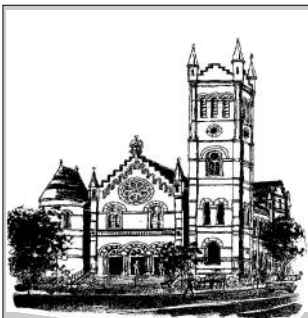


THE LINK

St. Andrew's Presbyterian Church



Recently I was asked, "How do I become a member of St. Andrew's Presbyterian Church?" Perhaps you have wondered that as well! It seems that we should come to a better understanding of the importance of membership and how that step is accomplished. It leads to several questions of equal importance:

- ♦ How do I become a member of any Presbyterian Church?
- ♦ What is the difference between being a member of St. Andrew's or an adherent of St. Andrew's?
- ♦ What significance does baptism play and is my baptism in another church in another city recognized as I consider membership at St. Andrew's?
- ♦ If I am an adult and have never been baptized, is there a process that I might be baptized and become a member at the same time?
- ♦ If my membership is in another church in another city and the church no longer has records of that membership, is membership even an option at St. Andrew's?
- ♦ If there is little difference between member and adherent and the benefits are the same, why become a "official member" of St. Andrew's?

All are excellent and important questions and I am glad that you asked them! The first obvious source to look for clues about membership, its requirements and process is in *The Book of Forms* of The Presbyterian Church in Canada. In order to simplify, here is the definition of "member":

140. Professing members of a congregation, are those who have been admitted into the fellowship of the Lord's table (Communion) and who on profession of their faith in Christ and obedience to him, have been received by the Session. (In other words, attested to your faith to those who will support you in that faith at St. Andrew's)

What else should I know about "membership?"

141. It is the duty of members to give faithful attendance (be present in worship); to cherish a caring spirit among themselves; and to promote the peace and prosperity of the congregation. (In other words, to get along with others and to promote that in your membership.) It is also their duty to take a lively interest in all that concerns the welfare of the whole church; to contribute heartily, as the Lord shall enable them for the maintenance of the Christian ministry, and the furtherance of the gospel at home and abroad; and to manifest a Christian spirit in all the relationships of life.

Still confused? I am interested in hearing from you, and in guiding a more formal and intentional process at St. Andrew's which answers your questions and provides guidance about membership.

What does membership matter to you individually and to the congregation?

If you are not a member and desire to become one, how can that happen?

If you are an adherent as opposed to a full member, why not consider membership?

May 2019

Padre 3

Cedar Tree 4

Prayer 6

Seder 7

Isaac 9

Book Club? 10

Plants & Pizza 11

Viands & Victuals 13

Beautiful View 14

Victoria, BC

(Continued on page 3)

In Loving Memory



L. Stewart Burnett

Edward 'Ted' Teetzel

**And God shall wipe away all
tears from their eyes; and
there shall be no more death,
neither sorrow, nor crying,
neither shall there be any
more pain....**

Revelations 21:4



A Memorial Service for
Edward 'Ted' Teetzel
will be held

on Saturday, May 11 at 2pm at
St. Andrew's Presbyterian Church
924 Douglas Street
Corner of Douglas and Broughton.

Notes from Session

It is with much regret, that we accepted the resignation of John Mitchell. John has given many faithful years of service as an elder in our congregation; in his retirement he has been around the church many days of the week offering assistance to congregation and minister alike. We thank John for all that he has done, including the wonderful photographic record of church life.

Session had determined that it was time to review the committee structure, as a step within this period of transition. Following discussions with all of the committees it was identified that prior to the June session meeting; each committee will discuss and review the purpose for their committee. They will be asking: "What do we do?" and "Why do we do it?" and then revise the committees terms of reference accordingly. This work will be the foundation for discussion at a retreat in the fall.

When committees are clear about what they do and why they do it, they will be better prepared to invite new members either to the committee or to be available for special projects. We need to consider a task force mentality rather than a committee "member for life".

As part of our history it is important (and required by the Book of Forms) that we maintain an accurate roll. Brooklyn Trimble has been employed on a short-term contract to complete the important task of updating the roll database from the historical Roll Clerk book (ensuring that all removals and additions from the roll are entered in the data base).

David and Sabine, Co-Clerks of session, agreed to temporarily fill the role of Session Clerk until June 2019. We are most grateful to them. While we engage in the transition process we need further discussion about the role of elders and the session clerk. In order to make the position of Clerk less burdensome, the Session agreed to the following terms for the present time (not necessarily permanently):

- ◆ That the position be for a period of 1 year and that the extension of the term of office be discussed annually with session and clerk.
- ◆ That there be a minute taker. (Remembering the clerk is still responsible for the minute book).
- ◆ That the clerk has help with their district during the time they are serving as clerk.
- ◆ That elders work to develop a close relationship with those in their district so that if there is a concern, the clerk is not the first person contacted.

Colina Titus has agreed to be clerk of session from 1 July 2019 until June 2020.

Let us continue to rejoice in the Easter message: "Christ is Risen Indeed"

The Session of St Andrew's

The following article was printed in the Spring issue of the Broadmead Care newsletter *Moments*. It is re-printed with their permission.



“It's all about presence and relationships. Primarily, I'm here for the veterans and other residents, but in supporting staff and families, that helps support the residents, ultimately - because that's what our goal is.

