

Tidings



First-St. Andrew's United Church

VOLUME 16 ● NUMBER 1

LENT, HOLY WEEK, EASTER 2006

We are celebrating two church seasons: Lent and Easter.

The Season of Lent begins with the scriptural promises of God made to some of our oldest ancestors – Noah, Abraham, Sarah, and Moses. Through them and others, we glimpse what it means to live in God’s presence, to live as a righteous person. We rejoice with these ancestors that God desires to save and heal, and continue to deliver God’s people.

Moving through purple-shadowed Lent, the scripture texts invite us to explore promise and covenant in the framework of relationships between and with all creation. As our journey through Lent continues, these texts guide us, hinting and leaning toward the boldest, greatest, most daring promise of all.

On Easter Day we unfurl the Alleluias, proclaiming “Christ is risen!” We celebrate the Resurrection together. This is the story of our faith. We are the resurrected Body of Christ. Christ lives in unexpected people in unexpected ways.

During the Season of Easter, we join Thomas and the other disciples in opening our hearts and souls to recognize Jesus as the Christ, alive in new ways. We continue to grow through stories about Jesus, the shepherd whose sheep know the shepherd’s voice and trust the shepherd’s care. We meet a variety of early followers working together – women and men, Jews and Gentiles. Even as the church emerges and new communities of faith are formed, these stories lift up the ancient promise – God is always present and has the future in hand.

It all concludes with the day of Pentecost. The Holy Spirit is given as a gift from God, promised by Jesus. This gift leads to new beginnings of a church filled with hope and new promise. Through the power of the Spirit, we are empowered for service, revealing God’s love for the world.



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TWO HUMANITARIAN GIANTS VISIT LONDON

CREATING A CLIMATE OF NON-VIOLENCE

Arun Gandhi, the fifth grandson of Mahatma Gandhi spoke at First-St. Andrew's at the conclusion of the Season of Non-Violence in January. The event was organized by FSA and Unity of London.



(left) Arun Gandhi (far end of front row) joins in with the audience as singer Denise Pelley leads in the Peace Song "Let There Be Peace on Earth"

(below) Gandhi is interviewed by David McKane for the Life and Faith Television Program



CREATING A CLIMATE OF COMMUNITY

Jean Vanier, founder of L'Arche centres for handicapped people spoke to 2,600 people at the Convention Centre. David McKane was on the organizing committee and shares a laugh with Vanier (right) earlier in the day at a Youth Forum.



THANK YOU!

By Doug Jones, Past-Chair of Council



I trust that you were, as I was, both surprised and delighted to learn from the Finance Committee that we had balanced our finances for 2005. This is only the third time we have done so in the past 2 decades, and is deserving of a big **THANK YOU!**

First, a heart-felt **THANK YOU** to those individuals/families who took the extraordinary step of making a separate donation specifically designated to reduce the deficit. It did make the difference.

Also, thank you to all the members of the congregation whose contributions week-after-week provide the financial base to support the programs of FSA. Without your regular support, despite the high quality of the planned programs and outreach, nothing would be accomplished. Thanks to the many members of Council and its committees for sharing your time and talents to plan and provide the programs, maintain the physical structure and to the Finance Committee for keeping us apprised of the financial needs to carry out all the programs of FSA.

A special thank you to our staff Team - and it is a Team effort: Sue Scorgie who so diligently monitors our finances and finds ways of reducing expenses; Maureen Scarborough for efficiently keeping all the necessary information flowing, and our own leprechaun, Rusty Robertson, who manages in his pleasant and effective way to meet the needs of the diverse groups, while keeping our facility in such fine condition. Finally, to our Ministerial staff: Ted Kostecki whose continuous efforts, over and beyond what his job description calls, maintains our impact on the London community as well as supporting so many of our programs and outreach; Paul Merritt, whose musical contributions and musicianship are vital to the well deserved high reputation and regard which music at FSA enjoys, and to Susan Shelstad and David McKane, whose spiritual leadership and interpersonal skills regularly and repeatedly provide the uplift and the diversity and the incentive for us to want to continue to support FSA and its programs. Thank you all!

It is the people who make the difference - that's why we come, that's why we stay, and that's why we continue to call First-St. Andrew's **our Church home**.

