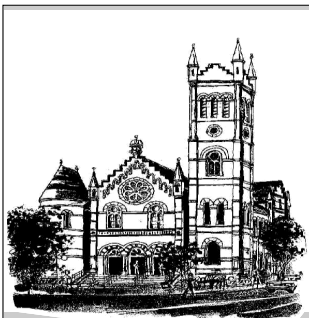


# THE LINK

St. Andrew's Presbyterian Church



March 2019

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**Lent** is a solemn observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later, on Holy Saturday following Good Friday and before Easter Sunday. The purpose of Lent is to assist in preparing Christians for Easter through prayer, repentance, and self-denial. Lent is traditionally described as lasting for 40 days, in commemoration of the 40 days Jesus spent fasting in the desert, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry, during which he endured temptation. If you have previously believed that Lent may be “too Catholic”, I ask that you reconsider. Just as Advent serves as a time of preparation for Jesus’s birth and its significance for our faith-journey, so does Lent help prepare us for Easter and assists us in making Easter more than a one-day event.

Lent at St. Andrew’s begins on Wednesday, March 6 with our **Lenten Book/Bible** study, *A Beautiful View: A Friendlier Christianity as a Way of Life* by F. Morgan Roberts from 10:30-11:30am. This study will continue during each of the Wednesdays of Lent, March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, and April 3<sup>rd</sup>. Following our initial Lenten study will be an **Ash Wednesday Service at 12:00pm** in the sanctuary. Ash Wednesday begins Lent by focusing our heart on repentance and prayer. “When we come forward to receive ashes on Ash Wednesday, we are saying that we are sorry for our sins, and that we want to use the season of Lent to correct our faults, purify our hearts, control our desires and grow a deeper faith so that we will be more prepared to celebrate Easter.”

Victoria, BC

(Continued on page 2)

## Regional Gathering Shine

March 29-30, 2019

Come together with about 200 Presbyterian women to pray, learn, play, and celebrate together.

The theme is SHINE based on Matthew 5:14-16. It can be a reminder that we must all shine in our lives for Christ but also that Christ came to bring us Light!

### Key Note Speaker:

Dr. Mary Jo Leddy

### Gathering Host:

Rev. Dr. Nancy Cocks

### Praise Leader:

Lydia Collin

### Preacher:

Rev. Laura Kavanagh

### Preacher:

Rev. Jenn Geddes

The gathering will be held at the Sheraton Guildford Hotel in Surrey, BC.

For complete information:

[www.womensgathering.ca](http://www.womensgathering.ca)

For Registration information:

<http://womensgathering.ca/wp-content/uploads/2018/04/registration-book-web.pdf>



(Continued from page 1)

Worship on the five Sundays of Lent and Palm Sunday will offer a sermon series as we focus upon ***“The Psalms of Lent”*** that will help us frame Jesus’s journey toward Good Friday and eventually to the cross through the poetry of the Psalms. For the Sundays of Lent, we have created a cross with Lenten candles which will be slowly extinguished Sunday after Sunday to illustrate our own journey toward darkness from Ash Wednesday to Good Friday. On the final Wednesday prior to Holy Week (April 10<sup>th</sup> from 10:00am - noon) our final Lenten Study will provide an opportunity to experience a **Seder meal and Bible Study**, the Jewish feast normally associated with the Jewish Passover. One of the most meaningful Easter celebrations that I have ever experienced was when the Hebrew community, that was located within the Presbyterian church where I served as Transitional Pastor, held a Seder meal during Passover and invited me to attend. After many years I could finally sense a deeper relationship between the Hebrew community and the connectedness that we shared. Come and experience this sacred celebration on Wednesday, April 10<sup>th</sup> from 10:00 - noon.

