



THE LINK

MARCH 2017

ST. ANDREW'S CHOIRS

Adult



Stained
Glass
Singers



LOOK INSIDE:

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From the Pastor's Desk: "The Grace of Letting Go"

We know grace better, when we learn to let go.

Dr. Callahan, his wife and young sons were sailing on the waters around the Bahamas. The day had started out well; the water was perfect for sailing and the sun shone brightly. But before long, things began to change. The waves started rolling; the wind was pulling at the rigging. They discovered on the shortwave radio that a hurricane was blowing far in the distance, and its fringe reached their boat.

It seemed wisest to find a safe harbor to spend the night. On the map they saw a small deserted island, a key, that had a little cove where they could weather the storm. They arrived, set the anchor and readied for the night. Before long, the anchor slipped and their boat started going towards open water. So they hauled it in, used the outboard motor to reposition the boat in the cove and set the anchor again. The bottom must have been sandy, the anchor kept slipping over and again. So all that sleepless night, the ritual was repeated. Haul anchor, motor into the cove and reset it.

The next morning, the sun was hidden behind storm clouds and the winds were no better. If the storm was staying, so would they. To avoid a day like the sleepless night, Callahan decided to take the anchor to shore, and bury it deep into the beach. He hauled up the anchor, picked the heavy weight up in his arms, and stepped off the boat to walk it to shore.

Strange things happen when we gaze into crystal clear, tropical waters. Among them is that the ocean bottom looks much closer to the surface than it actually is. As Callahan stepped off the boat he began to sink, deeper and deeper. He wrote, "Halfway down it dawned on me that if I let go of the anchor, I would stop sinking." The anchor was tied to the boat and would be fine. He on the other hand, wouldn't be, if he didn't let it go.

So he dropped the anchor, and he stopped sinking.

We sometimes sing, "Will your anchor hold" because there is a sense in which God is our anchor. There is also a sense in which we find ourselves carrying around weights, anchors, that do nothing but drag us down. These anxieties, cares, grudges, and hostilities can even lead to low level anger and eruptive rage. They weigh us down and keep us from living the kinds of lives we were meant for.

Is it any wonder that Hebrews chapter 12 exhorts hearers to "lay aside every weight." In the Star Wars movies, hanging onto anger and fear led to "the dark side." Maybe Master Yoda was onto something.

On March 5, Lent begins. It's a forty day season of preparation for the great feast of Easter. Many Christians take this time to fast as a way to remind themselves that they are dependent on God. What would it be like to fast from some of the anxieties, cares, grudges and hostilities we're carrying around?

Maybe there are too many? Then consider using this practice during Lent: each morning upon rising, take just one "anchor", one weight, and lay it down. As we practice this lifestyle of letting go, we'll begin to realize how freeing it is to simply trust God. Our compassion will grow, our strengths will get stronger, we'll have more fun.

We'll be experiencing what a life touched by grace can be like. It's no wonder those in recovery have discovered this truth: Let go, and let God. It leads to a life touched by grace.

Rev. Jeremy B. Ellsmith

LENT DEVOTIONAL

Presbyterian College, Montreal has put out a Lenten devotional with daily readings, reflections and prayers. The devotional will be available on our church website, standrewsvictoria.ca. There will also be a link to request a daily email of the devotional materials. You may also use the link below:

<http://www.presbyteriancollege.ca/2017/01/lent-devotional-2/>

If you do not have access to a computer, please contact WHITNEY in the Church Office for a printed copy of this excellent material.

Submitted by Rev. Jeremy

Ask the Minister

This is the first "Ask the Minister" column in The Link. Please submit your question to Rev. Jeremy. He will write his response and send both question (no name included) and answer to The Link. Thank you, Shelley Brown, for suggesting this column. This is not intended to be a lengthy theological discussion, but a brief answer and possible starting point for an individual's further study.

QUESTION: "When a person prays on their own, is it best to pray aloud or is it ok to pray inside your head?"

ANSWER: The short answer is: both are ok. Prayer is about being with God, and letting how we think and feel be shaped by that encounter. It can involve words spoken out loud, and words whispered in our hearts. It can also involve simply being silent, and noticing where God is. There is no one right way to pray. The Apostle Paul encouraged readers to pray without ceasing (1 Thessalonians 5:16). If we're to do that, we're going to need to use lots of different ways, some out loud, some whispered, some silent.



2017 COMMUNION DATES

March 5 - Lent

April 14 - Good Friday

April 16 - Easter Sunday

June 4 - Pentecost

October 1 - World Communion Sunday

December - TBA



In the SPOTLIGHT



Crystal Bellsmith

This month we are pleased to feature Crystal Bellsmith in our Spotlight.

She is familiar to all of us in that she plays a very active role in the life of our church family. She is seen every Sunday in the sanctuary being active with the children, and assisting Jeremy with special events. Her friendly, smiling face and joyful demeanour provide us with uplifting encouragement as we gather for worship. Crystal's claim that God is number one in her life is pretty evident.

We all know that the role of a minister's wife is all-encompassing. It involves sharing in congregational concerns, helping out where needed, providing encouragement and support for her husband, and dealing personally with congregants who seek her out for advice or simply want someone to hear their complaints.

On top of that, Crystal is a life partner to Jeremy and a mother to two active school aged children. I think we can count ourselves fortunate that we have such a hands-on and engaged minister's wife here in St. Andrew's.

Crystal was born an only child in Scarborough, Ontario to a loving couple who said "why try to improve on perfection". They said that they got it right the first time. What a wonderful thing to say to an only child! Crystal's family came from Newfoundland so Crystal and her parents split their time between Ontario and Newfoundland. When Crystal began high school her parents decided to stay put in Ontario and opened a business called Gough Floor and Window Fashion in Leamington. Her father was an installer and her mother was an interior decorator. Although she is now a Presbyterian, Crystal arrived as such by a circuitous route. She was baptised Anglican, raised as a Roman Catholic, attended Salvation Army services on Sundays, and also went to a Pentecostal youth group.

