



CONNIXIONS

APRIL / MAY 2020

ST. ANDREW'S CHURCH CONGREGATIONAL NEWSLETTER

Alleluia!



He is Risen

SA



CONNXIONS APRIL / MAY ISSUE

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WE NEED EASTER MORE THAN EVER

Dear Friends,

You are in my thoughts and prayers every day. Although I can't physically see you each week, I do still sense our ongoing connection as a community. Last Sunday during our live-streamed worship service, not only did I sense the Spirit's presence with us, but I also felt that we were being held together as a community by the Christ who makes us one.

I know that these days of "Social Distancing" are difficult for many of you. Some of you are living alone and feeling isolated. Some of you are anxious and afraid of the future. Some of you are worried for the health of your older loved ones. Some of you are accompanying loved ones on their final journey home to God. Some of you face lay-off notices, while others adjust to working at home. I'm praying for you all.

All of these social changes and economic pressures place a significant load of stress and strain on us and on our families. As someone joked yesterday, "I thought it would be great to work from home, but now I'm ready to trade my kids for toilet paper." I'm not making light of our situation, but a little humour goes a long way. This is a significant crisis of global proportions. Yet let us also remember that humanity has weathered global crises before and we shall weather this one as well. So let's stick **TOGETHER** and stay connected **WITH GOD**.

Although our building is currently closed, St. Andrew's remains **OPEN** for ministry. Every day your staff is working from home and continuing to support and encourage our vital ministry. We keep daily logs of our hours and duties; and we are putting in long days. As you would expect it has taken considerable thought and imagination to re-conceive our ministry in this new season. Things change quickly, from day to day, even from hour to hour. We try to be nimble, flexible and creative. Things could even have changed again by the time you read this.

At present we have identified the following priorities:

Communication: Five days per week we are sending a daily video devotional. (If you haven't signed up to receive our congregational emails please do so on our website. About 160 people open these every day. Rev. Jared is offering "Life Online" every **Thursday at 2 pm** where you can join a discussion of Philippians. Staff members have been meeting regularly online to plan and realign our ministry together. Our website has been re-vamped and you will find a variety of resources there. Click on the "Covid-19 Response" button in the top left for important information concerning our ministry together.

Live-streaming Worship: Care and planning is being put into providing a **weekly online Worship Service each Sunday at 10 am**. It is accessible through our website. Our first worship service was accessed more than 500 times. This is an important ministry opportunity for us, not only in connecting with our own congregation, but also in developing new relationships with those who are suddenly seeking spiritual sustenance. People are more aware of a need for God and we want to be available to minister to them.

Pastoral Care: Dr. Geoffrey has been working in concert with Judie Coleman and the pastoral teams to make sure that people are being cared for. A phone campaign involving elders, district visitors and volunteers is aiming to call every home. This will help us assess needs and know who will require continued ongoing contact and support. Please email Dr. Geoffrey or Judie if you have ideas or concerns gsimmins@standrewscalgary.ca.

(Continued on page 16)



Easter Series

FINDING LIFE IN CHRIST

APRIL 5 - PALM SUNDAY

Finding Life in Christ: Cruciform Love
(Matthew 21:1-11 & Matthew 27:27-54)

Rev. Dr. Tim

APRIL 12 - EASTER SUNDAY

Finding Life in Christ: Resurrection
(Matthew 28:1-10)

Rev. Dr. Tim & Rev. Jared

APRIL 19 - EASTER TWO

Finding Life in Christ: Imaginative Living
(Matthew 7:1-12)

Rev. Dr. Tim

APRIL 26 - EASTER THREE

Finding Life in Christ: Divine Advice
(Matthew 7:13-29)

Rev. Jared

Side BY Side

Side by Side
by Judie Coleman



I invite you to walk with me through a typical day as a volunteer at Side by Side. When we arrive around 9:30 am, Earl and Edelgard have the coffee and tea ready and waiting, along with a tasty selection of muffins, which have been supplied by a myriad of bakers in the congregation. Card tables with themed tablecloths are set up on the west side of the lounge so we can gather and chat to start off the day. Soon my participant arrives, whom I'll call Joe. Joe has dementia and his world, along with his wife's, has changed as this disease has progressed. He is welcomed at the door by Alice and given his name tag. Joe has been coming for several months now and he heads right for the counter for his coffee and muffin. When he sits at his favourite table, he is given a Word Search which reflects the theme of the day. He focusses on the task at hand, listening to the conversation around the table but not joining in until his Word Search is completed. Then he will usually share a story that we have heard many times before, and we listen as though it was the first time we have heard it.

Soon Kathleen comes around to each table inviting everyone to join her in **Brain Gym ©**, which involves gentle exercises to engage both the left and right sides of the body. Brain Gym uses developmental movements such as drawing the alphabet in the air with both the left and right hand which Joe can do fairly well, but another participant struggles and simply draws circles.

