

# Tidings

FIRST-ST. ANDREW'S UNITED CHURCH

Where liberal theology meets the best of tradition



VOLUME 18 ● NUMBER 5

EASTER 2008

## MORE THAN JUST A WALK...

The labyrinth ministry at FSA has been a wonderful addition to our church program, and its outreach into the community is growing. Since 2001 we have been offering labyrinth walks several times a year with our own Chartres-style canvas labyrinth. We have used it to mark the beginning of Advent, of Lent and of the busy Fall season. Special walks for groups within the congregation are very effective worship and bonding experiences.

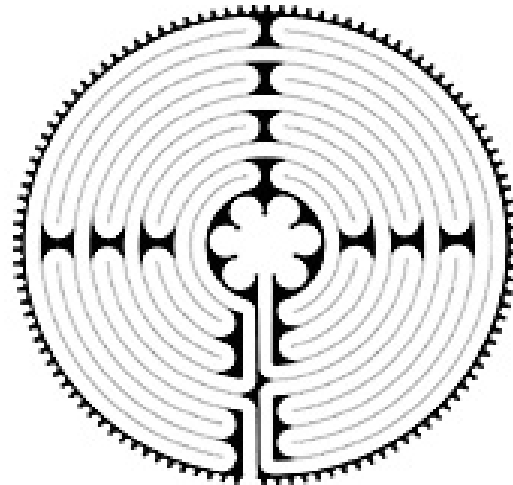
But we have also offered the labyrinth to other groups on several occasions—for example, *Wellspring*, the Cancer Support Centre. Lambeth UCW is coming for a walk in May, and the Riverside UC youth group is going to book a date in the Fall. It has been rented also by other outside groups for special events. Labyrinths are becoming increasingly sought-after as spiritual growth and meditation tools.

In a recent article in the London Free Press, Sun Media columnist Ann Marie McQueen highlighted the growing interest in labyrinths with a feature article that said, “Labyrinths, a form of walking meditation, hold almost magical powers.”

We are fortunate to have a labyrinth here and we are continuing to find ways to use it effectively. I am taking the Labyrinth Facilitator training from Lauren Artress in June which will enhance and deepen my ability to lead these walks. Lauren is the founder of *Veriditas: the Voice of the*

*Labyrinth Movement*, and at the forefront of the resurgence of the labyrinth in North America. *Veriditas* is dedicated to introducing people to the healing, meditative powers of the labyrinth. She is coming to FSA on Thursday April 17<sup>th</sup> at 7 pm to give a talk and lead a labyrinth walk. And it's free! This is a wonderful opportunity for our church. You don't want to miss it!

*Susan Shelstad*



source: <http://www.gracecathedral.com/labyrinth/>

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## EDITOR'S MESSAGE



David Flynn

by David Flynn

A time of rejoicing—Easter—after a time of reflection during Lent. A time to welcome gentle spring after winter's extremes.

Thanks to Charlotte Ann Bell for preparing a list of people profiled since 1991 when Tidings started. There were some surprising omissions—Bob and Louise Slater, for example, perhaps due to their modesty. This issue we profile them, as well as June McKay.

Please suggest future profiles. We no longer categorize profiles according to how active a person is, since we

each serve not only FSA but our family and the community, along with other ways of doing God's service.

Stan Hill, Council Chair, reports on the Annual Meeting where he mentioned the proposed capital plan. A sign of health is our willingness to plan the future renovations of our beautiful building, while continuing our outreach, including generous support of the United Church's M&S Fund.

Gavin McGregor winds up a year of columns on *Our Scottish Heritage* with the origin of the Burns' Supper. Watch for Steve Elson's new column, *View from the Pew*, in the Summer Issue, along with future columns from Gavin.

Finally, we welcome Don Jones as *Layout Artist*, responsible for arranging the features and other reports, the Program Guide, and photo collages.

Again, please send comments and suggestions to me at [pdflynn@rogers.com](mailto:pdflynn@rogers.com).

## TIDINGS

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*Submissions 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.*

## COUNCIL REPORT

by Stan Hill, Chairperson

I am delighted to report that at our Annual Congregational Meeting Feb. 10, Jackie Williams was unanimously approved as Chair-Elect of Council. Jackie is in the Senior Choir and was a member of the Finance Committee. Congratulations, Jackie!