Entering her fourth year as the Spiritual Care Coordinator for Broadmead Care, it is evident that Cathy Victor has cultivated special relationships with residents, families, and staff alike. “I remember when a staff member came to my office to have a good cry. They were folding the laundry but having difficulty doing so knowing that in the room down the hall someone was passing. The staff member was grateful to know someone was there for them.

But it's not just about helping residents, families, and staff deal with grief. There's a lot of joy too. “I love to hear their stories. I still get a kick out of being called ‘Padre’. The residents don't always understand if I say, ‘I'm the Spiritual Coordinator,’ but if I say, ‘I'm the Padre’ or ‘I'm the Chaplain’, the doors just open. They know what that's about.”

Cathy provides a safe connection for residents to their past, that sometimes enables them to share experiences they don't often speak about. “If I go in a room and comment on a picture or some piece of memorabilia, I

can be there for an hour, or ten minutes, and they'll tell me all sorts of stories. It might be stuff they may not talk about otherwise. I don't go there on purpose, but I don't close the door if they want to go through it.”

From the ‘water drop’ memories posted in the staff area on C level to her ‘Blue Christmas Event’, from weekly worship services to monthly memorials, from her quietly effective practice of ‘loitering with intent’ in the corridors of the Lodge to consoling staff or family members, Cathy's gentle presence is felt throughout the building. And it's not just her door that is open. Her welcoming arms are available for a hug; her compassionate ears are willing to listen; her sympathetic voice offers the wisdom of experience; and her tender heart holds all the stories and blessings she receives from residents, families, and staff.

Submitted by
Anne Bell

The Rev. Cathy Victor is a member of the Vancouver Island Presbytery and has often preached at St. Andrew's, Victoria.

(Continued from page 1)

I offer two options to begin to answer these and other questions:

a Question and Answer Session
(no strings attached) led by the Pastor on **Sunday, May 19 during Coffee Hour** (get a cup of tea and join us in the Library next to the Office)

and

before the service on **Sunday, May 26**
from 9:45 – 10:15am
(also in the Library).

We will ask our questions and determine the next steps toward having them resolved and answered.

We welcome you to the St. Andrew's family!!

Pastor Mitch

Renewal: Cedar Tree Ministries

The following article is reprinted with permission from *Renewal News!* Summer 2018 Issue



Rev. Joey Cho with his wife, Insook Han, and two newly-baptized members of the Stz'uminus First Nation

COWICHAN — It's a midweek evening in the sanctuary of Grace Presbyterian Church and 10 people are gathered in a talking circle. Holding a feather, Mary Peter opens in prayer.

"What fills your cup?" Peter asks, then passes the feather to the person on her right.

"This group," said a woman. "Same time, every week."

"Prayer, family, people" are some of the other words spoken.

It's a weekly event in this First Nation congregation, and for some of the participants, it's the closest thing they have to family.

Peter, a high school guidance teacher, is one of the leaders of the church, one of four planted by Rev. Joey Cho, executive director of Cedar Trees, the visionary leader of the mission, which began in 2007.

Cho's story began in his native South Korea. This is the story of lost and found, of purpose and power. It's the story of God's church working in this world. It's the story of miracles.

Cho was a lost teenager in the early 1990s in South Korea and he'd been invited by a friend to attend church one evening. In South Korea, many churches are huge, with professional musicians. But he got more than a dose of entertainment. On the way, his friend told him about the sinful nature of humankind, of God's love for us and of the need for reconciliation through Christ.

"The Holy Spirit came upon me and I met Jesus that night," Cho said. A few days later, he found himself at a

Presbyterian church, where he felt more at home. He was baptized in the Holy Spirit and discovered his gifts. The process of transformation began. Miracle one.

At just the right time, God called Joey to go to seminary. He was ordained in 1996 and entered the ministry. In 2001, he met a group of Korean Canadians who told him about Canada's First Nations. "Something in my heart was bursting," Cho said. After 20 days of intensive prayer, he knew he had to go. Miracle number two.

But his local church refused to support him, saying Canada is not a mission field. Listening to God, he went anyway. In September 2001, he and his wife and two elementary school aged children came to Canada. No job. No plan. Very minimal English. Just a firm conviction that God was leading them. They arrived in Vancouver and spent that fall looking for the mission.

At just the right time, God sent three people telling him to go to Vancouver Island. Three specific places: Tofino, Nanaimo and Duncan. Miracle number three.

So on December 24, yes Christmas Eve, they arrived in Nanaimo. Again, no plan. They were continuing to live on personal savings.

One day in Victoria, sitting in a park, looking at the ocean and missing their friends in Korea, praying for God to show them a sign, a stranger showed up. "Are you looking for a church?" he asked. He was the pastor from Cowichan, where he met a native believer who told him about his people. Miracle number four.

Some time later, they checked out a small Korean-speaking congregation for a taste of their homeland and language. They quickly discovered he was a pastor and asked him to be part of their congregation. But Cho believed his mission was to natives, so he said no. On the way out of the parking lot, his car hit another. He went back inside, realizing God was calling him. Miracle number five.

Three years later, his original call to First Nations was revived and he resigned. It was 2007. His family and one other started a storefront church in Duncan. He went door to door on the reserve. Three years later, they had 30 people each Sunday, but still no official recognition from the Cowichan First Nation band council, which was essential if they were to establish a church on the reserve.