This is followed with a devotional time with scripture and prayer led by many volunteers. It's not unusual for the devotion to be focused on the day's theme. However, once, when the theme for the day was Elvis Presley, Rev. Frank said he could not find Elvis in the Bible anywhere and he deftly moved on in another direction.

After devotion time we move onto light joint exercises, often staying seated to accommodate some of our participants with mobility issues. Joe is able to follow Ken or Alice, who lead exercises, but sometimes the movement is a bit too complex for him to follow and he makes up his own exercise.

Activities are usually kept to 15 minutes to keep the interest of each participant, so after exercise we have creative time led by Pam. This could be doing a craft, playing bingo or putting together simple jigsaw puzzles. Today we are working on our scrapbooks. Steven is our roaming photographer and he takes pictures of participants and their volunteers throughout our time together and our participants put these pictures into an album which they take with them when they leave the program.

After creative time we join our registered music therapist Laurie. She often brings different instruments – drums, rattles, etc. Everyone loves music time and some participants, who are slow to respond to other activities, readily join in.

Now it's noon and Audrey never disappoints with a nourishing lunch, hot or cold, and enough to feed all of us. There are more Word Searches after lunch, a game of Bocce Ball and then Bob or Donna lead us in a hymn sing and some secular songs. At 2:00 we gather again for coffee and cookies. Spouses arrive and join us before heading home for the day. We all leave this space knowing that God has been with us, leading and guiding as we love the participants into God's calming grace. This ministry of presence allows all of us to share the love of Jesus with others.

If you would like more information on the program, our Side by Side Coordinator Alice Post has created a website, <https://side-byside.care> that we invite you to visit. She will also be leading a Webinar for Canadian Ministries at The Presbyterian Church in Canada on May 20 starting at 11:00 am MDT. <https://presbyterian.ca/webinars/>

SA



Jump Start Your Day by Joyce Archibald on behalf of the Nursing Team

Jump starting your day ensures that you start your day with positivity, setting you up for success as you meet the challenges of the day and allowing you to be more productive and healthy. Here are some ideas:

Spending time with God in Prayer and Reading Scripture

Jesus shows us that He began the day with prayer. "In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed." Mark 1:35 NRSV. As Christians, spending time in God's presence allows us to put God in control. It allows us time to listen for God's guidance. It gives us strength and grace to meet the challenges of the day. An excellent online website to help you pray is: prayasyougo.org.

Practicing Gratitude

Adopting a morning gratitude practice has been shown to increase overall mood and outlook on life. It helps to shed any negativity and allows us to open ourselves to others. It also has been shown to reduce stress hormones. Get a journal and document things that you are grateful for in your life. Be mindful of all God's blessings around you.

Setting a Sleep Routine

Sleep hygiene refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep. These include keeping a consistent sleep schedule. Getting up at the same time every day is recommended by the Center of Disease Control and Prevention. It is recommended as well to get at least seven hours of sleep each night. By establishing a relaxing bedtime routine, turning off electronic devices at least 30 minutes before bedtime, avoiding caffeine in late afternoon and evening, and avoiding consumption of alcohol before bedtime all aid in promoting good sleep hygiene. Also try to resolve your worries before bedtime by jotting them down, praying and then setting them aside.

Eating a Well Balanced Breakfast

Eating breakfast has been shown to increase mental capacity, improve behaviour, mood and memory. A healthy breakfast should contain at least three of the four food groups in Canada's Food Guide to Healthy Eating. A healthy breakfast should contain whole grains, lean protein, high in fibre but limit foods high in fat or processed carbohydrates.

Scheduling Exercise into Each Day

Physical activity is essential for a healthy lifestyle. It gives us energy, decreases stress, prolongs independence, prevents chronic diseases such as obesity, heart disease, diabetes, and so on. It also reduces the risk of falls as physical activity helps us to maintain balance, flexibility, coordination and increases strength. The Canadian 24 Hour Movement Guideline is an excellent resource on fitness. Please see csepguidelines.ca

Planning your Day the Night Before

Planning your day the night before, helps to decrease stress. It helps you to sleep better as you are prepared for the next day. It also has been shown to increase your productivity. Ideas for preparing for the next day include, setting the coffee maker the evening before, preparing your lunch, laying out your clothes, and having everything ready to go in the morning. You won't stay awake worrying.

Hydrating

What better way to break your overnight fast than with a glass of water. Hydration is key. Canada's Food Guide recommends drinking six or eight 250 ml glasses of water or other fluid every day. Water is critical to the balance of all the body's systems. It combats fatigue, improves brain function, and regulates body temperature, just to name a few benefits. The list is endless really!