The Church Treasurer/Chair of Finance, Michael Cooney, presented the 2008 budget which showed a deficit of over \$48,000. A healthy debate followed with many excellent points raised. The budget presented, however, was passed by a clear majority.

Given the need to increase revenue, Council will establish a Stewardship Committee with a wide-ranging mandate including:

- ◆ Organizing the Stewardship Campaign each Fall.
- ◆ Increasing congregational awareness of the need throughout the year for financial support to meet the spiritual and temporal needs of FSA.
- ◆ Developing and promoting an effective Planned Giving Campaign.
- ◆ Mounting and supporting a variety of fund-raising events throughout the year.



Stan Hill

Any member who has experience and/or an interest in fund-raising, and who is willing to serve on this brand new Committee should contact Susan Fullerton, Chair of Nominations (email: [susanf101@hotmail.com](mailto:susanf101@hotmail.com)) or me (email: [jshmch@sympatico.ca](mailto:jshmch@sympatico.ca)).

As well, the congregation approved the establishment of a Needs Assessment Committee. This Committee would be responsible for examining the staffing and other needs of First-St. Andrew's over the next 5-10 years. The Committee will present its report to Council by November 2008. Again, any volunteers?

Muriel Parsons, Chair of Membership and Nurture, thanked Barb Plante, (Chair of Ministry and Personnel), and Nancy Hutchinson (Coordinator of Coffee and Conversation) for their many years of service to FSA. Muriel presented Barb and Nancy with United Church pins.

In closing, I would be pleased to hear from any member of the congregation who would be interested in acting as Volunteer Coordinator—as a volunteer, of course!! For more details, call me at **471-9009** or contact me at the email address above.



Noah's Ark

## PROFILE

### BOB AND LOUISE SLATER

by Charlotte Ann Bell

Bob and Louise, life-long Londoners, grew up virtually within sight of FSA. Although attending Central Collegiate at the same time, they met first in the 1950s at the Trident Club, an FSA group for young adults. They were married by the Rev. Angus MacQueen.

After many years in CGIT leadership roles, Louise, in the 1960s, started an FSA Messengers group which met weekly at the Slaters, where mission studies were an important discussion topic.

Bob was involved in Scouting, first as Cubmaster at FSA; later as District Commissioner. He became Sunday School Superintendent and introduced the *New Curriculum* with its goal of offering similar material to different age levels to encourage discussion at home.



Bob & Louise Slater

Louise is a long-time member of the UCW Tuesday Evening unit. She also served on the UCC National Worship committee for many years and later chaired our Worship committee and co-chaired Membership and Nurture.

Bob co-chaired the original Volunteer Management committee as a way of integrating the stewardship of time, talent and money. The Committee had a data base of talents which they could access easily.

Bob initiated and edited Tidings for many years as a way of disseminating information on FSA's activities in one publication. Another of Bob's 'acorns' was the mailbox area in the Atrium, which grew to become our distribution and communication centre. Bob's abilities to improvise and communicate were honed through his experiences as teacher, vice-principal and principal in several London public schools.

Both Louise and Bob are still quietly involved in many aspects of FSA's community life—notably, welcoming and introducing newcomers Sunday morning. What does FSA mean to the Slaters? "A place to form close ties with people, through volunteering around a common cause".

The Slaters, with their roots in the city and FSA, provide stability and nurture for all of us.



Charlotte Ann Bell

## UNITED CHURCH WOMEN

by Mary McKim

**Annual Meeting:** Our UCW Annual Meeting was held January 13<sup>th</sup>. Our new president is Laurel Kenny. Valerie Moretti has accepted a new "Leadership" position designed to attract younger members.

\$5000 from the Audrey Webster Fund is to be donated to LIFT Housing.

June McKay is asking that old Christmas decorations be left in the Atrium.

Wednesday and Thursday units have diminished numbers and are looking at ways to combine activities.

