



Waves, Ripples & Hellos

St. Andrew's United Church

Summer 2005

newsletter@standrewsunitied.org

Lazy Days of Summer!

The editor has received few suggestions or topics to cover in the Summer Newsletter. I hope we have included topics that are of interest to you.

Nancy Woollven sent a note that shows her interest and planning skills. "As many of you prepare jams, jellies and pickles during the summer, think of the Bazaar Table at the Turkey Supper. These items are very popular."

Carol Edwards
Editor

Important Dates:

July 10: Busy Day in Martintown. **11:00 am** Come to the **Outdoor Worship Service** under the big tent, followed by a congregational picnic. **Luane Doyle** will lead the music for the service Please bring your lawn chairs and a picnic. Lemonade will be provided.

2 pm - The 2nd Annual Pet Blessing in Martintown. All are invited to bring their pet on leash, or appropriately contained, for a service of prayers, readings and blessings.

July 13 - 15: Vacation Bible School at St. Andrew's Presbyterian Church, South Lancaster.

July 17 - Appreciation Dinner for the McRae Family at the Williamstown Fair Grounds. Read more on page 4 of this newsletter.

July 20: A **Summer Book of the Month club** will meet at the home of Andrea Harrison, 19354 Heron Rd., at 1:30 pm to discuss the book, *The Golden Spruce*, by John Vaillant.

August 7: Ecumenical Service at Williamstown Fair, 10 am. Guest speaker is Esther Bryan

August 24: Vacation Bible School – WoRM, Irvine Hall, 9-12 with lunch served afterward. For ages 5-12: This year **Carol Hague**, one of the directors of the Amaryllis Ladies Choir, has offered her time for this event. Music focusing on fun with rhythm will be a highlight. We are also pleased to have local artist **Kathi Legault** giving a watercolour workshop as part of the day. This is promising to be an exciting event. Mark your calendars!

August 25: A **Summer Book of the Month club** will meet at 8 pm. Location: TBD. This gathering will be a wine and cheese evening. The book will be Tom Harpur's *The Spirituality of Wine*. Please consider suggesting other books for further discussion.

So many events in a few short months!

Worship Leadership

Carolyn Ruda will take the **July 25** service, as well as the services during Andrea's vacation leave (**August 10 to August 23**). Carolyn is the M&S Enthusiast at the Conference level.

A Message from Andrea: Summer Rest and Re-creation

"By the seventh day God had finished the work he had been doing; so on the seventh day, he rested [or ceased] from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

The wisdom of this text speaks volumes. The notion of having a day of rest and restoration every week! How many of us practice that over a lifetime? Maybe we would live longer and more happily if we did.

Summer is one of those times when we may be invited to more rest and re-creation – taking vacation time, slowing down in the summer heat. It's easy, though, to treat summer as just another season to be as busy as possible. There are all those garden beds to weed. There are children's programmes and activities from dawn to dusk, not to mention the sleepovers. There are all those summer jobs we would like to get done. Even holidays can be an exercise of cramming as much activity as possible into the time that we have.

Rest and re-creation are necessary for the well-being of body, mind and spirit. Don't short change yourself this summer. Live each day as a gift, and discern how to spend your summer days. Not everything on your "to do" list has to get done, not today anyway.



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Listen to your body, and the desires of your heart. Find 'Sabbath rest'. Dwell in the cool shade of God, and the warm breeze of the Spirit. Have a blessed summer.

Andrea

Welcome: Youth Confirmation

Five young people joined St. Andrew's on profession of faith. They are: Alexis Fisher, Susannah Fisher, Candice McKay, Lukas Henderson and Meaghan Henderson.

The sacrament of Communion was celebrated on this special day. The confirmands assisted in the serving of the elements of Communion.

Farewell and Godspeed

Christine began worshipping at St. Andrew's United Church, Williamstown, 10 years ago and officially joined this Church in 2000. At that time she felt a call to ordained ministry and soon began studies at Queen's Theological College in Kingston. In May, 2005, Christine graduated from Queen's Theological College with her Master of Divinity Degree. She was the Valedictorian at Convocation, and received the George A. and Elizabeth Brown Scholarship. Christine captivated those attending the convocation, including Andrea, Christine's parents – Gary and Helen and Mac and Carol Edwards.

