



THE LINK

FEBRUARY 2017



GRACE IS SWEET SIXTEEN

We wish a very **Happy Birthday** to Grace who turned 16 on January 18th. She wasted no time in getting her Learner's permit and hitting the road. This brave girl drove a 5 speed car her first time to chug around her neighbourhood...and no one got hurt..!

WELL DONE!

LOOK INSIDE:

- From the Pastor's Desk
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- And More



From the Pastor's Desk: Grace is Owing Your Strengths

Grace is known when we own the strengths God has given us.

Dr. Kennon Callahan tells Bobby's story.*

Bobby wasn't the best baseball player. He was born later in his parents' life, and he spent most of his childhood around adults. It meant he was bullied, a lot. So his parents asked Coach Callahan if he could join the team, hoping it might help his self-esteem. "We just want him to be on a team," they told Callahan, "we don't even expect him to play." But the coach had a rule: if a boy showed up for practice, he could play in the games. Coach Callahan assured Bobby's parents that the boy would get to play in every game.

Every game Bobby came to bat. Every game he swung at pitches that were high and on the outside. And every game he struck out. He had become well known to the league as an easy out if they'd only pitch high and to the outside. Despite this, his team made it all the way to the city championship.

But now it was the bottom of the ninth in that vital game, and Callahan's team was down by three runs. There were no players on base and they had two outs. Fans had started packing up, maybe hoping to get ahead of the parking lot traffic.

The player up to bat hit a single. One man on base. The next player had the good sense to just stand there and got a walk. Could this game turn around? The next player hit a grounder to the shortstop and before he could make a play to second base that would win the other team the city-wide championship, the player from first got there. The shortstop threw it to first base, but was late. The bases were loaded!

Fans stopped leaving. Cheering could be heard. Hope had starting to rise. And then a groan rose from the bench. Bobby was on deck and had dutifully taken his place at bat. There were choice words from the boys on the bench. Bobby's parents had a look of anxiety on their face.

The pitcher threw high to the outside, Bobby swung wildly, and missed. The pitcher threw again, high to the outside, wild swing and a miss. On the third pitch, high outside, no swing. Maybe Bobby was tired from the first two. Fourth pitch, high outside, wild swing.

The best way to describe it is that the ball hit the bat, with just enough force that, in a blooper kind of way, the ball sailed just over the first baseman's outstretched glove. Now it was a night game, there were shadows, meaning the baseman had to go searching for the ball.

The players were running, and had great leads, all except Bobby who was parked at home plate. The team helped Bobby know where he needed to go next, "Run, Bobby! Run!" As Bobby was heading for first base, the player from third made it home.

By the time the first baseman found the ball, Bobby was close enough that the baseman saw he'd make it, so the baseman did the next best thing and threw it home. But he hurried his throw and it went over the catcher's head. While the catcher was chasing the ball, Bobby rounded first, heading toward second. The catcher threw to third but things continued to unravel for the other team (haven't we all been there), and the ball went deep into left field. By the time the fielder got to the ball, the third run had made it home.

The only player still running bases now was Bobby. The left fielder threw it to second base, trying to cut Bobby off, but for whatever reason went high over the baseman's glove and the ball went back into right field. Bobby rounded second, picking up steam.

You see, Bobby knew how to run. He had run from bullies for most of his life, from the bullies, tormentors and teasers that chased him in every grade at school. The coach had never seen Bobby run before because he never had a hit all season. But on that night he claimed his strength as a runner.

Bobby's team were on their feet now, "Run Bobby! Run!" As he rounded third, the chant got louder and the fans cheered, "Run Bobby! Run!" Bobby ran faster. Bobby had spent his life running from people. Now he was running for a team. He rounded third base and headed for home, faster than he ever had before.

(Continued next page....)

(From the Pastor's Desk: continued)

The first baseman found the ball and now had a second chance to save the game, the championship for his team. He threw it home, but it was low. Sure enough the ball was slow and bounced in the dirt before landing in the catcher's outstretched glove. Bobby lunged with all his being and managed to just touch the plate before the catcher had the ball. Bobby had won the city-wide championship.

Callahan describes that moment as a "once in a lifetime" experience. One he never saw again. It was a miraculous moment that became a rite of passage for Bobby as a strength he had honed over years of running away became the very thing he could claim as his own. Life was never the same for Bobby.

When we claim our strengths, life changes for us too. In this newsletter we have an elder who is claiming his faith-for-the-now as a strength. We have a preteen who is claiming her reading as a strength she can share with us. We all have strengths that God has given to us. These have been honed over years of challenge and practice. Both the skill and its honing are gifts of grace. When we claim these strengths as our own, we are recognizing and claiming the grace of God. God's grace has given us our strengths, and God's grace shapes those strengths over the years.