**Tuesday Evening Luncheon:** On Jan. 15<sup>th</sup> the Tuesday evening group hosted a delightful potluck lunch, inviting the Wednesday morning and Thursday afternoon units to attend, along with other interested women, filling the Fireside Room. Ken Wright, our token male, ran the projector for Jean, who used slides and a brief video to share the excitement and adventure of their recent visit to Lhasa, Tibet.

**Middlesex Presbyterial:** Feb. 13<sup>th</sup> was the Annual (46<sup>th</sup>) Middlesex Presbyterial UCW gathering, hosted this year by Empress United, also home to the Resource Centre. The theme was, *Come and find the quiet centre*.

After registration, coffee and muffins, we gathered in the sunlit sanctuary for a program of hymn singing, business and worship. The guest speaker was the Rev. Sheila MacGregor of Siloam, who stressed the importance of recording our life story for future generations.

Following the excellent lunch, we were entertained by handbell music prior to the installation of officers, and a closing communion. Eight attended from FSA, including Ina Cavers, who, once again was introduced as the oldest member. (She has been a part of women's church groups for over eighty years!).

**London Conference:** The Annual meeting for London Conference UCW will be **April 27<sup>th</sup> & 28<sup>th</sup>** at St. Andrew's Church, Chatham.

Westminster Weekend: **April 11<sup>th</sup> to 13<sup>th</sup>** at Best Western Stoneridge Inn.

**Summer Event: July 19<sup>th</sup>, Siloam UC.**



Mary McKim

## THE NOSTALGIC THEATRE,

a Company of "Young at Heart" seniors presents

### "THE ROARING 20s"

MUSIC \* COMEDY \* SKITS

First St. Andrew's United Church, Saturday April 26 7:30 pm

Admission \$15.00 includes home-made dessert and beverage. SPONSORED BY ELUCO

Those who have seen our Show come again and again.



## PROFILE OF JUNE MCKAY

by Mary McKim

How to describe June? Attractive, innovative, cheerful. Those who know her also see her as compassionate, committed, and, above all, faithful. Growing up in Oshawa, she and sister Shirley (Wynne), participated in church, Sunday School and Young Peoples'. After attending the Ontario Ladies College and Toronto Normal School, she became a kindergarten/Grade One teacher.



Mary McKim

At Summer School in London she met Jack and, after two dates, they were committed for life. He had rejected ministry to farm with his father but upon hearing the 'Call' completed High School, a BA, a Theology and, later, a Post-Graduate degree. In a Prairie four-point charge they lived with no central heating and an outhouse. The small congregation grew rapidly, and three years later 180 young people were involved in youth organizations!



June and Jack McKay

Following service in Toronto and Windsor they came to Riverside United in London for seventeen years, where June loved her role as story-teller for the children, and her 21 years selling real estate. She retired when Jack did, and they joined FSA. Jack's relentless descent into Alzheimer's

Disease robbed them of the expected joys of retirement. He is now in Mount Hope, where June visits daily to assist with his care—and refuses to give up.

Always involved in the Church, June's interests are bazaars, special events and youth work. Active in UCW for forty years, she is a Life Member. She is also the Co-ordinator for the candlelighters, is on the Worship committee, the Healing Prayer team, was on the 175th Anniversary committee, and has co-convoked (with sister Shirley) the Supper Club for the past 10 years. Last year she organized an immensely successful inaugural Antique Sale. She derives solace from the Care for the Caregiver's group.

Indefatigable and capable also describe this exceptional person who says, "I love stirring up the dust!" June, we salute you!

### COMING SOON TO FSA...

The Rev. Dr. Lauren Artress, President and Founder of *Veriditas: The Voice of the Labyrinth Movement*, Canon for Special Ministry at Grace Cathedral, San Francisco; author of *Walking A Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*.

Lauren will be offering a special labyrinth evening at FSA on **Thursday, April 17<sup>th</sup>** at 7pm in Proudfoot Hall. The event is free for the congregation.



## OUR SCOTTISH HERITAGE

### Origin of the Burns Supper

by Gavin McGregor

For several years following his death on July 21<sup>st</sup>, 1796, a few of Burns' closest friends commemorated him on the anniversary of his death. In the context of that recent death we can appreciate the solemnity of their toast to "*The Immortal Memory*". But their memories were also of his life, his poetry and his song, so that around 1801 they began meeting on his birthday to celebrate the richness of his heritage.



