



CONNXIONS

JUNE/JULY 2022

ST. ANDREW'S CHURCH CONGREGATIONAL NEWSLETTER



THE
Sacred



CONNIXIONS JUNE / JULY ISSUE

- PAGE 2 FROM OUR INTERIM MINISTER, REV. PETER COUTTS
- PAGE 3 THE SACRED
- PAGE 4 YOUTH GROUP
- PAGE 5 MENTAL WELLNESS
- PAGE 6 SPIRITUAL MOMENTS / OPEN SPACE (MAY 29TH)
- PAGE 7 ELDER PROFILE: SHEILA KIRKLAND
- PAGE 8 VIRTUAL CHOIR
- PAGE 9 S.A.F.E TEAM / VIRTUAL CHOIR (CONT.)
- PAGE 10 GRATITUDE & GENEROSITY
- PAGE 11 THECREEK.LIFE / FAITH FORMATION
- PAGE 12 CHURCH LIBRARY
- PAGE 13 MENTAL WELLNESS (CONT.) / OPEN SPACE (CONT.)
- PAGE 14 THANK YOU LORI-ANN / CONTACT US

For the past several years The Presbyterian Church in Canada has been contemplating a change in our views on human sexuality. During the 2021 General Assembly, The Presbyterian Church in Canada made changes to its theology and practice regarding marriage; permitting people to choose to define marriage either as a covenant relationship between a man and a woman or as a covenant relationship between two adult people. This decision provides Presbyterian ministers with liberty of conscience and the freedom to choose to officiate or not officiate at the marriages of same-sex couples. 2SLGBTQ+ people (whether married or single) can be ordained and may serve as ministers and ruling elders in The Presbyterian Church in Canada.

St. Andrew's has been reflecting on 2SLGBTQ+ for many years as well. This winter we held the well-attended "Sexuality and Faith Explored" (SAFE) workshops. A survey of congregants informed us that 89% of respondents were in "support of the ordination of 2SLGBTQ+ ministers and ruling elders." I addressed the issue in a sermon and hosted a discussion opportunity for anyone with concerns about the new directions in our denomination (one person attended). Our youth members were engaged on the topic as well. The sense we have gathered through all these engagements is that St. Andrew's is open to embracing our denomination's expanded definition of marriage and is accepting of 2SLGBTQ+ persons in congregational leadership as clergy and elders.

Consequently, our SAFE Team has brought forward to Session a series of motions that (if adopted) will state our congregation's alignment with the new direction of our denomination. These recommendations have not yet been adopted by Session. The Session wants to bring them to your attention to create another opportunity for dialogue with you on this topic.

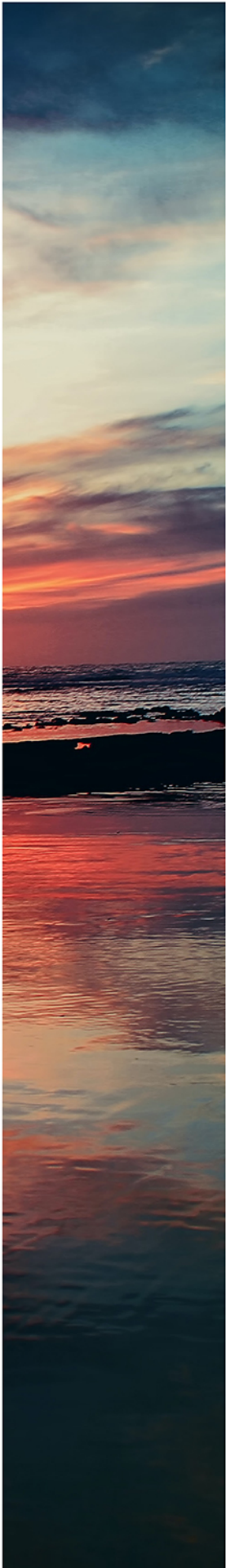
The recommendations are:

- The Session of St. Andrew's affirms its understanding of the covenant of marriage as a covenant between two persons.
- The Session of St. Andrew's affirms that sexual orientation or gender identity shall not be a barrier to being called as a minister or ruling elder.
- The Session of St. Andrew's is an affirming congregation who publicly, intentionally, and explicitly welcomes 2SLGBTQ+ persons to full participation in the life of our community.
- The Session of St. Andrew's commits to carrying the work of diversity and inclusion forward in an intentional way, i.e., continuing education with the congregation (conversation groups); partner with churches that are on this path (Varsity, Knox); create a team or partner with Leading with Care to develop goals and monitor progress.