One of the members of Joey's congregation was a retired RCMP officer with end-stage cancer. His dying wishes were for a funeral conducted in his native language, but with pastor Joey leading the prayer.

A tribal elder stood before the congregation and introduced Joey, vouching for him, saying "this guy's OK, you can trust him." The funeral was an opportunity to share the gospel in a new way. It resulted in invitations, hospital visits, more funerals, more believers. Finally, band council allowed them to rent a prefab building, which is now busy seven days a week. Miracle number six.

It wasn't easy, as the church suffered some vandalism at first, but which ended when a church member carved native images and attached them to the sign. Joey has now planted four churches on the island, one a 3½ hour off-road drive through the bush. First Nation leaders are now calling him. No more cold calls. And in each church, Joey has trained believers into leadership roles. Mary Peter is one of them. She leads the Wednesday evening potluck dinner. She's actually been a believer longer than Joey. God's hands were working, preparing that First Nation for evangelism a decade before he arrived.

By now the Vancouver Island Presbytery took his ministry under its wings and Joey was taking extra courses to become ordained in the PCC and there met John Paeng, a fellow student at Vancouver School of Theology. A friendship formed. When a church in nearby Parksville became open a few years ago, John was called. And now he's become Joey's spokesman, his PR man. Joey is a prophet, a visionary and answers God's call to plant. John was born in Canada and knows the English language and Western culture and is more of an administrator. God knows what we need and puts people together. Miracle number seven.

The story continues to unfold, more proof that God's hands are always at work in ways we sometimes cannot see. There is social service and caring for the least of these. But it's founded on solid spiritual food, centred on the Gospel of Jesus Christ.

Joey sees his task as church planter as "opening the door and then others follow up and take over." Says John: "He's a visionary, a developer."

Cedar Trees is among eight native ministries listed on the PCC website. But it's the only one which does not receive funds from Canadian Ministries.

Undeterred, Joey keeps moving. The gospel spreads, lives are transformed and like the church which cannot die, the mission plants itself.

Highlights from VI Presbytery Meeting April 2, 2019

Presbytery will be financially supporting a new project to hire two people to establish day camps in several of our Island communities. This will happen this summer and as soon as we know when one will be in our area we will let you know. It is hoped that decisions, on when each area will have a camp, will be decided very soon, as summer will be quickly upon us and families will be making their summer plans. Stay tuned for more info and hopefully some of our kids will be able to come to the camp.

In addition, the usual camps for all are in place and you can check out the bulletin boards, the web site or speak to Jerry Verwey for more info and to register.

We were reminded that there are opportunities for grant monies through our Presbytery for special projects and programs. Twice a year applications are received – March and October. If committees need more information or have questions, they can contact Rev. Laura Kavanagh at Knox.

Jerry Verwey will be one of the Presbytery delegates to our Presbyterian General Assembly in June. He will be attending with Rev. Chris Clark, Rev. Jenn Geddes, and Roy Napier. We look forward to his report on his return. Much significant discussion for our church will have taken place.

Respectfully submitted
Sheelagh Garson
Presbytery Rep. Elder St. Andrew's

Join us at St. Andrew's Presbyterian Church
At Douglas & Broughton for a Lunchtime Recital

Wednesday, June 15
from 12:15 – 12:45pm

Serena Jack, violin & Michelle Hoskin, piano

Wheelchair access is available at 643 Broughton Street
Donations to St Andrew's Music Ministry

A Prayer for Peace and Comfort

Friends, I would like to share a letter written by the Canadian Council of Churches (posted last week on The Presbyterian Church in Canada) regarding the bombing in Sri Lanka on Easter Sunday in which 253 innocent people were murdered and over 500 wounded. Our heart is broken over the increasing evil and violence world-wide that has claimed so many. Our prayers seem so insignificant as the loss of life mounts from this event, coupled with the murder of 1 and wounding of 3 others on the last day of Passover at a Synagogue near San Diego, the devastating murder of 50 and 50 wounded at the mosque in New Zealand on March 15 and the murder of 11 at the Pittsburgh Synagogue in October, 2018. It makes us cry, "How long, O Lord." It causes us to grieve for our horribly broken world. As the President and General Secretary of the Canadian Council of Churches conclude their letter below, so I join you with hope and prayer in expressing, "We long for peace to return, where nothing and no one is excluded from God's justice and compassion." Lord, let there be peace and may it begin in me.

Pastor Mitch

To:
National Christian Council of Sri Lanka
Catholic Archdiocese of Colombo, Sri Lanka
National Christian Evangelical Alliance of Sri Lanka

Dear friends,

On this National Day of Mourning in Sri Lanka, The Canadian Council of Churches grieves with you the loss of so many lives, the loss of health in bodies and communities, and the loss of peace and tranquility in your country.

With you we were shocked as we rose to attend our churches on Easter Sunday to learn of this heinous attack on Christians and other innocents in your country. May the Holy Spirit comfort you and flow from your hearts and communities to all the citizens of Sri Lanka who have felt the devastation of the explosions in their bodies and hearts.

May Christ's words to his followers resonate even more deeply with you, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Know that many churches hold you and your communities in prayer. We are with you in body, mind and spirit. We have felt your pain and the pain of all Sri Lanka. May the cycle of violence be stilled. We long for peace to return, where nothing and no one is excluded from God's justice and compassion.

