



CCSAC Walk



Back to School



Orange Shirt Day



Gracefield Retreat

ST. ANDREW'S IN ACTION

Fall, 2021

**ON SEPTEMBER 30TH
WE WEAR ORANGE**



IN HONOUR OF ALL THE CHILDREN

Monument located at the site of Cecilia Jeffrey Residential School

#ORANGESHIRTDAY

NATIONAL DAY FOR TRUTH AND RECONCILIATION

In This Issue

Messages	3
Minister's Reflections: For the beauty of the earth	3
Where did that child come from? A Reflection for Orange Shirt Day 2021	5
Greetings from the Kirk Session	6
Christian Education and Youth	8
Sydney's Fall Report	8
Rally Sunday 2021	12
Mission and Outreach	13
The Impact of the Pandemic on Refugees in Uganda	13
Resettlement preparations in Ottawa	14
News from our Christian Brothers and Sisters in India	15
Virtual Walk for the Centre 2021	16
What do you know about the Congo?	18
Worship	19
A Tribute to Tom Annand	19
Welcome, Matthew!	21
St. Andrew's Ringers	22
Sadness, Thankfulness, Hopefulness	23
Our Heritage	24
The St. Andrew's Ottawa Glebe Endowment: The Heritage Fund	24
Fellowship	26
The 2021 Gracefield Retreat	26
Thank You, St. Andrew's!	27
<i>When All Is Said</i> , by Anne Griffin	28
St. Andrew's Women's Guild	28
Men's Fellowship	29

St. Andrew's in Action is the congregational newsletter of St. Andrew's Presbyterian Church, Ottawa.

Please email your articles and photos (highest possible resolution, please) at any time to StAndrewsInAction@gmail.com.

NOTE: In the case of adults, it is the practice of *St. Andrew's in Action* to use the full name of those submitting material and those pictured. In the case of youth, only the initial of the last name is used to ensure privacy in the online edition. This practice can be adjusted for anyone who does not want their full name used. Such requests should be sent to StAndrewsInAction@gmail.com.

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Messages

Minister's Reflections: For the beauty of the earth

Then God said,

“Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds.” And it was so.

The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds.

And God saw that it was good.

And there was evening, and there was morning—the third day.

Genesis 1:11–13

My dad loved apples, so did his brother, my uncle!

As a child, who sometimes got tired of the constancy of the apple in my lunch bag, I found that strange. Particularly so since my dad and his brother had grown up in Jamaica where they had a mango tree growing outside their bedroom window. And avocados and coconuts along with cherries and oranges growing in the garden.

I was young when we lived in Jamaica, but I still have a memory of my grandfather, who was the gardener, squeezing fruit juice for my sister and me from his own harvest. “How exotic is that?” I used to think as I gazed at the lowly apples in my lunchbox.

And yet, for my dad and his brother growing up with all this tropical fruit, it was the apple that was the rare delicacy. Just imagine! In a world where mangos and coconuts were part of the landscape, apples were not.

Sometimes it takes someone else's experience to open our eyes to the bounty and blessings we live among.



I was thinking of this as Hugh and I found ourselves surrounded by apple trees loaded with fruit as we drove along the roads of Nova Scotia at the end of August. I don't think I have ever seen, or at least I have never noticed, so many apple trees growing wild. They were beautiful! And they were everywhere!

I had my first apple of the season the other day. Crisp and tart, truly delicious. The words of an old and simple prayer come back to me as I recall that first bite:

God is great and God is good,
and let us thank God for our food!
Amen

Happy Thanksgiving to you all,

Grace and Peace, Karen

5 WAYS TO GROW GRATEFUL KIDS

Gratitude is our response of thankfulness for God's goodness, love, provision, and grace.

As Christ-followers, we don't just practice gratitude because it's good for our health (although it is!), or only when things go smoothly. Our gratitude flows from an awareness that, regardless of our circumstance, God loves us and is with us. Here are five tips for cultivating grateful living with your family.

1 EXPRESS YOURSELF

Express your gratefulness to God and to others (including your kids!) out loud and often. They're taking their cues from you, and the best way to cultivate a grateful spirit in your kids is to cultivate it in yourself too.

