



Waves, Ripples & Hellos

St. Andrew's United Church

Christmas 2010

newsletter@standrewsunitied.org

Editor's Note

A sunny November leaves me with fewer complaints and fewer dark poems, but ...

"Do not go gentle into that good night

Rage, rage against the dying of the light"

These long evenings with early darkness always bring the above words to mind.

Darkness and light symbolize our farewell to Grace and Ralph Gordon.

For most people who make up the church of St. Andrew's, Ralph has always been here: singing in the choir, organizing archive materials (for storage as well as for display), and active in every aspect of congregational life.

We admired Ralph and Grace's respect for each other and honouring each other's choice of church family.

They have been with us in happy times and sad times.

We had afternoon tea to say goodbye as graciously as we could. As I said on that occasion: "We are here to honour you. We are here because we love you. We are here today – your friends, to say we will miss you."

Ralph has given us a model of living life to the fullest despite pain, sickness, and leaving a home of half a century.

When it comes to going after what you love in life, don't take no for an answer.

Carol Edwards
Editor

A Christmas Message from Andrea:

Having gone to see the movie, "Eat, Pray, Love" with a group of women from the Martintown Church, I am now reading the book. The movie was great fun, stirring and thought provoking. The book is even funnier (at least the section I'm reading about Italy). Imagine, taking a year to travel to Italy, India and Indonesia, to find oneself, to find a richer, deeper life.

It occurs to me that Christmas is a bit like that. We certainly eat at Christmas – seasonal and special foods. My boys have delighted in the appearance of eggnog in the grocery store again, and came home with the first bottle in last week's groceries. And this is only the beginning of special foods.

We are also invited to deepen our prayer time at Christmas – perhaps remembering to pray at all, even if it's only grace before a Christmas dinner. For others, daily Advent prayer and readings take on a time of food for the soul. Special services, such as our Celtic Advent Eventide in Martintown, and our Christmas Eve service in Williamstown, seem to brush aside all the tinsel and rush, and invite us into the awe and wonder of the season.

And Love. In this season, we speak much about love. We make time for those we love. We send greetings of love far and wide. We tell a story of God becoming especially present on earth, in a peasant family, in Palestine – in an 'illegitimate' child, born in an out-building, used for animals. If God can appear on earth like that, then God is surely present in and to all of us.

If you are alone, or feeling lonely this Christmas, perhaps you might hear the voice of God, an inner presence saying to you,

"I'm here. I love you. I don't care if you need to stay up crying all night long, I will stay with you. There's nothing you can do to lose my love. I will protect you until you die, and after your death I will still protect you. I am stronger than Depression and I am braver than Loneliness and nothing will ever exhaust me."

Such was the voice that spoke to Elizabeth Gilbert in Italy, in the beginning of her yearlong quest to find herself, God, and life abundant.

May this Christmas be for you, a time to delight in eating, praying and loving, and may you sense the presence of God embracing you, as a mother would embrace a newborn child.

Love
Andrea



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Advent Services

November 28 – Advent 1 Sacrament of Communion

Isaiah 2:1-5 Swords into ploughshares

Psalms 122 With joy to God's house

Matthew 24:36-44 No one knows the hour

December 5 – Advent 2

Isaiah 11:1-10 The peaceable reign of God

Psalms 72:1-7, 18-19 A just ruler

Matthew 3:1-12 John the Baptist preaches

December 12 Advent 3 White Gift Service

Isaiah 35:1-10

Luke 1:47-55 (VU 898) Mary's song of justice

Matthew 11: 2-11

December 19 Advent 4 Sunday School Pageant

Isaiah 7:10-16 The sign of Emmanuel

Psalms 80 (VU p.794) Shine forth and save us

Matthew 1:18-25 Joseph's dream



Special Christmas Services

November 28 – St. John's Anglican, Lancaster
Ecumenical Evensong – 3 pm

December 10 & 12 – St. John's Presbyterian, Cornwall
"Follow that Star" Centennial Choir - 8 pm & 2pm

December 12 - Martintown's Celtic Advent Eventide – 7 pm

Featuring: Ashley MacLeod, Luane Doyle, Ian Hepburn

December 24 – Christmas Eve Williamstown's Traditional Christmas Eve Service - 8 pm

Isaiah 9:2-7 A child is born for us.