At this time, an important reason for considering these recommendations is the fact that we anticipate commencing a search for a new Lead Minister this year. The General Assembly decision allows ministers to have freedom of conscience on whether they will conduct same-sex marriages. This means that ministers we interview in the future will want to know if our congregation's views on 2SLGBTQ+ concerns align with theirs. For these conversations we need to know how we feel.

Please reflect prayerfully on the direction represented by the above recommendations. Also, please share your reflections with an elder or with me, especially if you have any concerns.

Rev. Peter, Interim Minister





THE Sacred

06.05	Pentecost/Communion Sacred Spaces And Places	Matthew 13: 44-46 John 16: 12-15	Rev. Peter
06.12	The Sacred Sacred Death	Lamentations 3: 31-33; John 11:25-26; Rev. 21:1-4	Dr. Geoffrey
06.19	The Sacred Sacred Moments	Exodus 3:5; Luke 24:13-35	Rev. Peter
06.26	The Sacred Sacred Music	Psalm 150:1-6; Colossians 3:16	Dr. Geoffrey



**FEATHERS APPEAR,
WHEN ANGELS ARE NEAR.**

Youth Group by Lauren Cole

Over the last few months, Matthew and I have had the pleasure of leading the youth group. We've been a small, but faithful group. I've loved watching the discussions on a Friday night blossom from quiet, surface level answers, to thought provoking, heartfelt moments.

We are fortunate to have such kind kids in our church. Matt and I look forward to being there each night.

We start each week with a discussion topic, reading a Bible passage and then giving the floor to the kids to decide how the conversation flows. We follow the evening with games, whether it's an enticing game of Clue, or a competitive game of Mario Party. We really try to let the kids lead the night to ensure that if there is something weighing on their hearts, they would feel more comfortable sharing on their own terms.

All in all, we are fortunate to get to walk this road with the youth.

Youth Group by Kaitlyn Werle

Hi, my name is Kaitlyn Werle. Why I like youth group is because we have very friendly and inviting youth leaders, Matt and Lauren. I also love how we play lots of games and have treats throughout the night.

The biggest reason why I like coming to youth group is because of Matt and Lauren and just how fun they are. They are just the best youth leaders you could ever ask for. They are also calm and understanding.

When you are there, it feels like you are transported to a different world because of all the fun we have there. We play a variety of games such as Sardines and many more. If you are looking for something to do on Friday nights, then come to youth group and enjoy your time and the company. Honestly youth group is one of the only things I look forward to in the week.

I also love how you can say what you want and they will listen to what you say. Thank you Matt and Lauren for all the hard work you do, and for just being there with the youth. It means a lot to all of us.



SPRING HIKE
JUNE 18TH @10AM
MEET AT: RIBBON CREEK
RSVP: LUCY_ABURTO@SHAW.CA

SUMMER GATHERING
CHURCH SCHOOL
JULY 25TH
5:45PM - 7PM
(SIMPLE MEAL, WORSHIP
& ACTIVITIES)

MORE DETAILS TO FOLLOW

ANNUAL FAMILY
CAMPING WEEKEND
AUGUST 26-28TH
RIVER COVE GROUP CAMPGROUND
CONTACT: CRAIG MURRAY
MURRAYCRAIGJOHN@GMAIL.COM

Have You Had a Check-Up from the Neck Up? by Rev. Dr. Geoffrey Simmins

Thinking about how we can promote (and practice) good mental health in our congregational life and worship, I recently took part in two different courses on mental health. Both were excellent. I'd like to share some of what I learned.

The first course consisted of three Zoom workshops offered by Rev. Dr. Sarah Lund, who serves as Minister for Disabilities and Mental Health Justice on the national staff of the United Church of Christ (UCC) in the U.S. and as senior pastor of First Congregational UCC of Indianapolis, IN. Sarah is the author of several books about mental health: *Blessed are the Crazy: Breaking the Silence About Mental Illness, Family, and Church* (2014), *Blessed Union: Breaking the Silence About Mental Illness and Marriage* (2021), and *Blessed Youth: Breaking the Silence About Mental Illness with Children and Teens* (2022), and a pocket-sized book for youth: *Blessed Youth Survival Guide* (2022). (Rev. Sarah actively blogs and has her own website, and her lectures are available online through the United Church of Canada's United in Learning YouTube channel, which sponsored these recent lectures.)

