



Waves, Ripples & Hellos

St. Andrew's United Church

Fall 2010

newsletter@standrewsunitied.org

Editor's Note:

This edition of **Waves** may be the shortest on record. A declaration that you might respond with thankfulness or regret.

I listened to a radio program concerning the increase in "stress" affecting many people as they encounter September. Loneliness and fear present uncomfortable and "distressing" symptoms. The radio guest emphasized the approach to rid oneself of these afflictions was to concentrate in meditative fashion on one's breathing. Calm your breathing and then too your brain can feel better.

Secondly to approach life with "an attitude of gratitude". I think we call that the unailing of God's grace in Christian theology.

I never heard the rest of the program as we had reached Brockville to hear Ruth Graham (daughter of Billy Graham), whose team had concluded a conference at Wall Street United Church, entitled "You are good to grow".

Her sermon that morning dealt with the same topic of our fears

and their devastating effect on us in these "troubled times". Her answers were much more involved than the yoga master on the radio but I do remember the Psalm reading.

It was Psalm 37 where the reader is exhorted three or four times with the words "do not fret".

In one place these words include, "do not fret – it only leads to evil"

As I am highly efficient at fretting I must make a sustained effort to follow Ruth Graham and the psalmist. I share these thoughts that there may be readers like myself who have to struggle through not only September but that scourge labeled "dark November."

Here's to many crisp, clear colourful autumn days!

If you were not at St. Andrews United, Williamstown on the Sunday referred to above, then you missed a great reflection led by Lorna McKendry.

To you, Lorna – your sermon/reflection was better, more meaningful, and more memorable than the one I

attended! Our daughter suggested we get the disk – Lorna had a really good message – you must listen.

Carol Edwards
Editor

Minister's Message:

"Celebrate Stewardship!"

This year we have decided to hold a "Stewardship Campaign". It's a chance for us to talk about the taboo topic of "money" – our relationship with money, the value we place on our ministry, and the costs associated with offering ministry. We are going to do this over a five week period this fall, starting on September 26th.

Week 1 – **Sunday September 26th** – worship theme "Lessons from a *Dishonest Manager?*"

Week 2 – **Sunday October 3rd** – worship theme – "Sharing our Bread" (Worldwide Communion Sunday)

Week 3 – **Sunday October 10th** – worship theme "Shift into Gratitude" (Thanksgiving Sunday)

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Week 4 – **Sunday October 17th**
 – worship theme “Power of Abundance”

Week 5 **Celebrate Stewardship Sunday** – Guest Preacher – Rev. Lillian Roberts. Worship followed by a lunch in Irvine Hall

In our fourth week, we will invite you to estimate your givings for 2011. This is an expression of intent, a chance to consciously decide how much money you would like to give to ministry through your church. It’s an estimate, as we know that things can change from year to year, month to month.

Our decisions to contribute our time, talent, and treasure, enable us to prioritize, to assert what is important, and to express our values. When we do this together, as a church, it enables us to dream and to be realistic, to ‘push the envelope’ and live within our means as a church. It also challenges us to make our ministry meaningful – transforming lives at home and around the world.

Please join us as we strive to be a purposeful, enlivening church; as we seek to live into our mission.

Recommended Reading

Radical Gratitude by Mary Jo Leddy, ©2002, Orbis Books.

Andrea plans to read this book for inspiration for our month of *stewardship*. If you are looking for something to read – consider this book.

Activity:

Attitudes/States/Ways of Living

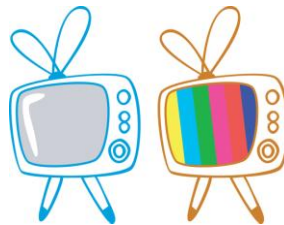
Power or Force Words?*

Look at the words in the table to the right. Match the pairs a life giving word with a life draining word. Maybe think of super heroes and villains!

Answers will be printed in the church bulletin on Sunday, October 17th.

*from ‘Power patterns in human attitudes’ in the book, *Power vs. Force*, by David Hawkins ©1998, www.veritaspub.com

Life Giving (power)	Life Draining (force)
Abundant	Cheap
Appreciative	Demanding
Being	Entitled
Charitable	Envious
Cherishing	Excessive
Considerate	Having
Generous	Hoarding
Giving	Indulgent
Ingenious	Materialistic
Optimistic	Pessimistic
Privileged	Petty
Requesting	Prizing
Sharing	Prodigal
Spiritual	Scheming
Striving	Struggling
Thrifty	Taking
Selfish	Unselfish



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Mission Statement

St. Andrew's United - a welcoming and community oriented church; proud of our heritage and evolving to meet the changing needs in our society and world.

