

# Tidings



FIRST-ST. ANDREW'S UNITED CHURCH  
*Where liberal theology meets the best of tradition*

VOLUME 18 - NUMBER 2

Pentecost/Summer 2008

## AND WHAT IS OUR MINISTRY?

When my friend Malcolm and I traveled west in April to perform in Minnedosa, we talked a lot about our 38 years of ministry. We have witnessed and experienced a lot in 38 years and have been privileged to meet some wonderful people and congregations along the way. Over these years, people's perceptions of ministry and what constitutes ministry has changed several times over. At this moment in history, it seems to me, if our ministry is to be real and effective, it needs to meet the wounded of the world. I am talking, of course, about our ministry together, yours and mine, and not just the profession of ministry.



There is an old Sufi story that goes, "Once upon a time a seeker went from land to land to discover authentic religion. The seeker found a group of extraordinary fame. They were known for the goodness of their lives and for the singleness of their hearts and for the sincerity of their service. 'I see all of that,' the seeker said, 'And I am impressed by it. But before I become your disciple I have a question to ask. Does your God work miracles?' And one of the disciples said, 'Well, it all depends on what you mean by miracles. Some people call it a miracle when God does the will of the people. We call it a miracle when people do the will of God'."

For us at FSA, ministry is about doing the will of God and, in the wake of the recent disasters in Burma and China, it means responding to human need whether in East London or the Far East. It means writing letters for Amnesty and lobbying for affordable housing. It means feeding the hungry and caring for the planet. It means challenging the systems that wound and despoil and demean and destroy. It means not only a ministry of comfort but also a ministry of challenge—which is

sometimes discomfoting.

So let me tell you another story. The desert fathers tell the story of a seeker kneeling on a prayer rug. Past this seeker came the beaten and the lost, the beggars and the needy. Seeing them, the seeker knelt in prayer and prayed, "Great God, if you are a great God, how is it that a loving creator can see such things and do nothing about them?" And out of the long, long silence the voice of God came to the seeker. "I did do something about them. I made you."

The words of Jim Strathdee play me.

*Oh Christ, the tree of life, our end and our beginning,  
we grow to fullest flower when rooted in your love.*

*Brothers, sisters, clergy, lay, called to service by your grace,*

*different cultures, different gifts, the young and old a place.*

*We have this ministry, O God, receive our giving. (VU 510)*

We have this great ministry at First St. Andrew's and each one of you has an important part to play, as to-

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# EDITOR'S MESSAGE

by David Flynn

As David McKane said in his Easter message, summer is an opportunity to explore other landscapes—from physical to spiritual. Pat and I, back from an art history tour of Turkey and Greece, feel as though we have explored both types of landscapes, from walking where Odysseus may have walked in Troy, to Paul's visits to Ephesus, to King Minos strolls over the imaginary labyrinth at Knossos. As we listened to the various versions and legends about these ancient events, I felt, not scepticism, but a sense of Truths greater than reality.

Stephen Ellingson, in his recent book about mega-churches, refers to the ideal Church as being both a "community of interest" and a "community of memory". I hope Tidings reflects both aspects of FSA. So, in this issue, we have profiles of the interesting people who are current members, such as Cheryl Samson and Amanda Williams, Lisa Chevrette and Erin Lovenjack, and Catherine Charlton, as well as announcements about ongoing and future events. We also wish to 'Remem-



ber God's Stewards,' people who once lived among us and now live on in spirit. Gavin McGregor's column is a segue from his past year's columns on our Scottish Heritage, into a new set of columns on the Reverend William Proudfoot, whose memory has influenced our interests today. As well, through photos and text, this issue memorializes recent past events, from the music of the Junior Joyfuls, to Nostalgic Theatre, to honouring Jean Comfort on her unbelievable 70 years performing in our choir.

Please contact me at [pdflynn@rogers.com](mailto:pdflynn@rogers.com) to suggest names of other current and past members you'd like us to profile in future issues, as well as events coming up and events of the past. On our 200<sup>th</sup> anniversary in 2032, our Tidings of today will be their "community of memory".