CURRENT ISSUE

In this Lenten Issue, leading to Easter, we highlight the music program, along with stories of people and events at FSA. For an even more vivid view of Tidings, go to our Website and click on the Tidings icon to see past issues in stunning full colour. Our Webmaster, Paul Pergau, expects to have this current issue on the Website within the week. Here is the address for the FSA Website:

www.fsaunited.london.on.ca

Chair and Editor	David Flynn
Layout Artist	Ted Kostecki
Photographers	Willis Buckingham, Doug Jones, Don Jones, Ted Kostecki
Staff Representative	Ted Kostecki, Paul Merritt
Team Members	David Flynn, Barb Dalrymple, Erin Linforth, Ted Kostecki, Paul Merritt, Bill Watson, Charlotte Ann Bell
Typist	Maureen Scarborough
Publisher	First-St. Andrew's United Church 350 Queens Avenue, London, Ontario N6B 1X6 Tel:(519) 679-8182 Fax:(519) 439-6838 www.fsaunited.london.on.ca

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Submissions of 300 words maximum are accepted only from members of the First-St. Andrew's Family. The Tidings Team reserves the right to select and edit submissions. Obtain information from Group and Committee Secretaries or members of the Tidings Team. The views expressed in this publication are those of the authors, not necessarily those of First-St. Andrew's Church.

YOUNG TALENT AT WORK

by: Jordan Berard and Erin Linforth



The Youth Council's second Mid-Winter Madness Potluck and Talent Show was another success! Thanks to the generous donations received at the door, we raised nearly \$200 dollars for the Mission and Service Fund. All generations of our multi-talented congregation were represented, from the poetry of Phyllis Barnes, to the combined vocal and piano talents of Jennifer Vouvalidis.

Behind the scenes, the Youth Council and members of our church were showing off different talents. Martha Elliot designed and helped paint our giant Mid-Winter Madness banner. Jordan Baldwin's involvement was obvious on stage as he led the evening as our MC, but he also shared his leadership talents in gathering and organizing acts for the show in the weeks preceding the event. The musical talents of Carolyn and Will Joles are well known at FSA, but less obvious is Will's fearlessness in hanging decorations using the huge ladder, and Carolyn's creative decorating skills.

Looking for a hard worker? Look no further than Paul Galbraith – always there at the right moment and ever eager to help. Ryan Beach, too, never shies away from the less glamorous jobs. He set tables and decorated bulletin boards with remarkable efficiency. Michelle Galbraith welcomed everyone to the show with a warm smile. She was also the main creative force behind the Mid-Winter Madness advertisement that the group performed in front of the congregation.

The FSA Youth Council is now turning its attention towards planning our service in May. We will also, as always, be planning many fun and helpful events throughout the church and the community. We continue to encourage new members to join us, as well as friends from outside the church. We can learn so much more when we share varied beliefs and experiences, and, quite simply, the more the merrier!



Members of the Youth Group perform in an M&S Fund "Fashion Show" to kick off Mid-Winter Madness.



SHROVE TUESDAY PANCAKE SUPPER

The Property Committee of FSA organized the annual Supper and cooked and served up the pancakes. Here are some pancake cookers and the pancake diners.



GUEST PREACHERS AT FSA

During the past few months, we were fortunate to have a number of excellent and inspiring preachers at FSA.



Jane Roy (right) relaxes after the service with Rev. Dr. Susan Shelstad and Jackie Williams (right). Jane is a co-manager of the London Food Bank and spoke about the problems of poverty here and in the South Sudan for which she advocates.



Our anniversary speaker Karen Hamilton (top row, left) was pleasantly surprised to meet members of the Sutherland family, now members of FSA, but who had been in her congregation in Toronto before moving.



In late January, our speaker was Antoinette Parisio (back row, right) of L'arche London. Twoinette brought along members of the staff and resident of the L'arche home in Byron. She spoke to the needs of some members of our society on the eve of the visit to London of L'arche founder Jean Vanier.

FRIENDS OF MUSIC

By Bruce Richardson



FSA is very fortunate to have a group of supporters, the *Friends of Music*, that allows the Music Committee to present an annual concert series—*Music at First-St. Andrew's*—to both the FSA family and the community. This series features outstanding talent—both local and of international renown. Although it is part of the Church's outreach program, *Friends of Music* is completely self-supporting through donations made specifically to this

fund. As such, it underwrites much of the production costs which, in turn, allows the ticket prices to be affordable to all.