As well as working on her degree, Christine has been the student supply minister at the Adolphustown/Conway Pastoral Charge for two years.

Christine and Jolyn Campbell will be moving to the Huntsville area, where Jolyn is being settled on July 1, 2005, as a newly ordained minister to the 'Lake of Bays' Pastoral Charge. Best wishes!

Lois's Next Steps

We can report Lois' progress as "another step along the way". On Sunday, June 26 we were pleased to have Lois as worship leader and hear about her news for the coming year.

As a member of St. Andrew's, Williamstown Lois received a call to ordered ministry. Since then we have been able to celebrate with her as she achieved high honours at her graduation. That celebration continued as Lois successfully completed her internship at Emmanuel United in Ottawa.

Now Lois has been awarded a scholarship for her final year at McGill's United Theological College. As well as that full year of university study, Lois has been assigned to Union United Church in Montreal. Sounds like a busy year!

We know we can look forward to attending the Service of Ordination at the Annual Meeting of Montreal-Ottawa Conference when Lois will be ordained as a Minister in the United Church of Canada.

Faith & Fitness

The first two sessions of the Faith and Fitness initiative have been a resounding success.

Tina Cairncross gathered up her records, record player, and dancing dudes to enlighten us on the intricacies of various heritage dances including the Gay Gordon and Glengarry Two-Step. Tina also shared the following "Wee traditional Scottish prayer that she just recently penned," in an ancient Scottish brogue:

*Thank you for this gift of
dance
That brings us joy giving us
this chance
To meet each other here at
the hall
In preparation for the
Regimental Ball,
As you are the Lord of
everything on earth,
You must be the Lord of the
Dance for mirth
Please help us Lord not to
miss a beat
And especially not to step on
each other's feet.*

Thanks Tina! Lots of laughs were had by all.

The next Faith and Fitness evening will be announced soon. If you have a talent that you would like to share, please contact Carol Edwards.



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Loyalist Weekend

We were invited to dress up and celebrate Loyalist history, with the coming of the re-created King's Royal Regiment of New York to Williamstown on June 17-18. Dress up and celebrate we did!

While many of us watched the South Glengarry Pipe Band and the King's Royal Regiment parade through Williamstown, Andrea, Bill, Sam, and Cody dressed for the occasion and joined the parade.

Saturday night, at the military ball, there were many familiar faces in outstanding attire. There was Marie Antoinette, who took up her usual spot in the choir on Sunday morning. The couple with the best costume Saturday night, also graced their pew on Sunday. Congratulations Pat and the Andersons.

Those who attended the now renowned "Faith and Fitness" dance classes taught by Tina Cairncross, joined in with other "Friendly Footed" folks to dance the Gay Gordon. There were some collisions, probably a toe or two stepped on, but it was great fun.

Rev. John Bethune was unable to attend to lead our worship service on Sunday. Andrea Harrison served in his place wearing a long gingham dress and head covering. Although according to David Anderson, the women in Rev. Bethune's time (1787-1815) would have worn long black dresses – something to work on before the Ecumenical Service at the 200th Annual Williamstown Fair.

Ian Cumming gave a wonderful message at the Sunday service, acknowledging church and community leaders, past and present, and encouraging us to "be who they taught us to be"... Full text of his message and pictures from the weekend will be available online at www.standrewsunitied.org

Editor's note: I can understand how newspaper editors resort to sensational and controversial topics to arouse reader's interest and participation. Thanks to Rev. Harrison for the above report on our great Loyalist Weekend. Perhaps she responded to my veiled threats.

Sunday School

Sunday School for this year ended with a party on June 19th. In keeping with the last lesson on Jesus Feeds the 5000, each child was encouraged to bring a friend and the Sunday School provided the food (including home made sponge cakes with strawberries & cream) for the Coffee Hour.

Sunday School will begin again in September with another session based on the Workshop Rotational Model (WoRM).

Sharing Snacks, Toys and Stories

The Williamstown playgroup will continue over the summer. Playgroup is held every Monday (holidays included) from 10 am to noon. While the children play in Irvine Hall or the playground at Paul Rozon Memorial Park, parents (or care-givers or grandparents) share stories and laughs. Please bring a snack to share with the playgroup. Come join the fun!