Psalms 96 (VU 816) Sing to God a new song

Luke 2:1-14 Jesus birth

Upcoming Meeting

December 7th: Official Board in Martintown at 7:30

Christmas Baskets

The Christmas baskets for those who can no longer worship with us in person will be prepared on December 11. We still call them 'baskets', but the handy gift bags have become the useful method of presentation to those we wish to remember. To you, whom we miss, and have often labeled "shut-ins", I have a new title; "Absent Friends".

I remember how my mother appreciated the remembrances sent to her by the people of St. Andrew's – but she surely didn't

like to be called a "shut-in".

If you are able to help with the baking, candy making and packaging at 9 am, Dec 11 please call Nancy at 613 347-3598. We also need people to visit and deliver "baskets" to our Absent Friends on December 12.



From the book "Christmas is... Music Giving...Cookies..."

Somehow not only for Christmas
But all the long year through
The joy that you give to others
Is the joy that comes back to you.
And the more you spend in blessing
The poor and lonely and sad,
The more of your heart's possessing
Returns to make you glad.

A Christmas Blessing

God grant you the light in
Christmas, which is faith;
the warmth of Christmas, which is love;
the radiance of Christmas, which is purity;
the righteousness of Christmas, which is justice;
the belief in Christmas, which is truth;
the all of Christmas, which is Christ.

Submitted by Jocelyne Overbury

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Mardi Tindal is Visiting Us

Big news! The Moderator of the United Church of Canada, Mardi Tindal will be visiting St. Andrew's, Williamstown when her tour brings her close to us in April.

Listen for further plans! The Moderator will be leaving Williamstown for her next stop at the Hemmingford-Lacolle Quebec Pastoral charge. If anyone would like to accompany Mardi by providing transportation to Lacolle, please speak to Andrea.

Outreach

We had an outpouring of generosity in our request for donations to local food banks. The chancel steps were almost covered with cans and boxes, making our Thanksgiving presentation on the Communion table but a tiny symbol, compared to the volume of this far greater act of giving. Young people from Sunday School quickly assembled all the food gifts into "transportable" containers leaving Lorna's beautiful African baskets intact! Edna MacDougall and Joyce and Jim Lewis provided the delivery service to Agape in Cornwall and St. Vincent de Paul in Alexandria.

Our annual **White Gift Sunday** will be held on **December 12**, so that you can present your gifts to Baldwin House or the Salvation Army. Items for Baldwin House

will be for women and children, so toiletries and clothing (especially pajamas and underclothing) will be welcomed.

Food items will be given to the Salvation Army.

I noted a recent item in a local paper stating that the Salvation Army operates with the lowest of operating costs.

The **Alive for Five** program that evolved from our visioning meetings with Garth Mundle must belong under the **outreach** title, though its focus is global as well as local.

Now, having written that phrase I understand how slogans have their birth (and never die regardless of having become meaningless)

The aim of this program is not meaningless; rather to remind us to change batteries in smoke alarms to save lives. The profits from our battery sales will go to the Pakistan Relief Fund.

Iris Swerdfeger and Mac Edwards sold the batteries and Treasurer Jim Lewis forwarded payments. The batteries have arrived: now we hope recipients can get at those smoke alarms.

The one and only advantage of the practice of changing clocks back and forth may be to act as reminders to change batteries (or pump out the septic tank! No wait that is the summer Olympics around our house)

Another project that relates to fire and fire departments is a program to train people in church communities in the use of a defibrillator. It is interesting to note that fire departments throughout the country view our churches as community minded

people who would come to one another's aid.

After checking various church web-sites and newsletters I find this to be true – along with Bible Study there are defibrillator courses!

News from Presbytery:

Seaway Valley Presbytery will hold its November meeting in Williamstown. We are pleased to be hosts for this meeting and representation from our congregation will assist in music for worship, and food for dinner.

Music and food appeared to be key elements for a successful Presbytery meeting when I acted as Presbytery Rep. and Williamstown should offer excellence in both areas. Our accessibility to both church and hall make us a desired location!

New Leaders for our Kids

As mentioned in our last newsletter, we were still in search of a leader for our WoRM program at Sunday School. Almost as the newsletter was published, our search uncovered 2 young people "right under our noses!"

Justin Tirrell, assisted by **Maggie Lang** have been leading Sunday School since the end of September.