Holy Week provides an opportunity to join our Presbyterian sister churches with a Maundy Thursday service at Knox Presbyterian Church on Thursday, April 18<sup>th</sup> at 6:30pm. Featured will be a Service of Shadows or a Tenebrae Service, a moving journey into the darkness emulating the journey that Jesus took on his final night on earth. The last Holy Week Services will be **Good Friday at St. Andrew’s on Friday, April 19<sup>th</sup> at 10:30am** before we gather on **Easter** morning to celebrate the resurrection. Please make the celebration of Lent a priority in the coming weeks.

*With much affection,  
Reverend Mitch*

## Annual General Meeting MARCH 17, 2019



The Annual General Meeting will be held immediately after the Sunday service.

**Yes, it is that time of year  
again!!**

## Pickle Ball Comes to St Andrew's

We set up the net, studied the instructions, organized the court and handed out the rackets. We were ready to go!

Fifteen people, ages 6 to 73 tried pickle ball on Saturday, Feb. 16. For all but three, this was a new experience and all found it fun and easy to do.



It was good to have two “advanced players” with us to get us started.

We hope to have more dates and times set up so that more can participate in the next few weeks. This is an activity that really is very good for all ages and skill levels.

Watch the calendar for further dates and times. If you have suggestions as to days, or times, please let me know or leave a message at the office.

Submitted by **Sheelagh Garson**  
(undoubtedly the person with the least athletic skills at St Andrew's)

### Letter of thanks re: Robbie Burns Supper

Dear Friends,

My wife and I were delighted to be among your guests at the supper on Saturday, January 19. We sat and chatted with members of your congregation and enjoyed the excellent supper you provided.

As a person who has recently been diagnosed with celiac disease, I cannot eat anything containing gluten, so was particularly thankful for the delicious gluten-free meal that had been especially prepared and served to me.

We want to thank our hosts, the amazing Scottish Country Dancers, the cooks, chefs, and servers and all those who made this such a wonderful occasion and one, we were fortunate not to miss. We heard that all tickets had been sold and a number of people, who would liked to have come, were not able to be there.

Thank you.

### Annual General Meeting

The reports have been received, reviewed and assembled, and are available after worship today and March 10 for your review in preparation for the Annual General Meeting on Sunday, March 17. Reports are available from the church office and are posted on a direct link <http://standrewsvictoria.ca/?p=5553>

During the year while people quietly go about their business and work on behalf of St. Andrew's, we often don't see or realize the work which is done on our behalf. For some events; we purchase a ticket, get served and go home. The stalwarts of St. Andrew's work behind the scenes to make things happen. Our Annual General Meeting is an opportunity to recognize and acknowledge the work of these faithful servants.

As you read the reports you will get an appreciation of the work our volunteers and staff do on our behalf. It is the energy of all of us who make St. Andrew's the wonderful community it is.

Many of us have choices of where we might attend Sunday service from the time we leave home to the time we arrive at St. Andrew's. What is the attraction to our Church home which causes us to come back, Sunday after Sunday?

St. Andrew's has history, it has character but most important of all it is a welcoming, caring and loving place to call church home.

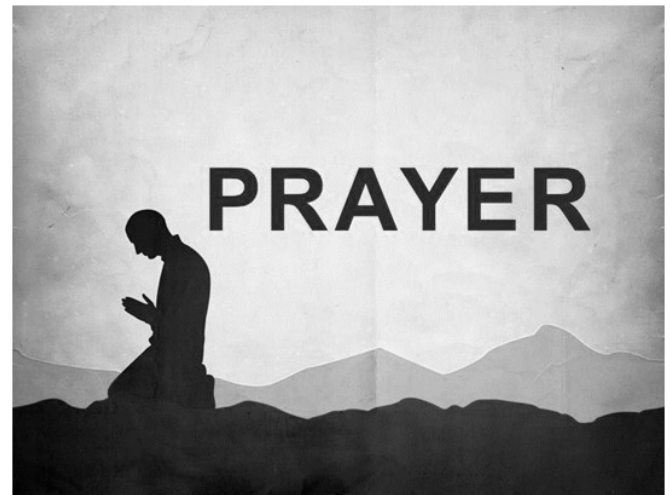
See you at the AGM - to offer our appreciation to the hardworking team who make St. Andrew's "The Downtown Church on Douglas Street".