## UCW REPORT

by Mary McKim

With Wednesday and Thursday units both experiencing a drop in membership, the Wednesday group invites remaining members of the Thursday group to join them the second Wednesday of each month at 1 Grosvenor at 9:30am in the Social Room. (Call Margaret Wonfor for entry code.) All are welcome.



Maytime Communion for shut-ins was held on May 14<sup>th</sup> at 2:00.

The General Meeting took place June 4<sup>th</sup>, and was a luncheon in Proudfoot Hall catered for by Shirley Wynne. Russ Monteith, recently appointed Citizenship Judge, was guest speaker.

Rummage sale will be September 27<sup>th</sup>.

Holly Bazaar will be November 15<sup>th</sup>. A reminder to knitters and sewers; and also to those who make jam or preserves, to set aside some for sale. Empty jars are available for those who need them. Bring your extra ones to the church soon. Many items for the bake table may be made ahead and kept in the freezer.

The next General Meeting is scheduled for Nov. 26<sup>th</sup>, supper in Proudfoot Hall, with guest speaker Tori Adams, a University student who is spending her summer months in Ghana. The UCW gave her a cheque to assist with her expenses.

## TIDINGS

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## ELUCO

by Mary McKim

### Part One: Carol Langford

Are we informed about this important service? ELUCO receives regular UCW support, and Donna Travis is often seen circulating an ELUCO jar at coffee hour.

ELUCO—East London United Church Outreach—began in 1985 with seed money from the United Church's VIM (Ventures in Mission) Campaign. Four churches were targeted: Gethsemane, Richard's Memorial, Siloam and Rowntree. Presently the program is partially funded by M&S, along with support from other churches, UCWs and individuals, but has suffered from recent cut-backs.

Carol Langford began at ELUCO as a part-time worker in 1991. Her office is a unit in the Marconi complex, part of London Housing's *Geared to Income Housing*. A joint monthly meeting is held with representatives of Marconi, Limberlost and Southdale complexes, and Daily Bread, who all cooperate with ELUCO.

ELUCO has a wide range of programs. Richard's Memorial has a small food bank; Marconi, a baby-food and diaper bank, and a weekly hot lunch for school children. On my visit, two community volunteers were preparing lunch. They took over from the UCW women who started the program.

Project THAW, supported by the Salvation Army and the City, deals with heating issues. When bills go unpaid, and the gas and power have been turned off, ELUCO can draw from the fund to restart services. Residents may use this service only once every two years. The money always runs out by May, leaving none for air-conditioning for those who require it due to health problems.

Carol helps raise funds to send children to Camp KeeMoKee, as well as the Y day camp, and a neighbourhood social skills camp. She advocates for families around housing, immigration and health issues. A dedicated and compassionate worker, she loves her job.

Next Issue, watch for the item on Susan Eagle's involvement in ELUCO

## MEET LISA AND ERIN

by Susan McKane

You've been aware, through notices in the Bulletin, that our church faced a crisis in the fall over providing care for our growing infant and toddler population on Sunday mornings. The solution to our problem was two women who have enthusiastically taken on the challenge of providing a warm and stimulating place in the nursery.

Lisa Chevrette, a stay-at-home mother of Aiden (5) and Aliyah (3.5), and her husband live in the Masonville



area. Lisa grew up in Penetanguishene, where most of her family still lives. Lisa had a "pre-children" career in business and landscape architecture. Currently, she is taking French courses at UWO, and is completing her certificate in Microsoft software applications.

When Lisa first came on board with the nursery, she visited other pre-school programs to get ideas, and immediately had suggestions for simple improvements to our space, equipment and program—for example, developing a singing/story time and a simple craft option. Both she and Erin continue to introduce new activities to make it more fun for the children and their providers.

Erin Lovenjack has been a Londoner all her life. She is mother to Ashley (8), who now accompanies her Mom on Sunday mornings, and has joined the Sunday School program. Erin was married last summer to Steve, and now is step-mom to Anthony (14). Erin's gentle nature has made her an effective soother of restless babies. She reports that she enjoys getting to know the families who use the nursery and she feels good about how things are going in the program.

It's nice to know that Lisa and Erin are having a good time, because we all certainly appreciate the job they are doing with our youngest people. If you see Erin and Lisa at the coffee hour some mornings—please welcome them and say thanks for a great job!