During her high school years, Crystal's family moved to London, Ontario where she graduated from high school and attended His Majesty Service Bible College and Seminary. Her parents moved to Toronto, during her first year of college. Crystal missed her parents so much she decided to move to Toronto, too. Upon her returning to live with her parents, she began attending the Pentecostal church where her parents had recently become members. Interestingly, Jeremy joined this church the same time as her parents. One day, following a Sunday service, while everyone was hugging good bye, Jeremy asked Crystal for a hug. She declined saying "she didn't hug people she didn't know". I guess Jeremy saw that as a challenge and the pursuit was on.

Their courtship took some time but love does win out in the end especially when God is in control. Jeremy had become the Director of Music in the church while attending Tyndale Bible College with the aim of becoming a Pentecostal minister. Crystal worked as an HR admin assistant and also became the youth leader at the same church. Crystal and Jeremy were married outdoors at a campground belonging to Crystal's parents. Jeremy sang to Crystal during the service and there was not a dry eye to be seen. They have been married now for 17 years with two wonderful children, Emma and Elliot.

But, life is not always a bed of roses. Jeremy and Crystal have encountered trials and tribulations, sadness and heartaches, along with the joyful and happy times. God strengthens us when he provides occasions when we cannot rely on our own resources and have to rely on and live in total dependence on Him.

When Crystal was nearly nine months pregnant with Emma, Jeremy became very ill. He experienced excruciating headaches and dizziness. On New Year's Eve the young couple got the devastating news. Jeremy was diagnosed with a brain tumour. One can only imagine the turmoil Crystal went through as she realized that their child would soon arrive and her husband was about to enter hospital for an operation to remove a brain tumour. At this point they had no way of knowing whether the tumour was cancerous or not. But, Crystal's relationship with the Lord saw her through these trying times. She says that that God gave her the courage and the resources to deal with these circumstances. Trials often come in bunches and Crystal was about to find out that this was true. At this time, her parents informed her they were separating and that they were going to be divorced. However, thankfully the church family were incredibly supportive. They drove Crystal to the hospital, prepared meals, and supported her in prayer.

(Continued next page)

(In the Spotlight, continued:)

Two weeks after Jeremy's surgery, Crystal had to have a caesarean section and Emma was welcomed into the world. But more challenges lay ahead. Crystal was about to bring a new baby into a home where her husband who was recovering from surgery needed a quiet and peaceful atmosphere. And Crystal who was recovering from her own surgery was learning how to look after a new baby for the first time. What a remarkable chain of events – what remarkable courage, determination and faith to cope with it!

Eventually, however when Emma was about nine months old, the young couple moved to Whitby Ontario where Jeremy became the Director of Congregational Development at the Presbyterian church and also attended Knox College in Toronto on a part time basis. Crystal became Director of Family Ministries at the Presbyterian Church in Whitby.

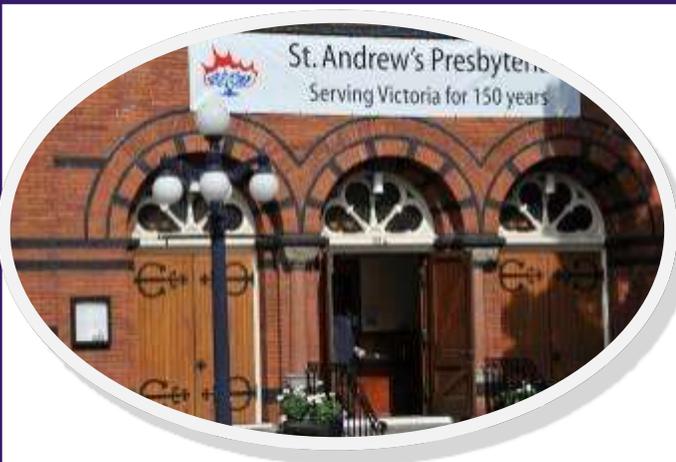
Crystal and Jeremy were told that they likely could not have more children due to the medications that Jeremy needed following his surgery. Therefore, four years later they gave away all their baby furniture and baby clothes. One night during bed time prayers, Emma prayed that God would put a baby in mommy's tummy because she wanted to be a big sister. That turned out to be a very effective prayer because a month later Crystal discovered that she was pregnant with Elliot.

Just like in all of our lives, the challenges continued for Crystal. Her Mother discovered a lump and she was diagnosed with breast cancer shortly after Elliot's first birthday. The usual rounds of treatments of chemo, a mastectomy, and then radiation ensued. For a short time things seemed to be good, however, it was discovered a year later that the cancer had returned and had spread to other vital organs. More chemotherapy and radiation appointments were kept. But eventually the cancer spread to her mother's brain. Her mother came to live with Crystal and her family and a few months later died in their home.

Those of us who have had the joy of getting to know Crystal can attest to the fact that she loves to laugh and is a courageous and gentle, free spirit. She loves her family, she loves working with youth, and she loves being involved in the church. She claims that she always knew that she was going to be a pastor's wife. When you get to know this remarkable woman, there is no doubting that her relationship with God is number one in her life.

We are very fortunate to have Crystal in our midst and thank God for blessing this congregation with her presence.

Interviewed and submitted by Fiona Ryneveld



OPEN CHURCH

Lent officially began on Wednesday, March 1st this year. It would be ideal to have 3 volunteers on each day in Holy Week between Palm and Easter Sundays to help us host OPEN CHURCH between 11 a.m. and 1 p.m. daily. Whitney will put a sign up sheet on the hallway bulletin board outside of her office beside the stairway to the 2nd floor of the Kirk Hall. If we have 3 volunteers for any of the days from April 10th to April 13th and April 15th, we will plan on opening our doors.

