helpful practices but I want to share something my wife Maren told me one year: "maybe instead of giving something up,

you should take something on." It was, and is, quite insightful. Instead of giving something up just for the sake of doing it for Lent, maybe consider taking on a spiritual practice to grow and deepen your faith. Perhaps try meditating for 30 minutes a day, or reading some religious literature – whether it's a book from the Bible or a novel from a reputable

author. Maybe instead of fasting you could serve meals to those in need, or invite someone who might be lonely to eat with you. In a time of preparation and soul seeking, instead of giving something up why not try taking something on?



## Health Matters

By Joyce Archibald

Remember those public service announcements of the 1970's, 1980's, and 1990's! Well, physical activity is just as important now as it was then! 2018 research has shown that only 35% of 5-17-year-olds are reaching their recommended physical activity levels. For adults, 150 minutes of moderate to vigorous activity per week in 10-minute intervals is the recommended amount. Benefits of physical activity for every age include improved brain health, including cognition and mental health, improved physical health, and sleep patterns and it helps in aging better. It also prevents chronic diseases and builds community (let's go St. Andrews!).

Suggestions on how to become more physically active or how to encourage our children and youth to become more active include:

- Set SMART Goals – Specific, Measurable, Attainable, Realistic, Timely
- Start small

Pick an activity you enjoy;

- For indoors, sign up for an exercise class such as yoga, go rock climbing, go bowling, take a dance lesson...
- For outdoors, go hiking, skiing, biking, skating or play tennis

## Discerning Discernment: The Next Steps in South of Fish Creek

By Jared Miller

With SFC work beginning in earnest this year, one of the first steps was the formation of a team with whom we can discern a plan. With Dr. Tim's encouragement, he and I began discerning a cross section of the congregation who have demonstrated a passion for discovering what ministry South of Fish Creek can be; they are people who have gotten to know the communities on prayer walks and through transect studies, and who were willing to join me in living the questions.

The team's stated goal is to discern with me what kind of experiments we would like to try this year as we continue to probe the edges of mission with God in the neighbourhood, but that's a bigger work than it sounds when you hear it. It's a little bit like when Jesus multiplied loaves and fish to feed a multitude: how do we reach out wider without missing the people we're already reaching out to? The simple answer is that we can't; at least not in our own strength. Doing it means doing it in a way that lets God shine through, because God's weakness is stronger than human strength, and God's foolishness is wiser than human wisdom. So in keeping with the theme this year of Spiritual Formation our first experiment is an experiment in house church: what does it look like to worship outside of a church building?

To answer that question, for eight weeks the team will be meeting for worship and fellowship on Saturday evenings, sharing conversation and communion around the questions of SFC. Our guide for these eight weeks is the book of Nehemiah.

Nehemiah is the story of God's people's returning to the land after an exile and beginning to rebuild their capacity for ministry in the community. It's a fitting read as we join the biblical narrative and discern our own capacity for renewed ministry South of Fish Creek.

How can you be involved? First, keep praying for the ministry South of Fish Creek. Pray that we would keep the communities and their people front of mind in all that we do and that our work wouldn't be about our opinions, our ideas or us. Pray for energy, diligence and wisdom in our discernment. Second, join us as we journey through Nehemiah. It's a short story, but it's packed with wisdom and we would love for everyone at St. Andrew's to experience it. Third, get involved! In May we will be bringing forward a whole schedule of events South of Fish Creek that need your help. Whether you've been around St. Andrew's for a long time or are on the newer side, whether you're young or old, there will be something for everyone to do. Finally, reach out. I **LOVE** talking about SFC. I welcome your questions and your ideas. As we discern these next steps, God speaks to all of us, through all of us, for all of us.



\*Jared and Beth's daughter, Elyse, being baptized by Dr. Tim (above).

# ConnXions

## Communications Coordinator

By Britten Banerjee

When approached by Dr. Tim to consider filling in the role of Communications Coordinator on an interim basis, I was hesitant that I'd be able to do the job. After much discernment I accepted, not because I felt that it's something I'd see myself doing long term, but because I knew that this role held a responsibility to reach those who may be otherwise opposed to the idea of Church. According to a report written by Bloomberg, Generation Z will occupy over 35% of

the population by next year. This is without considering Calgary's already very young population. With such a drastic change to the population of people that the Church should be looking at impacting, the Church needs to change how it approaches communications. Effective communication by means of Social Media and video content is becoming more and more critical to the marketing strategy of any business no matter the size. Although the Church has a deeper and longer

lasting vision for those it impacts than a company would, we cannot afford to neglect the importance of this new outreach strategy. With this in mind we need to take great care with hiring an individual to help guide and lead St. Andrew's through this next year. They must realize the weight of their position and

their ability to impact the outside world and spread the mission of the Church to those that need it most. If St. Andrew's is able to find such an individual(s) to fill that great call, then the future of the Church will be in good hands.