### 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 519-679-8182 for more information.



**Jean Comfort is honoured for her 70 years of participation in the FSA Choir**



## MUSIC IN THE AIR

by Anne Cummings

It was with great joy that the Music Committee and Senior Choir paid tribute to Jean Comfort on April 27 for her 70 years of service to the Senior Choir. Jean joined the choir in 1938 and soon became an integral member. In early years, she and her husband, Maurice, often had the choir to their farm for year-end parties in June. In more recent years, she has been the highly valued librarian for the choir. With such a large choir, which sings a large repertoire of music, many hours are required for this position. Jean handles this work with competence, efficiency—and actually keeps everyone in line with their music, a particularly amazing accomplishment for someone in her 90<sup>th</sup> year!

As a small token of our appreciation for Jean's many contributions to the Senior Choir, we dedicated the Choir Room to her. David McKane consecrated a plaque for the Choir Room door which reads:

*The Jean Comfort Choir Room  
In Appreciation for 70 Years of Faithful Service to  
the Senior Choir of  
First-St Andrew's United Church  
April 2008*

On April 12, the choir presented their spring concert, **Sounds Contemporary**. Paul Merritt worked very diligently to teach us music that was more difficult than our usual repertoire. It was with a great sense of accomplishment and fun that the choir performed a haunting *Peace Mass* and a rousing *Jazz Mass*—accompanied by a jazz combo—by Chillcott; premiered an anthem by choir member, Jean Anderson Wuensh; and sang other contemporary pieces.

April 27, the Joyful Singers did an excellent job of providing all of the music for the Sunday service, including a musical children's story.

The final concert of the season will be performed by the FSA Strings in early June.

## CONGRATULATIONS

On the awarding of honorary degrees to Mike Bancroft by the University of Manitoba, to John Eberhard by the University of Windsor, and to Angus McKenzie by the University of Western Ontario.

To Jean Gorwill, on the celebration of her 102<sup>nd</sup> birthday, May 20.

To Jim Silcox, named as a 3M Teaching Fellow, one of 10 professors recognized in 2008 as outstanding teachers in higher education.

## BEHIND THE SCENES

Narthex Coordinator

by Muriel Parsons

Have you ever wondered how the ushers and greeters appear on a Sunday morning? Do they plan to come on their own or does some mysterious force dictate what happens every Sunday? If it seems mysterious, the mystery is easily explained. I have the job of overseeing the Narthex Coordinators, and I have a very loyal band of FSAers who do a wonderful job each Sunday arranging for people to serve as usher or greeter.

There are twelve Narthex Coordinators, one for each month. Each Narthex Coordinator chooses six people per Sunday from a list of volunteers willing to usher or greet. Greeters are stationed in the Atrium and Narthex to welcome people as they enter the church. Ushers hand out bulletins and also take up the offering.

The Narthex Coordinator oversees all of these tasks so that they are done in a timely and professional way. Throughout the service the Narthex Coordinator stays in the Narthex to be ready to assist anyone who comes in late or needs help.

And what is my job, you may well ask? Every month I see that each Narthex Coordinator has the book with the instructions for the job and the list of names. I also take a turn at doing the phoning and overseeing for one month.

So, if you get a call asking you to be an usher or a greeter, please say "yes," as the person asking is a volunteer who gives of his or her time, just as you do. To have your name added to the list of ushers and greeters, just call me at **519-685-5409**.



Members prepare behind the scenes for communion

## FSA AND ITS DNA

by Gavin McGregor



The congregation of FSA is amazingly diverse. It devotes energy to spiritual development, to solving social problems, to maintaining the property, to planning for the future and to the ministry of music. There is a wonderful spirit about the church ...but how can a church have a spirit?

Echoing a theme from Eckhart Tolle's new book, *A New Earth: Awakening to Your Life's Purpose*, FSA may be a manifestation of us

all. The physical aspects of the church are like the body but unlike the human body, they can be regenerated. Equivalent to the human mind is the collective will of the congregation...and like our own will it can be mighty stubborn when it comes to change! The church spirit which exists now is the collective consciousness of the congregation. Each of us is an individual but could it be that when we allow our different wavelengths to be focused through God, the FSA spirit really shines?