In Christ,



The Rev. Stephen Kendall
President



Peter Noteboom
General Secretary

A Seder Passover at St. Andrew's

It was a small group, about 16 of us, who gathered in the Kirk Hall on a Wednesday morning, April 10th from 10:00-12:00 noon. You may think that is a strange time and place to celebrate a Seder Passover and, perhaps so, but, it was just perfect! I don't think we could have had a more meaningful time. It was a new experience for some and for others, it became a deeper and more poignant spiritual time (certainly for me) as we were able to read deeper into the meaning of the Seder. We started with a Bible Study, led by Pastor Mitch, who reviewed the Israelite journey from slavery and bondage in Egypt to freedom and escape to the Promised Land., as told in Genesis and Exodus.

And then we moved over to a decorated Seder Table, each one assigned to a specific place. Candles and white linens set the scene for this important meal. We knew this was going to be a special event. Passover, the most important Jewish celebration of the year, is held in the Spring and is celebrated with families and friends as they gather for the very precious celebration of freedom, known as a Seder. Throughout the world, Jewish people everywhere uphold this sacred time, as they have done so for over 3,316 years. The command to observe Passover came from God to Moses, when the Israelites (as told in Exodus) had to leave quickly from Egypt where they had been slaves, lived under bondage and cruelty, but now after the 10th plague, and hundreds of years in slavery, the Pharaoh had changed his mind and finally decided to let the Israelites leave. They had to hurry before he changed his mind again, as he had done so 9 times before! (Exodus 12-13, Deuteronomy 7:6-9, Deuteronomy 16, 2 Chronicles 30)

Just before they left Egypt, God instructed them to hold a Passover and told them they had to do this every single year for the purpose of remembering their slavery. First, they were instructed to kill a lamb. The blood from the lamb had to be painted on their door posts in order for the angel to pass over their house in order to save their first born. Then they should roast the lamb and eat it in haste. Because they had to hurry so much, they did not even have time to make bread so they had to have unleavened bread, baked quickly, burnt and no rising, (no leaven). It is this unleavened bread, known to us as matzah, which becomes a definite and specific requirement for Jewish people during Passover, as they are not allowed to eat leaven for eight days during the Passover. This requirement, which might seem so simple

but in reality is not easy, is the main thing that sets the scene for a Seder, as we talk about the rituals and customs of the Passover.

A Seder is held around a table and the symbols of Passover as discussed above, are on the Seder plate, the focal point of the meal. There are six important foods, arranged in a specific order on the plate, which tells their story and represents life under tyranny and oppression and now, the life of freedom. There are bitter herbs known as *karpas*, which represent the bitterness and tears of slavery, and the ongoing pain and hurt in life. There is *charoset*, a mixture of chopped apples, nuts and spices which represent the symbol of mortar, as the afflicted remember the pain of life under Pharaoh, as slaves, having to build the bricks for the cities. But once these two things are eaten together, the bitterness, combined with the sweetness, helps us to realize that we can withstand the bitterness because it is sweetened by the hope of freedom. We take bitter herbs and eat a sandwich of matzah, of bitter herbs and



charoset, as we think of the meaning of this hard time in life. Other items on the plate are a roasted egg, which is a symbol of an offering, given at the Temple. The Passover lamb is represented by a *shank bone*. But most importantly, the main food item upon which the Seder centers is

the *Matzah*, the bread of affliction. The matzah is unleavened bread which reminds us not only of the days of affliction but reminds us that there are hungry, poor and enslaved people in the world today and eating this matzah reminds us of our responsibility to help the unfortunate, so that some day there will be no more poverty and that freedom will be experienced by all. Eating matzah is a constant reminder that matzah is a symbol not only of suffering but of survival. This bread



(Continued from page 7)

was baked unleavened. Today, we eat it voluntarily, which represents our dedication to defending freedom.

More than anything, Passover celebrates freedom. Freedom cannot be taken for granted and their freedom in the time of the Israelites under the rule of Pharaoh remains the main focus for the annual Passover Seder celebration. However, in every age there are new eras of slavery and people everywhere are exploited and enslaved in different ways. We need to look around the world and see how people are being oppressed and try to advance the cause for freedom and human dignity.

As we ate the specific foods in the specific order, we also followed an order of service of fifteen steps, in which the Seder service touches on each aspect of the food, the memories, the significance and how we apply it to our lives today. It was with all this information and knowledge of scriptures and the Seder meal that helped us all to see different areas in our lives or the lives of others where we tried to think how we could make the world a better and kinder place.

Submitted by
Dorothy Reimer

HELP Needed to Collect Books for Bazaar Book Stall

On Monday, May 13th volunteers are needed to help collect books for our annual November Bazaar book stall.

The Times-Colonist Annual Book Sale takes place on the Saturday and Sunday before May 13th. The sale has raised \$5 million since it started in 1998. As usual, all the money raised will go to education and literacy programs on Vancouver Island.

On the Monday after the Sale, charitable organizations are invited to help themselves to the remaining books before these books are removed from Victoria Curling Club and sent to the recycling. Over the last ten years, volunteers from St. Andrew's have collected the bulk of the books that we sell in November from the post-sale piles at the Curling Club.