2 PROVIDE PROMPTS

At mealtime, at bedtime prayers, and at other times, invite everyone to name a person/place/thing/experience for which they are grateful, or to name something they can hear/see/taste/touch/smell for which they are grateful.

3 TAKE NOTE OF GOD'S GIFTS

Keep track of God's good gifts using a format that works for your family. Some ideas: keep a family gratitude journal; jot your thoughts on sticky notes and post them on a Gratitude Wall; express your thankfulness on paper strips placed in a Gratitude Jar; write or draw things for which you are grateful on a paper tablecloth. Save your lists and drawings and revisit them at Thanksgiving, on New Year's Day, or anytime you'd like a reminder of God's provision.

4 REMEMBER GOD'S GOODNESS

During challenging circumstances, remind your kids that God is with them. Wonder about the ways in which God may be at work behind the scenes. Express gratitude for the fact that even though we may not fully understand God's plan, we can trust that God works for good in all situations and that our destiny is safe in his hands.

5 LIVE GRATEFULLY

Your practices should overflow into your community. Be generous with your time, talents, and resources. Show appreciation to others in tangible ways. Be a servant. And always try to treat others in ways for which they can be grateful and give thanks to God!

dwell AT HOME

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Where did that child come from? A Reflection for Orange Shirt Day 2021

Then they (Jesus and the disciples) came to Capernaum; and when Jesus was in the house he asked them,

*“What were you arguing about on the way?”
But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them,*

“Whoever wants to be first must be last of all and servant of all.”

Then he took a little child and put it among them; and taking it in his arms, he said to them,

“Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.”

Mark 9:33-37

Where did that child come from anyway?

The scripture never said anything about a child in the house!

I didn't see him, or her...

I didn't expect to anyway

Did you?

I don't think the disciples saw the child either until there was Jesus holding it up in their midst.

When we meet up with Andrew and Peter, James and John and the rest in our scripture reading today, Jesus has been talking to them about their upcoming trip to Jerusalem and how when they get there he will be handed over and killed.

Maybe this is what prompted the conversation they had been having along the road, the one

that Jesus is asking them about as they arrive at the house in Capernaum.

They were silent at first because they had been arguing among themselves about who is the greatest. No one likes getting caught in that kind of self-aggrandizing conversation, it feels weird and awkward.

But then Jesus did something even more weird and awkward.

“Whoever wants to be first must be last of all and servant of all,” he said. Then he took a little child and put it among them; and then taking it in his arms, he said to them: “Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me”

So where did that child come from anyway?

Was it there all the time and we never noticed?

I didn't see him or her, did you?

Children after all, in Jesus' day were not among those who were numbered as great. Outside of the love they received in their own homes they didn't count for much and yet here was Jesus, making the child visible.

This is what Jesus does, he lifts the child up and makes them who were unseen before visible now.

Just like he had made people with leprosy visible, and those who were tax collectors, and women.

All those on the edges who didn't matter in the conversations about greatness, all those who in their vulnerability relied on others for life and the things necessary for life, were seen by Jesus and lifted up, made visible to others. They are suddenly front and centre when Jesus is around.

I have been considering this passage as we mark Orange Shirt Day this week.

As we are invited to consider all the children who have been made visible in the news in the

last few months. Their graves were always there, and now we see them.

Here is the thing: When it comes to their argument about who is the greatest, Jesus doesn't chastise his disciples for wanting to be first. What he does is show them how to be.

Greatness is different in Jesus' Kingdom.

It looks to others, not ourselves.

It draws on compassion and mercy, justice and loving kindness. It has to do with opening of hearts and minds to receive, eyes and ears to see and listen and hands to serve and love.

As Jesus draws the children to himself and holds them up to us, this is our calling too.

After we came home from the Healing and Reconciliation Tour two summers ago, I became more aware of Indigenous authors and culture, Indigenous concerns in the news. It is often like this isn't it? We meet someone or go somewhere and when our heart is touched, we begin to see the world differently, to notice different things, to act even, in different ways.

Wearing Orange on Orange Shirt Day is a very visible act. The sea of orange shirts walking from Parliament to Confederation Park on September 30 was a sight to behold.