**Jim Ferguson**

# March 2019

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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Those involved in music ministry	Any friends or family who are sick or hurting	All those with Birthdays and anniversaries in March	That the Lenten season would be one of consideration and reflection	The spouses and children of ministers and elders and those who give much time to the church	(Int. Women's Day) For vulnerable women all over the world, including here in Canada	Our neighbors in need and the St. A's team serving them breakfast
10	11	12	13	14	15	16
Ministers, church staff and many volunteers	Presbyterians ministering to prisoners in Malawi	The gift of water that provides life for all creation	Theological students graduating this spring	Seniors and others in care homes, group homes and hospitals	Peace for all suffering in the midst of conflict	Those trying to create peace, health and security for all
17	18	19	20	21	22	23
Youth, children and young families	PWS&D sanitation training sessions to help stop the spread of disease	Wisdom for elders who guide and decide at St. Andrew's	Ways to help people in long term care continue to feel that they are participants in the life of the church	(Day to Eliminate Racism) The richness that is added to the church through diversity	That Presbyterians would seek reconciliation with the Indigenous people of Canada	That our congregations would be caring communities sharing support and love
24	25	26	27	28	29	30
Anyone grieving or feeling lonely	Presbyterian Sharing mission partners helping people in Canada	Health care and military chaplains	Caregivers who provide compassion to those they care for	All refugees fleeing violence and poverty	Women in Syria creating kitchen gardens with help from PWS&D	Ministers serving in ecumenical and interfaith committees
31						
Thanksgiving for the Good News of Christ						

## In 2019 Father's Day is on June 16.

Father's Day is an unofficial holiday to celebrate fathers around the world - although the date for celebration varies. It's an emerging holiday as it's celebrated in more and more countries nowadays as fathers are more and more involved in raising children and are recognized for their efforts.

Like many other holidays, however, this holiday has lost its real meaning over the years among the myriad of ads leading up to the 3rd Sunday of June. Online and offline we are bombarded by special offers to buy dad: a smart phone, a home theater system, gift cards, golf clubs or clothing. It's a highly commercialized holiday - just like other holidays.

We encourage you to forget about gift cards, leather wallets and greeting cards that cost \$ and spend time with your father instead. It's free. Take a walk. Talk. Reminisce. Tell him you love him. Give him a hug. As years go by, both of you will fondly remember the great times you spent together on Father's Days, long after the gift card is forgotten. Cheers to you, daddies!

*copied from <https://www.statutoryholidays.com/index.php>*

### ***Why is it important for us to pay attention this year?***

June 16 is also – Car Free Day in downtown Victoria. A day where moms and dads and kids stroll along Douglas Street to be entertained, to enjoy the day with ice cream and treats, to meet people on a sunny Sunday afternoon. It is also an opportunity to visit places they may have walked by but never taken the time to enter – such as the Sanctuary at St. Andrew's.

This is your chance to be host and welcome people to tour, meditate or to take a moment for peace and quiet.

To make this a great day for St. Andrew's, we will need people to host at the street tables to answer questions about the Presbyterian Church in general and St. Andrew's in particular. We will also ask for people who can greet people in the Narthex to answer questions and ensure people are welcomed and comfortable.

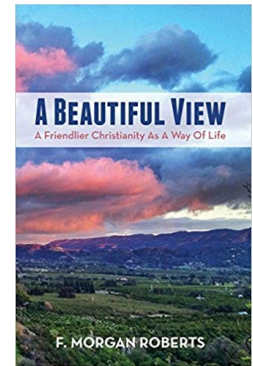
If you can help with this outreach and initiative – please send an email to Jim [jpfergus@gmail.com](mailto:jpfergus@gmail.com) or contact the Office and leave your name and phone number.