Gavin McGregor

The organizers of the first Supper were probably his brother Gilbert and those who remembered the simple suppers and good



*Doug Proudfoot shows David McKane his great great grandfather's watch used, no doubt, by William Proudfoot to time his hours-long sermons. Doug's son David stands between them.*

times they had shared at meetings of the *Bachelors' Club*, started by Burns in the village of Tarbolton. Because they were mostly working lads, the original Club had strict rules about how much they could spend on food and drink. They also, in Burns' time, had a single toast, thus avoiding expensive rounds and drunkenness, and that toast was "*Tae the (health o') Lassies*"...lassies were obviously important tae the young bachelors. The original

name, *Bachelors' Club*, was meant to throw people off its real purpose—to discuss and debate selected topics, thus honing their social skills. If the 'cat had been let out of the bag', the locals would have laughed them out of town.

What actually took place at the first Burns Supper is only conjecture. We don't know if lassies were even present. If they were, Jean Armour would have had a place of honour, and all toasts would have been respectful—*Tae the Lassies* who played a role in Burns' life as well as to the *Immortal Memory*.

As we approach his 250th birthday (2009), our imaginations will again be set aglow by the performances and antics of kindred spirits at the FSA Burns Supper...where we will create our own happy memories.

### GREAT NEWS!!!!

by Bill Knowles (SMO representative on LIFT Housing)

To all the kind supporters of the new LIFT Apartment Building for the disadvantaged at 446 King Street. The digging and foundation (pre-build) commenced February 19 and—weather co-operating—should have been completed by March 7.

It is expected that the actual construction will begin in April. The Building contract has been signed with Southside Construction, the Building Permit and Development Agreement are signed, and, as well, arrangements made for full liability insurance.

So check out the lot on King between Burwell and Maitland!

## STEWARDSHIP, MISSION, OUTREACH

by Barb Dalrymple

Our committee is pleased to welcome three new members—**Nancy Hutchinson, Barry Moore and Bob Rogan. Paul Mansell** is our new co-chair.

**Los Quinchos:** The Moderator of the United Church, Rev. David Giuliano, and Jim Hodgson, Caribbean/Central America Regional Program Coordinator, made a trip to Colombia and Central America in February. They delivered to Los Quinchos School the library books we had purchased. At the end of February we sent an additional \$1318, the profit from our fundraising activities since November.

Remember to purchase Fair-Trade coffee and chocolate on the first Sunday of each month—proceeds to Los Quinchos.

**Earth Stewardship:** At the time of writing, it seems likely that London will join cities around the world to take part in Earth Hour. We hope that on **Saturday, March 29 at 8:00 pm**, FSA members will turn off their lights and everything that uses power for one hour of darkness to help lighten the planet.

Bring your used batteries to the church and they will be taken to the hazardous waste depot. The collection container is near the Mail Boxes.

**April 19** is London's Clean and Green Day.



Barb Dalrymple

## SOUND OF MUSIC AT FSA

by Anne Cummings

Since January, the Sanctuary of FSA has been resonating with the sound of beautiful music during the 2008 Concert Series. The year began with a very enjoyable concert by Brian Joyce on bass and his multitalented friends on keyboard, violin, and percussion. Their eclectic repertoire included opera, classical, jazz, and rock music, presented with much humour and creative staging.

David McKane was in his usual fine form as he "Immortalized the Memory" of poet, Robbie Burns through song, jokes, and stories at the annual *Taste of Burns Dinner*. Much fun was experienced by all who attended.

February brought *Hommage à Messiaen*, a concert of organ, flute, and voice to celebrate the Centenary of Olivier Messiaen's birth. His organ music is among the most technically difficult in the organ repertoire and Paul Merritt performed it at a world class level. This concert was followed by *The Antler River Project*, a group of local musicians (flute, guitar, piano, bass, percussion) who provided a very enjoyable range of music.

As excellent as all of these concerts were, the Lenten Noon Recitals this year were exceptional. The first recital with Paul Merritt on organ and Allison Graham on oboe set the high standard of music that was to follow. While the oboe is a perfect compliment for the organ, the combination of flute (Margaret Tretheway) and harp (Kathleen Gahagan) in the second recital was equally enthralling. This duo premiered a beautiful suite written for them by our own Jean Anderson Wuensch.