Wearing an Orange Shirt and being prepared to explain it to others is an opportunity to make visible the story of Phyllis Webstad. Her own orange shirt, a gift from her grandma was taken from her on her first day at Residential School. Many of us still have treasured things given to us by our grandparents when we were children. They speak to us even today of love and belonging, family and care. Phyllis' shirt was taken from her and today when we wear an Orange Shirt it symbolizes her loss and so many other losses. Culture, family, parenting, community, health ...

One of the things that comes home to me quite often these days, is that part of the Presbyterian Church's confession that says we

presumed to know better than Indigenous people what was best for life and flourishing. There was a presumption that being like us was the way to go. There is a diversity and beauty to Indigenous Culture that is part of our country's history for us to lift up and discover and celebrate. And there are ongoing injustices to protest and work to correct as well.

On September 30 we wear Orange and in making these things visible, we participate in the way of Jesus.



Greetings from the Kirk Session

*Heather Pilkey,
Administrative Clerk*

Whatever you do in word or deed, do all in the name of Lord Jesus, giving thanks through him to God the Father.

Colossians 3:17

Traditionally, the external pace of St. Andrew's slows during the summer, but behind the scenes, many people continue to work hard to

ensure that projects proceed and committee work carries on. This summer was no different, and I am grateful to those who persevered during the long, hot months of July and August.

If you passed by the church this August, you may have noticed our new inclusion banner on Kent Street, and inclusion flag on Wellington Street. These came about through the work of Rob Robertson—one of his last projects at St. Andrew's before his death—and the Christian Communications Committee, after decisions made at General Assembly and then Kirk Session last June.

To provide a little bit of background, at the June 2021 meeting of General Assembly, two significant decisions were made pertaining to church doctrine: the question of same-sex marriage and the ordination of LGBTQI ministers and elders. The Presbyterian Church in Canada now recognizes two definitions of marriage, either as a covenant relationship between a man and a woman or as a covenant relationship between two adult persons. It also recognizes that congregations and presbyteries may call LGBTQI ministers and elders. Both of these decisions allow for freedom of conscience.

St. Andrew's has been involved in this discussion since 2008, and we petitioned for changes of the law of the church regarding same sex marriage in 2009. Over the last 13 years there has been active deliberation within the congregation through workshops, study sessions and discussion.

On the basis of the decisions made at General Assembly, Kirk Session met on June 21, where we voted to recognize marriage as a covenant relationship between two consenting adults. What this means is that both same-sex and

heterosexual marriages are welcome at St. Andrew's. With regards to the General Assembly decision regarding the ordination of ministers and elders who identify as LGBTQI, freedom of conscience means that elders and minister who do not agree, do not have to participate in ordination services.

Also working diligently throughout the summer was the group tasked with the establishment of an Inclusion and Anti-Discrimination Committee. The need for this committee was made apparent last year following the discussions regarding anti-black racism, and a planning group was formed last spring to put together the committee's terms of reference. Much care, thought and hard work has gone into these terms of reference, which will be coming to Kirk Session this fall for review and approval. Once the terms of reference have been approved, the committee's work will begin. Updates and information on this committee and its work will be available once it is established.

Andrew Moir's term as Recording Clerk came to an end June 30 and we are grateful for the very fine job he did under extremely challenging circumstances. On September 1 we welcomed Jidé Afolabi as our new Recording Clerk and although it has only been a month, Jidé has hit the ground running and I am very appreciative of the opportunity to work together.

There is much to be thankful for as we move through the autumn season. Whether you are worshiping at home or in the sanctuary, we are grateful for you continued and prayerful support. As always, updates involving anything to do with the pandemic will be provided as we have them.

We wish you all a Happy Thanksgiving.

Christian Education and Youth

Sydney's Fall Report

Sydney McIntosh,
Christian Education Coordinator

Vacation Bible School 2021

This year we were extremely blessed with a wonderful VBS planning committee. Together with everyone's help we had over 20 volunteers participating in running a committee to make decisions, make packages and deliver them to families and create over 46 videos! Wowza!