That miraculous night, Bobby's team lifted him onto their shoulders and paraded him around the field. The fans cheered a new Bobby. His mom and dad watched with tears streaming down their faces. Their timid and bullied son had miraculously changed into a boy who had claimed the grace of his strength. It was already there, already honed. The miracle was not only in winning the game, but that Bobby claimed this strength as his own.

How might we discover grace, if we claimed our strengths?

**To read the full versions of this and other stories about grace, see Dr. Callahan's book Living in Grace, pg. 17-26.*

Rev. Jeremy Bellsmith

IN LOVING MEMORY

**CARLOTTA (Carly)
PURVES-SMITH**
January 5, 2017

KATHRYN (Kay) PEET
January 9, 2017



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



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

DAVE ROGERS



In the November issue of the LINK, we featured Patricia Rogers and told you about her background and connection to St. Andrew's congregation. This month we will learn about her husband's Christian life story.

You see Dave just about every Sunday in the back row of the choir. He and Brian Titus are the ones who start our last musical response after the benediction with "Sing Amen!"

While I was interviewing Dave for this article, the words of one of our older hymns kept echoing through my mind.

How firm a foundation, ye saints of the Lord,
Is laid for your faith in His excellent word!

Born into a family of four children, Dave lived his early years in the mining town of Trail, in the BC Interior. His father was an engineer at the Cominco (now Teck) lead/zinc smelter. His mother was a stay-at-home mom caring for the children and household. The family was more secular than spiritual but Dave did attend Sunday school as a child.

Dave found Christ at the age of 18 when he was studying chemistry at the University of British Columbia. He was recruited by a campus outreach group, the Navigators. The group emphasized a good Biblical foundation for its members and Dave said that this grounding has served him well all his life. He attended a Brethren Assembly church during his university years.

By the mid-1970's, Dave had left Vancouver for a short stint in Hamilton, Ontario. There he met a young student from Trinidad named Anne. They fell in love and married in 1976.

Dave and Anne lived in Penticton and then Trail through the 1980s. He worked in a vitamin pill lab there and they attended Alliance churches regularly. Occasionally, he did relief pulpit supply in the Presbyterian church in Trail.

The musical education that Dave received as a child has served him and the churches he has attended well over the years. He has often played the piano for church services and hymn sings. (Currently he and Kellie Shand host a bi-weekly Sing-Along in the Kirk Hall at 7 pm on Tuesday evenings.) He also played the recorder and the clarinet in high school and university bands.

Dave and Anne adopted a little girl who they named Leila. The family moved back to the West Coast, to Victoria, in 1990. Dave returned to university, this time UVic, for a Master's degree in Public Administration. Then he joined the BC government as a research analyst, where he worked until retirement. Unfortunately Anne had a long, hard struggle with illness. Lupus affected her health for 24 years and she died too young, leaving Dave, a widower with a 15-year-old daughter.

Dave told me that God was his mainstay during the many years that Anne suffered with lupus and cancer. His faith was tested but God's grace was sufficient to help with the hardships of those dark days, especially right after Anne's death.

(In the Spotlight, continued):

“When through the deep waters I call thee to go,
The rivers of woe shall not thee overflow:
For I will be with thee, thy troubles to bless,
And sanctify to thee thy deepest distress.”

Leila was very affected by her mother's death. With Dave's help, she began a search for her birth mother and did find her eventually. She also found that she had three half-brothers!

Leila went on to become a home-care aide and now works in Abbotsford, caring for sick and elderly people. Dave says that she has a natural affinity for this work since she helped care for her mother, Anne, even as a child.

Dave was alone for about five years before he found another partner for his life. The story of how he and Patricia met through an online dating service was told in the November LINK. By a circular route, they arrived and joined St. Andrew's Presbyterian Church.

They have been married for 9 years now and are an active Christian couple. They are involved with St. Andrew's lending library and the monthly Saturday Breakfast for Victoria's folks in need. I have already mentioned about Dave's involvement in the choir and the bi-weekly sing-along.

After Dave retired two years ago, the travel bug bit both him and Patricia. Besides visiting Leila in Abbotsford, they have visited Patricia's son, Jamie, who lives in rural Norway. They went on a Baltic cruise in 2015 and are planning another one to Scotland and Ireland in the near future.

Dave's enthusiasm for life and his sheer joy in the Lord that he serves shows in his eyes and his smile when you speak with him. His firm foundation, encouraged by the Navigators years ago, tested by the trials of life and nurtured by the all-sufficient grace of Jesus Christ, is still supporting him and us well here at St. Andrew's.

Interviewed and submitted by Debra Verwey



MUSIC NOTES

**Sing to the LORD a new song,
Sing His praise from the end of the earth!
You who go down to the sea, and all that is in it.
You islands and those who dwell on them.
(Isaiah 42:10)**

Both choirs now have new singers! If you would like to join, please let me know and come along to sing with us.