This will help us advertise and invite people to attend our communion services on:

Good Friday (April 14th) at 10:30 a. m.

Easter Sunday (April 17th) at 10:30 a. m.

Submitted by Bruce McCowan

PRAYER CORNER

Fasting and Prayer

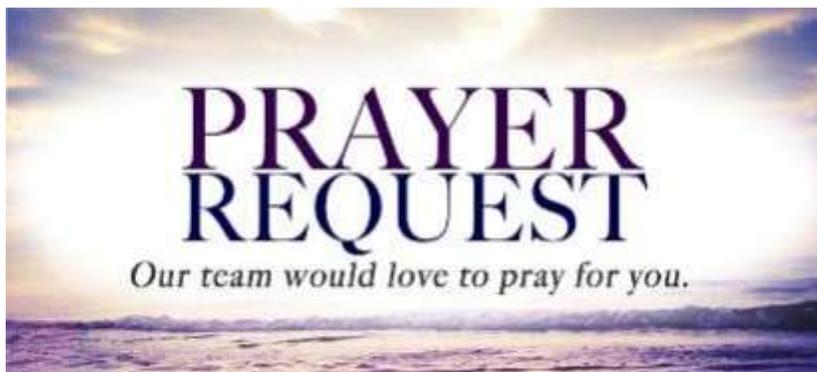
“Before there is light, there is darkness. Before there is birth, there is pain. Before every meaningful moment there is a time of preparation, a time of longing. Lent is more than giving indulgences, its about preparation and encounter. Lent is the forty days that we set aside to enter into the wilderness of our souls and find that place of quiet, openness and emptiness. It was in the desert where Jesus encountered the demons of his deepest temptations, but it was also where he found God’s sustaining presence and love.”

~ The work of the People

As Lent begins, Christians around the world are preparing to meet with God. The “doing without” can be like a little bell, ringing in reminder that we have a need within, and that it can be satisfied if we invite Christ to do so.

It’s not about how much we fast, or what we choose to give up. Instead the act itself is what’s important. So as Lent begins, consider how you might fast and so create space for Christ to come.

Submitted by Rev. Jeremy



Prayer requests are communicated to our prayer team by email and by telephone.

If you'd like to be a part of this important ministry, please contact Ruth at Pzoom@shaw.ca or telephone 250-881-5155.

This is also where you can contact me with a prayer request. Sometimes when we are going through a time of transition or a difficult time, we may feel very alone and it is important for you to know that there are people here that care and would like to pray for you. There is also a small group of people who meet every Monday at 9:30 am who are praying for the various ministries in our church and any special needs that we are aware of. We would welcome anyone who would like to pray with us.

Amazing things can happen when people come together to pray.



~REFLECTIONS FROM THE PEW~

Music – especially music we hear and sing in church is very important to me, as I suspect it is to most of us. I further suspect that almost all of us look forward

to worship with music as much as through sermons and prayer. But often, a problem arises when we talk about what kind of music we want to have in church. I have been in many pews in many congregations in my life and often one of the most divisive things for a congregation is what kind of music is being chosen on Sundays – or what means are used to play it.

Some like the old hymns, others like contemporary music, some want music that will appeal to the young people, yet others want to hear the great rousing hymns of our forefathers. Some want only to have the organ played, others prefer to hear piano and guitars and alternate instruments from time to time. Often the grumbling about the kind of music in the church can become petty, problematic and divisive. In my respectful submission, it should not become such.

We are told in **Psalm 66** that we should make a joyful noise to God. In **Psalm 67:3** we read: “Let the nations be glad and sing for joy”. **Psalm 98:4** tells us to “Make a joyful noise unto the Lord, break forth into joyous song and sing praises; sing praises with the lyre, with the lyre and the sound of melody! With trumpets and the sound of the horn make a joyful noise before the King, the Lord”. It seems therefore that the key is that we are to praise the Lord with joyful sounds with all kinds of instruments and singing.

We are extremely fortunate to have a beautiful sanctuary with a wonderful majestic pipe organ, and a superb organist and Director of Music Ministry to make the organ come to life. While we are blessed with such treasures, are we utilizing the other gifts as well as we could?

Over the past few months we have heard the joyful sounds of the Stained Glass Singers. Nearly a dozen of these young folks under the artful direction of our DMM have filled our hearts with joy as we see our young people worship with their singing. The pews always seem fuller when their parents and loved ones come to hear their children perform.

We have also seen the DMM lead the choir in a *cappella* worship during the anthem and introit. Most recently, we have even attempted to sing the Lord's Prayer and the congregation sang the contemporary song “Bless the Lord O my Soul”. Fortunately, both our minister and DMM are open to experimentation with different kinds of music and instruments. As new opportunities arise I hope we will hear some soloists and perhaps, one day even a worship band to play contemporary music.

In **Colossians 3 v. 16**, Paul says: ...”sing psalms and hymns and spiritual songs with thankfulness in your hearts to God”. According to Charles Price, of the People's Church in Toronto, singing the psalms is the singing of scripture itself, not necessarily just the psalms, (though that was the hymnbook of the Jewish Temple). But we take the truths of scripture and put them into music and we sing them. Hymns, Charles Price suggests, is doctrine put to music. They are truths about Christ, about the Holy Spirit, about the Trinity, about the cross, about the resurrection and about the second coming – doctrine put to music.

Finally, there are spiritual songs which Charles Price classifies as being more the expression of the heart, the expression of desire, the expression of longing, the expression of love, the expression of joy, the expression of praise that comes from us to God.