30 children participated in the activities virtually from home. 26 of the children were new to St. Andrew's and since then some of the children have participated in Sunday School online, attended Apple picking and received backpack tags for the start of the school year with all of our families who are a part of our faith community. We are happy to say we have been able to keep in touch with emails, letters and phone calls to our new friends from the summer. All glory to God. We enjoyed having daily song and welcome times with our friend Heather P. who helped do all the music with her two daughters! Thank you, Heather!! 5 children were able to gather for an in-person gathering on the Supreme Court Lawn to celebrate the end of the week and we had an end-of-week challenge where one family got to win their favourite dessert. The Bakker-Clark family kids picked vanilla cake! Good choice. Thank you to everyone who helped out and made VBS possible this year.

Apple Picking + Forest Church

On a beautiful sunny September day, the church gathered at Orleans Fruit Farm to go apple picking and spend time together in God's wonderful creation.

We picked apples, ate pumpkin shaped cookies and drank apple cider. A few of us even did a



scavenger hunt. Keep an eye out for more church-wide outdoor activities! We are starting a new program this fall called Forest Adventures. Community time spent together outside, enjoying the seasons and each other's company as we marvel at the world God has created together.

Our next gathering will be Sunday, October 24, from 2–3 p.m., at Parc des Portageurs. Everyone is welcome. Dress for the weather as we will be outdoors, rain or shine. If thunder storming, please anticipate it will be cancelled.

We hope you will join us as we explore the green spaces and Forests of Ottawa together this fall!

Contact Sydney to RSVP and for more information,
sj@standrewsottawa.ca.

Register for Sunday School 2021/22

Friends, it is important for our records to update our Sunday school registration annually. Please fill out the registration form for each of your children between the ages of 0–18 years old. Forms are confidential and only Sydney will have access to the information. Thank you and God bless. Any questions contact Sydney.



Orange Shirt Day

On Sunday September 26 we remembered and wore our orange shirts in Sunday service to show our commitment to standing with our Indigenous brothers and sisters who are residential school survivors. Thursday, September 30 marked the first Truth & Reconciliation Day in Canada. We spent time together with the youth group and donated money to the Indian Residential School Survivors Fund by buying orange shirt day t-shirt cookies where 100% of the proceeds went to the fund. The youth wore orange to our youth event, and we talked about what it means to wear orange and what we can do in our communities to make a change.

Prayer on Orange Shirt Day

Vibrant God

Your creation explodes with the colours of the rainbow

Your peoples reveal the beauty of diversity

We remember today when the joy and dignity of a precious child was destroyed.

We lament today for the childhoods lost through the residential school system.

We mourn for the spirits crushed and the futures compromised.

Celebrate the hope and joy of every child

Tell the stories of resistance that make us stronger

Build the bonds of solidarity to ensure “never again”

In the name of the one who was child among us

Amen

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Sunday School Online + Rally Sunday

Children of God, this school year, may you be curious and kind, gentle and strong, brave and loving.

Friends, we are so excited to welcome you and your families back to Sunday School this fall. Things will look different, and I am writing to update you on our plans so that we can gather together safely in the spirit of celebration.

We will not be returning to in-person Church Sunday School. Instead, we will continue to meet online, on Zoom at 12 noon until safety measures are in place.

After careful consideration among the Christian Education Leadership Team, it is clear that we are not yet ready to gather as a congregation for an outdoor meal at this time.

Beginning Rally Sunday, **for children who are at worship in the sanctuary with their parents**, we will be providing activity sheets and colouring materials for your children that are relevant to the Worship Service of the day. To attend in-person worship, please register with Vivian in the church office by Friday at noon (office@standrewsottawa.ca).

Any questions or concerns about Sunday School please reach out to me, Rev. Karen (kd@standrewsottawa.ca) or Heather Pilkey (hp@standrewsottawa.ca).

On Rally Sunday we gathered in service to thank God for the blessing of a new school year and celebrate the children, youth and teachers that returned to work and school. There was our Rally Sunday special-balloons + bubbles! Yay. We prayed in the service for the children, youth and teachers as they have returned to school and work. We also commissioned the Sunday School teachers as they teach the children in the coming year and provided a blessing for the children to attach to their backpacks for the coming year.



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Please pray this prayer with me.

Praying for the School Year:

God of fresh starts and new beginnings, we bring ourselves, our big feelings, and our backpacks to you.