Led by our music director, Paul Merritt, this year's program includes a wide array of styles to stimulate all tastes. A sampling of the 2005-06 Concert Series includes: a benefit concert by Denise Pelley; "Bells A-Ringing"; a combined concert of three hand bell choirs; a collaboration of our own Senior Choir with Symphony Hamilton in Handel's "Messiah"; the renowned St. Lawrence String Quartet. The series concludes with the much-anticipated second Opera Lecture Series with lecturer Don Neville leading up to the "Opera Gala II" in late April—a must-see event if ever there was one!

It is the intent of the Series' organizers to end the year with most of the yearly donations expended. Thus, support for the *Friends of Music* is an ongoing necessity to keep the Series healthy and growing and we are most grateful to those contributors of the past and present. Donations can be made on your own behalf or in the name of another (a memorial perhaps) through a cheque to "Friends of Music" and left at, or mailed to the Church office. You will receive a tax-deductible receipt and the knowledge that you are part of an indispensable group. Your name, or another's (or *anonymous* if you wish) will join the many who support *Friends of Music* at First-St. Andrew's and will appear on the Concert Series flyer in recognition of your generosity.

MISSION NOTES

by Barb Dalrymple

April is the month when you may order or renew your United Church Observer subscription. The cost is \$14.00 for 11 issues.

Thank you for using the London Conference Alternative Gift Catalogue. United Church members across the conference purchased \$42,000 worth of gifts. This money will be sent to London Conference personnel to be used in projects in Mozambique, Jamaica, and Japan. Letters from our overseas personnel are published in the Bridge section of the Observer and on line at www.united-church.ca/sharingpeople/letters/

You may continue to use the catalogue for alternative birthday and anniversary gifts or for memorial donations.

Changes...

**First-St. Andrew's United Church:
a Christian Family encouraging spiritual
growth through worship, friendship,
learning and action**

BAPTISMS

"I will be with you always, even until the end of the world "

MUISE, Ethan Alexander, child of Jennifer & Kyle Muise
SHAWYER, Emma Kathleen, child of Scott & Gillian Shawyer

DEATHS

"Well done good and faithful servant."

WOODRUFF, Helen Pearl February 3, 2006

THE CHURCH SCHOOL LEADERS: MONIQUE AND CHRIS SILCOX

by Charlotte Ann Bell

Monique and Chris have been caring church school coordinators for three years. They integrate their vocations as teachers in this very important volunteer position in order to nurture the children of our congregation. In speaking with Chris and Monique, it is clear that they take very seriously their ability to help others in areas where they have knowledge and experience. They come with open hearts each Sunday, and work hard at ensuring that their weekly theme reaches the developmental stage of each child, so that religious understanding comes more easily to curious minds.

During the interview, 24 month old Harrison busied himself finding toys to 'eat' and checking out the Fireside Room, returning to make sure his parents were fine. He is forward to having a sibling to play with next fall.

Monique teaches grades 5-6 at Lord Nelson Public School. She has a special interest and facility in languages, and tutors French in her 'spare' time. Chris teaches grade 8 at West Sherwood Fox Public School and enjoys his involvement with 3 on 3 basketball.

The Silcox's live in a century-old house in the town of Appin. They look at the commuting time positively as an opportunity for reflection. First-St. Andrew's is fortunate to have such an earnest and caring couple helping our children grow in self confidence and faith.



Chris and Monique Silcox (left middle row) and their charges and volunteer teachers meet in the Fireside Room each Sunday during the Worship Service.

HISTORY

One of the wonderful consequences of putting together a book on the history of FSA is that time when you run across a photo that says something. This one (below) does. It's obviously a picture of the kids at Sunday School and their parents and/or church school helpers. Have a look at it. Do you recognize the people (both big and little) in the picture. If you know, tell Jim Hutchinson.



The Archives Committee has been interviewing many of our longtime members to gather their memories of special times at First-St. Andrew's. These will be included in a new history of this church. We want to give everyone an opportunity to respond and provide thoughts of their time at the church. If you haven't been interviewed, please take a minute to jot some notes. Leave them at the church office, or email your response to the church at mail@fsaunited.london.on.ca



Be part of ensuring the future of First-St. Andrew's United Church through a planned gift.

THE ISABEL GETLIFFE SEWING GROUP

by Margaret Leonard

At the 1979 FSA Holly Bazaar, Jackie Wickware was convener of the sewing table but a sewing group was not yet established. At that time, members of the congregation donated homemade items which the Thursday Evening Unit of the UCW helped Jackie organize and sell.

Kay Thorfinson suggested the Thursday Evening Unit ask Isabel Getliffe if she would organize a group of sewers, which she happily agreed to do. Isabel was a perfectionist—no one was allowed to drop stitches!