Some people say “I prefer hymns, or I prefer spiritual songs”. Well, he says we are to get over the fact that other people prefer other things. Paul says in 1 Corinthians 14 [vs.15] “I will sing with my spirit and I will sing with my mind”. It is true that some great songs do not say a lot, but they drive the spirit through the melody. There are other great hymns that teach you things and you remember them in their poetic form – doctrinal things. **But that is why singing is a vital part of our worship.**

As we worship each Sunday, let us truly enjoy the music in whatever form and remember that in doing so we are worshipping our risen Lord.

Submitted by Dirk Ryneveld

March 2017

Our elders are asking us to pray as we seek God's will for our congregation, and the mission of Jesus Christ in the world. If you have items you would like included, please write to Pastor Jeremy revjbellsmith@gmail.com, or by talk/text (250) 415-2226.

"I have so much to do that I shall spend the first three hours in prayer" – (attributed to) Martin Luther

Please pray for...



"Be joyful in hope, patient in affliction, and faithful in prayer." Romans 12:12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			All those with Birthdays and anniversaries in March	PWS&D encouraging local food production in Nicaragua.	Today is the World Day of Prayer. Pray at 1:00 pm PST to join others in our region.	Rev. Joel Sherbino (ON) connecting with prison ministry in Malawi.
5	6	7	8	9	10	11
Christian Education volunteers and all teachers.	People in hospital and those who visit them.	Safe performances for the dancers of Ballet Victoria as they dance in the Tea for Tutu	(Int'l Women's Day) All the women who help to build up our communities and for women facing oppression and violence.	That we may sense God's presence during the Lenten Season	Our neighbors in need and the St. A's team serving them breakfast on Saturday	Compassion and courage to welcome and care for strangers in need.
12	13	14	15	16	17	18
Those involved in music ministry who give of their time and talents.	All those with health concerns (mental and physical)	Presbyterian ministries creating spaces for people with mental illness where their talents are recognized.	Peace for those who are suffering in the midst of conflict.	PWS&D partners who deliver food rations in many parts of Africa devastated by droughts.	All who will get married this spring and summer, especially Michelle Verwey.	The students of Pearson College who learn about peace and justice and will perform their 'One World' show today.
19	20	21	22	23	24	25
Our minister and church staff.	The gift of water and for those who do not have access to it.	Wisdom for elders who guide and decide for St. A's.	People taking part in the ecumenical Lenten study.	All who are grieving the loss of a loved one.	The Executive of the Canadian Council of churches who meet today.	Families who are separated due to work or other circumstances.
26	27	28	29	30	31	
Youth, children and young families.	Those partaking in a new practice this Lenten season.	The words to invite people to know God in fellowship with believers.	Theological students who will graduate this spring.	The choir who faithfully practice on Thursdays to give gifts of worship on Sundays.	Congregations reducing their carbon footprint (remember Earth Hour!)	

STEWARDS by DESIGN - BIT by BIT

Part 2

In the last Link, I introduced the **12 Keys to an Effective Church** as written about by Dr. Kennon Callahan in the book by the same name. At the conference we were tasked to choose two “keys” that we were doing well and expand on them. We chose Worship and Leadership. This month I will discuss what good “Worship” is all about and why we picked that as one of our strengths.

What is good Worship?

A strong healthy congregation shares:

- worship that is warm, winsome and welcoming. This is also in part because the congregation is warm,

winsome and welcoming. People should be able to walk into our church and immediately feel the spirit of warmth and welcome that encompasses the group. People should feel at home. We have friendly greeters that welcome all.

- music that is inspiring and dynamic. *Music should be 40% of the service.* A strong music program has four ingredients: **match...whole...size...growing.**

Match – our music matches with and stirs our congregation.

Whole – the persons who lead music and who preach have trust and respect with one another. They share an excellent quality of teamwork. They move with spontaneity as a team when the Spirit leads them in a new direction during the worship service. Improvisation and spontaneity build on the planning that has occurred.

Size – the size of the music team matches the size of the space. We create a choir that has the ability to “hold its own” in the worship space.

Growing – we count on the quality and depth of the music to be growing.

- preaching that is helpful and hopeful. Shepherd preachers have a spirit of grace and compassion. They share wisdom, the Gospel, good news and have a gentle humour. Preachers with a spirit of grace have fun, enjoy life, live in the grace of God.

- worship that is stirring, with balance, power and movement. The balance of the service is important. If the sermon is complex, thoughtful and profound, then the music is simple, stirring and emotional. If the music is complex, thoughtful and profound, the preaching is simple, stirring and inspiring.

Genuinely and prayerfully, joyously and thoughtfully, we share stirring, helpful worship to help people experience the grace of God. Worship is the gift of grace in our lives.

The above is an abbreviated message from Dr. Callahan's book, but hopefully has enough substance for you to learn alongside us in this journey.

Submitted by Shelley Brown



Christian Education News

The bulletin board near the main office (Courtney Street exit) has a large new display of photographic posters explaining programs for infants, children, and adults that are available to members of St. Andrew's and other churches. Below is a brief description of children's Sunday school activities.

The Nursery

The nursery is located near the sanctuary for the convenience of parents and caregiver volunteers, and serves children from birth until age three. Ardath Shand organizes a roster of volunteers for periods of three to five months at a time. A large pool of caregivers is needed in order to create a schedule around the activities of the busy volunteers. Flexibility in scheduling is needed to help Ardath when creating the roster and also so that volunteers have others with whom to trade in case of illness or a change in personal plans. Volunteers do not need to plan activities... the nursery has a large selection of toys, books and materials suitable for use with infants and toddlers.



Preschool/Elementary Class

The children are using a curriculum that covers the Old Testament stories in the fall and New Testament stories in the late winter and spring. Easter stories will take place during April, to complement Palm Sunday and Easter services. The lessons are designed to give the children the foundation needed on which to build their faith. Please talk to Dianne Penner if you are interested in



volunteering as a teacher or an assistant in this class.