Last year was different from what we expected. We couldn't see our friends or play on playgrounds, we learned at home, in masks six feet apart, or both. In all these changes, we may have felt sad and alone.

God, our friend who comforts us, hold us close and wipe our tears.

In our backpacks, we carry blank pages, sharpened pencils, and pointy crayons, and in our hearts, we carry big feelings, unanswered questions, and hopeful expectations. There are endless possibilities of what this new year might bring—of what we might learn, who we might meet, and who we might become.

God, our friend who is always with us, be with us through it all.

Be with us as we ride the bus. Be with us as we walk. Be with us as we buckle seat belts, zip-up jackets, and tie shoes. However, we get there, and whatever we wear, bless this journey into something new.

For the grown-ups going back to school, With-Us God be with them too. Thank you for our teachers, helpers, caregivers, and leaders, and for all they do to help us learn and grow.

God, our friend who's full of wonder, fill their hearts and bless their hands. Amen.

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Youth Group

The youth group, who are of an age where they are vaccinated (12+) will continue to gather outdoors monthly in a COVID safe manner. Youth leaders will be vaccinated. Please expect to hear more from Sydney and Aisling Boomgaardt in the coming weeks. The youth will be gathering after church on October 3 to walk and raise money for the Centretown Emergency Food Centre.

We had a fun pizza and game night in August, where 6 youth attended, and a movie and hot dog night in September where we sat outside



and watched a movie on the big screen in Tim + Syd's backyard! Lots of fun. The youth group remains in contact and has been very vibrant throughout August and September! Praise God.

Grade 4 Bibles

This fall Christian Education will be gifting Grade 4 students bibles.

If your child is entering or finishing Grade 4 and has not received a bible from the church, please contact Sydney and she would be happy to add your child to the list of receivers.

Words to Remember for October

This fall let us remember to write God's words on our hearts by memorizing the words to remember for October together.

This month as we celebrate communion, we read the words "let your roots grow down in him [God] and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness." Colossians 2:7

This verse reminds us of all the living things growing around us. How they grow and receive the sunlight and water they need to thrive. Just like how God provides for the tree God provides for each of us. He feeds us at the communion table and God lovingly prepares room for us as the table. He takes all our transgressions and wipes the slate clean. We thank God for how marvelous He made His creation to be and that we have a wonderful Father who calls us by name to join him at the table. In this season of thanksgiving we remember all that God has blessed us with and how he nurtures us so we can grow strong in our faith and build our lives on him. We can trust our Heavenly Father to provide for us and for that we overflow with thankfulness. Amen.

Rally Sunday 2021

Laura McGregor

What event combines the blessing of the backpacks for school, a celebration with festive balloons, the commissioning of teachers, the rededication of the Christian Education Committee and the call for support from the congregation? RALLY SUNDAY! While it is traditional that the choir be also commissioned, under current circumstances this was not doable but we were treated to a special four-part harmony from our soloists. We were fortunate that we were able to have in-person congregational attendance to help support Aisling Boomgaardt's charge to all to rededicate themselves to Christian Education and work to study and appreciate God's word. While this is the second year celebrating this special day under unusual circumstances, the feeling of a renewed spirit was very evident and we would like to express our thanks to Rev. Karen, Sydney and Aisling for



making Rally Sunday 2021 a special day for all. And a special word of thanks to God for all the work he does through his vessels.

Mission and Outreach

The Impact of the Pandemic on Refugees in Uganda

*Nathalie Bradbury,
St. Andrew's refugee sponsorship coordinator*

For my update in this fall bulletin, I have chosen to focus on the impact of the pandemic on refugees in Uganda, as this is where the Mubikayi family, the family being sponsored by St. Andrew's, currently live in a refugee camp. The information comes from articles from the World Bank, the UNHCR, other UN agencies and the BBC.

Uganda is Africa's largest refugee hosting nation, with 1.45 million refugees living in 13 different districts of the country. These regions host either large refugee settlements, urban refugee neighbourhoods, or formal refugee camps, with refugees from South Sudan, Burundi, Somalia, and the Democratic Republic of the Congo (DRC), where the Masanka Mubikayi family are from. There are 400,000 refugees from the DRC alone, and an even larger number from South Sudan. Uganda has a generous policy towards displaced persons, allowing refugees the right to work, freedom of movement and the right to live in settlements rather than in refugee camps. This has been considerably restricted due to the pandemic.