Much of the shopping for bargain fabrics was done by the Snowbirds on their winter vacations. Isabel provided us with lists of required fabrics and I enjoyed searching for her desired items and even found new ideas to bring back to the group. After Isabel's death in May, 1992 it was decided to name our group the Isabel Getliffe Sewing Group. I am sure she would be proud to know her memory lives on. She set a high standard for us to follow.

Each Wednesday morning from April to November, twelve to fifteen women meet in the Fireside Room from 9:30 am to 2:00 pm to cut, sew, quilt and stuff items for the bazaar, as well as share lunch and companionship. One of our current members, Dallas Knight, has made about 75 Raggedy Ann and Andy dolls over the past three years, some personalized. Many of these dolls have travelled to different parts of Canada!

In 1979, profits of \$440 were recorded. In 2005, profits were approximately \$3,000.

We welcome anyone who would care to join the Isabel Getliffe Sewing Group. Watch the weekly Bulletin for the starting date and come with your scissors, thimble and ideas.



FIVE GENERATIONS AT FSA

by Barb and Gene Corbet

In 1922, Barb's grandfather, Donald Graham, moved to London with his family to become the Sheriff of Middlesex. Donald became a member of Session at First Presbyterian and when he died forty years later, was an honorary elder at FSA.

Donalda Graham, Barb's mother, met a medical student, Ivan Smith, while skating in Victoria Park, and they were married in 1930 at the Graham family home on Richmond Street by the groom's father, the Rev. John Fraser Smith, the founding minister of Hamilton Road Presbyterian Church. The Graham and Smith families attended First Presbyterian—which became First United after 1925—until it merged with St. Andrew's in 1938, with the Rev. Moir Waters joining the Rev. John McKinnon. Barb remembers Moir Waters fondly as 'Uncle Moir.'

Donalda Smith was in Delta Rho—later the UCW—for over forty years. Barb's father, Dr. Ivan Smith, a member of Session for 20 years, was internationally known for treating cancer with the Cobalt Bomb.

Ivan and Donalda's three children—Barbara, Kathryn, and Ruth—attended Sunday School, belonged to groups such as CGIT, and were confirmed and married in FSA. Barb married Gene

Corbet in 1957. Gene was a member of Session and Barb was a member of the UCW and is now on the congregational visiting team. Both taught Sunday School.

Barb and Gene's children, Heather, Ann, and Geoffrey, attended Sunday School, joined groups such as 'Teen Folk', and were confirmed at FSA. Heather was a member and leader of CGIT, a member of the CE Committee, and now teaches Church School. Ann, ordained a minister in 1992, is the minister of Bedford UC in Windsor. Geoff teaches ESL in South Korea.

Heather married John Vouvalidis in 1988, and their two children are the fifth generation of their family to attend FSA. Erik will be confirmed this year and Jennifer, a performer in Church School presentations, is also a Joyful Singer.



The Corbets: (clockwise from top left) Heather, Erik, John, Gene, Jennifer and Barb

STAIRWAY TO HEAVEN

By Barrie Evans



The title of this article is taken from Led Zeppelin's great song, arguably the most recognizable post-Beatles pop tune ever, the opening arpeggios of which every aspiring rock guitarist wants to master! I was amused when I went into a guitar shop recently and noticed the very stern notice "NO STAIRWAY TO HEAVEN"! I suppose that there can be too much of a good thing!

I am borrowing this title to introduce an intriguing topic which may be expressed by the following question: "To what

extent is music a stairway to a higher spiritual level?" It has been said that music is the language of the spirit and I am convinced that this is true for most people. I personally love singing in the FSA senior choir, of which I have been a member for about 30 years. I believe it has truly opened me up to receive the grace of God. I believe that music was used in religious ceremonies because early worshippers found that it truly enhanced the whole spiritual experience and connections to God. I believe that we are created to receive the wonderful blessings that music can bring. To support this I need to take you on a short tour of the brain and examine how our brains process both music and religious experience—the latter field is known in psychology as "neurotheology".

Before you think that I am going off my rocker, I can tell you that for the past few years respectable scientists have been asking controversial questions such as, "Is the brain wired for God?" "Is there a scientific basis for spirituality and religious belief?" As asked in the title of a Washington Post 2004 article, "Is the Capacity for Spirituality Determined by Brain Chemistry?" a review of the geneticist Dean Harmer's book, "The God Gene". Harmer states, "We think that all human beings have an innate capacity for spirituality and that that desire to reach out beyond oneself, which is at the heart of spirituality, is part of the human make-up".