My interest in the history of FSA is of recent origin, caused most likely by a bout of 175th anniversary fever and the shock of witnessing the apparent resurrection of the Reverend William Proudfoot at some of the celebratory events. When we journey into the past for lessons and understanding, we also need to be present in the now to develop spiritual consciousness and will power to move our bodily state onward.

Just as Eckhart Tolle did research into the living presence of Jesus and other great spiritual people in order to understand the now, my curiosity drives me to obtain a fuller appreciation of the present spirit of FSA by discovering how the past has contributed to its DNA. As part of that discovery, in future articles I will present aspects of the life of the Reverend William Proudfoot, from his birth in Scotland to his settling in Upper Canada.

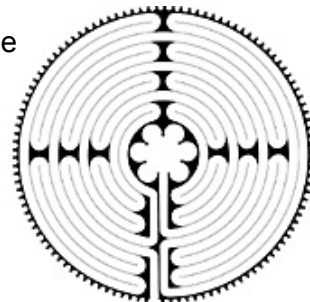
## WALKING THE LABYRINTH WITH LAUREN ARTRESS

by Susan Shelstad

On April 17<sup>th</sup> the Rev. Dr. Lauren Artress from Grace Cathedral, San Francisco came to FSA to give a talk on labyrinths and to lead a labyrinth walk. Close to 70 people from the congregation and the community came to hear this internationally known leader of the labyrinth movement and to take part in the walk.

Lauren's presentation included a beautiful PowerPoint presentation with pictures of indoor and outdoor labyrinths from around the world. She talked about the history of labyrinths, their meaning and use in various settings. Some people attending the evening are regular users of our labyrinth but many were experiencing it for the first time.

Although that many people is not ideal for a labyrinth walk, the night was a great success. *Mandela Book Shop* had a book display of Lauren's books and other labyrinth materials.



## ANNOUNCEMENT RE-IMAGINING CONGREGATIONS

Several members of FSA are planning to attend the workshop, *Re-Imagining Congregations for the 21<sup>st</sup> Century*, 7-9:30, Monday, Sept 29, at Five Oaks. See our Sunday Bulletin for details or the Five Oaks website [www.fiveoaks.on.ca](http://www.fiveoaks.on.ca). Registration is by Sept. 22

If you are interested in car-pooling to this important event, please contact **Bob or Louise Slater, (642-7949)**.

Attentive listeners at  
Supper club



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## MISSION OUTREACH ENVIRONMENT COMMITTEE

by Barb Dalrymple

Our acronym has changed from SMO to MOE because of the new Stewardship Committee. Concern for the environment always has been part of our mandate—see the environmental tips in the Sunday bulletin. We welcome Liz Galbraith to MOE.

Our Lenten collection for *St. Paul's Daily Bread* was very successful but there is an ongoing need for donations.

So far, the Grow-A-Row campaign has raised \$5255. Thanks again to Tom McLarty for the use of 10 acres on his farm. Remember, every dollar is matched 4 times by CIDA. The current world food shortage means every dollar counts.

The Amnesty letter writing campaign resulted in 35 caring writers sending over 160 letters to China, Colombia, the Congo, Guatemala, Honduras and Canada.

Our May meeting was held at ELUCO [see the item on ELUCO elsewhere in this issue]. The proceeds from our *Sundae Sunday*, June 8 will purchase diapers for their diaper bank. As well, some of us plan to help serve lunch to the children there—possibly in the Fall.

In April we were contacted by the United Church because the Nicaraguan government had cut funds for Los Quinchos and would no longer pay the 12 teachers. M&S responded with an emergency grant but we were asked to help. At an emergency meeting of MOE the idea of hole sponsors for our *White Squirrel Golf Tournament* emerged. We now have 18 sponsors at \$150 each which will pay all 12 teachers for 1 1/2 months. Thanks to the Sunday School's *Big Circle Breakfast*, the *Hot Dog Lunch* and our coffee/chocolate sales we can add another \$1300.

The United Church also has issued an appeal for help in Myanmar and China. As of May 21, our members donated \$400 to this specific cause. From January to April a total of \$733 was sent to the UC Emergency Response Fund.

Thus, we reach out to the marginalized people in London and across the world.