Each workshop had a different theme. The first was titled *Creating Beloved Community: Resources for Leading Mental Health-Informed Worship*. Rev. Sarah shared frankly yet gently the evidence showing how many of us struggle with mental health (current estimates run as high as one in two people). Her goal in this first workshop was to show how we can become a congregation that talks openly and without judgment about mental health, seeing mental health through the loving and generous Christian traditions that support people while they seek healing and wholeness. I found it inspiring that she used the term "beloved community" to describe what God wants us to create. In such a community, we can be vulnerable, real, and open, and not feel judged when we are. She showed us how addressing mental health in the context of worship connects us with Jesus' healing ministry, not only for those who have active presenting problems, but for everyone else too.

Her second workshop, *Blessed Youth: Supporting Children and Youth Mental Health*, discussed how we can nurture youth and help them share when they might be experiencing mental health challenges. This presentation was poignant because Sarah's niece died by suicide; Sarah wants us all to recognize that inviting frank talk about mental health with youth can help keep them feeling that sharing what's really on their hearts can be OK.

The third workshop was titled *Mental Health WISE Church: Communities of Faith as Places of Welcome, Inclusion, and Support*. Here, too, she was focusing on the ways that we can create inclusive, loving, welcoming communities that do not fear differently abled people. As she described her goals, "While some of us are coping with mental health challenges and may need special attention, some of us may be uncomfortable or unsure how to create space that is truly welcoming. Together we'll consider our own fears of the unexpected, and work to become a place of welcome, inclusion and support. We can make a difference and become communities that welcome difference, avoid judgment, and live out the gospel."

Next, I took a two-day course run by the Mental Health Commission of Canada called "Mental Health First Aid – Standard." Among the many topics we covered, we learned how to assess a mental health incident by reference to the acronym ALGEE, which they describe as "the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers." ALGEE consists of these steps:

- Assess the risk of suicide and/or harm
- Listen non-judgmentally
- Give reassurance
- Encourage professional support
- Encourage other supports

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MENTAL
Wellness

Spiritual Moments by Jari-Lynn Eckert-Henry



Worry. Anxiety. Sound familiar? For many of us struggling with anxiety, remaining calm and grounded is a challenge. For some it may require medication and psychotherapy. Christian meditation can be very helpful as well, and we have a practising group at St. Andrew's. In addition, for Christ followers who have a deep faith and a personal relationship with the Lord, we have the option to pray, turn to scripture and to memorize verses that can really help us in times of distress.

I saw this played out just recently with concerns about my dear mom, Geraldine Eckert, who became ill with Covid-19. My oldest daughter, Jocelyn Ramirez, stayed with her grandma for 72 hours. Family and friends, Mom's church and our very own St. Andrew's prayer team lifted my mom up in their prayers. I prayed in faith for guidance on how I could help in the authoritative name of Jesus and clung to scripture. Verses that were and still are particularly helpful in all things anxiety-provoking are **Philippians 4: 6 - 7 NLT**: Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all He has done. Then you will experience God's peace, which exceeds anything you can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Also **1 Peter 5:7 NLT**: Give all your worries and cares to God for He cares for you. The **NIV** puts it this way: Cast all your anxiety on Him because he cares for you.

Geraldine Eckert is well on her way to recovery. As we often sing: Praise God from whom all blessings flow. Praise Him, all creatures here below. Praise Him above, ye heavenly host. Praise Father, Son and Holy Ghost.

Thank you, St. Andrews, for your prayers now and in times to come.

Open SPACE



Making Worship and Work One What Happened on Sunday May 29th? by Rev. Peter Coutts, Interim Minister

After weeks of preparation—through sermons and mid-week workshops—we finally got down to work. We had about 100 people out to make “worship and work one” (as one of our hymns puts it) to begin to imagine how to pursue our congregational mission: “Woven into the neighbourhood, growing disciples who love like Jesus.”

We used a process called “Open Space.” About a dozen congregants jumped up and took the initiative to say “I want to talk about the _____ neighbourhood” and “I want to talk about _____ need / cause.” People then chose which one of the dozen topics they wanted to talk about. We broke out all around the church building into discussion groups—some as small as 3 persons, some as large as 12.

Another group met online via ZOOM. Through the 40 minute discussions these groups answered three questions: “Why is it important to focus on this named neighbourhood / this cause?”, “Paint a picture of how things could look if we were successful”, and “What do we need to learn in order to do what we envision?” After that, a person from each group reported back to the whole congregation what they talked about.