We usually line up early in the morning (between 8 and 9) and use provided grocery carts to collect the books. There are hundreds of empty boxes that we can use in the carts to hold the books. No heavy lifting is necessary as the boxes can be packed so the weight is not excessive.

When the boxes are filled, we transfer them to my husband's truck. We take the books to St. Andrew's to store them until November.

If you are able and willing to help collect books on Monday, May 13th, please let me know and I will add your name to our list (of one). Thank you in advance.

Debra Verwey
250-383-1009
tjeerd@telus.net

St. Andrew's Kid!



fotobyamitybullock

Isaac Yu played the saxophone at the Greater Victoria Performing Arts Festival performing with the Glenlyon-Norfolk Middle School Jazz Band on April 24th at Central Baptist Church.

Camping

Camping season is upon us. I have checked out my camper for the summer season and did a test camp a few weeks ago. All is in readiness for our first Presbyterian camp of the year scheduled for June 11th - 14th at Englishman River Falls. **Ruth McCowan** is the speaker. For more information, see the Camp VIP posters on the bulletin boards, or contact Elizabeth Forester at eamfor@telus.net or 250-751-1544.

Jerry Verwey

Open Church

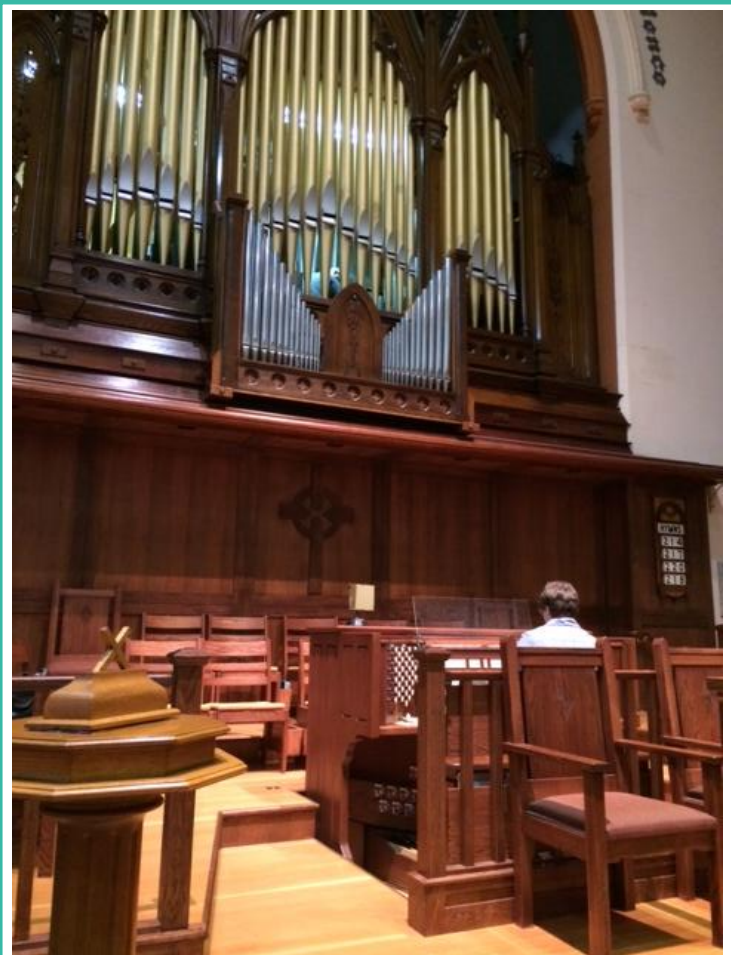
As of the 16th of April, this year's cruise ship visits have begun. By today, we will have had four cruise ship open church days. Many visitors come to see our historic building, as it is the closest in the downtown core, and to view our priceless stained glass windows. To continue this worthwhile activity while I am away at General Assembly and holidays, we need volunteers to assist.

Dorothy Reimer is helping to cover those days from May 16th until Car Free Day while I am away.

If you are able to help in this, please see Dorothy or add your name to the sign-up lists posted in the hall.

Wednesday open church will discontinue so that we can concentrate on the days when the cruise ships are in dock.

Jerry Verwey



fotobyamitybullock

Jason Barnsley comes to tune the organ three times a year. Here is **Kilmeny Jones**, assisting Jason by playing the required keys. If you would be interested in joining this team of Assistants to the Organ Tuner, please contact Christine Purvis.

Easter Flowers



I think everyone was happy and uplifted to see the colourful flowers for Easter Sunday!

We reflected on the long days of the Lenten journey, in which we thought of, prayed, spoke of, and watched the candles slowly be extinguished each Sunday on our cross. That in turn led to the sobering darkness of Good Friday, when even the Christ Candle was extinguished. We were grateful that we had been on that journey but glad when Easter Sunday arrived and we could hear the choir sing, "The tomb is empty! He is not here! The stone is rolled away!"

The uplifting Easter Service was brightened even more by the beautiful flowers at the front of the sanctuary.

Thanks to those who donated to the bright bouquet:

Patricia Shuckburgh - in memory of Marion Boldt, "a true friend and a Christian, in every way";

Janette Ward - dedicated to her mother-in law, Mrs. Bessie Ward;

Evelyn Houston - in memory of her husband, Allen Houston, a long-time member of both St. Andrew's and the choir;

Dorothy Reimer - in memory of her mother, Hazel Phillips, remembered with such gratefulness.