Senior Class

The grade 5-12 students' lessons take place in the "Cabin", a room across the hall from the elementary classroom. Currently, the students are using the Quest curriculum, a seven session video series designed to engage youth in discussion of spiritual issues from a Christian perspective. The youth are enjoying this curriculum, and the questions that it generates. Please talk to Duncan Mackinnon if you are interested in assisting with this group, or teaching the lessons.

Volunteers are needed in all areas of Christian Education, and especially with the infants, children, and youth. Interested adults need to take part in a Leading with Care training session, usually presented during coffee hour, and this can be arranged with Duncan. Please contact Dianne, Ardath, or Duncan if you are interested in taking part. Contact information is in the Directory page in the Link.



*Submitted by Dianne Penner,
Christian Education Convener*



Gold Card: Tuesday, June 6th to Friday, June 9th at Little Qualicum Falls Provincial Park (Individual Sites).

While Gold Card is focused on seniors who will not have a work conflict during the camp schedule and who can take advantage of the discounted camp fees offered by the Provincial Government during this camp, it is open to all.

Cost: Seniors: \$ 34.50 + \$10 Non Seniors \$69 +\$10

To register by March 13th please give Elizabeth Forrester the appropriate amount based on your stay. Elizabeth will take your information and book your site within the 'cluster' of individual sites. *If your registration is confirmed on or before March 13th Camp VIP will cover your reservation fee (\$18) saving.*

If registering later than March 13th please contact Elizabeth to find out the area of the camp ground and make your own reservation. The Camp VIP program fee of \$10 will be collected at Camp.

Don't know if you can come until June? There are some non-reservable (**first come first served**) sites available if you decide to come on the day of the camp (in June).

Please contact: Elizabeth Forrester (250) 751-1544 eamfor@telus.net

NOTE FROM THE OFFICE:

Please! Confirm with the OFFICE for ALL ROOM AVAILABILITY and SCHEDULING!!

Editors' Note:

Reviews and submitted articles are the personal opinions of the writers and do not necessarily reflect the opinions of the minister, Link editors or the Presbyterian Church in Canada.



MEN'S SATURDAY BREAKFAST

Saturday, MARCH 18

Our March breakfast will be held on the 3rd Saturday at the usual time from **10 to 11 a. m.**

and in the usual place **Café Bon Appetit,**

5th floor of the downtown Bay Center overlooking the inner harbour.

Come and treat yourself to some friendly fellowship and some tasty food during this exciting Lenten season. It will be an added bonus as we prepare for Easter and discuss all that it represents.



Bruce McCowan: 250-881-5155 or email: brucemccowan@gmail.com

Building Sustainable Livelihoods in Malawi – a Lenten Stewardship Project

We live in a world where there is much need. St. Andrew's holds regular fund-raising activities for local people in need at Thanksgiving and throughout Advent. At the international level, St. Andrew's gives to Presbyterian World Service & Development (PWS&D) through a regular line item in our annual budget (although members can also give privately and directly to PWS&D through national appeals).

Session has agreed that it would be helpful for us as a community to develop more of a "connection" to our giving to the international community through PWS&D. The Mission and Outreach Committee considered recommending support for PWS&D work in India that Michelle Verwey (a member of our congregation) is involved with, but changing policies in India make it increasingly difficult to support projects there.

However, we identified a PWS&D project on "**Building Sustainable Livelihoods**" in **Malawi** that runs until the end of 2017 to which the Canadian government will match funds that are donated; this will increase the impact of our giving to an area of the world in great need. Our target is \$1000, which will go against our line-item for PWS&D in our 2017 budget.

We will focus on this project through the Lenten season in much the same way as we do our Advent fund-raising. Watch the bulletin and web page for opportunities to support this program; keep an eye open for a table with information where you can "buy" donations in the Kirk Hall at Coffee Hour; and listen for information in our "Stewardship moments" on this project in Malawi, and on PWS&D in general.

For more information on this project, speak to committee members, and check out PWS&D web pages at <http://presbyterian.ca/pwsd/malawi/>; for information on Canadian government matching-fund projects that can be supported through PWS&D, check out <http://presbyterian.ca/pwsd/dfatd-programs/>.

Brian Titus, for Mission and Outreach Committee

(Editors' Note: Further information from Wikipedia-

Malawi officially the **Republic of Malawi**, is a landlocked country in southeast Africa that was formerly known as Nyasaland. Malawi is over 118,000 km² (45,560 sq mi) with an estimated population of 16,777,547 (July 2013 est.). The country is also nicknamed "**The Warm Heart of Africa**" ^[10]

Malawi is among the smallest countries in Africa. Malawi is among the world's least-developed countries. The economy is heavily based in agriculture, with a largely rural population. The Malawian government faces challenges in building and expanding the economy, improving education, healthcare, environmental protection, and becoming financially independent. Since 2005, Malawi has developed several programs that focus on these issues..

Malawi has a low life expectancy and high infant mortality.

There is a high prevalence of HIV/AIDS, which is a drain on the labour force and government expenditures. There is a diverse population of native peoples, Asians and Europeans, with several languages spoken and an array of religious beliefs.



Bunwich Coordinator.....is that You?

Jean Watt has faithfully coordinated our monthly bunwiches for several years. She has decided that it is time for others in the congregation to have the opportunity to provide this service.

We would like to thank Jean for all her hard work and commitment over the past several years.

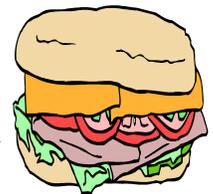
We know that Jean is the first to thank her team for all their hard work.

Thank you Bunwich team!!!!