## CHERYL SAMSON, AMANDA WILLIAMS AND THOMAS SAMSON-WILLIAMS

by Charlotte Ann Bell

Meet Cheryl Samson and Amanda Williams, who have taken over coordination of *Coffee and Conversation* from Nancy Hutchinson after her long years of service.

Cheryl and Amanda joined First-St. Andrew's in 1999 after careful consideration of their social and spiritual needs. Barry Moore's sermon at their first service was thought-provoking and inclusive. An accepting church and a safe spiritual home were important to them since they were expecting a child at the time.

Cheryl is a Registered Massage Therapist with a private practice, and also teaches human massage therapy at the D'Arcy Lane Institute. She stresses the word 'human' because she also teaches equine massage therapy at the same Institute, one of the few such programs in the world.

Amanda is a Radiation Therapist at London's Cancer Clinic. Originally from Wales, she answered an ad, and arrived here in 1993. Although surprised by its lack of tall buildings, she now loves London. She also is a volunteer with *Partners in Caring*, where she listens to oncology patients with spiritual needs.

Both women love reading, when they have the opportunity. Cheryl prefers good mysteries, while Amanda is taken by more serious literature. Roald Dahl's children's books and the Harry Potter series are also on their lists, since their son Thomas is an active reader, currently engrossed in the *Raiders of the Lost Ark* series. Music is a family interest and Thomas sings with the FSA's *Joyful Singers* as well as the *Amabile Boys' choir*—when not busy at Kensal Park French Immersion School.

For Cheryl and Amanda, FSA means community—an extended social and spiritual family. They give as well as receive which explains their willingness to become the *Coffee and Conversation* coordinators. They also serve on the *New Membership Committee*—perhaps because they appreciated their warm welcome eleven years ago.



## GETTING TO KNOW... CATHERINE CHARLTON

by David Flynn

Catherine joined FSA last fall. She knew Louise and Bob Slater through friends and relatives, so when she returned from Toronto in 2006, they introduced her to FSA. Our excellent organist and choir inspired her, along with the thoughtful messages of the ministers. It also helped that Malcolm Sinclair, a close friend of David McKane, officiated at her marriage to Jack Yocom in 1995.



She is a native Londoner—both the Charltons and the Erringtons pioneered here. After graduating from UWO with an MA in Political Science, she lived in Toronto for 36 years. She enjoys London, where she participates in family gatherings as well as meeting old friends. Unfortunately, her mother, husband and brother died within a period of three years from 2002-2005, and her brother's family lives in Ottawa, so she does not have immediate family here but does have many cousins.

She worked in the public, private and non-profit sectors before starting her own fundraising consulting service in 1984 where she planned and oversaw capital campaigns for 12 years. She semi-retired when she married but from 1999-2006 was Executive Director of *ProAction Cops and Kids* which funds Toronto police programs for kids at risk. As well, she continues to undertake studies for the fundraising organization, *Ketchum Canada*. As a volunteer, she is currently a director of the *Women's*



*Christian Association* and the *London North Centre PC Association*.

She finds London a wonderful centre for music and theatre, and enjoys the LSO, Jeffrey Series and Grand Theatre, as well as the UWO *Senior Alumni Winter Lectures*. She enjoys the summer countryside, attending regional theatres and lunching in county towns. She's currently reading Susan Vreeland's, *Luncheon of the Boating Party*, based on the life of the artist Renoir.

Church and classical music provide some of her most inspiring moments, although helping others, and see-

ing worthwhile things done by others, is also inspiring. The Sunday sermons are an important source of insight and understanding.

Welcome, Catherine to FSA!

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## WHITE SQUIRREL GOLF TOURNAMENT

by Paul Mansell

As noted in the MOE Report, the Committee came up with the idea of 'Hole Sponsor' for the June 14 White Squirrel Golf Tournament, as a way of raising emergency funds to help pay teachers at Los Quinchos after the government of Nicaragua cut funding. Here is the list of the generous sponsors.