**Stained Glass Singers—Wednesdays 3:45-5:00
St. Andrew's Choir—Thursdays 7:15-9:00**

Both choirs rehearse weekly in the sanctuary. Please join us!

HYMNS: Submit the names of your favourite psalms, hymns, and spiritual songs—especially if we haven't sung them in years. This is an ongoing quest, and I would love to hear your suggestions. You can send them to me or to Whitney, in the office.

Contact Sandra Fletcher, Director of Music Ministries at: standrewsmusic@outlook.com



REFLECTIONS FROM THE PEW

As I reflect on my Christian journey through life, it occurs to me that for most of my life I was of the belief that being a Christian simply meant being baptized, living a moral lifestyle, praying that my sins would be forgiven and accepting

Jesus Christ as my Lord and Saviour. By accepting Christ I was assured that my sins were forgiven and that a place would be prepared for me in Heaven when I die. But as I grow older I have come to realize that if that is all becoming a Christian means to me – being assured of going to Heaven when I die, I have missed out on so much. I would miss out on living in dependence on Him daily and relying on His comfort and guidance and provision of all that I need on a daily basis.

By reading the Scriptures and listening to sermons I knew that the Bible teaches that I had inherited original sin by the acts of Adam and Eve in the Garden of Eden. I was personally aware that I committed sin every single day either in thought or in deed. I learned that it is not just inherited sin that condemns us; it is both inherited sin and our own personal sins that together convict us and should lead to a sentence of death, because we are told in Romans 6:23 that the wages of sin is death. We are separated from the life of God.

But fortunately, we can be rescued from certain death. We can be safe. Our Saviour is Jesus Christ who died on the cross for us; he took our sins upon Himself – he who was sinless – and he suffered the consequences of sin that were intended for us. He redeemed us and justified us to the Father. He did it because of his great love for us.

What is more, I learned that we did not earn that salvation; we deserved to die. Nothing we could do or say; no good works that we could perform; no slavish attempt to obey the law could possibly redeem us. We did not deserve his mercy. We deserved to die.

But the good news is that in Ephesians 2 Paul says: “By Grace are you saved, through faith. It is not of ourselves, it is a gift of God.” We are reminded that Mercy means to NOT give us what we DO deserve; Grace is to give us what we DON’T deserve.

So, through His mercy, God does not sentence us to death; instead, through his grace he gives us eternal life, if only we have faith and believe. What a wonderful gift! How reassuring. We know that if we are to die today, we will go to heaven. And that is a wonderful thing.

But, if that is all that our accepting Christ as our Lord and Saviour means to us, as important as that may be, we are missing out on so much. We are shortchanging ourselves if all we want is to be guaranteed that when we die we will go to heaven. Instead, we can enjoy a meaningful relationship with God every day while we are alive!

God wants us to be in relationship with him in our daily lives. We need to experience God every day. He is not just our ticket into Heaven; he is much, much more. He will walk with us in our daily lives and give us comfort, strength and help in our times of need. But so often, we don’t live our lives in dependence on Him. We rely on our own abilities and we utterly fail. It is in our times of trouble that we turn to God and ask him to “please help us”. And then, when the crisis passes, we return to our normal lives depending on our own resources in our daily lives. Unless we daily spend time with God in prayer, confessing our sins, taking time to read the Bible and thanking him for his many blessings in our lives, I suggest we are not in a right relationship with Jesus. We need to experience him working in us, and through us – daily! We need to trust God for everything, always.

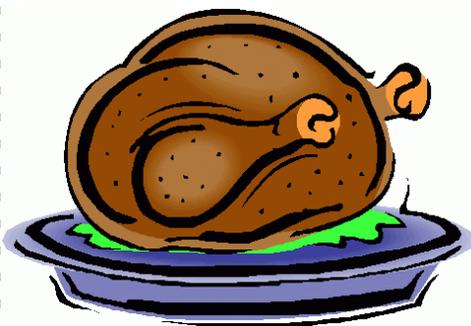
We read in Philippians 4:19 “And my God will supply every need of yours according to his riches in glory in Christ Jesus”. We need to draw upon His spirit and live every day in dependence on Him. We are meant to live every day in relationship with Him – not just when we die and go to Heaven.

It is a marvellous thing to recognize that by living in dependence on Him every day, our daily burdens are cast on him and we can trust that He will be our comfort as the daily problems of life assail us. Christ is meant to be with us when we are alive, not just when we are on our deathbed hoping to go to Heaven.

Let us be thankful to God for his mercy and grace.