**Remember – we are someone else's impression of St. Andrew's.**

**Jim Ferguson**

Just think - you're here not by chance,  
but by God's choosing.  
His hand formed you and made you the person you are.  
He compares you to no one else—you are one of a kind.  
You lack nothing that His grace can't give you.  
He has allowed you to be here at this time in history  
to fulfil His special purpose  
for this generation.

## Lenten Bible Study



*A Beautiful View: A Friendlier Christianity as a Way of Life* by

F. Morgan Roberts from

10:30-11:30am

This study will continue during each of the Wednesday's of Lent,

March 13th,

March 20th,

March 27th, and

April 3rd.

## Sunday Parking...

Victoria City Council is changing Sunday parking rules - there will be no more free street parking on Sundays. Free parking will continue to be available in any city parkade (e.g. Library and/or the View Street parkade).



If you are in the habit of parking on Douglas, Broughton, Courtney, Gordon or any other street in the downtown area on Sunday – you have until the end of April to change your Sunday habits.

## The Truth and Reconciliation Commission: Calls for Action by Churches

In every period of history, from the time of the arrival of the first Europeans in Canada onwards, people could undoubtedly identify events in their generation that had significant impacts on Canada's Indigenous peoples – whether for good or otherwise. Of the many recent and current events, the Truth and Reconciliation Commission (2008-2015) stands out because of the profound effect it had (and continues to have) on participants and their communities, and the list of concrete recommendations it generated.

The Truth and Reconciliation Commission had its origins in the effect of residential schools on Indigenous peoples and their cultures. However, no single event can be considered in isolation from what came before: history matters, and the past affects the present and future. The “truth” spoken during Commission hearings addressed more than just residential schools, and the “reconciliation” actions and processes contained in the 94 “Calls to Action” are not limited to this one legacy.

“Truth” and “reconciliation” are both biblical imperatives that have implications for each of us individually, for our congregation, and for the Presbyterian Church in Canada regarding our understanding of and our relationship with Indigenous peoples. There are three “calls to action” (59-61) under “Church Apologies and Reconciliation” that apply to the Presbyterian Church in Canada. Of these, the one with the greatest immediate implications for St. Andrew's is No. 59:

“We call upon church parties to the Settlement Agreement to develop ongoing education strategies to ensure that their respective **congregations learn** about their church's role in colonization, the history and legacy of residential schools, and why apologies to former residential school students, their families, and communities were necessary.”

To this end, the Mission and Outreach Committee has begun to study materials developed by the Presbyterian Church in Canada and other resources. We will share what we learn over the coming months, and will explore opportunities for congregational involvement in study and discussion groups, especially any involving Indigenous people.

Please speak to any members of M&O if you have ideas or suggestions on how we as a congregation can grow in this area.

**Brian Titus, Patricia Shuckburgh, Deb Verwey, Kathie Wilson,  
Don MacEachern, Mitch Coggin**

The other two are:

- #60 regarding teaching clergy and staff “on the need to respect Indigenous spirituality in its own right”, including the history and legacy of residential schools and its impact on families and communities; and
- #61 on funding for Aboriginal peoples for community-controlled projects on healing and reconciliation, culture- and language-revitalization, education, and relationship building, and regional dialogues for Indigenous spiritual leaders and youth to discuss Indigenous spirituality, self-determination, and reconciliation.

## Additional reading from PCC web pages

*Equipping for Leadership. A guide for churches to respond to the Truth and Reconciliation Commission's 94 Calls to Action:*

<https://presbyterian.ca/2018/05/01/new-resource-guide-for-responding-to-the-truth-and-reconciliation-commissions-calls-to-action/>

Healing & Reconciliation: <https://presbyterian.ca/healing/> and <https://presbyterian.ca/resources/healing/>

Ministries with Indigenous People, including Cedar Tree Ministries in the Cowichan Valley: <https://presbyterian.ca/canadian-ministries/native-ministries/>

## Additional reading from Truth and Reconciliation Commission web pages:

Truth and Reconciliation Commission Calls to Action 58 to 61 - Church apologies and reconciliation: <https://www.aadnc-aandc.gc.ca/eng/1524504325663/1524504367519>