Babes & Brides

Spring has been a busy time at St. Andrew's. The following babies have been baptized or will soon be baptized when you read this newsletter:

- John Michael, infant son of Dianne Poilly and Frank Murphy.
- Chloe Nicole, infant daughter of Joy (nee Nichol – daughter of Jim & Dorothy) and Vince Cella.
- Marin Sofia, infant daughter of Carrie Lin (nee McDonell-daughter of Bruce & Linda) and Rob Dionne

A number of weddings have taken place at St. Andrew's.

- The wedding of Krista Wind and Darryl McDonell marked the beginning of the season's nuptials.



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- On the warm, sunny Saturday of June 25th, Natalie Groulx married Shane McDonell at a quaint family gathering.

A Labyrinth ?

This July a labyrinth is being created in the area to the east of the church and burial grounds.

You may well be wondering what a labyrinth is.

A labyrinth is different from a maze. Labyrinths are unicursal. They have one well-defined path that leads into the center and back out again. There are no dead ends or tricks to it. The labyrinth is an ancient tool for meditation and spiritual cultivation.

Labyrinths have been found in ancient cultures from Greece and Crete to Egypt, China and Peru, Ireland and Scandinavia. They have also been found on the floors of the great mediaeval cathedrals such as that in Chartres, France.

The beauty of the labyrinth is that it is open to anyone at any stage and on any spiritual path. People are discovering that the ancient practice of walking the labyrinth is a way of soothing nerves, calming souls, mending the heart and healing the body. Labyrinths are a way to discover the sacred in everyday life.

Taken from Helen Curry's *The Way of the Labyrinth*.

Plan to walk the labyrinth and discover this ancient practice. Take this opportunity for peaceful

contemplation at St. Andrew's. For more information, please contact Edwina Billyk.

Our New Caretaker

Francine Power has been working as our caretaker since early spring. Look out dirt – Francine has been scouring years of grime out of the balcony, sweeping up the dead flies, learning to toll the bell without flipping it over, and generally on hand to keep our church spaces clean.

Francine and her husband Pat live in the house formerly owned by Sandra Elsey with their two daughters, Nicole and Hazel Anne.

Painting of the Student Lounge at Queen's Theological College.

The transformation of Irvine Hall, when it was painted last summer, inspired an 'outreach project' of painting the student lounge at Queen's Theological College (QTC). Edwina Billyk (one of our resident artists and colour consultants) traveled with Andrea Harrison to QTC to meet with Christine Sloan, and pick colours for the room.

The Student Lounge is located on the upper floor of Theological Hall - a historic building that was part of the beginnings of Queen's University. The room hosts some beautiful arch windows, but as a whole, was a dingy room due to lack of care and attention. It has

now been transformed from institutional 'off-white' to green, peach, and blue, with white cupboards.

Funds and volunteer help to spruce up the room were provided through our church, Storington Pastoral Charge (north of Kingston), and QTC. This small act has greatly contributed to student moral, and was a timely contribution to the sense of 'possibility' at the college.

Local Outreach!

On **17 July at 1:30 pm** at the Williamstown Fair Grounds, a Family pork, beef and turkey barbeque and picnic in appreciation for the MacRae's – Robert, Guelda, & Keith MacRae and family, who lost their barn and cattle in a fire last month. Bring your own lawn chairs. Tickets are \$15 for adults, \$5 for children 5-10 years of age, and free for children under 5 years. **Advance tickets only by July 9th** from: many including Robert McDonell 347-3720 or Murray Howes 525-3640. Money raised from this event will go to the Kidney Foundation.

Words of Wisdom from Iona, Scotland

The Church's vocation in each and every locality is to be a worshipping, healing, learning, serving community, faithfully living by the values of the kingdom, modelling and embodying a counter-culture



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vision, looking and reaching out beyond itself with a wider vision, to discover the light and love of God in engagement with the life of the world, standing up and speaking out against all that diminishes and disempowers humanity. In so doing it will dream and explore; it will be open, flexible and ready to take risks; it will be generous, hospitable and ready to celebrate; it will not be a ghetto but keen to co-operate and engage; it will be a transforming community - influencing others for good and being transformed itself in the process; it will be resilient and persistent, however hard the way, and it will be marked by joy and an eagerness to celebrate.