1. Remark Fresh Markets
2. Shoppers Drug Mart (Oxford at Hyde Park Rd.)
3. Swish
4. Sterling Marking Products
5. Ken Somerville (RBC Dominion Securities)
6. Las Chicas Del Café Coffee Roasters
7. Exeter Toyota
8. Byron Automotive
9. K. Thomas, CIBC Wood Gundy
10. Margo Christodoulou, Mortgage Intelligence
11. Bill McConnell, RBC Dominion Securities
12. David Broad, Siskinds The Law Firm
13. Zavitz Insurance Inc.
14. Jane Hill, Agent, State Farm
15. Adrian Plante, Fanshawe Motors Ltd.
16. Dave Williams, Harrison Pensa Law Firm
17. Rob Kelland, Scotia McLeod
18. Sherwood Travel

A Special thanks to Bob and Debbie Schram of Sterling Marking Products for supplying the Hole Sponsor Signs!!

We hope to have a longer report on the Tournament



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## IMPACT

by Rocky Moretti



IMPACT enjoyed an active Spring with numerous outings including a weekend retreat to Camp Kee-Mo-Kee (see picture), a bicycling trip, a martial arts training session and participation in a tree planting project. The IMPACT group meets every Sunday during church and then also gets together regularly for a variety of social and service activities. The

IMPACT group is excited about the improvements that are underway in the rooms where we meet, which will include painting, improved lighting and the completion of a video game room.

This Summer, IMPACT plans to host a number of activities, including a canoeing trip, a picnic, a pool party, a rowing/crewing outing, a beach trip and an introduction to golf session. IMPACT also plans to return to Camp Kee-Mo-Kee in September as part of a regional retreat along with groups from several other area United churches.

Details on the IMPACT program can be found in the Sunday Bulletin and also on the FSA website, [www.fsaunited.com](http://www.fsaunited.com) by clicking on IMPACT. The IMPACT program continues to grow and FSA members are encouraged to let other young people know about this dynamic program.

If you have any questions about the IMPACT program, please call **Rocky Moretti at 642-4896** or email him at [frankmoretti@hotmail.com](mailto:frankmoretti@hotmail.com).



Camp Kee-Mo-Kee Weekend

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## VIEW FROM THE PEW

*The Mystical Journey*

by Steve Elson

One issue that has kept my attention for quite awhile is how Christianity has evolved, and how it is linked to other religious traditions. This is interesting for me, especially in the current context as Canada evolves from being a dominantly Christian society to one that is very pluralistic—both in terms of the large number of persons who claim no religious beliefs and the growing variety of people who practise non-Christian religious faiths—Islam and Buddhism being two good examples.

One common theme that seems to weave its way in and out of all religions traditions is mysticism. In our own Christian context we might think of this as the Holy Spirit. The sense of being ‘moved by the spirit’ expresses this well. It is interesting today that the sense of the mystical tends to be played down compared to other components of our Christian lives. Maybe it makes us feel uneasy.

What mysticism means, in my view, is the ability to feel in a deep and significant way that whatever God is, however the concept of God expresses itself, is inside each of us. If we can find a way to ‘touch’ that part of ourselves, it can be quite profound—a mystical experience.

I’ve come to realize, and am learning to accept, that the sense of the mystical is an important part of my own spiritual journey. Yet, at the same time, another part of me wants to be a more caring and compassionate person in my relationship with others. We need both kinds of desires to guide us—the wish to reach out to others, along with the journey inside to find out more about what’s there. At least that’s the way I view it from the pew.



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### The Music Man at the Stratford Festival



Jim & Nancy Hutchinson, Madeline & Jack Wallace



Wall Hanging is dedicated  
Donna Ellis



Winnie and Dave Wake hold the  
Greening Cross - April 20, 2008

Swift Watch  
Diploma  
Presented to FSA  
for allowing nest-  
ing of the birds in  
our chimney



Robert Kennedy  
rehearses the  
FSA String Or-  
chestra

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# Changes...