There is much we can do to Jump Start our Day! Where are you going to begin?

Spiritual Moments Journey of Faith by Donna Harrison

Coming to Calgary, in February, 2018, was to be an exciting adventure. My husband was going to open a new facility in a new part of Canada that I had never been to before. Making a decision is one thing, but following through and living it, is another. At first, I was busy feathering my nest, as they say. I also had a three-week visit to Australia to see my daughter and welcome my new granddaughter into the world. What a blessing that trip was.

Upon my return, I experienced my first homesickness. I did not realize how painful it could be. It surprised me; and caught me off guard. Not knowing anyone or how to get anywhere made me feel all alone. I prayed a lot and felt impressed to look for a church. Hopefully I would find new friends there. My search began. I visited a few and looked online. That is how I found this church. It had many opportunities to serve and it was so close to where I lived. So, on the first Sunday in August, I came to check it out. The church had a warm, loving atmosphere. I felt welcomed and I knew it was the church for me. I got involved very quickly and started to know people.

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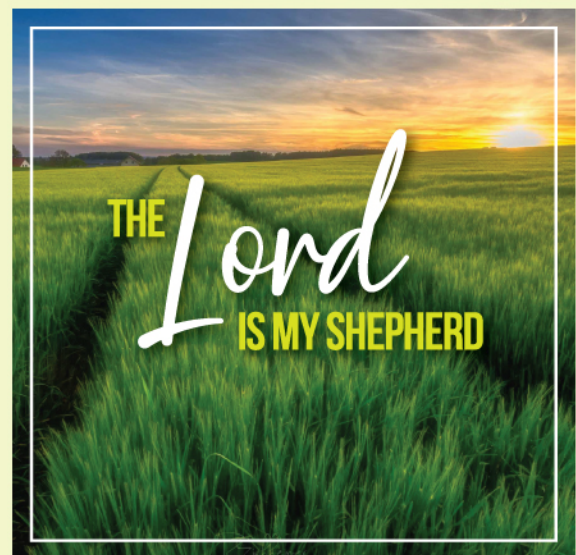
I did not realize how painful it could be. It surprised me;

It was Thanksgiving when I got another bout of homesickness. Everyone was talking about getting together with their families and reminded me of NOT being with mine. I try to be positive, but sometimes things get the better of me. My mind understands but my heart hurts. I never realized the deep pain that missing your family can bring. It happens a lot at all family holidays. Seeing the pictures on Facebook didn't help.

It was just another reminder of my not being there. My last bout made me want to go back to Ontario; but I soon discovered that the return home would not be as easy as I thought. I learned that the company does not help you return. There would be no job to return to and nowhere to live. The reality of it all left me feeling trapped. How could I return to nothing? My heart ached seeing the truth of it all.

One morning, as I was doing my personal Bible study, "The Lord is My Shepherd", I read that nothing can be accomplished when you are anxious and worrying. I must learn to "BE STILL". "He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul." Psalm 23:2. Suddenly I felt this beautiful peace come over me. My heart was at rest. I remembered all the ways God has helped me in the past. He will NEVER leave me or forsake me... He is my LORD. His love endures FOREVER.

Feelings can be a terrible slave master, but the LORD is a friend who sticks closer than a brother. I am so thankful that the Holy Spirit has filled my heart with peace. I don't know how or when, but I know that I can TRUST the Lord for His perfect timing. My days are in HIS HANDS. I now rest peacefully, knowing that God is in control. "Faith is the assurance of things hoped for, the confidence of things not seen." Hebrews 11:1.



Spring Clean-up Day by R. Shaw – Facilities Team

Each spring a group of volunteers gather on a Saturday morning to spruce up the grounds around St. Andrew's. We sweep the gravel from the car parks, and clean out the garden plots to prepare them for the bedding plants. The Facilities Team relies on assistance from the dedicated group of volunteers that each year sign up for the various tasks. The shift usually runs from 9:00 am until 1:00 pm, and includes coffee and snacks, as well as good humour and friendly conversation.

The main tasks involve:

Four persons to sweep the gravel from the car parking lot

Two persons to remove all weeds from each car park

Four persons to clean the lawns of garbage and debris near the main Heritage Drive sidewalk

Two persons clearing the east flower bed of grass, weeds, etc.

Two persons clearing the front cross garden beds of weeds and debris

Two persons clearing weed from the south upper garden area

One person bringing hoses out of storage, inspecting and connecting them

In spite of what may be happening with Covid-19, it is hoped that clean-up day will be April 28 or May 5, but this is of course very much weather dependant. Please join us for a fun morning of light labour and lots of laughs. We may not have access to the church, so the sign-up sheet won't be in use, but if you can participate on either of these days, please call **Bob Shaw, 403-256-9233**.