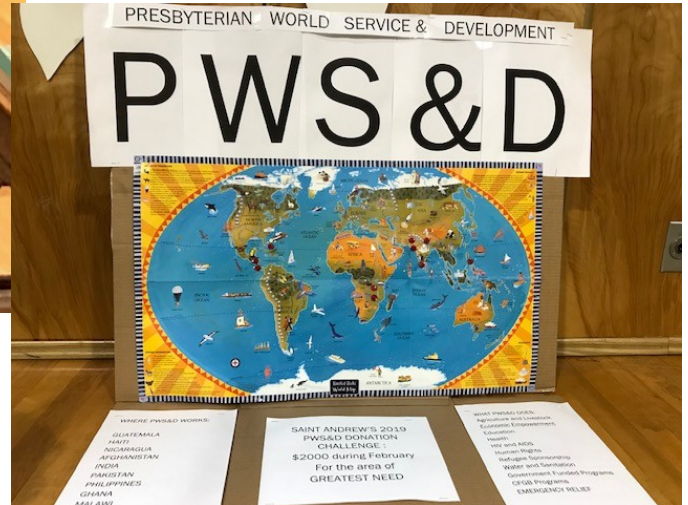
Truth and Reconciliation Commission Calls to Action: [http://nctr.ca/assets/reports/Calls to Action English2.pdf](http://nctr.ca/assets/reports/Calls%20to%20Action%20English2.pdf)  
Reports issued or created by the Commission: <http://nctr.ca/reports2.php>

## Usher Team March

Colina Titus  
Elizabeth Brereton  
Miles Craig



PWS&D presentation by Debra Vervey during the Children's Story on February 3.



## Where are They Now?

Arthur and I had the pleasure of attending Rev. Geof Jay's church, St. Andrew's Newton (Surrey) on Sunday, February 17, 2019. Geof and his family have a rich history with St. Andrew's Victoria as Geof was Assistant Minister here when Rev. John Allan was our Minister.

That Sunday, Geof's sermon was entitled "Our Biblical Mission" as taken from the passage in Matthew 28: 19 - *Therefore GO and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.* His children's story ended with the children being asked to, "GO" and deliver signs to members of the congregation that said "Jesus Loves You".



fotosbyjeanmarcellus



It was wonderful to see Geof and his family – his wife, Bonnie, daughter, Olivia and son, Isaiah. As an aside, Geof officiated at our wedding in October 2002. Prior to that, Geof and I used to direct Junior Co-Ed Camp VIP together.

**Jean Marcellus**

## **Cultural Safety in Health Care for First Nations: “A time to mend ... and a time to speak”**

by Debra Verwey

“There is an appointed time for everything. And there is a time for every purpose under heaven...a time to tear and a time to mend, a time to be silent and a time to speak...” (Ecclesiastes 3: 1-7).

This is my time to mend, or try to mend. Mend relationships, pursue reconciliation. It is also my time to speak about reconciliation.

In June 2015, the Truth and Reconciliation Commission released an Executive Summary of its findings with 94 "Calls to Action" regarding reconciliation between Canadians and Indigenous peoples. So I am late in coming to a point of considering the truth and thinking about reconciliation. I work for Island Health, and what got me thinking about this topic was an online course Island Health offered for its employees: “San’yan Indigenous Cultural Safety Training”.

“San’yas” means “knowledgeable” in the Kwak’waka language and is at the heart of the program developed by the Provincial Health Services Authority in 2010. The course is designed for health professionals who work directly or indirectly with Indigenous people.

I signed up for the course in September, 2018. Through interactive activities, quizzes, videos, discussion boards and journal entries, I was challenged to examine complex issues, including indigenous diversity; aspects of colonial history such as Indian residential schools and Indian hospitals; the impacts of racism, stereotyping and discrimination; and health inequities and social determinants of Indigenous people’s health. I had to critically reflect on my own position in the health care system and my personal background to see how both of these shape my working relationships with Indigenous people.