Justin and Maggie came to church one Sunday and as I sat beside them - an idea came to mind. Maybe Justin and Maggie might consider leading Sunday School. Funny how things work, Justin had thoughts along the same line that day thinking it would be interesting to get involved in this church community. Coincidence

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or Divine intervention?

Justin is from Greenfield, Nova Scotia - close to Truro. He has 2 younger sisters (approximately 8 and 10) and 2 older sisters and 1 older brother. Justin comes with lots of experience with young kids. Justin also was very active in Youth Ministry at his home church Immanuel Baptist Church.

Many of you know Maggie Lang, daughter of Jennifer and Martin Lang. Maggie has 1 brother William who is currently working on a large farm near Brisbane Australia. She has many cousins including 7 kids of the Edwards & McRae gangs.

Maggie introduced us to Justin a couple of years ago when he arrived to celebrate Maggie's birthday in May 2008. He spent a week visiting while Maggie still had to go to school. All this time was not idly spent as he was put to work by both Martin and Pop (Mac Edwards) He was part of the crew that put in the new stairs at Irvine Hall.

Maggie and Justin are attending school at McGill University, Macdonald campus. Justin is taking Environmental Science and Maggie - Farm Management Technology.

Before registering at McGill, Justin completed 1 term in the Youth Ministry Program at Briarcrest College in Caronport, Saskatchewan.

I asked Justin & Maggie what the highlights have been so far. After talking about teaching the kids to make balloon animals (although lions are tough to make - lion cubs/dogs are easier) and Thanksgiving cupcakes for those people the kids were

thankful/grateful for, we spoke about how the kids really remember the story of Daniel & Lion's Den.

As we are starting the 6 year WoRM program over this year - many of the kids would have heard this story when they were quite young. It has been very exciting to find that they are recalling details of the story today.

Justin and Maggie also noted that the kids really seem to enjoy working with them. There seems to be a connection.

Maggie and Justin are a very creative team. Did you happen to see any of the faces painted on Halloween Sunday? We are very pleased that Maggie and Justin have taken on this role. They have just started work on this year's Christmas Pageant. Plan to come on December 19th!



Another interesting note! When Andrea and I initially met with Justin and Maggie on Sunday School - our discussion drifted to the Canadian Forces. Justin is a reservist with the 1st Nova Scotia Highlanders. He had already inquired with his unit about transferring to the SD&G Highlanders. After Christmas, Justin will be working with the S.D. & G Highlanders. Maggie is the DJ at the Macdonald campus pub called the Ceilidh! What a great fit with our church community!

Submitted by Susan Edwards

Pastoral Care:

The pastoral care team and other church members took part in a Me First Step-Up workshop recently. It was a day of self-discovery, hopefully leading to action that will improve the quality of our lives and in turn, the lives of those around us.

In 2011 we hope to present a five session course in care giving to the community at large. It would be facilitated by Verna Nutall of the Ottawa Pastoral Care Program, and would be held once a month from 1 to 3 pm, beginning on Feb. 10 and proceeding each second Thursday of the month until June.

The course would cover the details of a caregiver's possible responsibilities, emotions along the path, care for the caregiver, family dynamics, warning signs of feeling overwhelmed etc. There would be lots of time to share problems and learn from each other's experience. More details will follow in the New Year. Please advise anyone you know who is fulfilling this role at this time.

We continue to meet monthly and welcome information on those we can serve; at home, in hospital or by delivering CDs of the Sunday service. Just contact Karen at 613-525-1399 or paavila@persona.ca

Karen Paavila
Pastoral Care Team Coordinator

Concerning Pastoral Care Team

Our team continues to meet with Andrea regularly to keep up to date on the needs of those in our congregation and in the community. Between us, we visit,

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make phone calls, deliver CDs of Sunday services, pray, support and encourage one another.

As part of our on-going interest in team-building and pastoral care, some of us took part in "ME FIRST" workshops in the Spring with Betty and Jim Healey. Recently, eight of us attended a follow-up workshop. It was a chance to "regroup" and "recharge". Without a doubt, everyone left with a clearer sense of purpose, commitment and confidence.