## February Session Highlights

By Debby Dorcas

Session has discerned that we want to support the Sudanese Congregation's efforts in settling refugees in Canada from the South Sudan civil war. Currently one application is going forward to the Presbyterian World Service & Development agency, cosponsoring with the Sudanese Congregation, to bring one man from South Sudan (via Israel). More information will be provided as available.

Session will be participating in a 'Pastoral Care Spring Refresher' course (after Easter) that will be led by Rev. Dr. Jean Morris.

A Search Team is being formed to find a Director of Music Ministry.



# ConnXions

## St. Andrew's New Access System

We are introducing a new Access Control system at St. Andrew's! It is designed to make our building, our staff, and our congregants more secure.

Most persons will not notice any change.

- For persons with church keys – your key will be replaced with a customized access tag to provide you with the specific door and time access you require.
- The front door, back door and ramp door have each been fitted with Proximity Readers which enable persons with access tags to unlock the door.
- Based on the program, the tag will either unlock the door for a single person to enter, or the door will remain unlocked for a set period to enable group access, after which the door will lock.



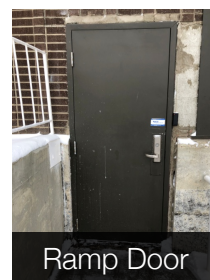
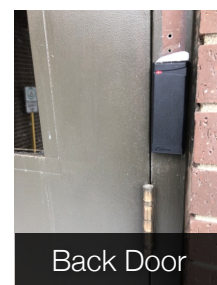
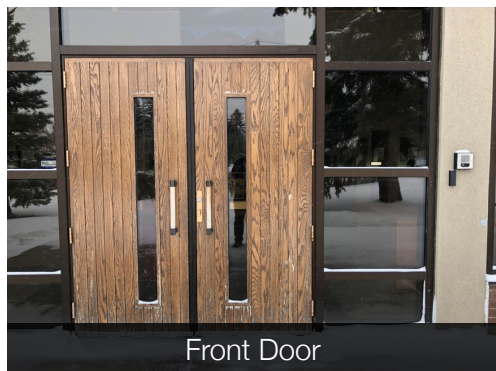
### How to Unlock a Door

1. Place access tag near Proximity Reader.
2. Red light changes to Green and door unlocks.

## Key Locations

\*At the back door, Access system unlocks **LEFT** door only.

\*Please Don't block ramp door open.



# ConnXions

## Faith Formation 101

Faith Formation 101 will run from March 7th-April 11th. It is a weekly class for the season of lent, preparing people for baptism, membership or a renewed practice of faith. If you are interested in participating in these classes, please add your name to the sign-up sheet at the Volunteer Corner. If you have any questions, please speak to Dr. Tim.

## Lent 2019—Heart Renovation 101: Exploring the Seven Deadly Sins

People may say that Christians are too judgmental, and talk too much about sin. We may indeed be very good at pointing out the proverbial speck in another’s eye while missing the log in our own. Yet all too often we prefer not to dwell on the specifics of

our own sinfulness—to our peril. At the heart of sin is the violation of relationships—with God and others. Unchecked it wreaks havoc in our lives. Join us for this season as we honestly explore the Seven Deadly Sins that undercut our relationships, and as we invite Jesus to grow instead in us the opposite life-giving virtues.

Sin, Pride and Humility	March 10th
Envy, Anger and Kindness, Patience	March 17th
Sloth and Diligence	March 24th
Gluttony and Contentment	March 31st

## Invitation to Men’s Breakfast

All St. Andrew's men are invited to attend the next Men's Fellowship breakfast on Saturday, March 23, in Trinity Hall starting at 8:30 am. Please join us and enjoy a delicious breakfast, warm fellowship, and an entertaining and inspiring speaker. Our special guest speaker is Bonnie McIntyre from C.R.A. who will be presenting, “How To Protect Yourself From Fraud”, and “Tax Benefits and Credits”, e.g., GST/HST credit, medical expenses, etc. for tax time. The cost is only \$5.00 per person. Please pre-register at the Volunteer Corner in the foyer, early March, and invite your guests to join us.