The final recital was aptly named Celli-bration with an outstanding group of four celli, led by Bruce Richardson, which played classical and rock selections. If you missed these concerts, you still have an opportunity to attend the last event of the series, *Sounds Contemporary*, a choir concert on **April 12, at 7:30 pm** (see announcement on page 8.)

### MUSIC MAKES THE WORLD GO AROUND!



SUPPORT FSA'S MUSICAL OUTREACH PROGRAM, **FRIENDS OF MUSIC.** MAKE DONATIONS TO THE CHURCH OFFICE

IN YOUR NAME OR IN MEMORIAL TO ANOTHER.

Your donations to this self-supporting fund help to underwrite production costs to allow affordable ticket prices for international and local artists such as:

ORGANIST, CHRISTOPHER HERRICK

KYIV CHAMBER CHOIR  
ST. LAWRENCE STRING QUARTET

JAZZ CLASSICS  
CHOIR AND ORCHESTRA CONCERTS

Make your cheque out to **First-St. Andrew's** And note that it is for *Friends of Music.*

You will receive a tax receipt and your Name on the Concert Series brochure.





**THANK YOU CAKE FOR COFFEE&CONVERSATION VOLUNTEERS:**

*Nancy Hutchinson (on right), retiring coordinator of Coffee and Conversation and Shirley Wynne celebrate with cake and lunch, the work of the volunteers who prepare and serve coffee and juice each Sunday after church*



*Supper Club - Lorraine Jardine presentation re Kenya*

*John & Lorraine Jardin are thanked by June McKay*

# Changes...

## and More Changes...

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

### DEATHS

*"Well done good and faithful servant."*

January 15, 2008 . Gwendolyn (Gwen) Margaret Plested

February 20, 2008 ..... Rev. Phyllis Barnes

### BAPTISMS

January 6, 2008  
Samuel Craig Hodson,-- son of Mark and Tracy Hodson

January 13, 2008  
Benjamin Charles Stephen Weir, --son of Barbara (Adams) and Randy Weir

**The Rev. Alex Farquhar** died Sunday, March 9, 2008 in Halifax, age 82. He was the minister of FSA from 1964 to 1980, and had returned to preach several times — the last time was April 29, 2007 as part of our 175th celebrations. He and Glennis raised seven children in the manse (now home to *Meals on Wheels*). His son Donald, who now lives in London with his family and attends our services, wrote an account in the Easter, 2007 issue of *Tidings* about what it was like to grow up in the manse, . We will miss seeing Alex guest-preaching in our pulpit—and greeting us after, often by name.



# FSA Program Guide

Easter 2008

## WORSHIP

### SPRING 2008

March 30 ..... 9 am and 10:30 am  
2<sup>nd</sup> of Easter ..... Amnesty Write-a-thon  
Rev. Dr. David McKane

April 6 ..... 9 am and 10:30 am  
3<sup>rd</sup> of Easter ..... Rev. Dr. Susan Shelstad

April 13 ..... 9 am and 10:30 am  
4<sup>th</sup> of Easter ..... Rev. Dr. Susan Shelstad

April 20 ..... 10:30 am  
5<sup>th</sup> of Easter ..... Environment Sunday  
Rev. Dr. David McKane

April 27 ..... 9 am and 10:30 am  
6<sup>th</sup> of Easter ..... Rev. Dr. David McKane

May 4 ..... 9 am and 10:30 am  
7<sup>th</sup> of Easter ..... Confirmation and New Members  
Rev. Dr. David McKane

May 11 ..... 9 am and 10:30 am  
(last 9:00 am service until September)  
Pentecost Communion/Baptism/Mother's Day/Christian Family  
Sunday ..... Rev. Dr. David McKane

May 14 ..... 2:00 pm  
May Time Communion ..... Rev. Dr. David McKane

May 18 ..... 10:30 am  
1<sup>st</sup> after Pentecost ..... Victoria Day Weekend  
Rev. Dr. David McKane

May 25 ..... 10:30 am  
2<sup>nd</sup> after Pentecost ..... Conference Weekend  
Rev. Dr. Susan Shelstad