The idea behind "ME FIRST" is not what most people think. It's not about ego, and self-centeredness. It's about acknowledging your God-given gifts, strengths and talents. It's about being clear, naming, knowing, and honouring who you are and what's really important to you. We all know how easy it is to get distracted, to be pulled in the wrong direction. The single, most significant concept of "ME FIRST" is to release what **no longer serves you, and to attract all that is in your highest good.**

This is especially important for us as Christians, and especially significant to us as we enter the weeks of Advent and Christmas. Whether we like it or not, sooner rather than later, we are bombarded with the popular, commercial message of Christmas -- buy, buy, buy, spend, spend, spend. Does that message really serve us? What do we need to discard, relinquish, give up this year in order to honour the Christian message of Advent and Christmas?

"Alternatives for Simple Living" (www.simpleliving.org) is a non-profit organization that equips

"people of faith to challenge consumerism, live justly and create meaningful celebrations". Every year they publish a booklet entitled, "Whose Christmas Is It, Anyway?" This year's booklet includes articles and reflections from The United Church of Canada. The activities and articles are intended to encourage a simpler, sustainable lifestyle. Surely that is something we all wish to aspire to and attract in our lives.

In an effort to release what no longer serves us and to attract all that is in our highest good, may we all strive this Advent and Christmas to focus, not on consumption, but on compassion.

Submitted by Lorna McKendry

Note: As last week's Session Meeting, Andrea opened our meeting with something from the Healy Workshop. Take 1% of your day for yourself. 1% is only 14 minutes. So take 7 minutes in the morning to consider what you want to do for the day. Think about "what do I intend to do." Then take 7 minutes before you go to sleep to check in and be grateful. Think about "what am I grateful for today." What a great way to start and end your day!

Free the Children Char-Lan Chapter

As I started this newsletter the memory of Hannah Pearson leading all of us in the "We Song" of Free the Children was my image of light against these darkened days. I then immediately lost my train of thought!

After interviewing Lynn Larkin,

we can tell you more of our local chapter's visit to "We Day" – the Free the Children conference for eastern regions of Canada.

Andrea and Lynn went to Montreal with 30 members of the Char-Lan Chapter of Free the Children where they joined with other students of an inspired group of 2000 at the St. Denis Theatre. Others from our church community included Joelle Moncrieff, Sam Chambre, and Kerriann MacNaughton Seguin.

As Lynn said they were inspired and energized by music and motivating speakers. Three speakers highlighted the experience. One was Mia Farrow, who showed her photo diary from her work and visits to Chad, Sudan and the Central Republic of Congo. Her work seeks to make everyone face the horrors of genocide in these countries. Another speaker was a young man who had been a child soldier, and is now able to speak out about this heinous action that takes place in countries such as Sudan and Chad.

Marc Garneau (Canada's first Astronaut) inspired his young audience to use their creativity to care for the planet that he had seen as a fragile blue-green bubble.

The magician who demonstrated escape from a straight-jacket made this feat an object lesson that all things are possible if one is to break down problems into manageable steps. (one step at a time used to be our childhood advice that can still work wonders!)

We look forward to hearing more about the activities planned by local chapter of Free the Children. This is our 10th anniversary!

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Doors Open:

Doors Open 2010 This year we once again took part in the Cornwall and Seaway Valley Doors Open. St. Andrew's has not been featured in the Doors Open program since 2007, and we thought it was an opportunity to make more people know about us.

A one-page synopsis of history was written and printed and the previously prepared walking tour of our cemetery was also printed and handed to visitors.

Our doors were 'open' on September 11 and September 12.

About 30 people came, visited, viewed, read, listened and signed our guest books. We were pleased with this response.

A special thanks to Sandra French & Bev Craig for being our Saturday tour guides and Karen Paavila & D.J McDonald for being our Sunday guides.

When a Sidewalk is more than a Sidewalk

As part of their 2010 program, the Trustees planned to replace the sidewalk to the main entrance. The existing sidewalk was narrow and there was a step into the foyer interfering with easy access. This summer the Stewards were approached to see if one of that committee would spearhead the project.

In order to eliminate the step into the foyer, the walk was designed to slope gradually from the gate to the foyer floor level. A call to a local funeral home assured us that 2.15 m was enough width to accommodate a casket and pall

bearers. As this width matched the distance between our gate pillars, it was chosen. To minimize cracking and keep those cracks small the sidewalk contains steel mesh reinforcing.