Mission & Outreach

NEW BOOK CLUB FOR ST. ANDREW'S?

The 2006 General Assembly of The Presbyterian Church in Canada approved a plan for Healing and Reconciliation between The Presbyterian Church in Canada and the Indigenous peoples in Canada. The plan is called ***Walking Together***. Central to ***Walking Together*** is the concept that healing and reconciliation will come about only if members of the church get involved, by meeting and getting to know their Indigenous neighbours.

One way to get to know our neighbours is to read books written by our neighbours. I am purposing that we start a monthly book club in September that would focus on literature written by Aboriginal authors that deal with issues relevant to First Nations communities today. I think that if we read a book a month from September 2019 until June 2020, we would understand a lot more about our Indigenous neighbours. Our goal could be 10 books and then we could decide if we wanted to continue.

Principle of Reconciliation number 10 (from What We Have Learned: Principles of Truth and Reconciliation, The Truth and Reconciliation Commission of Canada, 2015) states:

Reconciliation requires sustained public education and dialogue, including youth engagement, about the history and legacy of residential schools, Treaties, and Aboriginal rights, as well as the historical and contemporary contributions of Aboriginal peoples to Canadian society.

Books can be windows into other cultures and they can be doors. Through the act of reading we engage our imagination and open our minds. We learn, but we also dream. A book club could inspire us, challenge us and help to guide us on the path to Reconciliation and Healing, both personally and as a church.

If you would be interested in joining a book club with this focus, please speak to me at church or email me at tjeerd@telus.net.

Debra Verwey

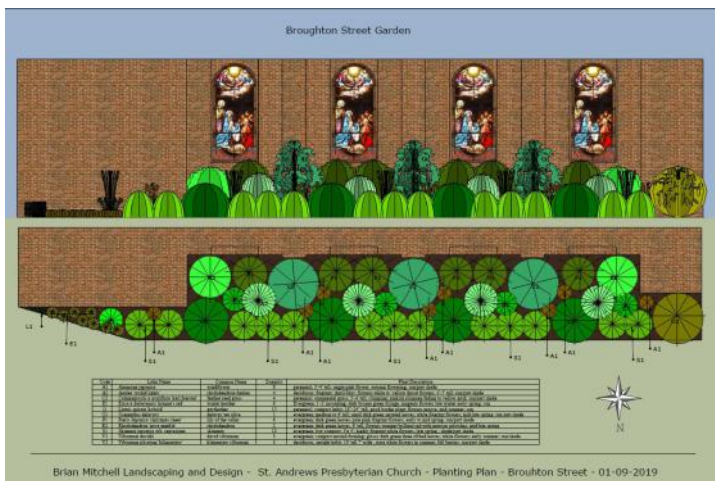
Property Committee

BROUGHTON STREET GARDEN RESTORATION

It is time to move ahead with restoration of the Broughton St garden. It suffered tremendously from the re-roofing project last year. Now that Spring is here and the weather is improving it is starting to make a comeback on its own. The hostas in particular are coming back strongly. Thanks to Arthur Marcellus for doing the initial cleanup back in December and Jerry Verwey for hauling the debris away. Arthur also reached out to Brian Mitchell for advice on restoring the garden. Brian graciously donated his time and provided a plan to move forward. Restoration was initially delayed as we thought that we might need to put scaffolding back in that garden this year to work on the windows. That is no longer the case and it has been decided to move forward with Brian's original concept and incorporate those healthy hostas in that plan.

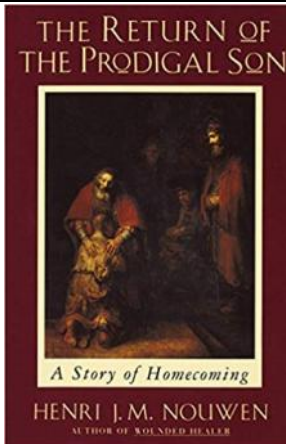
We can do a lot to keep costs down if we can have volunteers help with this project. Property would like to organize a family-oriented **Plant and Pizza Event** - date yet to be determined but likely during the week of **May 13 - 17**. We would plant first, starting about 3:30pm, and then switch to pizza by 6pm. All necessary materials as well as pizza and refreshments will be provided. All you need to bring is your energy, enthusiasm and possibly your favourite garden tools. This is a great opportunity to grow as a church community and help control the church budget at the same time. If you would like to help with this project, please let me know your preference regarding day of the week and time of day.

Dave Garson



The upcoming **Government House** tour will be held on June 13 at 1:30pm.

If you are interested in joining this tour, please phone the office (250.384.5734) and leave your name and contact information with Whitney.



May Bible Study

Led by Pastor Mitch

Based on Luke 15
Parable of the Prodigal Son,
the 1669 Rembrandt painting
of the Prodigal,
and a 1994 Book by Dutch
Jesuit Priest
Father Henri Nouwen

The Return of the Prodigal Son

Tuesdays: 10am

May 7, 14 & 21 in the Study Room.

Wednesdays: 7pm

May 8, 15 & 22.

Wednesday evening studies will be held at various homes - May 8 will be at the home of Dorothy & Jack Reimer - 1740 Patly Pl.