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

## MARRIAGES

*"Love is always supportive, loyal, helpful and trusting.  
Love never fails!"*

May 10, 2008 Lise Cocker and Christopher Dilabio

May 24, 2008 Luiza Podlesna and Neil Saari

May 24, 2008 Michelle Williamson and Ryan Lowes

## Deaths

*"Well done good and faithful servant."*

April 13, 2008

Christine Buist

April 18, 2008

Stanley (Stan) Parsons

April 19, 2008

Grace MacIntosh

April 20, 2008

Elisabeth (Betty) Pace

May 25, 2008

John Harrison

## ..... and More Changes

### Baptism

May 11, 2008

Madison Sara Edith Watson daughter of Allyson and Jeff Watson

Nicola Kathryn Zehr daughter of Kathy Roberts Zehr and Peter Zehr

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## SUPPER CLUB NEWS

by June McKay

The Supper Club has had a very enthusiastic Spring session, with guests, *Lorraine Jardine* in January; a jazz trio in March—pianist *Peter Clements* joined by *Jerry Batiste* and *Jim Smythe*; *Mayor Anne-Marie DeCicco-Best* in April; and 25 guests from the *Teen Challenge Choir* in May.

Our meeting dates for the fall of 2008 will be October 28th and November 25th. Watch the bulletin for news of our programs, and plan to come along. Each evening starts with a Potluck Supper, and a singsong led by Paul Merritt. For information, contact Shirley Wynne (474-4768) or June McKay (471-5668), Co-convenors



**Mayor De Cicco At  
the Supper Club**



**Teen Challenge Choir Performs for the Supper Club**

# FSA PROGRAM GUIDE

## WORSHIP

- June 22 Rev. Dr. Frank Meadows (last service in Sanctuary until the Fall)  
June 29 Rev. Dr. Frank Meadows (service in Proudfoot Hall)  
July 6 Rev. Matthew Stevens  
July 13 Ted Kostecki  
July 20 Rev. Betty Sangster  
July 27 Rev. Dr. Barry Moore  
August 3, 10, 17, 24, 31  
Rev. Dr. Susan Shelstad  
Sept. 7 Rev. Dr. David McKane

## ADULT DEVELOPMENT

### SUNDAY MORNING BIBLE STUDY

This group has stopped for the summer but will resume in the fall.

Meets weekly from 9-10am in the Sun Room (across from the Nursery).

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

### THURSDAY MORNING BIBLE STUDY

This group has stopped for the summer, but will resume in the fall, meeting at 10am in the Parlour.

Facilitator: **Susan Shelstad** (679-8182)

### DREAM GROUP

Come and discover the amazing world of your dreams. This group has stopped for the summer but join us in the fall. We meet on the last Friday of the month at 7:30pm 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 announcements in the fall for dates, movies and times.

### 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.

## 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 until age 3.

Coordinator: **Martha Bere** (641-6947)

### NURSERY

Our nursery is available at the 10:30 a.m. service each week for infants from babies until two years old. The nursery room is next door to the Chapel on the main floor.

Nursery Staff: **Lisa Chevrette and Erin Lovenjak**

### CHURCH SCHOOL

Regular church school classes are over for the summer but there will be group sessions throughout the summer. Teachers and helpers are always needed. If you're interested, please speak to Chris or Monique.

Church School Coordinators: **Chris and Monique Silcox** (226-663-2048)

## YOUTH & YOUNG ADULT MINISTRY

### TEENS IN TRANSIT (TNT)

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

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

### TEEN CONFIRMATION CLASS

Three young people, Paul Galbraith, Stella Moretti, and Amber Ridgewell were confirmed on Sunday, May 4<sup>th</sup>. A new class will begin again in the fall.

If interested, contact the **Church Office**, (679-8182)

### IMPACT

IMPACT has a junior group for young people in grades 6 to 8 and a senior group for young people in high school. Keep an eye on the FSA website and Sunday church bulletin for upcoming events.

Contact Impact Coordinator: **Rocky Moretti** (642-4896).

## MISSION OUTREACH ENVIRONMENT

### AMNESTY INTERNATIONAL

Contact *Janice Elliott or Jane Westmorland*

### 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.

Contact **Tom and Shirley Wynne** (474-4768) or the **church office** (679-8182).

### LONDON INNER CITY FAITH TEAM (LIFT)

Contact **Paul Mansell** (472-4078) or **Bill Knowles** (657-9156)

### ELUCOC

Contact **Linda Badke** (432-5420)

### 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** (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 will celebrate the effort with a Fall corn roast at First-St. Andrew's on September 21, organized by MOE.