Dr. Andrew Newberg, a physician in nuclear medicine at the University of Pennsylvania and author of the book, "Why God Won't Go Away," has used the technology of brain-imaging to show how different mental states, including religious experiences, are represented in brain functioning. Although this smacks of reductionism, ("a kiss is nothing more than a mutually agreed upon exchange of saliva, breath and germs"), this is not how these phenomena are being approached. It appears that human beings do have a built-in capacity to allow us to be receptive to certain experiences. It is similar to the fact that our eyes are structured to be sensitive to the light of certain wavelengths registering the colors of the visible spectrum. Dogs are not capable of registering such differences in hue and other creatures on this earth have very different sensitivities.

Now, in order to link spirituality and music in the brain, I am going

to ask you to bring to mind the familiar experience of "goosebumps". The brain processes music very differently from everyday spoken language. Most of the brain's processes which are related to speech are located in the left hemisphere of the brain. There is, however, no specific "music" centre and the evidence is that both halves of the brain are used, with more right brain and more motor cortex involvement. The strong emotions which give us the "goosebumps" or "shivers down the spine" experience are almost certainly processed in circuitry involving the limbic system.

If we were reductionists, we would not be able to explain this. Music reduced to its sensory elements is simply a sequence of sounds of different frequency, timbre and duration. There are certainly parts of the brain which respond to these physical qualities but it is the limbic system, the emotional centre of the brain, which collects and integrates the sensations when we listen to the glories of a Bach Cantata, a Handel Aria, a Mozart concerto or a rousing rendition of "Jerusalem".

It is the same sensation and the same part of the brain which is involved when we read or hear poetry or when we are "touched" in a sermon by a person's sacrificial love or selfless reaching out to someone in time of need. I believe that both music and religious experiences form deep connections which are forged by these internal emotional states, which, in turn, help us to truly believe and to act upon our beliefs.



Illustration by Scott Robertson

THE SENIOR CHOIR

By Jean Wright



They process two by two and arrange themselves in orderly fashion at the front of the sanctuary. The Senior Choir of First-St. Andrew's Church. Who are they? Their ages range from nineteen to eighty-seven. Their musical backgrounds ranges from professional musicians to those whose only experience has been singing in a school choir. They come from countries across the globe—Wale, New Zealand, The Czech Republic, England, The U.S., and almost every province in Canada.

Despite all these differences, what do they have in common? They are committed to providing music for worship under the direction of Paul Merritt, who chooses repertoire to support the theme of the Sunday service. The challenge of singing selections from Bach to contemporary international and Canadian composers, in Latin, German, Hebrew, French and English, excites them. Additionally, they have the exhilarating experience of preparing two major concerts a year. All this is prepared during the two-hour Thursday night rehearsals, and a half-hour rehearsal Sunday morning.

If this sounds like a lot of work, it is. But the thrill of starting from scratch with a piece of unfamiliar music, and hearing it come together week by week is the creative glue that keeps these singers coming week after week, year after year.

In the choir, there is a wonderful camaraderie, and a shared feeling of loyalty and affection for Paul, who never fails to stress that, regardless of what other events the choir participates in, the primary role is leading the congregation in worship through music.

Some quotes about what keeps people in the choir:

"The practices keep my brain active."

"In times of personal difficulty, the members support each other."

"When we are singing, I completely forget all my cares."

"Music is my connection to worship."

Canto Deum Laudamus

I CALL IT SEPTAQUINTAQUINQUECENTENNIAL. YOU CALL IT...

By Ted Kosteki, Community Development Coordinator

You can call it the SEPTAQUINTAQUINQUECENTENNIAL if you want. After all, a big celebration deserves a big title. Or you can call it the 175th anniversary of our congregation.

Most of us weren't around in 1832 to witness the start of this wonderful ministry. Rev. William Proudfoot, a Scottish Preacher, visited London in that year and on November 11th, held a religious service for the Scottish folk in London. Proudfoot was looking for a place to settle but, in fact, there was nothing in this city that attracted him. In spite of his initial lack of enthusiasm for London, he returned when offered a small stipend and a promise from Scottish folk that they would unite to establish a new Presbyterian church. And the rest is history, literally.