June 1 ..... 10:30 am  
3<sup>rd</sup> after Pentecost ..... Rev. Dr. David McKane

June 8 ..... 10:30am  
4<sup>th</sup> after Pentecost ..... 83<sup>rd</sup> Anniversary of United Church of  
Canada ..... Rev. Dr. Susan Shelstad



*Organ Recital December 15, 2007*



*Frank Meadows  
Minister Emeritus  
December 30, 2008*

### RUN THE CHURCH FOR A DAY

Celebrate a special occasion with a \$100 donation to help pay the operation costs of our the church Call the office at **679-8182** for more information.

## MUSIC

### SOUNDS CONTEMPORARY

SATURDAY, APRIL 12, 2008 AT 7:30 PM

The Choir of First-St. Andrew's United Church with Instrumentalists

Paul Merritt, conductor

New pieces for choir by Chilcott, Lauridsen and others

including "Jazz Mass" by Bob Chilcott

Admission \$10.00

Reception to Follow



### CHORAL AND INSTRUMENTAL OPPORTUNITIES

*First-St. Andrew's is committed to a Music Ministry that is rich in variety, grounded in spiritual integrity and inclusive of all ages. Consider the many opportunities to rejoice with us in 2007-2008.*

### THE CHOIRS - TO SING IS THE THING!

#### THE SENIOR CHOIR

Our Senior Choir sings weekly at the 10:30 am Sunday service and in outreach concerts of the *Music at First-St. Andrew's Series*. Rehearsals are on Thursdays from 7:30-9:30 pm.

#### THE CHILDREN'S CHOIRS

FSA is proud to have The Junior Joyfuls (ages 3-8) led by Terese Sirek Ng and the Joyful Singers (ages 8 and up) led by **Paul and Enid Merritt**.

#### THE LAUDAMUS BELLS

Our Laudamus Bell Choir is a friendly group of musicians who rehearse on Monday evenings and play in services about once a month. The group is directed by **Barbara Plante**.

### THE FIRST-ST. ANDREW'S STRINGS

The FSA Strings is an accomplished performing group that has enjoyed increased exposure over the past years. The Strings are led by Bruce Richardson.

#### The Choir Recordings

Once again we are selling the choir's two CD's, *Favourite Hymns* and *Christmas is Love*, with all revenues going to the church.

Self-serve displays are in several locations in the church and the CD's will be available at the office.

We are pleased to offer something new this year in the form of Christmas cards which include disc one from the *Christmas is Love* double CD. Think ahead for next year: For \$10.00 you will receive a packet of 3 cards that are sure to bring Christmas cheer to anyone receiving them.

## 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 for infants to two years. The nursery room is next door to the Chapel on the main floor.

### 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 am in the Upper Room *during the regular church school year*.

Leader: **Nancy Howard (289-0540)**

### TEEN CONFIRMATION CLASS

A class of four young people is underway, and they are looking forward to confirmation in the spring.



## IMPACT

by Rocky Moretti

IMPACT continues to experience growth as more young people get involved in the program, a combination of social activities and service projects. The IMPACT group meets every Sunday during church and also gets together regularly for a variety of social and service activities. Some of the recent activities of IMPACT were an overnight technology famine fundraiser, a Rake-a-Thon, cross-country skiing, curling, ice hockey and a film festival where the group selected its favorite comfort film.



Rocky Moretti

This Spring, IMPACT plans to host a regional event at FSA, to include youth groups from several other local United churches, as well as hiking, bicycling and canoeing outings. IMPACT will also be returning to Camp Kee-Mo-Kee in early June for a weekend retreat.

IMPACT is hosted by First St. Andrew's United Church and has a junior group for young people in grades 6 to 8, and a senior group for young people in high school. Details can be found at [www.fsaunited.com](http://www.fsaunited.com) by clicking on IMPACT. If you have any questions about the IMPACT program, please call **Rocky Moretti (642-4896)** or email him at [frankrmoretti@hotmail.com](mailto:frankrmoretti@hotmail.com).

## ADULT DEVELOPMENT

### SUNDAY MORNING BIBLE STUDY

This group meets weekly from 9-10 am in the Sun Room (across from the nursery).