A small tender was prepared and circulated to recommended contractors. The successful company was St. Lawrence Concrete Works from Cornwall. St. Lawrence started work on Monday, October 4th, and in spite of a couple of rain delays, they were done in time for the Thanksgiving service.

The finish originally specified was the normal edged, broomed finish. St. Lawrence Concrete Works offered to "impress" the surface... After reviewing the process and the finished product, their offer was accepted.

The contractor removed approximately 1/3 the old entranceway sidewalk, then built on top the rest of the way to the door (interestingly, it appears that there were two earlier sidewalks; the one we were walking on and one under it).

The formwork was built, gravel added and compacted to achieve proper grade.

The concrete (an air entrained, medium slump, 30 MPA mix) was placed over the reinforcing mesh, consolidated, and the reinforcing lifted into place. The surface was levelled and left for a few hours before "impressing" began. The contractors spread a parting powder on the surface, then placed rubber pattern mats and tamped them into the now plastic concrete. The impressed pattern imitates Ashlar stone and there are at least 3, maybe 4 variations. (Try to spot

them. Hint: each pattern mat was a fat stem L shape). After the concrete had set sufficiently the parting powder was washed off, the formwork removed, and a curing compound applied, and the surrounding ground raked.

We were very pleased with the work performed by our contractor.

It is a common misconception that concrete dries. It shouldn't; it should harden. The Portland cement in the mix takes in water, releases heat, adheres to the gravel/stone and cures (too much heat is also the bane of concrete).

Concrete is designed to reach a specified strength in 28 days. Although the strength increases over time, the effect diminishes significantly after 4 weeks. In the presence of moisture, concrete actually gains strength almost indefinitely. A cool damp fall is ideal concrete weather.

Those involved in the project trust that the walk will be functional for more than the foreseeable future.

From D.J. McDonald

Committee of Stewards

Editor's note: now you know why we chose this title for D.J's dissertation. My civil engineer brother-in-law is equally compassionate about making us knowledgeable about cement and its role to make concrete.



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Celebrate Stewardship Campaign

Through late September and early October, St. Andrew's embarked on a 5 week program to Celebrate Stewardship.

Celebration was the theme for week one. God gives us the gifts of life and of God's Spirit in our lives. We seek ways to respond to and share God's love with others through our own giving. Week two was an invitation and a searching.

Week three celebrated the vibrancy of worship (weddings, baptisms, funerals, worship, music, special services).

We were also presented with a Step Chart, showing data and possibilities and re-introduced the advantages of giving through PAR.

Week four asked us to share our gifts of time, talent, and money.

Week five was "Celebrations Sunday". Rev. Lillian Roberts addressed the Congregations (Martintown and Williamstown met together) on the joys of serving. After the service, all were hosted to a Spaghetti Luncheon (many thanks to the Williamstown Stewards for the main courses and dessert crew from Martintown).

As a part of the Campaign, over 80 letters were delivered (either by hand or sent out) asking members to think about and plan their giving to St. Andrew's.

22.5% of those receiving letters have responded. If you are one of those yet to respond, please think about what it means to you to have St. Andrew's.

*From D.J McDonald for
Committee of Stewards*

Babes in our Midst

There was a second baptism for the Overbury family and relatives. On October 17th, Jennifer and Jason Robinson attended the service with son Kaleb David who was wearing a baptismal gown that his father wore 27 years ago. Kaleb was born July 29th (half hour past the due date!). The parents and grandparents are enjoying watching him grow to become a handsome little boy who gets busier every day.

Susan and Frank Henssen have become grandparents. Sarah and Ben are the proud parents of Liam.

Welcome to the club, Susan and Frank; to become grandparents is awe-inspiring!

Baby Madeline Dennis and mother Allison made the photo feature on our church supper in the Glengarry News.

Turkey Supper: A Community Event

"That was a really good dinner your church put on." Those were the words that came my way – and I heard the same message in different places at different times.

The atmosphere in Irvine Hall was convivial, warm, and happy! Neighbours and visitors from 'away' formed community as they communed over food.

If you were one of the many people bringing food to Irvine Hall's kitchen, you would be impressed by the amount of food, the amount of work and the skill of kitchen workers, pie cutters, servers, and washer-uppers.

Not to be forgotten are those who worked at the back door in the shelter of the cedar trees to heat water for the washer-uppers. I saw this group from a distance. It appeared to be an all-male preserve with dark figures hovering over flames and big vessels of steaming water.