Submitted by Dirk Ryneveld

Christmas Gifts, Turkeys and Mustard Seed Food Drive 2016



Thank you to everyone who helped make our Christmas Outreach so successful this year! The food collection on each of the advent Sundays culminated in the delivery to the

Mustard Seed of five extra large wheelie bins of a variety of non-perishable food items, toques, gloves and children's toys. The personnel at the Mustard Seed were delighted to receive this support from St Andrew's just before Christmas when there was so many people and families needing help.

There were thirty turkeys delivered to Our Place on 9th December which were pre-cooked by Brian and his kitchen team at Our Place for the Christmas dinner on 20th December. Brian sent an email of thanks to the St Andrew's congregation and supporters for this large contribution to Our Place special Christmas dinner. Marianne, the Residential Manager at Our Place sent the following email to the congregation of St. Andrew's for the **49 gift bags** delivered on 23 December for the residents of Our Place:



"My goodness! The residents at Our Place were so very overwhelmed and appreciative of the beautiful gift bags that the congregation of St. Andrews Presbyterian Church gathered and created. They added a lovely element of care and love into the lives of our residents during Christmas. Thank you all so very much for taking these wonderful folks into your hearts.

With gratitude, from the Residents and Housing team at Our Place Transitional Housing."

My thanks to Cathy W., Duncan, Brian T, Saul, Grant, Stephanie C., Diane P, Dawn M, Crystal B, Mariki, Jeremy, all the young people from Sunday School who helped put all the gifts together on 18th December. Thanks to all the supporters, those that bring in extras every year for the bags; Mary and Laura R and the many I have not mentioned by name. I am often asked how much each bag costs and this year it was **\$51 per bag.**



Many thanks everyone for making this happen.

Blessings, Kathy Mackinnon.

PRAYER CORNER

Prayers of Relinquishment

“The Spirit teaches me to yield my will entirely to the will of the Father. He opens my ear to wait in great gentleness and teachableness of soul for what the Father has day by day to speak and to teach. He discovers to me how union with God’s will in union with God Himself; how entire surrender to God’s will is the Father’s claim, the Son’s example, and the blessedness of the soul.”

~ Andrew Murray

This one of the simplest, and the most difficult prayers we can offer. It is the surrender of our desires, wills and wishes to God. Failure to do so can leave us frustrated and discouraged. Surrendering brings peace as we remember that God is in control, and will work things out for good.

Spend a moment in silence, invite God to whisper areas where you are trying to exert control. Then, enjoy the sweetness of surrender as you hand the area back to the author of life.



OUR ELDERS

They are here for us! Say “Hello”, chat, and share together.

Rejoice with those who rejoice; weep with those who weep. Romans 12:15

Roger Bernard
 Scott Bernard (Clerk of Session)
 Stewart Black
 Jim Ferguson
 Sheelagh Garson
 Elizabeth Gichimu
 Anais Holdaway
 Peter Lewis
 Duncan Mackinnon
 Bruce McCowan
 Donna McKenzie
 David McLean
 John Mitchell

Dianne Penner
 Saul Preston
 Laura Richards
 Dirk Ryneveld
 Kellie Shand
 George Smith
 Sabine Teetzel
 Brian Titus
 Colina Titus
 Jerry/Tjeerd Verwey

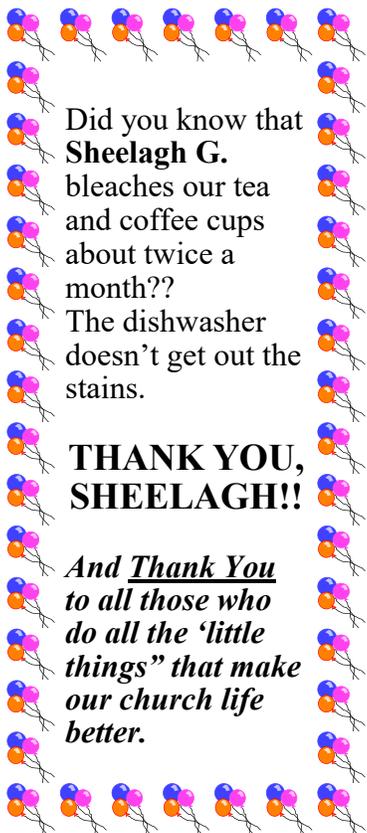
Heard & Seen Around the Church



We bless each other



Time for the Young at Heart


 Did you know that **Sheelagh G.** bleaches our tea and coffee cups about twice a month?? The dishwasher doesn't get out the stains.
THANK YOU, SHEELAGH!!
And Thank You to all those who do all the 'little things' that make our church life better.



Fun in the kitchen - you too can join in!!

(I'm sure this tea cozy was laundered after this, but I can vouch -he is squeaky clean!! Editor~)

February 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...