Home for Dinner by Margaret Bates and Pam Livingston

Ronald McDonald House provides a home away from home for the families of critically ill children who must travel for medical treatment. When the unthinkable happens and a family is uprooted for their child's treatment, there are many barriers to overcome to stay together. Hotels are expensive, siblings need to be cared for, etc. The House provides accommodation, comfort, and a sense of community to these families in need.

For the past 20-plus years, the St. Andrew's Ladies' Guild has been active in the Home for Dinner program. Once a month the Guild funds a team of dedicated St. Andrew's volunteers who plan, shop, prepare, and serve a comforting home-cooked meal to sixty residents. A typical meal consists of ham, scalloped potatoes, carrots, corn, coleslaw, home-made dinner rolls and dessert.

Many of the moms and dads tell us that after a long and stressful day at the hospital, there's nothing better than arriving back to the aroma of a home-cooked meal. And for us, there's nothing better than watching the families and knowing we have added a little something good to their day.

During this time of the Covid-19 pandemic, although we cannot attend Ronald McDonald House in person to cook, we continue to support the program by donating an equivalent amount of cash towards meals.

Similarly with BB4CK (Brown Bagging for Calgary Kids), while we cannot physically prepare and deliver 48 lunches to two schools every Wednesday, we continue to support the program by donating the equivalent amount of cash so that parents can access gift cards with which to buy groceries for their children.

Thanks to all of you for supporting the Ladies' Guild in our various fundraising efforts so that we may continue this valuable ministry for our community.



Thank You Brent

The Facilities team would like to acknowledge and thank Brent Forcade for his skills and hard work following the recent damage to the office window. At the request of the Facilities team, Brent purchased, constructed, and installed drywall and trim on both sides of the four windows between the sanctuary and the office. The result looks great. Our team greatly appreciates this generous expression of his skills and time.

Thanks.

Don Koch
Facilities Team Leader

*Thank
you!*

McInnis & Holloway's Wolfelt Seminar Postponed

With Alberta's Chief Medical Officer of Health Dr. Deena Hinshaw's announcement that Alberta is asking organizers to cancel all events with more than 50 attendees, we want to inform you of the postponement of our upcoming grief seminars with Dr. Wolfelt on April 21 and 22. McInnis & Holloway and Heritage Funeral Services have tentatively rescheduled Dr. Wolfelt's keynote addresses for November 2020.

MEN'S FELLOWSHIP BREAKFAST



**MAY 23RD 8:30 AM
IN TRINITY HALL
\$5.00 / PERSON
LADIES ARE INVITED!**

Subject to the status of restrictions resulting from the Covid-19 situation, all St. Andrew's men and women are invited to attend the Men's Fellowship Breakfast on Saturday May 23 in Trinity Hall starting at 8:30. Please join us and enjoy a delicious breakfast, warm fellowship, and our guest speakers, Marlene & Dan Doherty. They are members of Grace Presbyterian, and will speak about a mission trip they recently made to Malawi. We are sure the talk will be of interest to all. Cost is only \$5.00 per person. Please join us for an entertaining and informative morning!

**Summer Bible Study
on Beth Moore's "Daniel"**
by Jayne Martin

Please come and join us as Nicola Cameron leads us on a jam-packed study of "Daniel" with written material and DVD presentations by the very talented Beth Moore. This is a 12-week study, which will be held on Wednesday evenings beginning June 03, 2020 from 7:00 to 9:00 pm and will run through to Wednesday, August 19, 2020. Come for one night, a few weeks, or for all of the sessions. I assure you that you will not be disappointed!

Just as the prophet Daniel faced unbelievable pressure to compromise his faith in a hostile culture and was constantly confronted by temptations and threats, today's believers face similar trials.

The first portion, from Daniel chapters 1-6, deals with Daniel's life as he faced the kind of pressures and temptations Christians encounter today. Daniel models how to develop integrity in an enticing world. The second portion, chapters 7-12, explores thrilling prophecies from the time of Daniel through the second coming of Christ."



Claire Christmas 2019 Campaign
by Jayne Martin

It was December when we issued a very late call for support for the residents of the Claire Tower. We had been asked by our partners, CUPS and the Calgary Homeless Foundation, for financial support to provide parents with gift cards, which they in turn could use in order to purchase their own gifts for their children.

This call was in response to St. Andrew's ongoing involvement with homelessness and low-income housing. We were looking for congregants to donate \$800. Once again, St. Andrew's came through with Christmas bells on, donating a whopping \$1,800!

Your generosity provided us with enough funds to distribute gift cards for not only the 23 children but also for the parents of the 15 families residing in the Claire Tower. CUPS was able to secure enough funding for a community Christmas dinner, complete with all of the fixings. We used the remaining donated funds to provide a roast beef New Year's dinner for the residents; many of whom could not afford roast beef and could not remember the last time they were able to enjoy a roast beef dinner.