We are now looking for a Bunwich coordinator. It may seem like a daunting proposition since Jean made it look effortless. But as you know at St. Andrew's there are always people around that will lend a helping hand. Please think and pray about this service opportunity. Is this something you would like to do? Do you have some ideas about the Bunwich?

If you do, please email or talk to Sabine Teetzel (steetzel@telus.net) or Colina Titus (colina.titus@gmail.com).

Let brotherly love continue. Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels. Hebrews 13:1-2



Lent and Easter

Together in Christ



Five neighbouring congregations, Grace Lutheran, Holy Cross Roman Catholic, Knox Presbyterian, Lutheran Church of the Cross and St. Luke have joined together to host a five week study in Lent to commemorate the 500th anniversary of the Reformation.

Each week will be hosted and held at a different church. The Wednesday evenings will begin at 6 PM with a simple soup and bread meal, followed by a study at 6:45 PM that will include a short video presentation, brief worship, and discussion together, concluding by 8:30 PM.

The study guide is available on the Evangelical Lutheran website. <http://elcic.ca/ecumenical/TogetherInChrist.cfm>

All materials will be provided.

The schedule is:

- March 8 – Grace Lutheran
- March 15 – Knox Presbyterian
- March 22 – Holy Cross Roman Catholic
- March 29 – St. Luke Cedar Hill Anglican
- April 5 – Lutheran Church of the Cross

If you wish to attend please call; (250)384-5734 or email Whitney;

Lent is a time ...

of solitude but also community
of listening to the voice within
of paying attention to other people's
needs
to continuously make the passage to
new inner life
as well as to life with those around us.

Henri J.M. Nouwen

Ash Sunday March 5 ~ 10:30 am

The imposition of ashes.

Palm & Passion Sunday April 9 ~ 10:30 am

The Servant King enters Jerusalem and our lives.

Maundy Thursday April 13 ~ 7:15 pm

At Knox Presbyterian Church. 2964 Richmond Rd.
Commemorating Christ's last supper.

Good Friday - April 14 ~ 10:30 am

Remembering Christ's crucifixion.

Easter Sunday - April 16 ~ 10:30 am

An all ages service celebrating Christ's resurrection.

Together in Christ - Lenten Study 2017

March 8 - April 5 ~ 6:00 - 8:30 pm

Four denominations have joined together to host a five week study in Lent to commemorate the 500th anniversary of the Reformation.

Details <http://standrewsvictoria.ca/?p=4666>

Presbyterians Sharing Sunday

March 19 ~ 10:30 am

Celebrating how God is working through Presbyterians across Canada and around the world. Special guest, Glynnis Williams, Assoc. Secretary of International Ministries for The Presbyterian Church in Canada.

Prominent Presbyterians

On Feb 26th, Barbara Forsyth and Jim Kempling led a tour for the Old Cemetery Society at Ross Bay featuring prominent Presbyterians. Playing the parts of Margaret and Robert Burns McMicking, they introduced a group of about two dozen to some of the fascinating characters from the history of our church. The tour started at the grave of Alexander Munro one of our first elders and chief factor of the Hudson's Bay Company. From there we moved to Joseph Hunter, once the Surveyor General for the CPR. He was involved in surveys of much of the interior of the Province including the boundary of the Alaska panhandle. Later he was responsible for the survey and construction of the E&N Railway. Also active in the political life of our city, he served both as a city alderman and member of the Legislature for Victoria. When he died at age 93 in 1935 he was the last surviving member of BC's first provincial legislature.

Only a few yards away was the grave of Francis Jones Barnard, one of BC's "fathers of confederation". As the member from Williams Lake, he worked closely with John Robson during the Yale Convention of 1868 to craft a resolution favouring immediate union with Canada. Barnard's sons also played prominent roles in our history. Francis Stillman Barnard served as Lieutenant Governor during the First World War and Joseph Douglas Hunter served as both MLA and alderman in the interwar period. Joseph's wife, Fannie was very active in St Andrew's and an avid gardener until her death at 86 in 1944.

After a brief stop to hear the romantic story of Henry Heistermann and his American wife who led the movement to have BC join the US during the debates about confederation, we move to look more closely at the period of the Great war 1914-1918. Our first stop was at the grave of Sir Richard McBride, BC Premier from 1905-1915. McBride, the founder of the provincial conservative party introduced party politics and a period of stability to the province. Before he became premier in 1905 there had been six premiers and three elections in a period of five years. As his political star began to fade, he moved to London as BC's Agent General. When he died at 47 in 1917, Lady McBride and their six daughters returned to Victoria where they continued to play an active role in the life of the church.

Then we moved to visit Lieutenant Blayney Scott, a rather heroic figure from St Andrew's. Blayney, a prominent athlete in the city, joined up in 1914. His leadership qualities were recognized at an early stage and he was quickly commissioned from the ranks. After being wounded and winning a Military Cross, he joined the RAF as an artillery spotter. There he won a Distinguished Flying Cross and was again wounded. On his return to Canada, he decided to try snowshoeing in the Rockies only to suffer a bad case of frostbite. A few months later having survived four years of war, he succumbed to complications from his various injuries. The inscription on his headstone reads "Well done Blayney". Well done indeed! His name is one of 29 on the bronze memorial plaque on the north wall of the church.



Finally, as is our custom we ended our tour at the grave site of Margaret and Robert Burns McMicking where we laid a rose in memory of this remarkable couple.

To learn more about these fascinating people who played such a pivotal role in the life of our church, our city, our province and Canada, visit the newly updated history section of our web site at <http://standrewsvictoria.ca/>

Submitted by Jim Kempling, Church Archivist

Pizza and Games Night April 22, 2017



**Due to popular demand
Games Night is back!**

**Please save the date. More
details to follow.**

HYMN SING!!