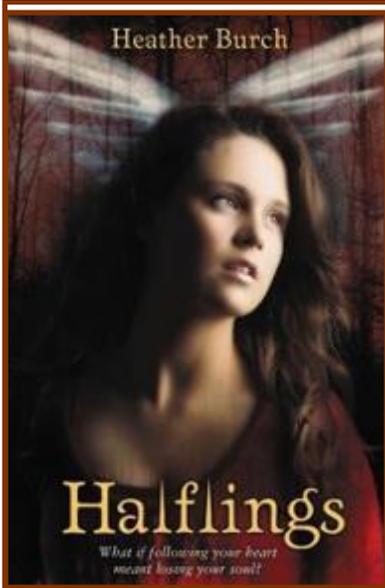
"Be joyful in hope, patient in affliction, and faithful in prayer." Romans 12:12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			All those with Birthdays and anniversaries in February	Thanksgiving to the staff of <i>The Presbyterian Record</i> as they go in new directions	The Committee on Church Doctrine preparing responses on matters related to sexuality	All PWS&D programs (tomorrow is PWS&D Sunday)
5	6	7	8	9	10	11
Christian Education volunteers and all teachers.	People in hospital and those who visit them.	All who are grieving the loss of a loved one.	Michelle Verwey as she leads nurses in a leadership workshop in India.	Thanks for congregations acknowledging traditional Indigenous territory.	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)	Thanks for the positive impact of kindness (random acts of kindness week)	Peace for those who are suffering in the midst of conflict.	Seminary leaders meeting with the Association of Theological Schools	Farmers restoring land after flooding in Pakistan	The Friendship club and all those events that bring our St. A's family together
19	20	21	22	23	24	25
Our minister and church staff.	(World Day of Social Justice) Those working to end oppression	Wisdom for elders who guide and decide for St. A's.	The young people who practice singing every week.	That displaced people would find a home.	Young minds and hearts stirred by God's Spirit	People who cannot find employment.
26	27	28				
Youth, children and young families.	Hospital and armed forces chaplains.	The words to invite people to know God in fellowship with believers.				



ourplace

A special Thank You from the Our Place Family for the generous outpouring of gifts we received over the Holidays. May your caring and generosity bring you and your family blessings in 2017.



BOOK REVIEW

After being inexplicably targeted by an evil intent on harming her at any cost, seventeen-year-old Nikki finds herself under the watchful guardianship of three mysterious young men who call themselves halflings. Sworn to defend her, misfits Mace, Raven and Vine battle to keep Niki safe while hiding their deepest secret- and the wings that come with it.

Halflings is an amazing book series. There are three books- Halflings, Avenger, and Guardian. It's kind of an action, drama, romance type of series with lots of religious elements, just the type of book I like. I got the entire 3 book series for Christmas and read all three in one week. The first book starts right out with lots of action. There is a love triangle and lots of interesting situations. You will be lost in the story until the book is done. I'd recommend it for young adults ages 12. and up. Since I own the series, I am happy to loan it out if you are interested. Over all it's an awesome book.

Submitted by Emma Bellsmith

STEWARDS by DESIGN - BIT by BIT

It was suggested at the presentation on the "Stewards by Design" conference (January 22nd), that I break down the parts of the conference into smaller pieces and include it in the "Link" magazine monthly.

These articles will closely follow the "Twelve Keys to an Effective Church", the book written by the conference presenter Kennon L. Callahan (hereafter referred to as Dr. Callahan).

"Strong, healthy congregations build on strengths with which God blesses them."

- | | | | |
|------------|---------------|------------|-----------|
| Mission | Visitation | Worship | Groupings |
| Leadership | Participation | Program | Access |
| Visibility | Parking | Facilities | Giving |

Dr. Callahan says successful churches have nine out of the 12 keys above present in their congregational life. Each month, I will talk about one or two of the key strengths above. Our task at the conference was to expand on two strengths we were already doing well with and then add one strength that we didn't think we were doing as well as we could be. The two we choose to expand on were **Worship** and **Leadership**. The one we choose to work more on was **Visibility**.

Stay tuned for more information in the next issue of The Link.

Submitted by Shelley Brown



**Join us for the next lunch-time organ recitals at
St. Andrews Presbyterian Church**

(Wheelchair access is available at 643 Broughton Street, side entrance).

Bring your lunch, bring a friend, and enjoy 30 minutes of organ music.
Admission is by donation, with proceeds going towards the music ministry at St. Andrews.

Wednesday, February 1, 2017 12:15 to 12:45

Sandra Fletcher will be performing:

William Mathias, *Jubilate*
JS Bach, *Prelude (Toccata) and Fugue in C major, BWV 566a*
JS Bach, *Chorale Prelude, BWV 675*
Anton Bruckner, *Vorspiel*
and
Fuge in C minor

Wednesday, March 1, 2017 12:15 to 12:45

Sandra Fletcher will be performing:

Sonata in C Minor (The 94th Psalm) by Julius Reubke.