	Ushers	Greeters	Welcome Desk
<b>March 3rd</b>	Elders	Clayton & Shirley Howe	Judy Roberts
<b>March 10th</b>	Otto & Elly de Nooij	Lynne & Denis Holmes	Carol Olton
	Rene & Gail Prevost	Bob Fuenning	Gail Prevost
<b>March 17th</b>	Jerry & Jean Spotowski	Sherrill Allan	Pat MacEwen
	Bob Fuenning & Brian Hawco	Roger DeGraff	Shirley Allen
<b>March 24th</b>	John & Jean McPhee	Pat MacEwen	Pam Livingstone
	Rob & Pat Pollard	Pauline Evans & Bill King	Pat & Clarence Lomheim
<b>March 31st</b>	Hugh & Elspeth McFadzean	Carol Olton	Annette Shaw
	Ron Horwood & Brian Hawco	Joan Smith	Emily & Bill MacKenzie

# ConnXions



## Artwork From Children Needed for the PCC's 2020 Wall Calendar

We need your artwork for the PCC's 2020 wall calendar.

Send in drawings and paintings of your church, church events, worship and anything else that inspires you to create!

Deadline Extended: March 22, 2019

## Editorial Team of ConnXions

- Terry Zimmer
- Judie Coleman
- Linda Haines
- Jean Sadler

- Lorie Nielsen
- Britten Banerjee
- The Rev. Dr. Tim Archibald
- Debby Dorcas

Articles may be submitted to the mailbox in the Karl English Lounge or emailed to [communications@standrewscalgary.ca](mailto:communications@standrewscalgary.ca)

April 2019 ConnXions deadline is Thursday, March 14th.

The editorial team may edit your submission due to space limitations.

# ConnXions

## St. Andrew's Calendar – March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 1:00PM - Food Bank (TH) 4:00PM - Set Up for Sunday's Lunch (TH)
3 Annual Meeting Sunday 10:30 AM - Worship 11:40 AM - Lunch 1:00 PM - Annual Meeting	4	5 9:30AM - Coffee and Conversation (KEL) 1:00PM - Presbytery Meeting (UR) 7:00PM - S&P Facilities (KEL) 7:00PM - Mission (LF)	6 9:45AM - Side by Side (KEL) 5:45PM - Ash Wednesday Pancake Supper 6:00PM - Christian Education 7:30PM - Ash Wednesday Service	7 7:00PM - Faith Formation 101 (KEL) 7:00PM - Youth Group (UR) 7:30PM - Choir Sanctuary	8	9 1:00PM - Food Bank (TH)
10 9:30AM - Bible Study (IH) 9:30AM - Worship 11:15AM - Worship	11	12 9:30AM - Coffee and Conversation (KEL) 1:00PM - Stephen Ministry (LF) 1:30PM - Ladies Afternoon Guild (KEL) 7:00PM - S&P Stewardship (KEL)	13 9:45AM - Side by Side 7:00PM - S&P Leads (KEL) 7:30PM - Handbell Chime/Choir (TH)	14 7:00PM - Faith Formation 101 (KEL) 7:00PM - Youth Group (UR) 7:30PM - Choir Sanctuary	15	16 1:00PM - Food Bank (TH) 5:30PM - Take 150 (TH)
17 9:30AM - Bible Study (IH) 9:30AM - Worship 11:15AM - Worship	18 7:30PM - Ladies Evening Guild (KEL)	19 9:30AM - Coffee and Conversation (KEL) 7:00PM - Session (UR)	20 9:45AM - Side by Side (KEL) 7:30PM - Handbell/Chimes Choir (TH)	21 7:00PM - Faith Formation 101 (KEL) 7:00PM - Youth Group (UR) 7:30PM - Choir Sanctuary	22	23 8:30AM - Men's Breakfast (TH) 1:00PM - Food Bank (TH)
24 9:30AM - Bible Study (IH) 9:30AM - Worship 11:15AM - Worship	25	26 9:30AM - Coffee and Conversation (KEL) 1:00PM - Stephen Ministry 5:00PM - Vision Task Force (LF)	27 9:45AM - Side by Side (KEL) 7:00PM - Bazaar Prep (KEL) 7:30PM - Handbell/Chimes Choir (TH)	28 7:00PM - Faith Formation 101 (KEL) 7:00PM - Youth Group (UR) 7:30PM - Choir Sanctuary	29	30 1:00PM - Food Bank (TH)
31 9:30AM - Bible Study (IH) 9:30AM - Worship 11:15AM - Worship						