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. Please join us.

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. Check the announcement in the Sunday Bulletin for dates, movies and times or call **Susan Shelstad (679-8182)**.

## 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. **Valerie Moretti Librarian: 642-4896.**

## 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 always 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.

## 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 **Jo Ann Silcox (642-2152)** for further details.

## 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, call **David McKane (679-8182)**.

## COFFEE & CONVERSATION

Every Sunday, following our 10:30 am worship services, the congregation is invited to remain for refreshment and the deepening of friendship. During the summer months, this takes the form of lemonade on the lawn and in the fall we move inside to Proudfoot Hall. 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. Please call **679-8182**.

## 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 (642-2152)**.

## CARING CALLERS

"Caring Callers" or "Telephone Ministry" was initiated about four years ago. Thirty dedicated callers make an average of six calls, four times a year: the end of August, Advent, January, and Lent (Easter). Some people are called more often, if necessary, and not all members are called. Shut-ins, young families, pre-operative, post-operative, those in need of support, are kept up to date on church services, concerts and special activities. (Cont. next page)

The callers are also a very valuable liaison for the ministers and the office regarding illness, moves, and other problems.

More “callers” are always needed and if you would like to share in this very special program, please call **Annabelle Logan (471-2518)**.

## 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. Call the church office if interested **(679-8182)**.

## COMMUNITY OUTREACH

### STEWARDSHIP MISSION OUTREACH

*This Committee 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 ELUCO 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 (474-4768)** or the **church office (679-8182)**.

### ST. PAUL'S DAILY BREAD

Please keep in mind this 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! Contact **Jean or Bill Knowles at 657-9156**

### 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. This summer, the project uses a farm outside London owned by

Tom McLarty. The amount raised last year by members of FSA and St. Marys was \$10,000. During the past several years, the money raised locally and matched by the government 4:1 means \$500,000 worth of food was shipped to countries where the need is high.

Once again, this year, we celebrated the effort with a September corn roast at First-St. Andrew's organized by the Stewardship Mission Outreach Committee.

## FRIENDSHIP & LEARNING GROUPS

### 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. For more information contact **Laurel Kenney 439-9300**.

### THE SUPPER CLUB

#### Happenings

*by June McKay*

Some very exciting events are planned this Spring for Supper Club. **EVERYONE IS WELCOME** to attend the evening's pot luck supper, which is followed by a program. Bring a friend and enjoy!

**March 25: Peter Clements**, well-known jazz pianist will delight us with his toe-tapping tunes. Those who heard Peter last year can tell you what a memorable evening is in store for us.

**April 22: Mayor Anne-Marie DeCicco-Best** is scheduled to be with us to share her experiences as Mayor, as well as highlighting plans for our city.

**May 27: The Teen Challenge Choir** will be with us for the dinner, and will sing for us. These wonderful young men will share the changes in their lives which Teen Challenge has brought them.

For more information, contact **Shirley Wynne (474-4768)** or **June McKay (471-5668)**, co-convenors.

### BRIDGE GROUP

Come to our wind-up party Wednesday, June 4 at 7:00 pm in Proudfoot Hall for some social bridge, wonderful food—and the opportunity to register for next year's session. For more information contact **Jim or Jean Young at 681-8119**.

## UCW MARATHON BRIDGE

The UCW Wednesday Morning Unit invites interested ladies to join the UCW Marathon Bridge group for the 2008 season. Friendly, non-competitive games are played once a month, from October to May, with each partner hostessing twice during the season.

### WE WELCOME NEW BRIDGE PLAYERS.

To join and be part of fun and fellowship with friends, please contact: **Joni Pypka (681-6900)** or email: [pagegirl@sympatico.ca](mailto:pagegirl@sympatico.ca)

## THE MEN'S BROWN BAG LUNCH

Every Wednesday at noon, from September to April, a group of men meet in the Parlour over brown bag lunches, washed down with coffee and tea. David McKane is our facilitator—although we have been known to meet when he is away.

What do we talk about? Well, we talk about sports, politics (carefully, since we represent a wide range of views), our work (and play)—and religion. Religious topics range from FSA itself—the sermons, the sacred music—to more general questions spirituality. Sometimes we even *do* something—last year we sponsored a testing of the sound system which led to its improvements.