One of Franz Liszt's students, Reubke lived only 24 years, yet composed what was, and still is, considered one of the greatest organ works in the repertoire.

Usher Teams

FEBRUARY: John A. P., Stewart B. Bill D., Nancy D.,
David S.

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

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

Nursery Schedule

February 5: Paula M., Saul P.

February 12: Mary D., Ted T.

February 19: Debra V., Kellie S.

February 26: Anais H. Ardath S

March 5: Mary D., Ardath S.

March 12: Debra V., Anais H.

*Please review your contact
information that may appear
anywhere in The Link.*

To update please email:
thelink@shaw.ca

Look at The Link in COLOUR:

<http://standrewsvictoria.ca>

HYMN SING!!

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

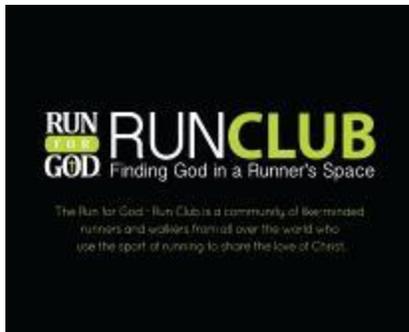
**Make a joyful noise unto the Lord, all ye lands.
Serve the Lord with gladness: come before his
presence with singing. Psalm 100: 1, 2**



Dave Rogers accompanies on the piano while we sing together and ask for favourites. We will 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



RUN WITH GOD

Have you noticed slight change in our name? Last year, we were running "for" God and now we are running "with" God. Our training program (workouts and study) has been completely revised this year and so we are now using our own materials (with some of the Run for God materials supplemented with other study materials). From the beginning, we have encouraged walkers and Nordic pole walking as well as runners. In some ways, maybe we should call ourselves "**Moving with God**". The program is based on the analogy in Hebrews 12:1 ... "let us run with perseverance the race marked out

for us". Everyone of us has a race marked out for us. Our training is not just a physical one in learning to run or walk but it helps people to look at their goals in life and how we live a life moving "with" God.

It would be great to have more of you join us. It is not too late to be a part of this year's group. There are a number of options this year. We have two groups for walkers and runners. We have a beginners or recreational walking group and also a group for power walkers and pole walkers (for those who like to go a bit faster). There is also a beginner runners group for those who are new to running and there is also a more experienced running group for those who are already active and don't want to start again as a beginner. The great thing about these groups is that because you're in one group one week it doesn't mean you have to be there for the duration. You can switch it up if you'd like depending on how you are feeling or as the training progresses.

Have you ever thought of getting more active and weren't sure how? Or perhaps you thought you would like to do something like this but wished you had a friend to do it with? This just may be the answer. I said we had options, not only in groups but with schedules too. I've tried to create as much flexibility as possible in the schedule. I know many are retired and don't like to go out in the evenings (especially in the dark of winter) so I've switched our study session to Monday afternoons at 1:30 at the church. The optional times for running and walking with us will be Wednesday evenings from our place (1099 Nicholson Street) at 6:30 pm. We will be sticking to well-lit streets until it gets lighter. The other optional workout day is Saturday morning at 9 am at different locations throughout the city (places will be announced in the bulletin). If you'd like to participate but you can't come on one day, that's not a problem. Everyone will have their own manual which is packed with information, training schedule and even a training diary for you to write down what you are doing everyday to meet your physical and spiritual goals.

This program is meant to give you the resources to be successful.

Come and meet others who are just like yourselves, wanting to be more active and learning how to "run the race that is marked out for them".

For more information, contact Ruth or Bruce at 250-881-5155.

OLD CEMETERY SOCIETY

As members of the Old Cemetery Society, Barbara and I have led a number of tours in the Ross Bay Cemetery. One of the most popular was about Prominent Presbyterians – everyone from the Robert and Margaret McMicking to the Dunsmuir, former Premiers, artists, merchants, clergy. This is a fun opportunity to learn a bit more about our history in Victoria. Barbara Forsyth will play the part of

Margaret McMicking during the tour and “remember” the early days of the Church.

For more information, contact: Jim Kempling at 250-658-8546



Pancake Lunch



FEBRUARY 26TH

11:30 AM

KIRK HALL

Join us as we mark the start of the Lenten Season with a pancake lunch on February 26th. Immediately following the Sunday Service we will gather in the Kirk Hall for fellowship and pancakes with sausages. Yum!!! More details to come.