Come and offer your voice to the Lord in worship, praise, joy and thankfulness with others from Victoria Presbyterian churches and the community.

**Make a joyful noise unto the Lord, all ye lands.
Serve the Lord with gladness: come before his
presence with singing. Psalm 100: 1, 2**

Dave Rogers accompanies on the piano while we sing together and ask for favourites. We meet the **2nd and 4th Tuesday** evening of *each month* at **7 p.m. in the Kirk Hall** (or in the Sanctuary if the Hall is busy).

ALL ARE WELCOME!!

Contact **DAVE ROGERS (250-479-2475)** or **KELLIE SHAND (778-440-0818)** for more information.

*Free Parking in City Parkade
under the Broughton St. Library*

Usher Teams

MARCH: Kathleen M., Laura R., Betty P., John P.

APRIL: Peter L., Bruce W., Joel H., Anais H., John W., Jerry V.

Nursery Schedule

March 5: Mary D., Ardath S.

March 12: Ted T., Anais H.

March 19: Paula M., Saul P

March 26: Debra V., Sabine T.

April 2: Mary D., Ardath S.

RUN WITH GOD

Run with God continues to meet each Monday at 1:30 pm, Wednesday at 4 pm, and Saturday at 9 am. We meet on Mondays for the study but head out on all three days walking and running ... everyone decides their own pace and we "run the race that is set before us".

**We welcome all ages and abilities so if you'd like to join us don't hesitate to contact me by email:
RunWithGod@shaw.ca or phone 250-881-5155.**

If you would like to be on our email list, let me know and each week you will get notification of what we are doing and where we will be going.

We would love to welcome any newcomers. We are a small group and it is a great way to get to know each other better. You don't need to commit to all three days ... some people are only able to join us on one of the three times. ***Come as you are able.***

RUN WITH GOD RUNCLUB
Finding God in a Runner's Space

The Run for God - Run Club is a community of like minded runners and walkers from all over the world who use the sport of running to share the love of Christ.

CONGRATULATIONS ON YOUR 60th ANNIVERSARY!!



Congratulations to John and Betty Parkinson on your 60th wedding anniversary. May God's blessings surround you! We're so glad you are a part of our church family!

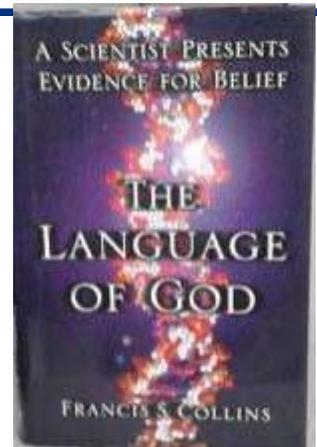
Ex Libris Ecclesiae

A Book Review from the Church Library

The Language of God, by Francis S. Collins. Published by Free Press, a division of Simon and Shuster, Inc. ©2006. Reviewed by Dave Rogers.

(The library is between Whitney's and Jeremy's offices, and open around service times on Sunday. This book is in the left bookcase, upper left corner.)

The last few book reviews, by Emma Bellsmith and myself, have featured books for young or new-to-English readers. Today's review goes more to the other pole. Francis Collins is an American physician and geneticist, noted for his discoveries of disease genes and his leadership of the Human Genome Project. He is now director of the National Institutes of Health in Bethesda, Maryland. Collins has not (as of yet) won the Nobel Prize, but has earned pretty well every other science prize available. Whenever you hear the words "human genome", you have Collins to thank.



This book, merges the saga of how they decoded the genome with Collins' own faith journey. It has stories of scientific derring-do, like Collins rushing from the lab to phone a test subject: "Cancel your operation! We have just discovered that you don't carry that gene!" (That was the world's first use of DNA for a medical diagnosis.) And on the other hand, we learn how Collins moved from agnosticism to faith, and how that faith shaped his scientific work and outlook. To him, the DNA of living creatures truly is the "language of God." The big impact on my life from this book was a single diagram, on page 128. For awhile in my young-adult Christian years, I tended to the young-earth creationist viewpoint. That mellowed as I got older, and better used to weighing evidence. For a long time I have been a both-and sort of guy, recognizing the case for a multibillion-year, evolved earth as well as the case for a creationist viewpoint.

The chart on page 128 changed my viewpoint completely. In less than ten seconds. I commend *The Language of God* to any intelligent reader, even if science is not your forte. Collins teaches just enough human genetics for you to understand the book; you will come away with an expanded view of the language of God.

Heard & Seen Around the Church

Recently, Sunday Coffee Time has become much noisier.

The cheering you have heard is folks – young, and not so young, trying a new sport –
Milk Bottle Curling.

As those who have tried it will attest, it is fun and easy to do. There are some similarities to true curling, but no sweeping, no ice and the games are only four ends.

We will make up teams each week and the composition of the teams will be based on having someone under 10 years, someone over 55 years and a mix of males and females.

There will be a “monitor” during the games in case a dispute needs to be settled but good sportsmanship by all participants is expected. Thank you to Moira and Roger Bernard for acting as monitors for the first few games.

This is a good chance to meet others at St Andrew's. ***All are welcome to be part of the fun.*** Join us to curl or join us to cheer.

We will continue curling, each Sunday for the month of March.