FSA Program Guide

Lent, Holy Week, Easter 2006

WORSHIP

- | | |
|-----------------|---|
| March 5 | 1st in Lent
9am and 10:30am
Communion
Rev. Dr. Susan Shelstad |
| March 12 | 2nd in Lent
9am and 10:30am
Rev. Dr. David McKane |
| March 19 | 3rd in Lent
9am and 10:30am
Rev. Dr. David McKane |
| March 26 | 4th in Lent
9am and 10:30am
Rev. Dr. David McKane |
| April 2 | 5th in Lent
9am and 10:30am
Rev. Dr. David McKane |
| April 9 | Palm/Passion Sunday
9am and 10:30am
Rev. Dr. David McKane |
| April 13 | Maundy Thursday at FSA
7 pm |
| April 14 | Good Friday at Metropolitan United
11am |
| April 16 | Easter Sunday
9am and 10:30 am
Communion
Rev. Dr. David McKane |
| April 23 | 2nd of Easter
Earth Stewardship/Greening of the Cross
9am and 10:30am
Rev. Dr. Susan Shelstad |
| April 30 | 3rd of Easter
9am and 10:30am
Rev. Dr. David McKane |
| May 7 | 4th of Easter
9am and 10:30am
New Members/Confirmation
Rev. Dr. Susan Shelstad |

- May 14** **5th of Easter** **Christian Family**
 9am and 10:30am
 Baptism
 Rev. Dr. David McKane
- May 21** **6th of Easter**
 9am and 10:30am
 Rev. Dr. David McKane
- May 28** **7th of Easter** **Ascension Sunday**
 10:30am only
 Youth Service
- June 4** **Pentecost**
 Communion
 9am and 10:30am
 Rev. Dr. David McKane
- June 11** **1st After Pentecost**
 9am and 10:30am
 Rev. Dr. David McKane
- June 18** **2nd after Pentecost**
 10:30am
 Rev. Dr. David McKane
- June 25** **3rd after Pentecost**
 10:30am
- July** **Rev. Dr. David McKane**
- August** **Rev. Dr. Susan Shelstad**



OPERA COMES TO FIRST-ST. ANDREW'S

Once again we are delighted to offer a lecture series on Italian Opera by renowned opera expert and teacher Don Neville followed by Opera Gala on April 29 with our choir, soloists and guest artists. Tickets will be available at Coffee and Conversation, from the church office or from choir members.

OPERA ITALIAN STYLE: VERDI, PUCCINI, et al.

With Lecturer Don Neville

Wednesday Evenings at 8:00 pm

March 22nd, March 29th, April 5th and April 19th

Series offered for \$20.00 - Individual lectures \$6.00

OPERA GALA II

Saturday, April 29th, 2006 at 7:30 pm

The Choir of First-St. Andrews United Church

Paul Merritt, Conductor

Dr. Don Neville, Commentator

Mark Payne, Piano

An evening of favourite Italian arias, ensembles and choruses

with Darryl Edwards, Tenor, Gregory Dahl, Bass,

Pamela MacDonald, Mezzo-soprano,

and the Soloists of First-St. Andrew's Choir

Admission: \$20.00 and \$15.00 - Reception to Follow

MUSIC

FRIDAY LENTEN NOON RECITALS

12:00 - 12:30 - lunch by Thames Culinary School

March 24 Bellissima Ringers
 Susan Carscadden-Mifsud, Director

March 31 Therese Sirek Ng, Alto

April 7 Piano stylings with Paul Merritt
 with Anne Cunningham, Flute

THE ST. LAWRENCE STRING QUARTET

SATURDAY, APRIL 1ST, 2006 AT 7:30 PM

Admission: \$20.00 and \$15.00

Reception to Follow

St. Lawrence String Quartet concerts are always highlights on London's musical calendar so don't miss this final performance at FSA with founding member Barry Shiffman on second violin. Tickets are available at Coffee and Conversation or at the church office.

CHILDREN'S MINISTRY

CRADLE ROLL

A kit called *Growing in God's Love* is sent to families with a new baby to help celebrate important events to age 3.

Coordinator: Martha Bere (641-6947)

NURSERY

Our nursery is available at both services for infants to two years. The nursery room is next door to the Chapel on the main floor.

Coordinator: Jolie Robertson (675-1533)

CHURCH SCHOOL

Teachers and helpers are always needed. If you're interested, please speak to Chris or Monique.

Check out the Children's Library off the Fireside Room!