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Elder Profiles: Sheila Kirkland

I was born in Biggar, Saskatchewan where I was baptized in St. Andrew's Presbyterian Church, the first of many St. Andrew's in my life. It was in Biggar that I started my musical training and music has enriched my entire life. I attended the University of Saskatchewan in Saskatoon, and I received a scholarship to attend McGill University in Montreal, Quebec. There I was soloist in opera, oratorio and gave concerts as well as meeting my future husband, Bob Kirkland. Bob was a geologist working for the Iron Ore Company of Canada and early in our marriage we moved to the remote company town of Schefferville on the Quebec / Labrador border. Although remote, many of the company's entirely male workforce wanted to sing and I developed both sacred and secular choirs. Later we moved to Sept-Îles, the town on the St. Lawrence River from which the iron ore was shipped. In the church I had a Junior and Senior Choir, and I was Sunday School Superintendent. In addition, I led a secular choir called the Melodettes.

While in Sept-Îles the Roman Catholic Church decreed that it was no longer a sin to enter a Protestant Church. On the day of the proclamation, the Director of St. Joseph's Choir called me to invite us to work together to do joint concerts in both churches.

Our next move was to Toronto, where we were members of St. Andrew's, Humber Heights. Here I worked with National Church Committees including the Centennial Committee where I initiated a national banner competition: Children, Youth and Adult.



This was extremely successful with roughly five hundred banners submitted. From these banners five touring exhibits were created, and these were available for loan throughout the country for the next two years. While in Toronto I founded a women's sacred choir called The Joyful Sounds which performed throughout Ontario and Bermuda. I also taught at York University.

In 1980 we moved to Saskatoon and, lo and behold, St. Andrew's needed a choir director. I led the Senior Choir and established a Junior Choir. After a very happy two years back in my adopted hometown, we moved to Calgary in 1982 where Reverend Karl English welcomed us into yet another St. Andrew's.

One of the first things I did was to start a Banner Group. The members designed and created many of the banners which now grace the sanctuary. St. Andrew's was a growing congregation that had introduced a 9:30 am service and Reverend Karl asked me to start a choir that became known as the Chancel Singers, and which I directed for 18 years. The Chancel Singers performed concerts and pageants as well as joining together with the Senior Choir for celebratory services throughout the liturgical year. I also founded a secular women's choir known as The Notables which has been active for 30 years. During my time in Calgary, I have been privileged to serve on various National, Synod, Presbytery and local congregational committees. In 1986 Calgary hosted a very successful Ecumenical Christian Festival and I had the pleasure of chairing the Arts & Music Section of this three-day event. In 1988 I became an Elder and this has been a significant part of my life. Until recently, every elder had a district, and every church member had an elder and up until the time of the change, I administered this program. As a member of the National Millennium Committee, I organized a Canada-wide touring exhibit of quilts which came from congregations throughout the country including St. Andrew's. As the Presbyterian representative to Calgary Council of Churches I organized a touring banner exhibit to celebrate Alberta's centennial in 2005.

I was very blessed and happily married to the Rev. Dr. Frank Breisch. During recent years I have been a member of the Prayer Chain and this is an important part of my daily prayer life and devotions. As I look ahead to the future of St. Andrew's, I am grateful for the leadership of Reverend Peter Coutts as he guides the congregation through this critical time in both the congregation's and Christianity's history. I pray we will all be sensitive to the leading of the Holy Spirit as we envision the path forward for St. Andrew's.

An Inside Look At A Virtual Choir by Evan Mounce

Back in the early days of the pandemic singers were scrambling to figure out how to continue to sing safely. This was especially problematic for choirs as it is really hard to sing in a choir when you aren't allowed to be in a group!

Quite quickly one intriguing possibility emerged: the virtual choir. A choir where everyone could sing safely and mask-free in their own homes and then all of these parts could be collected, edited and assembled. As I grappled with the loss of many in-person music-making activities, I latched onto this idea of creating virtual projects and in the process created about 30 virtual projects for St. Andrew's. Many featured our St. Andrew's choir, and in some extra special ones we cast our net further and joined forces with Grace Presbyterian and Knox Presbyterian Churches.

In this article I want to give you a behind-the-scenes look at what went into these projects and illustrate how your St. Andrew's choristers rallied in the face of uncertainty and created something that will last long after our pandemic days are done.

So, what exactly is a virtual choir?

A virtual choir happens when all of the participants record their parts independently and then these parts are combined together in the editing process, to produce a full choir. Anyone involved in putting one of these virtual choir projects has a slightly different process, but I will tell you about my version which I learned from watching many tutorials on YouTube and my own trial and error process.