Contact **Bill or Jean Knowles** (657-9156) or **David Knoppert**(668-4063)

### HABITAT FOR HUMANITY

Contact **Bill or Jean Knowles** (657-9156)

### LOS QUINCHOS

Contact **Barb Dalrymple** (433-4460)

### OBSERVER

Contact **Mary Vernon**(657-7568) or **Barb Dalrymple** (433-4460)

### WHITE SQUIRREL GOLF TOURNAMENT

Contact **Paul Mansell**(472-4078) or **David Knoppert**(668-4063)

### 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! We are currently overhaulin' the library and we will be highlighting the resources available in the fall.



**Confirmands, May 4, 2008**  
**Stella Moretti, Paul Galbraith, Amber Ridgewell**

## 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 **Church 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.

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 10:30am 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.

Contact **Cheryl Samson** or **Amanda Williams**, co-convenors or the **Church Office (679-8182)**.

### COUNSELLING TEAM

There is a counselling service available to FSA members that is 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. 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** or **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 (679-8182)**.



**Anna Ng - Candlelighter**

## MUSIC

### MUSICAL OPPORTUNITIES

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

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 Robert Kennedy.

#### 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.

## SOME PICTURES FROM CHURCH ACTIVITIES



JOYFUL SINGERS  
sing in church



Greening of the Cross  
April 20, 2008



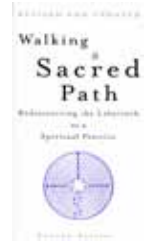
Candids from the Nostalgic Theatre pro-



# SUGGESTED READING AND VIEWING FOR YOU THIS SUMMER FROM THE CHRISTIAN DEVELOPMENT COMMITTEE...

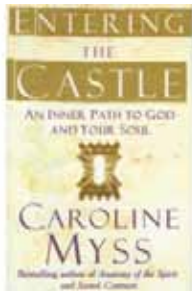
Susan Shelstad

'Walking the Labyrinth' has reemerged today as a metaphor for the spiritual journey, and it has become a powerful tool for transformation. This walking meditation is an archetype, a mystical ritual found in all religious traditions. It quiets the mind and opens the soul. Lauren Artress's, *Walking a Sacred Path*, explores the historical origins of this divine imprint and shares the discoveries of modern day seekers. It shows us the potential of the Labyrinth to inspire change and renewal, and serves as a guide to help us develop the higher level of human awareness we need to survive in the twenty-first century.



Lauren Artress is also the author of *The Sacred Path Companion*. She is the founder and president of *Veriditas: The Voice of the Labyrinth Movement*, and is the Canon for special ministries at San Francisco's Grace Cathedral.

**"Entering the Castle** [by Caroline Myss] is...based on St. Teresa's seven interior mansions, which are explained and elaborated here...so beautifully, clearly, compassionately, lightheartedly, wondrously... [as] seven steps...to your own deepest self or soul. Teresa became not only a spiritual woman who has

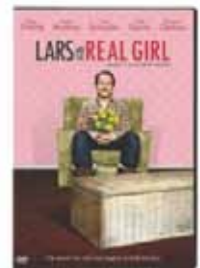


written a brilliant practice manual but a saint who saved Caroline's life, showed her her soul, awakened her heart, and set her on the never-ending...timelessly fulfilled road of practice. I just know that Teresa would say 'amen' to this luminous book as the fruit of her calling to you, a calling to all of us to be mystics without monasteries in a world sorely in need of a touch of the divine...the true self in each and every one of us."

(From the foreword by Ken Wilber, author of *A Brief History of Everything and Integral Spirituality*)

In this comedy film, ~~Lars Lindstrom is an awkwardly shy young man in a small northern town who finally brings home the girl of his dreams to his brother and sister-in-law's home. The only problem is that she's not real—she's a sex doll Lars ordered off the Internet. But sex is not what Lars has in mind but rather a deep, meaningful relationship. His sister-in-law is worried for him, his brother thinks he's nuts but eventually the entire town goes along with his delusion, in support of this sweet-natured boy that they've always loved.~~

(Movie review taken from the *Internet Movie Database (IMDb)*)



Catherine Charlton reads the Lesson



Joyful Singers rehearse on the Chancel steps



## 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