Canada’s First Nations had a rich history of wellness that extended back in time for many thousands of years. Their good health and wellness were the result of a lifestyle that was active, based on healthy traditional diets, and enriched by ceremonial, spiritual, emotional and healing practices.

The First Nations’ wellness journey in Canada was disrupted through the process of colonization and oppression by policies such as the Indian Residential School System, the Indian Act and Indian Hospitals. These institutions left a legacy of trauma and health and social inequities which undermine First Nations’ self-determination. Indigenous people continue to bear a disproportionate burden of disease and health disparities. Today, they suffer culturally unsafe and discriminatory care.

We can do better; and I need to do my part to help make this happen.

I learned about cultural safety and cultural humility when I took the San’yas course. “Cultural safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the health care system. In an environment free of racism and discrimination, people feel safe when receiving health care.”

Cultural humility involves self-reflection to gain an understanding of personal and systemic conditioned biases, and a willingness to develop and maintain respectful processes and relationships based on mutual trust. The essence of cultural humility is to humbly acknowledge that you are a life-long learner when it comes to understanding another’s experience.

When I think of the words “relationships”, “mutual trust”, “humility”, “respect”, it reminds me of a lot of what the Rev. Mitch Coggin has been preaching since the beginning of the New Year.

Some of the statistics that I learned through my course were staggering. A Status First Nations person in BC is expected to live 7.5 fewer years than a non-Aboriginal BC resident born in the same time period.

*(Continued on page 9)*

In some First Nations communities, youth suicides occur at a rate 800 times the national average!

Systemic racism towards Aboriginal people continues to be a major problem in many contemporary health care settings, resulting in lack of appropriate treatment and a barrier to them accessing health care.

Access to health care is an important determinant of health and wellness for First Nations. If they do not have access to the care that they need, then they are more likely to experience poorer health. In a culturally safe environment where individuals and families feel respected, First Nations people are more likely to access care when they need it, and access care that is appropriate to their wellness beliefs, goals and needs.

Other aspects of cultural safety and cultural humility involve understanding the First Nations perspective on health and wellness (i.e a holistic vision of wellness) and relationship-based care (which is an intentional caring relationship between health care professionals and the people they serve). Health care workers must also work to increase their level of health literacy in understanding how poverty, education and housing, among other determinants of health and wellness, influence a person's health.

How will we know that we have achieved the needed change? We will only know that we have achieved cultural safety when First Nations tell us that we have.

In the meanwhile, the change starts with me. Now is the time for me to start the "mending" and the "speaking" written about in Ecclesiastes.

(To write this article, I paraphrased material from several pamphlets prepared by First Nations Health Authority: Creating a Climate for Change, Cultural Safety and Humility: Key Drivers and Ideas for Change and FNHA's Policy Statement on Cultural Safety and Humility. For more information, see [fnha.ca/culturalhumility](http://fnha.ca/culturalhumility))

Join us at St. Andrew's Presbyterian Church  
at Douglas and Broughton for a lunch-time

## Organ Recital

Wednesday, March 13

from 12:15 - 12:45 pm

Organist Jennifer Mitchell will perform:

*Ionian Toccata by Sweelinck*

*Praeludium in G minor BuxWV149 by Buxtehude*

*Variations sur "Ubi Caritas" by Denis Bédard*

*Carillon de Westminster by Vierne*

Admission is by donation



Blood Pressure Clinic with Parish Nurse, Dorothy Reimer on February 3, 2019.

## St. Andrew's Children's Page

**Bible Verse of the Month:** You have heard that it was said, "Love your neighbour and hate your enemy. But I tell you: Love your enemies and pray for those who persecute you." Matt. 5:43-44

*Find the hidden words. The words have been placed horizontally, vertically, or diagonally. When you locate a word, draw a circle around it.*



FATHER

NEIGHBOR

PRAY

PAGANS

PERFECT

LOVE

REWARD

EVIL

HATE

GREET

RISE

SUN

GOOD

BROTHERS

ENEMY