Reprinted, with permission, from *This is the Day: Readings and Meditations* from the Iona Community by Norman Shanks

McGregor Bequest

Rev. Brian Cornelius has sent us notes recording results of our last congregational meeting held to discern our plans and approaches for the bequest of Donald MacGregor. An exact copy of his notes can be read on our website www.standrewsunitied.org

I am including a "shortened" version here.

We prayerfully considered: "*God, what is your will for the good use of this money?*"

We followed this format for our quest:

- Framing
- Listening
- Grounding
- Exploring
- Weighing
- Shedding

Our explorations led to five areas for further improvement.

1. Building up congregational life-ideas such as funding for:

- music opportunities
- Sunday School
- Youth programs
- adult spirit nurturing
- community outreach

2. Property Renewal:

- heating, energy consumption
- determine status of beams and foundation
- windows
- relocate elements of worship (word, table and bath i.e. pulpit communion table and baptismal font) to emphasize their essential role in worship.
- pollution from presence of bats
- parking area
- accessibility (all sidewalks)

- renovation of kitchen
- expansion of hall for storage
- refinish floors and pews

3. Investing Money

- confined to low risk?
- United Church Foundation?
- Seed money for developing world?
- "ethical" investing
- creative projects – borrow from ourselves and/or provide matching dollars
- stewardship strategy?

4. Principles for Giving money

- invest 10%, give away all that this investment earns
- give 5% and set aside 5% for "fund raising" projects as seed money
- make sure money given is divided 50% world and 50% local
- determine a % to be given and a committee determines the destination
- give 10% of total, and then make sure 10% is given from the proceeds each year following.



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5. Out-of-the-box thinking:

- windmill to produce electricity
- create a foundation
- building a retirement facility

The following people volunteered to work on the numbered areas, with the understanding that all interested others are invited to participate.

1. Carol Edwards
2. Bill Cattanach, Mac Edwards, Clifford Hope, and D.J. MacDonald
3. Robert McDonell, John Oxley, and Jay Woollven
4. No one, as yet
5. Audrey Blair

There was agreement to meet in the Fall. A **September congregational meeting** with Brian Cornelius has been planned for **Tues Sept 20th at 7:30 pm.**

Each committee working on proposals will be asked to present their proposals at this time. Proposal needs to be developed and forwarded to Brian Cornelius before the meeting. All proposals must indicate how they are in keeping with the guiding principles established at the first congregational meeting. (See this list in Spring 2005 edition of Waves, Ripples & Hellos.)

The intent is that in the Fall, with specific proposals and facts, we will be able to begin the decision-making process.

Keeping Cool this Summer?

What you wear may help or hinder this. Natural fibres are more breathable than synthetics. Loose clothing, e.g. shirts that are not tucked in, allows air movement – draught. And what about portable shade? Are you really cooler when your skin is exposed to the sun?

Next May, we will have a workshop and fashion show at the church to highlight some wisdom and perhaps create new fashion trends for summer attire. Dr. Christine Millman, of Alexandria, will offer some guidance in the physiology of keeping cool, as well as some wisdom from African clothing design. Specialty summer clothing on the Canadian scene, such as that made by Tilley and Mountain Equipment Co-op will also be explored, and modeled! There is also room for designing new clothing, for those of you who have designing and/or sewing skills.

So look through your closets or start up those sewing machines for clothing that will keep you cool this summer, and for ideas and items that you could share at a workshop and fashion show next year, before the summer heat sets in.

Let's see if we can reduce risks of summer maladies of heat stroke, sun burn, and just general discomfort. Maybe we can even create some new trends in summer fashion, so that air conditioners can be turned down; so that men will no longer feel compelled to wear two or three-piece suits to the office, weddings, funerals, or graduations when the temperature is over 25 or 30°C; so that skin will not be unduly exposed to the harmful and heat exhausting rays of the sun. As we seek to look after body and soul, and the environment in which we live, perhaps this will be part of our 21st century ministry.

Paper or Cyberspace?

This newsletter was mailed in the traditional sense to the individuals on our mailing list. If you would prefer to receive this newsletter via email – please send an email to newsletter@standrewsunitied.org

Comments

Editor's million thanks to Susan Edwards who made this newsletter come together!

If you have a topic you would like to report on or hear about, please let us know. Please call the editor at 347-3675 or send an email to newsletter@standrewsunitied.org.