Church School Coordinators: Chris and Monique Silcox (293-3960)

YOUTH & YOUNG ADULT MINISTRY

TEENS IN TRANSIT (TNT)

For young people in grades 7 and 8. This group meets on Sunday mornings at 10:30 in the Upper Room during the regular church school year.

Leader: Nancy Howard (289-0540)

TEEN CONFIRMATION CLASS

A class of nine young people is meeting monthly in preparation for confirmation in the spring.

YOUTH COUNCIL

Keep an eye on the Sunday church bulletin for meetings and special events.

Advisors: Erin Linforth & Jordan Berard (657-0515)

ADULT DEVELOPMENT

SUNDAY MORNING BIBLE STUDY

Meets weekly from 9-10 am in the Music Room (upstairs).

Facilitator: Dr. Jo Ann Silcox (642-2152)

THURSDAY MORNING BIBLE STUDY

10 am in the Parlour. Why not join us?

Facilitator: Susan Shelstad (679-8182)

DREAM GROUP

Come and discover the amazing world of your dreams. We meet usually on the last Friday of the month at 7:30 pm in the Parlour.

For more information, contact Anne Cunningham (433-9663) or Susan Shelstad (679-8182).

SPIRITUALITY ON TAP

An informal evening of a movie and discussion about it from a spiritual perspective. Watch the announcement insert for dates, movies and times.

Coming This Spring... *Living the Questions*



“LIVING THE QUESTIONS”

A 12 week DVD and web-based study discovering the relevance of Christianity in the 21st Century and what a meaningful faith can look like in today's world. We will begin this study with a four week series on Wed. April 26, May 3, 10, and 17, 7pm in the Chapel.



LIBRARY

Our church library contains many wonderful things — good books for all ages, videos, and periodicals — all for your use. Come in and check us out! New material arriving all the time.

CD SCHOLARSHIP FUND

Donations to this fund are used to help children, young people and adults attend programs and events such as youth retreats, camp, and Conference events. Your help is appreciated.

PASTORAL CARE

In addition to the pastoral care provided by David McKane and Susan Shelstad, members of our congregation reach out to others in a variety of ways.

PRAYER CHAIN

Do you need prayers for yourself or others? Call Maureen at the office (679-8182) and the name or concern will be passed through the prayer chain. First names only will be used unless permission is granted to use the full name. Confidentiality will be respected

CONGREGATIONAL VISITING TEAM

Our Congregational Visiting Team comprises members of our congregation who offer ongoing support to our shut-ins. We have a visiting team of 30 who maintain contact with the members of our congregation on a regular basis, and especially at birthdays and holiday times. If you are interested in becoming involved in this very rewarding experience, please call David McKane (679-8182)

COFFEE & CONVERSATION

Every Sunday, following our 9 a.m. and 10:30 a.m. worship services, the congregation is invited to remain for refreshment and the deepening of friendship. This is an opportunity for each person to make contact and share his/her journey as a valued individual within our community of faith. Volunteers are needed to make and serve coffee and to clean up.

COUNSELLING TEAM

There is a counselling service available to FSA members staffed voluntarily by Jo Ann Silcox, a psychiatrist, who provides initial assessment and follow-through counselling for individuals, couples, families or groups facing personal transitional crises. Referrals may be made through Jo Ann at 642-2152.

CARE FOR THE CAREGIVER

This group is for those who find themselves in the role of caregiver, and who are feeling a bit overwhelmed. Please contact JoAnn Silcox (642-2152) for further details.

RIDES FOR SENIORS

If you need a ride to and from church and/or church events, please call Helen and Bill Cockshutt (858-9454).

BAPTISMAL PREPARATION

A Baptismal preparation session is held prior to every Baptism (usually the Thursday evening) to prepare the parents who are bringing their children for Baptism. We explore the meaning of Baptism, and prepare for the Sunday service. Our next baptism is on May 14, 2006. Call the church office if interested (679-8182).

COMMUNITY OUTREACH

Stewardship Mission Outreach is involved in the Hospitality Meals, preparing baby layettes, organizing food collection for the Youth Action Centre and St. Paul's Daily Bread, actively supporting the ELUCOC in special projects, working with St. Marys United Church in support of the Canadian Food Grains Bank and occupying a chair on their board, sending two members to the LIFT Council meetings, and much more.

HOSPITALITY MEALS

This program runs year round on Mondays, 5:30 pm providing hospitality meals for more than 100 persons. One hundred or more volunteers have been involved, many of them from other churches. For information, contact Tom and Shirley Wynne at 474-4768, or the church office, 679-8182.