After our work last spring with Rev. Garth Mundle, the above Mission Statement has been developed. This mission statement was created to reflect who we are as a church and how we see ourselves in our community and our world and where we want to be.

We want to use this Mission Statement to help guide us in our future. Some of the actions or vision statements looked at during the exercise includes:

- High visibility of what we do and offer
- Worship that provides space for healing, inner peace and joy
- Children with a rich and flexible foundation in the Christian faith
- Leadership in care of creation through 'greening' our church
- Strong global partnerships through groups/projects such as the Food Grains Bank, Free the Children, and Wells for Wellbeing

Look out for an upcoming meeting to review the actions we might want to focus on for 2011. If you would like to help plan such an event, contact Susan Edwards at 613 347-3406.

Greening Sacred Spaces

One activity discussed during the Mundle meetings was the idea of forming a green team to look at ways to help save our planet!

An organization called Faith and the Common Good puts out an excellent newsletter called Greening Sacred Spaces. I recognized this resource when I attended (with Andrea) a conference in Chateaugay titled "Living for the Earth." The executive director of FCG (Faith and the Common Good) was one of the keynote speakers along with our Moderator, Mardi Tindal.

I recognized the name: Ted Reeve because I had just received an e-mail from a niece of mine who is now the Network Coordinator of their newsletter. Readers may wonder just how many nieces I have associated with the United Church – well three at latest count!!

Here is the website:

www.greeningsacredspaces.net



Another resource that was recommended is a book by Bruce Sanguin titled "Darwin, Divinity and the Dance of the Cosmos" Lorna also mentioned this book and recommends it highly. It is available with a DVD for study purposes.

Could a study group of this book be one of the early projects for our Green Team?

We used to have a longer list of emails for people who asked to receive this newsletter electronically. Please call me with your current email address. One small step in our greening.

Over-the-Summer-Happenings

The Committee of Stewards has awarded a contract to rebuild the front walk from "gateway to doorway". The sidewalk will be wider and will eliminate a step at the door thus creating wheelchair/walker ease at our

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entrance. Another example of making our building a welcoming church.

Open Doors

The promotion by Heritage Ontario is becoming more successful if the number who visited our famous church and burial ground is any indication.

Donald McDonald was in charge of the tours and reports some 30 - 40 people were met by him and his team of volunteers from our congregation. The last time I was involved we might have had 6 visitors!

You may have seen the fine picture of DJ and Karen Paavilla amongst the Celtic stones north of the church. Visitors were given a short history of St. Andrew's and a walking tour of some historical stones in the graveyard.

Rotation Sunday School

We have been actively searching for Sunday School leadership. How does one replace Jennifer, Edwina, or Mary? Andrea was nearly successful a couple of times.

Jennifer has agreed to get us started. Hallelujah!

As of this night, we have a couple of candidates to interview and with some good blessing have a solution soon.

For the History Buff

Here is an interesting transcript from the Montreal Herald, December 23, 1815, p.3

Wanted :A Contractor or Contractors to finish the **Presbyterian Church** at **Williamstown**, in the Eastern District(U.C) Any person or Persons wishing to Contract for the above, will give in their proposals to the Subscriber, on or before the 1st day of February next. The Materials will be furnished at the Church. The work to be done to the said Church is PLASTERING the inside, making the PEWS and Galleries, &c. building a STEEPLE, &c. For the Committee of said Church, Alex. M'Kenzie, Williamstown, 11th Dec.1815

(Transcribed by Alexander V. Campbell, 28 June 2010)

Weddings:

It was the hottest day of summer - July 24th when Colleen Atchison daughter of Penny (McDonell) and Garry married Eric Nielsen. That hottest day designation came

from the mother-of-the-bride, Penny, but she also remarked on the beauty of the evening reception.

Colleen and Eric will be returning to Glengarry to live. Eric as a graduate in chiropractic medicine will be working in Cornwall and

Colleen is pleased to have her request accepted for a transfer from Toronto. Her new "area" makes me wonder if she will ever be in Glengarry - it is Cornwall, Peterborough, Ottawa, and North Bay!!

Baptism:

The sanctuary has more worshipers than usual - is there a baptism? It is August 22nd and there is Adele and David Over bury with daughter Hailey Michelle who was born May 12th. Many of us remember the anxiety the parents and grandparents experienced when this little girl came into the world five weeks early. Today she is well and flourishing, and is wearing her mother's baptismal dress.

Early-entry babies made me think of Travis MacKay who was much tinier at birth (like 2 pounds of butter!) than Hailey Michelle and today is a handsome giant at 6' 4" or more!