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, February 25

Our breakfast is usually held on the 3rd Saturday of most months but in February we will meet a week later at the usual time (from **10 to 11 a. m.**) and in the usual place (**Café Bon Appetit**,

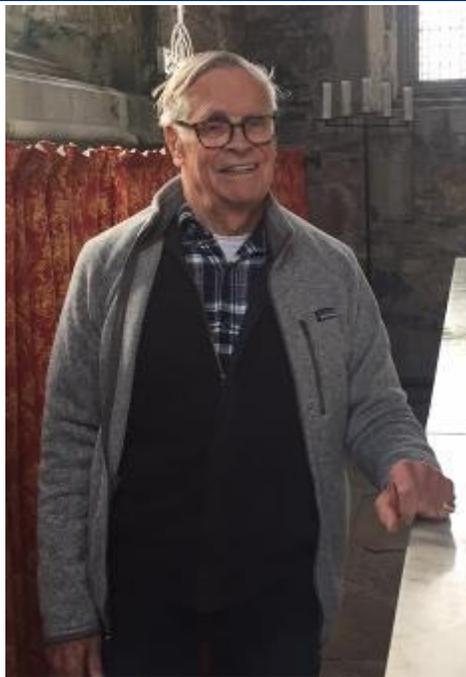
5th floor of the downtown Bay Center overlooking the inner harbour).

The sharing of fellowship meals has proven beneficial for about 2,000 years since Jesus first spoke and dined with His disciples. We too, often share stories while we eat. At the close of our breakfast, we usually conclude with a devotional reading.

Treat yourself and participate in one of the variety of social gatherings that St. Andrew's hosts.



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



Friendship Club

Join us for Lunch in the
Kirk Hall
on Saturday, February 18
at 12:30 pm

Following our meal we will enjoy Peter Lewis' slide presentation of his recent trip to the tiny, historical, Hebridean island of **Iona**.

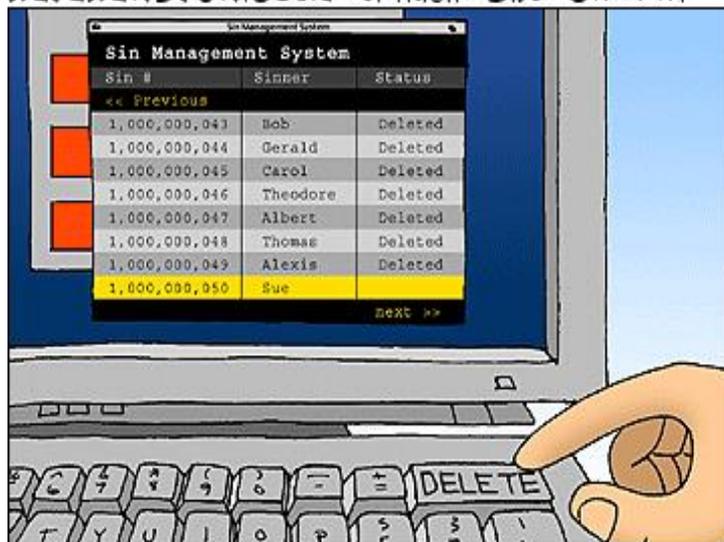
Come hear all about Peter's experiences during the week he and his daughter, Pam, lived, worked and worshipped with the famed 'Iona Community' that maintains the island's 13th century Benedictine abbey as a centre for Christian pilgrims from around the world.



See Bill Duke (250-708-0256) to sign up for this event.

Cost is \$10 pp

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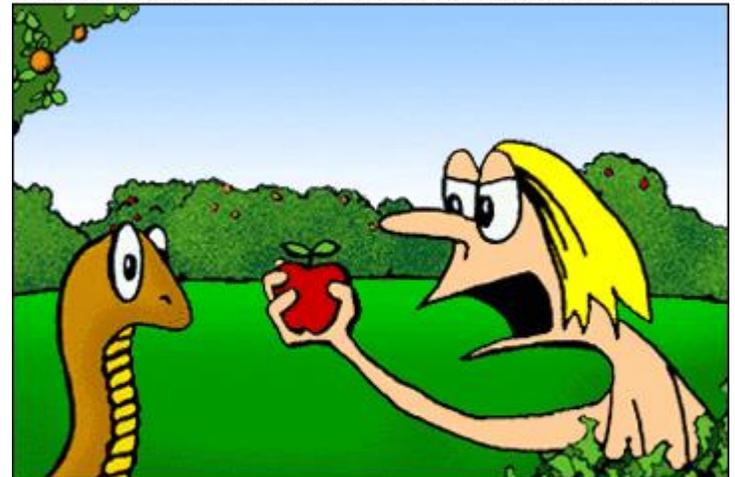