The pandemic has been hard on Uganda and Africa as a whole, and harder still on refugees. Half of the countries in Africa have vaccinated less than 2% of their population due to limited health systems and insufficient vaccines. According to the Johns Hopkins University Coronavirus map, Uganda currently has 123,572 Covid-19 cases. Since May of this year, Uganda has been hit by a wave of COVID-19. Between March and April, the country

experienced an 81% increase in cases. While the surge in cases was initially around Kampala, it spread to other parts of the country, including refugee-hosting districts. With increased pressure on hospitals and intensive care units (ICUs), the Ugandan government imposed further restrictions to curb the spread of COVID-19, followed by a nation-wide lockdown in June 2021.

Refugees and host communities have been particularly affected by the latest wave of COVID-19 cases. Most of the refugees living in the country prior to the pandemic were already considered highly vulnerable and many were already dependent on assistance. As part of the lockdown measures, travel to refugee settlements was suspended, except for medical and life-saving services, removing all other services provided by humanitarian agencies. Aid agencies have talked about the difficulties of ensuring social distancing and sanitation in refugee settlements.

A 6-month survey of refugees during the pandemic revealed that refugees are faring significantly worse in many ways than Ugandans in general. The ability of refugee households to buy food, access sufficient drinking water, and access medicine and medical treatment were significantly lower compared to Ugandans. In February/March 2020 about 36 percent of refugee households did not have access to medicine when needed and were unable to access enough drinking water, while in contrast only 18 percent of Ugandans were not able to buy medicine when needed and only 2 percent of Ugandans faced scarcity in drinking water.

By the end of the survey, in March 2021, the employment of Ugandans in general were back to pre-Covid levels, while refugees were still significantly under-employed. For most

refugee households, income levels continue to be below pre-pandemic levels.

Refugees continue to face very high levels of food insecurity. About 64 percent of refugees are food insecure compared with 9 percent of Ugandans. The most chosen way of coping is reducing food consumption. Parents often go with nothing in order to space out the food rations and give what little there is to their children. Compared to Ugandans, the ability of refugee households to buy food, access enough drinking water, and access medicine and medical treatment were significantly lower. This was already the case prior to the pandemic.

Not surprisingly, these dire straits are also affecting their mental health. In the survey, more than half of refugee respondents reported experiencing depression compared to only 5 percent of Ugandans.

This helps us to better understand the Mubikayi family and what they're experiencing in the refugee camp in Uganda.

Resettlement preparations in Ottawa

Our preparations here in Ottawa are proceeding. We are looking for housing and hope to be able to visit some high schools when restrictions allow it. We have collected a significant amount of furniture and household needs thanks to the generosity of St. Andrew's members, and we have no storage room left. We are hoping to receive two laptops so that the two teenagers will be able to catch up on their schooling as soon as possible. Fundraising is also proceeding apace. We have sufficient funds to cover their needs during the first two months after arrival and possibly a few more months as well.

We are very pleased to share with the congregation that the St. Andrew's Memorials Committee has gifted \$4,000.00 to the

Refugee Fund. As explained by the committee chairs, "The Memorials Committee receives monetary gifts from families of members and adherents of St. Andrew's who have passed to allow our congregation to act boldly in an array of activities for the Glory of God, and the betterment of our congregation and our community: to sponsor refugees from other parts of the world seeking shelter, and a better life in Canada, fits well into our mandate."

This brings the sums raised to over \$12,000.00. The Memorials Committee hopes this contribution will help inspire others so that we can reach our goal of \$35,000 to cover a year's sponsorship of our latest refugee family, the Mubikayis.

Immigration, Refugee and Citizenship Canada (IRCC) were recently in touch and have provided us with detailed instructions on welcoming refugees during pandemic restrictions. IRCC has asked us to submit a quarantine plan which includes a specific residential address where the family will be staying to complete their 2-week quarantine.