Join the Walk for Arthritis on June 1, 2019



Arthritis is a term used to describe a group of over 100 diseases characterized by inflammation of the joints or any part of the body. It is divided into two different categories: **Inflammatory Arthritis** and **Osteoarthritis**. You may be more familiar with the term osteoarthritis since many of us have had either hip or knee replacements. Inflammatory arthritis is often diagnosed in childhood. Both diseases last a lifetime.

Arthritis is Canada's most prevalent chronic health condition for which there is no cure. Today there are over 6 million Canadians who suffer from arthritis...that is 20% of the population or, 1 in 5 Canadians live with arthritis. That is, more Canadians live with arthritis than with heart disease and more than cancer, 1 in 9. There are over 100 different types

of arthritis which strikes people from every age—infants, children and adults. Arthritis has a devastating impact on lives, leading to pain, fatigue, loss of function and immobility and disability that challenges one's daily life. By 2035, 40% of the population will have arthritis.

There is an annual event that takes place across Canada to raise awareness for arthritis: The Walk for Arthritis. Funds raised are used for ongoing research, education, treatment, and support for Canadians who live with arthritis.

Come and join the Arthritis Walk OR there is also a chair YOGA class instead of the walk, if you wish to do a different form of exercise. We meet on Saturday, June 1.

See the poster attached or the poster near the church office bulletin board for more information. Maybe I will see you there—I'll be at the Chair Yoga class!

Submitted by **Dorothy Reimer**
Health and Wellness Committee

Odds & Ends from the Kitchen & the Hall

We now have a large water container in the fridge so that filtered, cold water can be enjoyed by all. If the water level is down, please ask for help in refilling so that it is ready for use by others.

A reminder sign has been posted on the wall near the green composting bin. Please take note as to what can be composted and ensure that articles are placed in the correct bin.

With the better weather starting, and more barbecues and family events, don't forget that if you need wine glasses you can borrow them from the church. Contact Whitney to arrange.

We also have portable toddler chairs that can easily be

attached to a big chair if you have guests who need a "high chair".

Please remember that our St. Andrew's church family is welcome to make use of our Hall for their own events. Timing and availability needs to be arranged with the office, but if available can often be accommodated on short notice.

For all who use our kitchen, please make sure that all areas are checked for leftovers from your event. Recently, leftover food was left in the oven and not noticed for several days – not a pleasant sight or smell when it was found. Much good work is done by the many who use our kitchen, so just a reminder to check and recheck.

Sheelagh Garson



Viands & Victuals

On Saturday, April 13th, about 60 guests were treated to a delicious and nutritious “high tea” followed by an entertaining and informative presentation by our own **Joyce Nordwall**. We learned what was good for us (and not so good for us) and we also learned why that was so. Her presentation was organized by Bill and Nancy Duke along with helpers from the St. Andrew's Friendship Group.

Joyce's presentation was entitled “Nutrition, Dietetics and Mental Health”. Joyce is a nutrition expert and that fact was recognized when she was invited to participate in a Geriatric Health Conference in Beijing, China last year. What an honour! Joyce has an international reputation in her field of administrative and clinical Dietetics and is the Honorary President of the Canadian Health Industry Association.

As we all know just how energetic Joyce is, she is living proof of what she teaches. This ‘youngster’ is still running a B & B at her lovely home in North Saanich. There are times when she is cooking and baking for more than a dozen guests.

There was a lot of interest in her presentation and as well Joyce was kind enough to answer questions from the audience following her talk. One question asked was concerning eggs. Joyce clarified the issue as to whether the consumption of eggs may be problematic for cholesterol. When asked, she said she likes to eat a couple of eggs every day and said that probably about a dozen eggs a week would not be excessive. There were a lot of happy faces when people heard that. However, they were reminded to count baking and their other daily meals in that number. When she encouraged people to drink lots of fluids every day, some were disappointed to hear that beer or alcohol did not qualify as necessary fluids.

As well as learning about good nutrition and being introduced to the new Canada Food Guide, we were all reminded that “we are what we eat”. I think we all went home promising ourselves to do better. Everyone who attended seemed to have thoroughly enjoyed the afternoon. What with good food, with Joyce's excellent presentation and with the fellowship of others it was a win-win-win situation. Our thanks go out to Joyce and the organizers for all their hard work. Special thanks to Jim Kempling who set up the sound system and ran the slide presentation.

Fiona Ryneveld

Car Free Day...



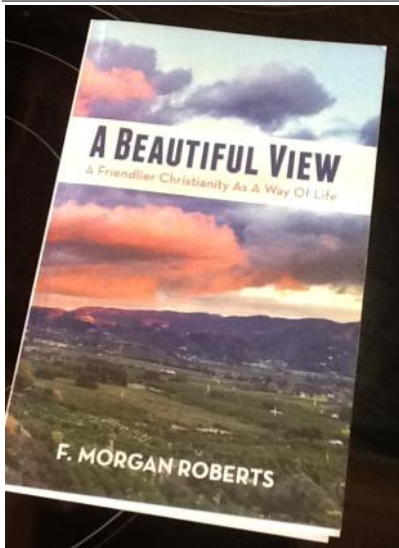
We are *still* looking for help to welcome visitors to St. Andrew's on Car Free Day – Sunday, June 16th after our Sunday Service. If you think it's important to let people know who we are, what we do in our community and our history in Victoria, this is an opportunity to ‘strut our stuff’. Please contact me if you'd like to help. Phone 250-415-3687 or jpfergus@gmail.com

Jim Ferguson

(or contact the Office and leave your name)

★★★★★★★★★★★★★★★★★★★★
 ★ **Link Deadline** ★
 ★
 ★ Next *Link* deadline will ★
 ★ be Sunday, May 26. ★
 ★
 ★
 ★★★★★★★★★★★★★★★★★★★★★

A Beautiful View



A Bible/Book Study was held during the Lenten Season, in March, directed by Pastor Mitch. A group of 12 of us met each week for five weeks from 10:30-12:00. We always ended with tea and refreshments and a feeling of camaraderie.