Thank you for supporting the families at the Claire Tower. You definitely made both their Christmas and their New Year a whole lot brighter!





**HOLY
THURSDAY**
WORSHIP

APRIL 9
7:00 PM

Easter

ONLINE STREAMING
WORSHIP SERVICES

HOLY WEEK & EASTER

**GOOD
FRIDAY**
WORSHIP

APRIL 10
10:00 AM

**SUNRISE
SERVICE**
EASTER MORNING

APRIL 12
7:00 AM



**EASTER
SUNDAY**
WORSHIP

APRIL 12
10:00 AM

JOIN US ONLINE & INVITE A FRIEND!



September Stephen Minister Training by Jayne Martin

Would you like to enrich your life and the lives of those around you?

Please consider becoming a trained Stephen Minister and providing comfort to another person through one-hour weekly visits. Put yourself in their shoes and you will realize the meaningfulness of this ministry. Merriam-Webster defines comfort as “encouragement; to give strength and hope; to ease the grief or trouble of; and to console.”

When Joelle Richardson shared her expertise with us during our Mental Health Seminar in September, she spoke of health as a three-legged stool; mental, physical and social. When one of these needs is not met, it doesn't take long before the stool topples over. In our society, we tend to overlook the importance of the “social” aspect of our health. This is a very crucial need which Stephen Ministers can fill when congregants are in need of some social interaction, a sounding board, or perhaps even just contact with the outside world. People can become socially isolated due to the death or ill health of a loved one or due to their own health or age. It is so important that once people find themselves unable to come to St. Andrew's that we as a church are still able to go to them and our ministers can very definitely use our help.

Our next Stephen Minister Training class will run on Friday afternoons beginning Friday, September 11, 2020 in the Inner Hall from 1:00 to 3:30 pm. The commitment is for a minimum of two years, which includes the training and then service as a Stephen Minister. We provide Stephen Ministers with 50 hours of training and after the training has been completed, there are twice-monthly supervisory and continuing education sessions for additional support. During these meetings we will provide one another with additional support and encouragement. Supervision means no one is left to provide care alone.

A Stephen Minister will only meet with one care receiver at a time for about an hour a week, in person, or by telephone.

If you feel you would benefit from having a Stephen Minister, please email our Pastoral Care Coordinator at pastoralcare@standrewscalgary.ca.

stephen
MINISTRY.

When This is Over by Laura Kelly Fanucci.

When this is over,
may we never again
take for granted
a handshake with a stranger
full shelves at the stores
conversations with neighbours
a crowded theatre
Friday night out
the taste of communion
a routine check up
the school rush each morning
coffee with a friend
the stadium roaring
each deep breath
a boring Tuesday
life itself.

When this ends
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay that way -
better for each other
because of the worst

Session Update – March 2020

by Debby Dorcas, Clerk of Session

Following up on the decision at our Annual Congregational Meeting in February to proceed to call a new third minister, Session named a Discernment Team to prayerfully assemble a list of names for a Search Team (which will work with Rev. Dianne Ollerenshaw, our Interim Moderator). This Discernment Team has now completed its work and will present the list of names at the next Session Meeting (virtually, by Zoom) on Tuesday, March 31. We anticipate that shortly after this the team will begin its initial work through Zoom meetings online.

The Final Draft of the new ministry job descriptions for the Lead Minister, Life and Vision and the new Associate Minister, Growth and Care have been prepared by our Lead Minister in consultation with the MRA Team, the ReVision and Renewal Task Force, our General Presbyter, our Interim Moderator, and our Family Minister. The intention was to revise each ministry job description and bring them into alignment with our new Vision.

Rev. Jared's job description will come to Session after a specially named team brings a proposal to Session on a new metaphor that will describe more clearly for us the relationship between St. Andrew's–Heritage and our new ministry South of Fish Creek.

News from the Christian Education (Faith Formation) Team

by Rhonda Wishart

Continuing Faith Formation at Home – Our leaders will miss their regular and meaningful connection with our church school children over the coming weeks! We appreciate that parents will want to continue with their children's faith formation at home in the meantime. One place to look for resources is on our national church website at www.presbyterian.ca and particularly at the link <https://presbyterian.ca/2020/03/17/resources-to-help-covid-19/>

where you will find Christian Education resources to help families during church and school closure including activities, devotionals, videos, etc. Many of our children enjoy puzzles, crafts and word games. You will find great resources on the Pinterest site at www.pinterest.com and there are easy and accessible ideas on the www.dltk-bible.com site as well. We will search for more resources in the coming days.