The first step was selecting a piece for a project, for our first few projects at St. A's it was critical to have a piece that was well known to the choir to make this process less daunting.

After choosing a piece, I would first record the piano accompaniment on my digital piano into a program called GarageBand which is designed for editing and recording music.

After I was satisfied with this foundational track, I would add another track to the recording with me singing the bass part, then another with me singing the tenor part.

Then I would rope Laura into helping me out by singing a guiding track for the sopranos and one for the altos. It is difficult to sing and record by yourself so I knew that it would be crucial to have guide tracks with the parts isolated so that members of the choir could sing along with someone.

After recording those guide tracks, I would send out a giant email with the separate tracks, a copy of the score, and pages of instructions for those choristers willing to try this strange new way of singing together. We would often gather altogether on Zoom to practice the pieces we planned to record, and also go over the music for Sunday even if we would all just be singing from home anyway.

Once the info and tracks were emailed, a deadline was set for choristers to email me a video recording of themselves singing alone. This was tough as each choir member participating would have to listen to these guide tracks with a pair of headphones on, and while listening and singing along they also had to record themselves on another device.

Once everyone submitted their video recordings of the piece to me (Even this part was tricky due to the size of a three-minute video file.) the long process of editing these together began.

I will spare you all the technical details and just try to summarize a bit of the process to assemble sometimes upwards of 40 videos together. It was a two-part process, the first involved separating the audio from all the videos and working with the recordings one by one listening to the voice and then lining them up with my guide track piano and vocals, repeat this process for each video submitted and then listen with a critical ear to adjust the balance between the voices. This is something that happens so naturally in a real choir; but took hours of painstaking care to try to recreate the blended sound of voices we recognize as the choir.

Once I was happy with my audio mix, I would begin the second part of the process: editing the video components together. I would often sketch out the layout based on how many submissions I had and then with a video editing program called Final Cut Pro I would carefully resize, organize, and then watch and listen to line up each video with the edited audio that I created.

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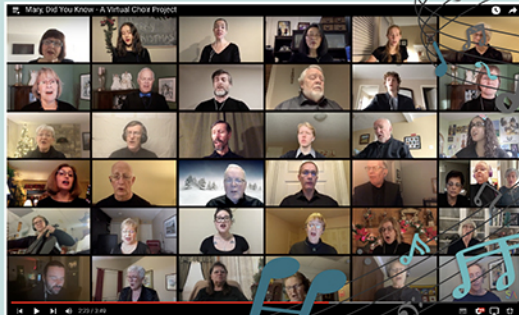
Repeat this process 20 times for each video that was submitted, add in some beautiful graphics and title cards lovingly provided by Mikaël, our Communications genius. Then the video was ready to share and publish on our YouTube channel. This was the brief version - but if you'd like to nerd out with me about the editing process, I would be happy to chat more!

If you haven't seen any of our virtual choir projects or would like to see them again you should go into our St. Andrew's Calgary YouTube channel and then into Playlists and then Minute for Music. Check out our Mary Did you Know virtual choir project, or our We Will Be a Shelter for Each Other virtual choir project. Of the 30 projects, these two alone have been viewed 3000 times.

Thankfully our days of virtual choir projects have ended, and we continue to return more and more to our practices of gathering and singing together. As we emerge from the pandemic, I want to commend the St. Andrew's choir on their unwavering dedication and commitment, their willingness to come along on the wild journey of participating in virtual choir projects and faithfully tuning in to Zoom choir rehearsals. Together we have made beautiful music together, creating lasting records of these wild times, and fostering connections which will continue to bear fruit.

With a grateful heart,

Evan Mounce
Director of Music Ministries



S.A.F.E. TEAM

by Kim McLachlan (She/Her - Treaty 7 settler)

The SAFE team is grateful to each of you who came together to learn and discuss sexuality, gender and faith in the church. We had an excellent lineup of speakers speaking on what we mean by LGBTQ2I+ (Centre for Sexuality), faith and queer identity (Pam Rocker), the Bible's approach to diversity & inclusion (Rev. Dr. Patricia Dutcher -Walls) and where we might go from here (Rev. Mark Tremblay, Knox Presbyterian & Rev. Greg Smith, Varsity Presbyterian). The SAFE team will be submitting a report to Session for consideration of the next steps for St. Andrew's.