SUNDAY, FEBRUARY 26



SERVICE, CURLING

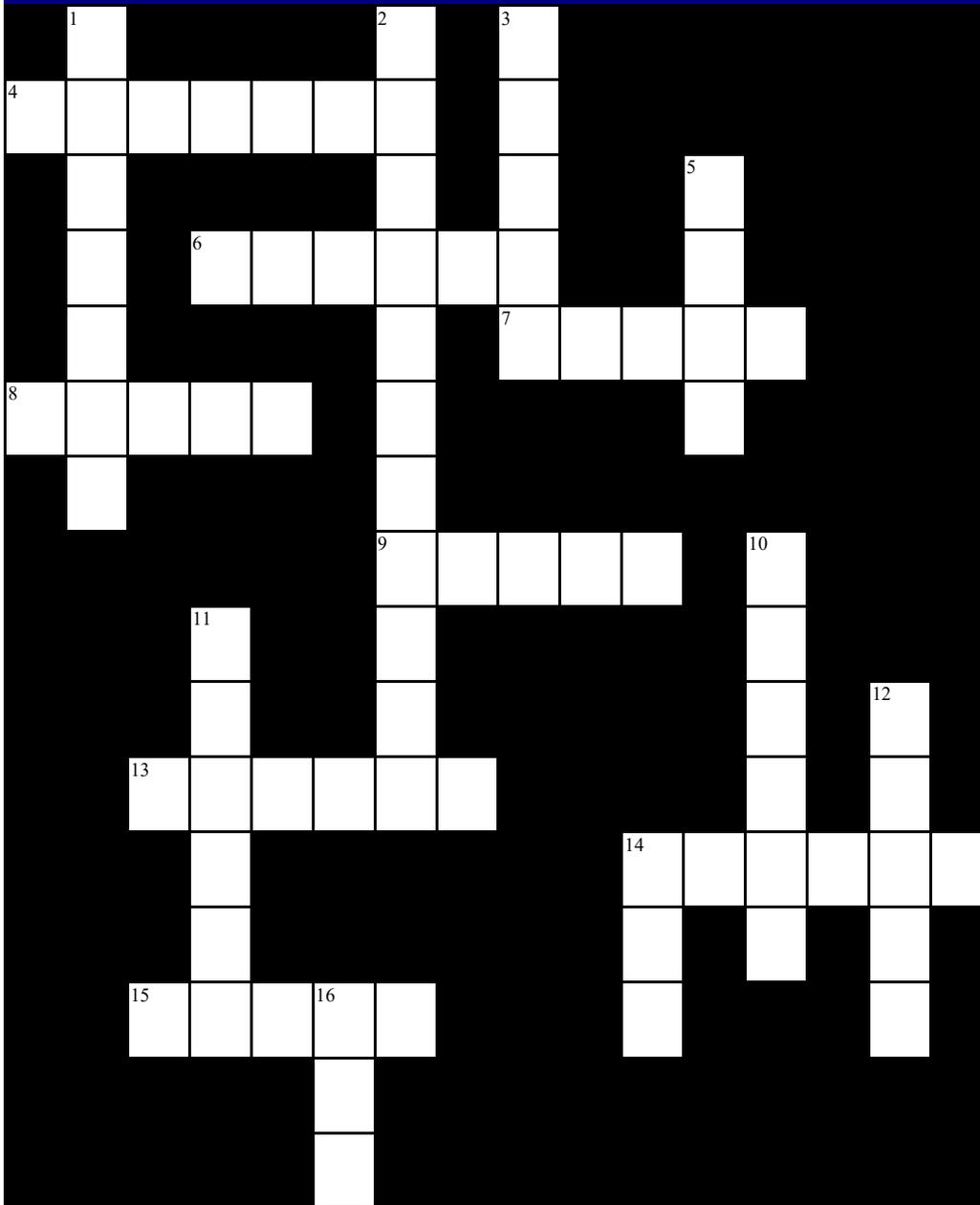


& PANCAKE LUNCH



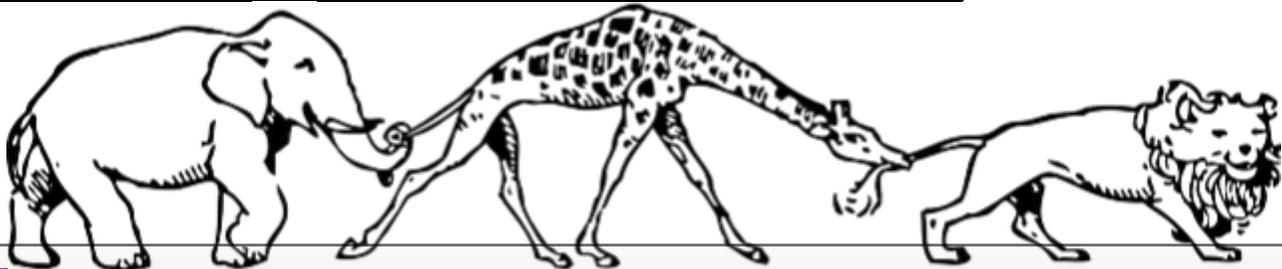
Children's Page—Bible Trivia

Use children's Bibles or The Holy Bible (any version will do) to answer the questions and complete this crossword puzzle. There are numerous children's Bibles in the Sunday school borrowing library collection. You probably will know the answers to some of the questions already. Have fun!



Across	
4.	Sea of _____ where Jesus calmed a storm.
6.	His father gave him a many-coloured coat.
7.	The day God created plants.
8.	Given the Ten Commandments by God.
9.	Name of Moses' brother.
13.	Thrown into a lions' den.
14.	How many disciples Jesus had.
15.	Give us this day our daily _____.

Down	
1.	Symbol of God's promise to Noah.
2.	Jesus said, "Do this in _____ of me."
3.	The first thing God created on earth.
5.	Name of Jesus' mother.
10.	Jesus' last meal with his disciples, the last _____.
11.	Jesus tells us how to pray...the Lord's _____.
12.	Youth who defeated a giant.
14.	Number of each kind of animal on Noah's boat.
16.	The kind of boat Noah built.



Jesus said to them, "Let the little children come unto me; do not stop them; for it is to such as these that the kingdom of God belongs."

Mark 10:14