The chief convener of the remarkable St. Andrew's Turkey Supper is Bev Craig who wishes to express thanks to everyone (every provider of: butter, rolls, pies, turkey, salad, willing hands, and strong backs)

Our numbers were down slightly from last year but our proceeds from bazaar/bake table were increased to make our financial gain very close to last year's results.

Christine Lefebvre, Edwina Billyk and Tina Cairncross looked after bazaar/bake table sales in the welcoming candle-lit atmosphere of the choir room.

Addendum: From Edwina Billyk

Bake tables have a mesmerizing effect on people. Observing people coming to the bake table is, of itself, a visual definition of an approach-avoidance situation. There before you are all those things you would like to make yourself at home, but don't dare! Each of us has a weakness; the fresh rolls, the lusty loaves, the artistic cakes, the preserved fruits. (Tina stoically held her sweet tooth in check until the fudge arrived, and then all sweetness broke loose!) Thank you to the many people who go to great pains to make these wonderful treats for our bake table. You bring out the "kid-in-the-candy-store" in all of us!

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The Observer

The United Church Observer subscriptions will be due in the New Year but Eleanor would welcome your \$20 anytime now. There will be an envelope in with your 2011 envelopes or she will be happy to give you the "Observer" envelope which can be placed on the offering plate with your payment. Eleanor can be reached at 613 347-2622.

I don't know of any quality magazine available for this price. Read the Observer and know what United Church people across Canada are doing and thinking.

Reminders:

The church books close on December 31 so please have all bills and contributions -for- receipt in before that date. (Now to find

those little scraps of paper – I long for old-fashioned bills from a "bill-book"- all smudged from carbon paper!)

Envelopes for 2011 will be given out in early December. If you do not have envelopes please speak to Treasurer Jim at 613 347-1116 or a Steward. Please ask the same people how you can make regular donations to your church through the program PAR.

If you would like to place Christmas flowers in the sanctuary in memory of loved ones, please give the names and the contribution to the treasurer before December 15, so that flowers can be purchased, and the appropriate notices can be printed in the bulletin.

Cards for Anyone?

I was once again impressed with the importance of being accepted

and cared for by a community such as ours, when Lorna gave recognition to a brown-eyed boy who was pleased to acknowledge his eleventh birthday during church this past Sunday.

Linda McDonnell helps us to keep this acceptance alive to those may not be "in church" as Angus was.

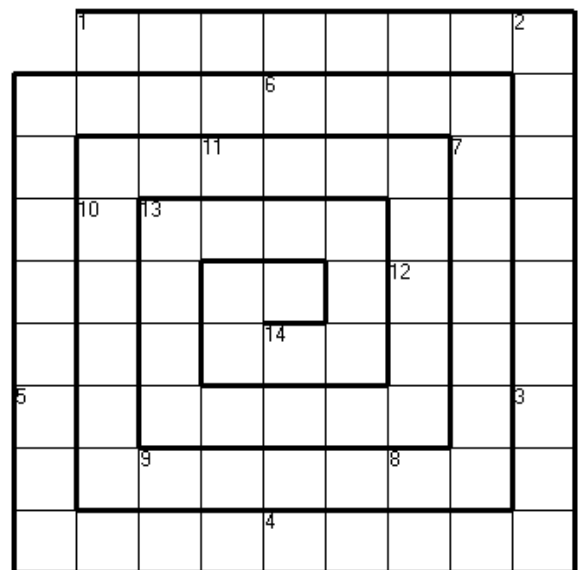
Please let her know how she can complete this important work by informing her of anyone who should be reminded of our care by receiving a note or card. Contact Linda at 613 347 2628 or lgmcd8@hotmail.com.

Merry Christmas

Best wishes to everyone this holiday season and for 2011.

A Christmas Spiral Puzzle

1. The reason the wise men wanted to find Jesus
2. Animal that Mary rode to Bethlehem
3. Earthly Father of Jesus
4. Announced Jesus' birth to the shepherds
5. Watched their flock
6. It led the wise men to Jesus
7. Where the baby Jesus laid
8. An infant
9. he saves people from their sin
10. There was no room there for Jesus
11. The wise men brought these to Jesus
12. City where Jesus was born
13. A place where animals sleep
14. The Mother of Jesus



MERRY CHRISTMAS