Personally, I felt called to be involved with SAFE's work. I grew up in a church culture that was not affirming of LGBTQ2I+ sisters and brothers. Instead of explaining how I changed, I'll say instead that in my early 20s I worked at a coffee shop with someone named Neil. We became friends, and he once told me through tears how desperately he wanted to be a part of a church because of how powerfully he experienced God as a teen, and how he missed that now. He had been to three churches and rejected by each one because he is gay. I hadn't sorted out my theology at that point, but I knew in that moment that Neil was loved by God, despite what Christians had told him. I hope that whatever I said that night expressed at least a glimpse of that truth. I am deeply sorry for my words or actions, that time and any other, that did not communicate love and value to LGBTQ2I+ persons. Today, my faith in and understanding of Jesus is precisely why I am committed to the work of affirmation and inclusion. Neil and I lost touch after we both left that coffee shop, and I hope wherever he is now, he has found a safe community of faith and knows how deeply he is loved. I am motivated to ensure that St. Andrew's is a place where he and all people could feel safe and be free to **Grow. Life. Together. With God.**

GRATITUDE & Generosity

Our Offering Time In Worship by the Gratitude and Generosity Team

Many of our members are now using alternate methods of giving to the church other than offering envelopes. As a result, when the offering plate is passed during worship each Sunday, it seems very little is put into it. A few of our members do still use envelopes containing either cash or a cheque, and some people do place cash in the offering plate. But most of us just shake our head indicating no, we have nothing to put in when the plate comes our way, or we simply let it pass by. As a result, the offering plates are often quite empty!

I don't know about you, but seeing the offering plate pass by with so little being put into it each week bothers me greatly. The Offering is a very important part of our worship service each week, and not being able to participate in the act of offering by placing something into the offering plate just doesn't feel right. The apparent lack of response almost suggests it is not important to give back to God – at least that is the way it must look to others sitting in the pews who may not realize many of us give through PAR. or use online giving or e-transfers as our method of providing an offering.

The Gratitude and Generosity team has been considering this offering dilemma for some time. We want more people to use methods of recurring giving and yet when more people do, we end up with less people putting into the offering plate each Sunday. It gives the impression we are not a faithful people, because we are not SEEN to be joyfully and generously returning a portion of our abundance to God through our offering out of gratitude for all that God has provided.

So beginning late summer or early fall we will have special cards available for those who donate through PAR or give electronically. You will be able to pick up a card on your way into the sanctuary and put it into the offering plate when it comes to you.

These cards represent the offering commitment you have already made to St. Andrew's, and once they are available for use, we will communicate their purpose to the congregation. It needs to be understood that these cards are not a substitute for offering but rather a symbol of the financial commitment the user has already made to the church!

A sample of the laminated card is seen here and they will be sanitized after each use.



If anyone would like more information about giving to the church through PAR, or giving electronically, please contact the church treasurer, Dolly Forcade, by phone at 403-255-0001 or by email at treasurer@standrewschurch.ca. You may also contact Cathy Millar of the Gratitude and Generosity Team by phone at 403-281-8381.



Easter Weekend at theCreek by Alice Post (for theCreek Team)

On Good Friday, theCreek team set up for Via Crucis at Fish Creek Provincial Park amid snow-covered paths. Fourteen stations mapped out the journey that Jesus took to the Cross. Each station encouraged an action, a reflection, a remembrance, of what Jesus went through. One station that was particularly moving was Station XI: "Jesus is nailed to the Cross." At this station, participants are asked to place a pin on a cross to represent their sin, brokenness, sadness.

Easter Sunday dawned bright and clear, and it was a beautiful, crisp morning for an outdoor service. As we came together, it was noted that a particular tree just outside the shelter where we were gathered seemed to personify the Weeping Tree. It brought to mind the meaningful service offered by the St. Andrew's Choir on Good Friday and added a poignancy to our Easter worship.

During the service, we heard an Easter message from Rev. Che Napoleon. As a symbol of the new life that Jesus brings, we shared in a profound moment as we took turns removing pins from the cross that had been placed there by participants in the Via Crucis journey. We then shared in the Sacrament of Communion, remembering Jesus' pain and sacrifice, and most of all his triumph over death, and all that means for our lives today!!

Following the service, we had an informal time of fellowship. Some took advantage of the surroundings; taking a walk along the path and returning to join the group. It was a time of blessing that we are most grateful for!!!



Faith Formation for Our Children by Rhonda Wishart



Church School on Zoom for StAC children ages 3 to 14 was run successfully from September 2021 through April 2022 using the online curriculum and video series, SparkHouse Digital. Thanks to leaders Inge Murray, Rhonda Wishart, Lorna Andronicou, Stephanie Werle and Jennifer Stolee for adapting to this new format of church school. The children came together online for a greeting and opening prayer and then divided into break-out rooms for two different age groups.