A Beautiful View: A Friendlier Christianity as a

Way of Life, is written by F. Morgan Roberts, Pastor Emeritus of Shadyside Presbyterian Church, Pittsburgh and a widely known preacher throughout the USA. This beautifully written book challenged the reader to realize that God is working out His Kingdom in each one of us. He lets us feel that we are the larger, inclusive world-wide family of God, no matter what our belief or religious affiliation might be.

Rev. Morgan Roberts encouraged us in many areas of the Christian life: Evangelism, Being Born Again, The Empty Tomb, The Trinity, The Garden of Eden, The Cross, Prayer. But, what do these terms really mean? Before you lay this article aside, please stay with me for a moment to let me tell you some of the beautiful ways in which the topics were discussed. I think the best way to tell you about the book is to quote some of Morgan Roberts' thoughts throughout the book in order for you to gain the perspective of the exact words he was trying to say to the reader.

Through each of these topics, the reader is challenged to "believe in the unrealized presence of Christ in every life, as though there is a tiny candle of God's light awaiting discovery in one of the unexpected rooms in the house of every heart". He says that "God did not enter our world to start a new religion but to invade the life of every person with the divine presence".

He gently reminds us that "God is at work in our lives, day and night, patiently restoring and remaking us into the child of God that we were meant to be. We are the living poetry of what God is trying to rewrite into the world." When we discussed The Empty Tomb, he asks us to live

as though the Resurrection really did happen and we can ask ourselves, "How then, shall I live?"

In the chapter of Being Born Again, Roberts writes to the reader who wants a deeper relationship with God.

"You can do the one thing for which you were born. You can say YES to the Christ life and let God's presence fill your life. The story goes on and on and you are invited to that story, beginning today. There is no need to wait another moment. You can open your life to all the possibilities for which you were born. If not now, when? And if you say YES today, you will begin seeing something new about everyone else, because every single person is a child of God, carrying the hidden presence of the cosmic Christ, somewhere in their heart, awaiting recognition. You'll realize that the story of Jesus can continue to be told in many lives today".

And then, reflecting upon the last verse in John 21:25 which says, "And there are many other things which Jesus did and even if they should be written, even the world could not contain the books that could be written", Roberts says, "Could that verse be telling us that, in each of our lives, another book about Jesus could be written, that WE are the new books about Jesus, that God is still seeking to publish. What an amazing thought! To think that your life can be a new version of the story of Jesus! Try living everyday, working on today's chapter, revising, rewriting, and making your life one of the greatest stories ever told. And be on the look out for others in whose lives the same great story is told!"

If you wish to read this book, please see Dorothy, Mitch or the church office to borrow a copy.

Another Bible Study/Book Discussion is happening in May. The topic will be on "The Return of the Prodigal Son" by Henri Nouwen. We hope you will come and join us!

Submitted by
Dorothy Reimer



Our last Sunday for the season with choral students, Emily and Emma.

fotosbyjeanmarcellus



Sunday School students making ice cream sundaes.



Happy Birthday, Mitch!



Palm Sunday lunch table setting

St. Andrew's Children's Page

Bible Verse of the Month: ... for this my son was dead and is alive again; he was lost and is found... Luke 15:24

The Prodigal Son Luke 15: 11 - 32

C	H	O	K	C	H	M	E	W	F	H	U	E	U	W
P	Y	B	Y	Z	Q	I	Z	B	A	U	P	Z	A	W
Q	O	Y	A	R	U	O	S	Y	B	S	W	S	D	Y
B	F	N	B	D	D	A	E	D	R	Y	C	A	W	Z
V	D	D	Z	N	W	B	Q	L	B	J	P	N	E	U
L	G	S	M	Y	I	K	V	N	E	N	R	D	E	G
I	Q	I	U	Y	F	A	L	D	F	O	R	L	B	F
J	C	H	F	Q	U	E	G	C	W	D	O	I	D	Y
C	F	T	J	Q	M	Y	S	A	G	S	F	I	V	I
J	C	G	S	H	N	E	R	V	T	F	O	U	N	D
I	S	I	U	E	H	V	S	O	F	Y	M	D	N	F
N	J	C	B	F	V	I	B	S	Z	I	E	Z	P	B
H	O	B	K	O	S	L	B	K	A	B	T	P	Y	L
L	K	S	B	I	L	A	Z	L	N	L	L	Z	G	A
Q	V	E	D	H	B	T	F	D	S	O	M	V	N	E

FIND THE WORDS OF THE VERSE BELOW IN THE PUZZLE ABOVE

"For this my son was dead and is alive again; he was lost and is found."
LUKE 15:24