Thank you to all the generous members of FSA who answered to the call for donations to fund the Hospitality Meals. Funding is now available to provide meals through the summer and into the fall.

This past year, we served 4,811 meals at a cost of \$5,576, which works out to \$1.16 a meal. This year, we received extra funding from London lawyers, Riverside United Church and St. Aidan's Anglican Church. Thank you to all to helped financially and with the meals.

FOOD BANK CONTRIBUTIONS

Please keep in mind the Committee's food collection for St. Paul's DAILY BREAD. Baby food is also a special need and may be left at any time. Baskets are placed at the entrance of the Chapel, and Narthex and Atrium entrances of the Sanctuary where you may leave your donations. Financial contributions are also welcome. Thank you for helping others.

Right: Jean Knowles, a FSA representative at St. Paul's Daily Bread gathers up the contributions after the Winter Drive to take over to St. Paul's



GROW-A-ROW PROJECT

Over the past five years, money has been provided for the Canadian Food Grains Program through the efforts of St. Marys United Church and FSA. Donations are matched 4:1 by CIDA meaning \$500,000 worth of food has been shipped to needy countries.. This summer, the project used a farm outside London owned by Tom McLarty.

FRIENDSHIP & LEARNING GROUPS

FSA SUPPER CLUB (FORMERLY BIFOCALS)

This has been an exciting year for the club with record attendance and good response from members

Our 2006 lineup looks equally exciting with programs yet to be confirmed, but mark these dates on your calendar: March 28, April 25 and May 30. Guests and new members are always welcome. If you want to know more about us, call June McKay, 471-5668 or Shirley Wynne, 474-4768.

UNITED CHURCH WOMEN

The purpose of the UCW is to unite women of the congregation for the total mission of the church and to provide a medium through which we may express our loyalty and devotion to Jesus Christ in Christian witness, study, fellowship and service. First-St. Andrew's has three units meeting monthly as follows:

The first Thursday at 1:30 pm in the church parlour

The second Wednesday at 9:30 am at 1 Grosvenor Gate

The third Tuesday at 7:30 pm in the church parlour

The UCW welcomes and encourages all women at FSA to become a member of the U.C.W. and to help keep up the good work in the years ahead.

CIRCLE OF FRIENDS

All persons twenty and over who enjoy fun are invited to join with the Circle of Friends. Look for information in the weekly announcements.

BRIDGE GROUP

The Marathon Bridge Group is well underway under the coordination of Jim and Jean Young. For information contact the Youngs at 681-8119.

ISABEL GETLIFFE SEWING GROUP

Meets Wednesday from 9:30am - 2pm Everyone interested in hand and machine sewing, cutting and stuff is welcome. Coffee is provided. Bring a lunch. The group prepares items for sale at the annual Bazaar in the fall. The sewing group is on hiatus until Easter at which time it will start up again for the next Bazaar. See the full story on page 6.

THE KNIT WITS

A group of experienced and beginner knitters get together on the first Tuesday of each month from 1pm-2:30pm They produce items for children and adults who are cold and in need in our community. For information, call Carol Leenders, 432-1233.

A Final Word

Lent, Holy Week, Easter 2006

WE WORK TOGETHER AT FSA

When we write letters on behalf of Amnesty International demanding an end to torture.



More than 80 people took part in the campaign and wrote 103 letters, 20 cards of encouragement, 22 form letters and three petitions.



Paul Mansell check details with his daughter Sarah Lemay who was helping.



You can't have an Amnesty letter writing campaign without home made hamburger soup. And here are the soup-makers. Thank you! This was the third year for the letter-writing campaign and each year has been more successful than the past thanks to the members of FSA.

When we celebrate the birthday of poet Robbie Burns.



Rev. David McKane (left), who played the role of Robbie Burns, and Haggis bearer Robin Sutherland (right) watch as Bill Watson addresses the "warm, reekin, rich" Haggis.



The evening's added entertainment included dancer Tara Gonger. "Haggis Stew", with director Sharon Jones, also entertained.

When we have a children's pageant



First-St. Andrew's Ministry
Rev. Dr. David McKane: Minister of Worship and Administration
Rev. Dr. Susan Shelstad: Minister of Christian Development
Paul Merritt: Director of Music
Ted Kostecki: Community Development Coordinator
Sue Scorgie: Church Administrator
Maureen Scarborough: Administrative Assistant/Receptionist
Rusty Robertson: Custodian