Spring Fun Day – Our annual gathering for children to celebrate spring with crafts and baby animals was to be held on Saturday, April 18 but will have to be postponed.

Compassion Canada Fundraiser – We were planning for the church school children to be involved in a fundraiser in support of safe playgrounds in third world countries, and you may have read Braeden Werle's article about Compassion Canada in last month's ConnXions. Without weekly gathering of our children in church school, we have decided to postpone this fundraiser until the fall.

Grade 6 & 12 Gift Presentation: The annual presentation of a gift to our graduating Grade 6 and 12 students would normally take place during service on Mother's Day, Sunday, May 10. We will make sure the appropriate children receive their gifts, whether or not we are having regular service by May, and we will identify the youngsters for you.

St. Andrew's Youth Scholarship: Any student graduating from Grade 12 and planning on attending post secondary education in the fall of 2020, along with any students who graduated from Grade 12 in a previous year, but are attending post secondary schooling for the first time in the fall of 2020, are eligible to apply for the youth scholarship of \$1,000. This scholarship is awarded based on an individual's academic achievement, participation at St. Andrew's and contribution to the community. Please request an application form from Rhonda Wishart at rhonda.wishart@icloud.com

Please stay safe and connected.



**Growing LIFE Together with God
as We Live LIFE Apart from One Another
by the Stewards by Design Team**

This is a time when we truly need each other. As has been said, our church building may be closed, but our church ministry continues to be open and active. We can rest assured that God is with us during these difficult times, and that St. Andrew's will remain strong, thanks to the leadership and spiritual care provided by our ministers, the dedication of our staff, and our faithful church family.

Our ministers are here for us, the office staff is here for us, and we are all here for each other and for the needs of our city. Many people are still giving of their time and their talent to ensure that things continue to run as smoothly as possible, and that our St. Andrew's family stays connected to support one another. All of us together need to continue to give both our time, and our treasure. During this challenging time, when we are unable to gather together as a church family, we need to remember that we still have a need to give, because St. Andrew's has continuing significant financial obligations to support the important ministry we provide. Our ministers and our church staff are working hard on our behalf to re-imagine a new ministry online, and we need and want to support them. To ensure the financial stability of the Ministry and Mission of St. Andrew's, allowing us to remain strong and vital, we all need to work together.

Most of us are familiar with the hymn "I am the church, you are the church, we are the church together." All of us can help during this time of uncertainty. We are asking each of our members to consider one of the following five options to help us individually grow in generosity as well as keep St. Andrew's and its ministry financially healthy:

1. You can send an e-transfer to treasurer@standrewscalgary.ca and our treasurer, Dolly Forcade, will call you and you can then provide her with your password over the phone.

2. You may access our online giving option from the church website at standrewscalgary.ca and click where it says Online Offerings. This is a very safe and secure option for you to consider. If you need assistance, please contact our church treasurer, Dolly Forcade.

3. You can mail a cheque directly to **St. Andrew's Presbyterian Church, 703 Heritage Drive SW, Calgary, AB, T2V 2W4**. Dolly will be checking the mail regularly and making the bank deposits.

4. You can sign up for **PAR (Pre-Authorized Remittance)** by sending an email to Dolly Forcade at treasurer@standrewscalgary.ca.

Dolly will be happy to assist you and if you provide your phone number, she will contact you directly. You will be asked to indicate the amount you wish to contribute each month and this amount will be withdrawn from your bank account around the 20th of every month. Your contribution happens automatically even when you are not here.

5. If you are already a PAR subscriber and wish to increase your monthly PAR giving, please contact Dolly Forcade at the above email address for assistance.

St. Andrew's has a brand new Vision that is amazing and exciting – **GROWING. LIFE. TOGETHER. WITH GOD.** We invite you to continue to invest the resources God has given you – your prayers, your energy and your treasure – in this work to which God has called us. Even as we live life apart, we can come together in growing greater generosity.

May the Peace of Christ be with you all.



How different is your new normal? by Rev. Jared Miller

Gideon Haigh, the British Journalist, wrote of the sport of Cricket "For all its reputation for conservatism, cricket in its history has demonstrated a remarkable capacity for innovation. What game has survived subjection to such extraordinary manipulations, having been prolonged to ten days (in Durban 70 years ago), truncated to as few as 60 balls (in Hong Kong every year), and remained recognizable in each instance?"

As a church, we have found ourselves in remarkable new territory. We have had to figure out how to worship, how to nurture relationships, and how to participate in God's mission while maintaining appropriate social distancing. We've become a church without a building.