Thanks to Ken Jefferies

11-12-2002

THE MASTER PROGRAMMER AT WORK

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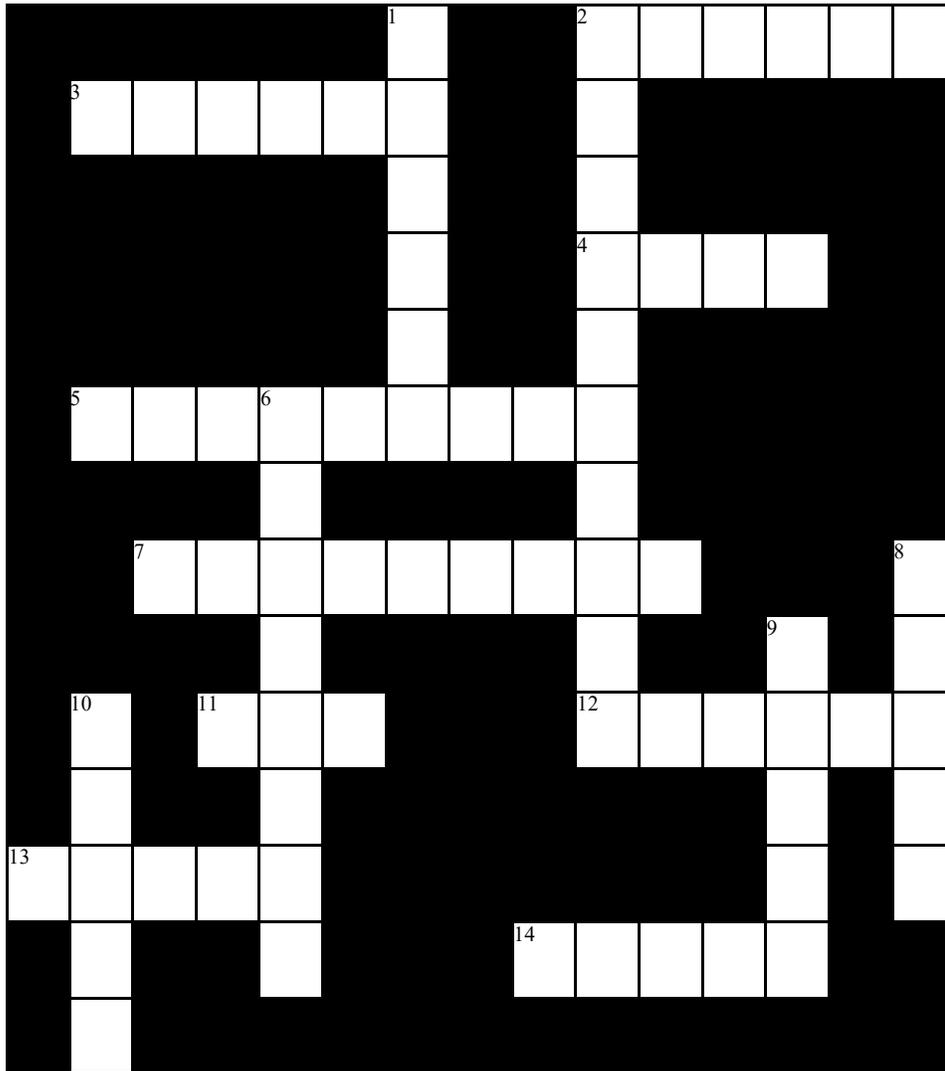


Thanks to Warren (See Genesis 3)

11-07-2002

WAS THIS ORGANICALLY GROWN? AND WHAT ABOUT THE PACKAGING ... IS IT BIODEGRADEABLE?

Children's Page—During January, the students in the elementary grade class have been studying the early life of Jesus. They have learned about Jesus as a boy, His baptism and His being tempted in the wilderness. As well, they learned about Jesus choosing his disciples, and Jesus teaching Simon Peter to fish. See if you can solve the crossword puzzle based on these topics. Use Luke chapters 2, 3, 4 and 5 as a reference.



Across

- | | |
|-----|---|
| 2. | Young Jesus grew in _____ and in years. |
| 3. | Jesus taught his disciples to fish for _____. |
| 4. | God's spirit came down like a _____. |
| 5. | Joseph taught young Jesus how to be a _____. |
| 7. | Helped Jesus to spread the message of God's love. |
| 11. | The Bible says: Worship and serve only _____. |
| 12. | Jesus baptized with the Holy _____. |
| 13. | Jesus told Mary and Joseph that he was in his Father's _____. |
| 14. | God sent Jesus to show people how much He _____ them. |

Down

- | | |
|-----|---|
| 1. | Opened when Jesus was baptized. |
| 2. | Place Jesus was tempted for forty days. |
| 6. | Jesus and his family went to Jerusalem for _____. |
| 8. | John baptized people with _____. |
| 9. | One does not live by _____ alone. |
| 10. | Jesus was told to command this to become bread. |

Do to others as you would have them do to you.

Luke 6:31