Sooner or later it all comes down to our personal searches for truth and Truth. How do we understand critical views on the historical Jesus? What do we say when faced with illness—or death? What's the difference between justice and social justice—and grace?

Please join us Wednesdays, 12 to 1.

## ISABEL GETLIFFE SEWING GROUP

Meets Wednesdays from 9:30am-2pm. Everyone interested in hand and machine sewing, cutting and stuffing is welcome. The group prepares items for sale at the annual Bazaar in the fall. Bring a lunch—coffee is provided. New session begins **Wednesday, April 16**. Contact **Lorraine MacDonald (433-8815)** for more information."

## THE KNIT WITS

A group of beginner and experienced knitters get together on the second Tuesday of each month from 1:30pm-2:30pm. They produce items for children and adults who are cold and in need in our community. For information, call **Marion Wilson (434-0530)**.



*Council Members*



*The Knit Wits at work - Shelley Kostecki, Anne Cummings, Ruth Adams and Pat Sole.*

## EVENING HOUR

*by Fryke (Velstra) Oostenbrug*

Tranquility is flowing out  
the organ-pipes shading  
forms.....fading  
in the evening light  
which steals inside.  
Touching masses of darkened wood  
empty pews that stood  
amid this reverend sphere  
quietness.....God so near!





## SABBATH TIME

For thirty years, my friend Malcolm Sinclair and I entertained as *The Singing Ministers*. Our accompanist for twenty-five of those years was John Comrie. An engineer, John was, at one point, Malcolm's organist. John died several years ago of cancer but not before we performed one "final" concert for the patients of K Wing—the veterans wing of Sunnybrook Hospital.

In April, Malcolm begins a six month sabbatical and has invited me to accompany him to John's home in Minedosa, Manitoba. There we will perform one more "final" concert "In the key of John" for his family and home congregation. It will also provide Malcolm and me the opportunity to reflect back on 44 years of friendship and 38 years of ministry. Where did it all go and what lessons did it teach us? What truths did we find buried in the fields we tilled, and what pearls of great price have we harvested from the sea of life?

Eons ago, when I was attending theological college, I had a dream of working on the Thomas Crosby IV, the United Church's mission boat on the West Coast. Thomas Crosby was a Methodist missionary among the Tsimshian and he and his wife founded many of what would later become West Coast residential schools. To prepare myself I took courses in sailing and navigation and all things nautical. But the Church sold the Thomas Crosby IV before I had the chance to play 'Sea Captain' and search for 'lost treasure.'

In June, my wife Susan and I will sail the inland waters of Desolation Sound off northern Vancouver Island, the site of Kingcome Inlet and the book, *I Heard the Owl Call My Name*, as well as an inspiration for the art of Emily Carr. We will be on board the refitted former Anglican mission boat, Columbia III, now part of Mothership Adventures ([www.ecomarine.com/adventure/va\\_mother.html](http://www.ecomarine.com/adventure/va_mother.html)). It will be a time to reflect on 40 years of marriage—and what our lives might have been—as we sea kayak and visit homes built on floating logs, explore several West Coast First Nations communities, walk the rain forest, breathe in the salt and feast on whatever the sea provides.

Such pilgrimages, be they to the Holy Land or to the cottage, retracing the footsteps of Patrick or St. Paul—or walking the labyrinth—offer us the opportunity to explore our inner landscape, to reflect on what life has taught us and where it is leading us, to listen to the Spirit's nudges and our body's rhythms. Such 'Sabbath' times are critical to the nourishment of our souls and the health of our inner spirit. I hope that this spring and summer provides each of you with such opportunities.

David McKane



### FIRST-ST. ANDREW'S MINISTRY

Rev. Dr. David McKane: Minister of Worship and Administration

Rev. Dr. Susan Shelstad: Minister of Christian Development

Frank Meadows: Minister Emeritus

Paul Merritt: Director of Music

Ted Kostecki: Community Development Coordinator

Sue Scorgie: Church Administrator

Maureen Scarborough: Administrative Assistant/Receptionist

Geoff Bottomley: Custodian