I had originally planned on using this space to tell you about our plans as a team for theCreek's worship launch on Good Friday, about our partnerships and telling stories that matter, and about how you could get involved. But this new reality we find ourselves in has scuttled our best-laid plans. As with anything in the church, we are learning to adapt. Instead, I want to use this space to ask a question: how different is your life now than it was a month ago? And I mean, REALLY different. Not different in the way Haigh describes cricket above, but different in the way cricket is different from basketball. We're all seeing less of people, we're all spending more time in our homes. The people we see every day, for the most part, are still the same people we see every day. The place we spend the most time is still the place we spend the most time. The people we don't see are still the people we don't see.

Now, writing this in a church newsletter isn't maybe the fairest place to ask that question. We are, by definition, a remnant, a holdout from a time in Canadian life where having a third place (neither home, nor work) was normal. But for our neighbourhood, city and even country, how different is our new normal from our old? When only one out of five Canadians attend weekly worship

(not even just Christian worship, and where "regular" is defined as once a month) is our new normal really that new? Or is it more of the same, simply shifted for context?

I'd like to suggest that Christians inhabit a new normal that the rest of the world is starting to realize they've been living in for a long time: a world where neighbours get groceries for an immunocompromised woman, where institutions and agencies understand that they have a social responsibility in their work, where churches are discovering that the people we've been trying to reach have been online the whole time.

So, given that this month we celebrate the reality of resurrection power in our community, maybe there's space for us to grow into this new normal with our city. Maybe as things begin to shift back to some sort of equilibrium, we can continue to remind people of what they've been missing in a third place. Maybe we can share with them the blessings of a community of diverse and varied opinions, ages, genders and identities.

What's going to be really telling for us as a witnessing community will be how we continue to live the new normal when a new, new normal comes to the forefront.

In Memoriam

Our condolences go out to Judy Roberts, whose brother Moran Kasmally died in Trinidad on January 20, 2020.

Our Condolences go out to Susan Procter and Victoria Grose, who lost their mother and grandmother, Jean Hope, who died in Ontario on February 28, 2020.



Ministry of Presence
by Rev. Dr. Geoffrey Simmins
& Judie Coleman

Photo by Nick Fewings on Unsplash

We are here for you. Pastoral care provides people with a “ministry of presence,” as we walk with people, sit and talk to them, and simply listen, as they share some of what is going on in their lives. It’s good and rewarding work that can feel like joy in action.

We offer a wide variety of programs, ranging from providing meals for folks in times of transition to offering confidential prayers for those who are experiencing difficult times.

We are aware that many people are quite worried about the novel coronavirus. What are we to do? We are asking all groups to review their activities, programs and meetings, with a view to identifying whether specific measures need to be implemented to help keep people safe. We are asking each group active in our pastoral care programs to do the following:

1. Review and recommend changes that need to be implemented in your team’s activities.
2. Take these changes to Session for approval.
3. Implement and communicate changes.
4. Review, monitor, and report back to Session monthly.

So, while we encourage people to reach out to members of our pastoral care team if they have individual needs, we are also trying to take steps to take care of us all as a community.

Oh, and if your heart is drawn to helping people lighten their burdens – well, we would welcome you on one of our teams. There are many opportunities. Please speak to Judie Coleman, Pastoral Care Coordinator, Geoffrey Simmins, Interim Pastoral Care Leader, or to any member of our teams. Take care of yourselves and others during these uncertain times, and always.



GLOVES ARE REQUIRED
by The Ladies Guild

St. Andrew’s holds a Food Handling Permit from Alberta Health Services and is subject to inspection. Anyone preparing or handling food is required to wear gloves when doing so.

If your group is involved in food preparation or handling in any capacity, please ensure that gloves are used. Remember to add gloves to the grocery list for your event!

(Continued from page 2 – We Need Easter...)

Being the Helpers—Volunteers in our congregation are still active. The St. Andrew's Depot of the Calgary Food Bank is re-opening to help the considerable need that is in our community. Health protocols have been developed to protect both our volunteers and our neighbours. Our Benevolent Fund is continuing to offer assistance to some of our neighbours who find themselves in greatest need. If needs arise for people within our congregation we want to have a list of willing people who can offer assistance (e.g. drop groceries outside a door; do a pharmacy run; etc.) If you are willing to help out, click on the "Covid-19 Response" button, click on "Volunteer" and fill out the form.

Online Offering: Our ministry is even more crucial at a time like this. All of us need to continue in our giving and helping others as it helps us to stay connected. We have received so many emails expressing gratitude and appreciation for the ministry of St. Andrew's in this season. Think of the more than 500 who accessed worship through us last Sunday. Your financial support remains key to being able to serve in our community. Please find a way to continue your weekly offering either through our "Online Offering" button on our website, through writing and mailing a cheque or by setting up **Pre-Authorized Remittance** (automatic monthly giving) by emailing **Dolly Forcade** at treasurer@standrewscalgary.ca.

Your ministers and staff are leading during this crisis and we are here for you. If you have a need or concern please continue to reach out to us through the regular office phone number or email.