As people slowly make their way back to in-person service, the children slowly return as well. People have different comfort levels in physical gatherings, and we understand this. Rather than a regular meeting of a multi-aged group of children on Sundays over the summer, the FF Team is exploring different ways of connecting over the summer, pending a return to more regular church school in the fall. In May, the children will have a Sundae Fun Day on Sunday May 29 from 10 am until noon, while parents connect in a missional workshop. In June, the children have an opportunity to connect during a family hike scheduled for Saturday June 18. In July, the children and their parents will be invited to gather for a simple meal, worship and activities together on Monday evening, July 25 from 5:45 to 7 pm. More details to follow. In the month of August, the family camping weekend is an invitation to all families to gather in a relaxed communal way.

Our annual Grade 6 & 12 presentation took place on Christian Family Sunday, Sunday, May 8. The FF Team was pleased to provide Bibles to the graduating grade 6 class including Gia Aburto, Kaitlyn Werle, Takira Slimmon, Evan Komierowski, Misha Linn and Ainsley McLachlan. A leather-bound journal and book of spiritual devotions was given to each of our Grade 12 graduates, Lucy Coleman and Kamsi Chukwu. Lucy will be studying liberal arts at Dartmouth College in New Hampshire and Kamsi will be studying computer science at UBC. Congratulations and best wishes to our students and blessings to all our children and youth over the summer. Have fun and be safe!



CHURCH Library

News from our Library by Sylvia Shaw

With the reopening of the Karl English Lounge our church library is once again open for your enjoyment. An inventory of our books was recently completed and although we're pleased that the library books are being enjoyed by many of us, it seems that some of them are not on the shelves and have not been signed out. Below is a list of the missing books/CDs and we'd love to have them back in circulation for others to enjoy.

Please check your bookshelves, bedside tables, or wherever you stash your reading material to see if any of the following books are there. If you're finished with them, we'd be happy to have them returned to the library (there is a basket on the bottom shelf just waiting for them). If you'd like to hold on to them for just a little while longer, please contact either the office or Sylvia Shaw at sylvia.shaw@shaw.ca or by phone at 403-238-3369.

You may ask "How do I know if the book belongs to the library?" Check the inside of the back cover and you'll see it stamped "St. Andrew's Presbyterian Church" with a pocket for a library card, which may or may not be there. Many thanks for your cooperation and happy reading!

List of Missing Library Books, etc. (April 1, 2022)

Angels, God's Secret Agents
The Bible Guide
The Bible Jesus Read
The Bishop's Man
A Brief Guide to Beliefs
The Children's Illustrated Bible
Daily Study Bible - Joshua, Judges & Ruth

Dementia: Frank and Linda's Story
The Dude's Guide to Manhood
Every Woman's Battle
Everything Happens for a Reason
A Forgiving God in an Unforgiving World

The Gift of Time
The Glass Castle
Good News by a Man Named Matthew
Graham Crackers, Galoshes, and God
Hallelujah (song album)

Heaven is for Real
Holy Bible - New International Version
Hope Will Find You
I Am in Here
In Their Own Way - Accepting Your Children

For Who They Are
James V. Barclay Sings (CD)
Keeping Faith
Life with God, Reading the Bible for Spiritual Transformation
Making All Things New
Mission Partnerships and The Pres. Church in Canada

Mountain on Fire
New Bible Commentary, Revised
New Testament, Psalms, Proverbs - 75th Anniversary Edition
No More Christian Nice Guy

Prayer the Great Adventure
Prayers for Every Occasion
Prison Letters
Relationship Rescue
Saying Goodbye When You Don't Want To

Soon
Soul Matters for the Heart
Still Alice
Structured for Mission
The Ten Commandments (Film)

The Message, New Testament, Psalms & Proverbs
These Will Not be Left Behind
Three Day Road
Travelling Light
What Happens When Women Pray

What's so Spiritual About Your Gifts?
Where is God when it Hurts?
Who is the Christ? As answered in the Epistles
The Winds of Autumn
The World's Great Religions

The Year of Living Biblically
Your Church Can Grow

CONTINUED FROM PAGE 05...

After learning about this approach, I expect to feel more confident when I interact with people experiencing a mental health problem or crisis. I feel better equipped to recognize the signs and symptoms of the most common mental health problems; and also how to recognize how harmful it is to stigmatize mental health.