In some parts of the Canadian Church there's talk of "postponing Easter." For our community at St. Andrew's it is full steam ahead! Using the gifts of technology, we will gather online through live-streaming. Plan to join us. On Good Friday, we need to walk again with Jesus through the suffering and darkness of the cross.

Then, on Sunday He can show us afresh the way to resurrection, new life and hope, because the worst thing is never the last thing.

We truly need Easter more than ever!

Dr Tim
Lead Minister, St. Andrew's, Calgary



When your kids have gone down for the night, grab a bottle of your favourite wine and sign on to connect with other young families from around the church.

SA
GROWING. LIFE.
TOGETHER.
Online

LIFE. TOGETHER. ONLINE

Join us every Thursday afternoon at 2pm as we connect online to check in, pray, and dig into Paul's letter to the Philippians, which is about finding the blessing in difficult circumstances. Click the ZOOM link on our website under Covid-19 responses.
standrewscalgary.ca

The Coldest Night of the Year 2020 by Jayne Martin

Last year, on February 23, 2019, six of us braved the -24C temperature and made the trek downtown to support the annual Coldest Night of the Year. At the end of our walk we warmed up with chili at Eau Claire. Rev. Jan Hazlett was one of the six, and she made the suggestion that this year we hold an afternoon event at St. Andrew's and then embark on a neighbourhood walk.

In December 2019, Bill Judd, on behalf of the Mission Team, and in response to St. Andrew's ongoing involvement with homelessness and low-income housing, encouraged congregants to make donations to our Claire Christmas 2019 Campaign.

This year, we decided to walk to the Claire building, so that congregants could see and learn more about CUPS and the Claire building. Bill arranged for CUPS to make a presentation to the walkers.

In keeping with post-walk tradition, who better to ask than our own Ted Cantlon, who came through with a heaping hot batch of his tantalizing chili? Marianne Attridge baked us three delicious pumpkin and cranberry loaves, and we all enjoyed a veritable feast back at St. Andrew's.

Eighteen people walked this year, so in comparison to last year we tripled our numbers! I was blessed to have the assistance of Ted Cantlon, Marianne Attridge, Brian Hawco, Pat and Duane Tritter, Lynn and Bill Judd, Cathy Millar, and Maureen Amos.

In 2019, we met the \$1,500 target which Rev. Jared had set for our team. Thanks to the generosity of the St. Andrew's congregation, this year we raised close to the same amount, almost \$1,400. Previously, participants 13 years and up, had to obtain pledges, but this year I was looking at this as more of an educational and community event. Instead of the onus being on the walkers to raise funds, I appealed to the entire congregation. In my eyes, we definitely met our goal of **Growing. Life. Together. With God.**



Dolly will be issuing a cheque which will benefit Feed the Hungry and low-income housing. Feed the Hungry offers a family-style; sit down dinner every Sunday in an atmosphere of community, warmth, dignity, safety and respect.

I would like to express my gratitude to those of you who participated in this walk, be it physically, financially, or behind the scenes. We could not have done it without all of you!

The Rev. Jan Hazlett's Retirement Celebration Saturday, April 25 has been postponed

As with many planned social gatherings, Rev. Jan's retirement party has been postponed until a later date. While we would prefer otherwise, it is not an option at this time. When the government has said it is safe, and our church has been allowed to reopen its doors, and again permitted large gatherings, we will celebrate with a fun party to honour Rev. Jan's ministry with us here at St. Andrew's!

When Rev. Jan was told that her retirement celebration would need to be postponed, she responded, "Thank you, we want everyone to be safe and to stay healthy".



A MESSAGE FROM THE EDITOR

My name is Flemming Nielsen, and I am the new editor following Linda Haines' resignation due to health issues. I and the entire team for ConnXions want to sincerely thank Linda for the years of dedicated work she has put into our newsletters. Her knowledge and skill will be sorely missed.

This is the first fully online edition of ConnXions. It may seem a slightly strange way to distribute a publication like this, but then, these are not ordinary times.

I apologize to the contributors who had their articles pulled from this issue because of event cancellations. We will keep your contributions on hand for possible use in a future issue, or perhaps in the weekly announcements.

I would like to thank everyone for their support for this issue under difficult circumstances, and I look forward to working with you in the future.

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The church building is closed
until such time as Alberta Health advises
meeting together is once again appropriate.

Please watch for communications from
St. Andrew's mailchimp congregational emails
and website to stay in touch with latest updates.

At this time we are not scheduling
'in-person' April meetings.

However, ministry teams will begin to
meet through online Zoom meetings.

If you do not have computer access
and would like to have a copy of Sunday's sermon
mailed to you, **please contact the church office**
at 403-255-0001.