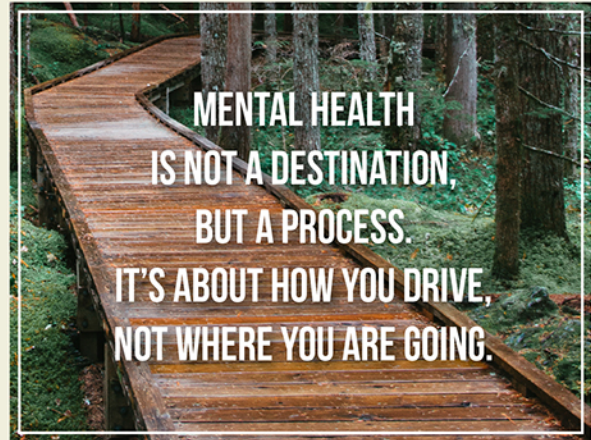
We also discussed how to respond when encountering a crisis situation, such as:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode

More general topics we considered included mental health and how we stigmatize it; substance-related disorders; mood-related disorders (such as depression); anxiety and trauma-related disorders; and finally, psychotic disorders. For each of these categories, we were given examples, definitions, and provided with helpful hints as to how to respond appropriately and calmly. As with medical first aid, we were not taught to provide clinical or professional help, but rather to be present with a calm and reassuring presence so that a person experiencing distress could feel supported and seek the level of care that is necessary for them in that situation.

God loved the world into being, and He loves us all. Jesus healed many who were spiritually distressed. In creating a Beloved Community, we are called to follow our loving God and the example of Jesus.

I am grateful that I was able to take these courses. I would be happy to talk to individuals or groups in the church or community about some of the positive lessons I learned from them.



CONTINUED FROM PAGE 06...

People gathered in these groups to talk about the neighbourhoods of Haysboro / Kingsland, south of Fish Creek and our indigenous neighbours. People talked about creating a safe place for children, online mentoring, the needs of the underprivileged, helping wounded (physically and mentally) veterans of the Afghan war, sports programs for underprivileged children, engaging with the needs of our diverse population, the visibly homeless.... It was quite remarkable the range of topics that were discussed. But after the event many commented that overlaps could be seen among them, that could help us focus more.

What's next? The work product of that day is now collated into a comprehensive document. This document, along with the results of the Tim Dickau workshop, will go to our R&R Team to sort through. From there it will go to the Session to determine next steps.

Our thanks to everyone who came out and participated! You have given us some ideas of how the people of St Andrew's want to make the "rubber hit the road" on our mission statement. In fact, we may already have our first, simple, intro initiative: tidy up the tennis courts next door and make it usable again for the neighbourhood. Isn't that a great way to "love your neighbour"?

Thank you, Lori-ann, for ALL you did with us, and for us!
We were, and continue to be, blessed by your many gifts!
by Debby Dorcas & Dolly Forcade

*Thank
you!*

On behalf of the office staff at St. Andrew's, we would like to say how grateful we are for LORI-ANN ESSER and the work she did to help our congregation in the last six months. We must have been having fun, because the TIME FLEW BY!!

Lori-ann was a woman of many talents - a writer, an organizer, a visionary, a children's storyteller extraordinaire, and an overall energizer-bunny-doer!!

AND...she wore interesting and beautiful brooches!!

We are thankful that we don't have to say goodbye to Lori-ann, as she will still be worshipping with us, and we look forward to her volunteer work with us after she focuses some of her time and attention on house renovation and a busy household, including an active teenager!

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DEADLINE: Article Submissions for our next August / September Issue: Monday, July 11 2022.



St. Andrew's COVID-19 Task Force Report
Mark Rowe - Convenor

The COVID-19 Task Force was formed for the duration of COVID-19 to provide guidance in safely conducting St. Andrew's re-opening during COVID-19. The St. Andrew's congregation has been following safe COVID-19 practices and this has allowed our most vulnerable members to safely worship with us. **Thank you!**

The Province of Alberta has continued to relax its COVID restrictions, and the Calgary COVID-19 count has dropped but COVID is still with us.

To maintain a COVID safe place for worship, The COVID Task force requests the following:

- Vaccination is strongly encouraged.
- The use of sanitizers for all worshippers for entry into the church.
- Masking is strongly encouraged while in the building, including during worship.
- No food or beverage consumption.

We will continue to follow AHS directives and The City of Calgary's guidelines and restrictions as they continue to evolve, so watch for further updates. Thanks for your consideration in these matters, especially the encouragement to mask. It is our desire to create a setting here that is most helpful and encouraging for those who are cautious about returning to gathered activity. In this small way we express Christ's care.