The family will no longer be required to stay in a hotel near the airport where they land. Instead, they will be sent on to Ottawa and will quarantine here. We are looking for a quarantine location that would be acceptable to IRCC for a 3-person family where the family would be self-contained - sleeping quarters plus their own bathroom and dining area. We would be providing their meals and beverages so a full kitchen will not be necessary, maybe a microwave and a kettle, and either a cooler or a fridge.

We must now be ready to welcome the family most likely as soon as this fall. This includes a full quarantine plan as well as the usual requirements in terms of housing, schooling, financial support etc.

So, we may be fortunate to welcome the family in very short order. Considering the conditions

that refugees are facing during the pandemic, the sooner we can bring them here the better.

Volunteers: any church member with some medical or nursing or public health background would be very helpful in the first few weeks after their arrival to help the family get used to the routine of public health sanitary measures and keeping an eye out for Covid symptoms. Please contact Nathalie

Bradbury through the church office at office@standrewsottawa.ca.

As we get closer to the family's arrival date, we are looking for volunteers who would be interested in helping out in a variety of ways. If anyone wants to learn more, please come out to one of our meetings or send me a line. You can reach me through the church office at office@standrewsottawa.ca.

News from our Christian Brothers and Sisters in India

Aisling Boomgaardt

Although 2021 started off on such a positive note, with India's virus numbers being hailed for remaining low, by now everyone is sure to have heard the reports of the devastating wave of Covid deaths that swept over the country only a few months later. Hospitals everywhere in India ran out of beds for patients, as well as oxygen.

Sadly the town of Jobat in Madhya Pradesh, where there is a significant Christian community, was not spared. In Easter photos people were not wearing masks, which seemed so hopeful. Only a week later, reports came that shops were closed and groceries could only be purchased between 7–10 a.m. each day.

In late April a friend in Jobat tested positive for Covid, along with his wife and one child. He had done the responsible thing and taken a test at the hospital. At that time, if people tested positive they had to go to the "isolation centre" in Alirajpur, about an hour's drive away, and stay there for seven days. After their stay at the isolation centre, they then had to isolate for another seven days at home. The centre in Alirajpur was a government school hostel, and the family was provided food and medicine for the length of their stay.

At that time, many people in Jobat were sick (the estimate was 70% of the population), but most people were fearful of going to the



Manish Christian
getting his first vaccine shot

isolation centre, so they hid away at home in an effort to avoid being tested. Their fear mainly came from being separated from their families. During a period of ten days, the Christian community lost 15 people from the virus. The community was in lockdown until April 27. On top of that, there was some vaccine hesitancy, but I have seen at least two

photos on social media of young men receiving their first shot of a vaccine. In India the AstraZeneca vaccine is called CoviShield.



Rev. Emmanuel Ariel
and Dr. Pauline Brown
on her birthday

Former missionary Pauline Brown, originally from Ottawa, celebrated her 96th birthday in Jobat on May 26! When I spoke with her that day, she mentioned that because she has been unable to travel for the past year, she has treated herself to a small air conditioner for her living room—apparently the dog loves it.

Some sad local Ottawa news at that time was about the young man who fell into Hog’s Back Falls by accident, and there was an ongoing search effort for his body. I mentioned it to Pauline and she reminded me that when she was a teen in the 1940’s she and her friends would jump into “Devil’s Hole” at those same falls, “But you had to make sure you jumped far enough not to hit the rocks.” Who knew such a hooligan would one day be a missionary for the PCC?

When I spoke with Pauline in late summer I realized that she truly is of a hearty generation—she only received her first vaccination in August! She was expecting to receive the second dose sometime in September.

The pastors of the area continue to ask for prayers, that their communities may be delivered safely from this pandemic.

Amen.

Virtual Walk for the Centre 2021

Together in spirit—and still walking

The Centretown Churches Social Action Committee (CCSAC) hosted a virtual Walk for the Centre this year.

The economic consequences of the COVID shutdown continue to be hard for many of our neighbours in Central Ottawa. The Centre has operated throughout the pandemic, serving clients 3 days a week.

Virtual Walk for the Centre ran from 1:00 p.m. to 4:00 p.m. on Sunday, October 3.

Participants walked “virtually”, choosing their own route, walking, cycling or on their treadmill at home! to support food security in Central Ottawa and raise funds for the Centretown Emergency Food Centre.

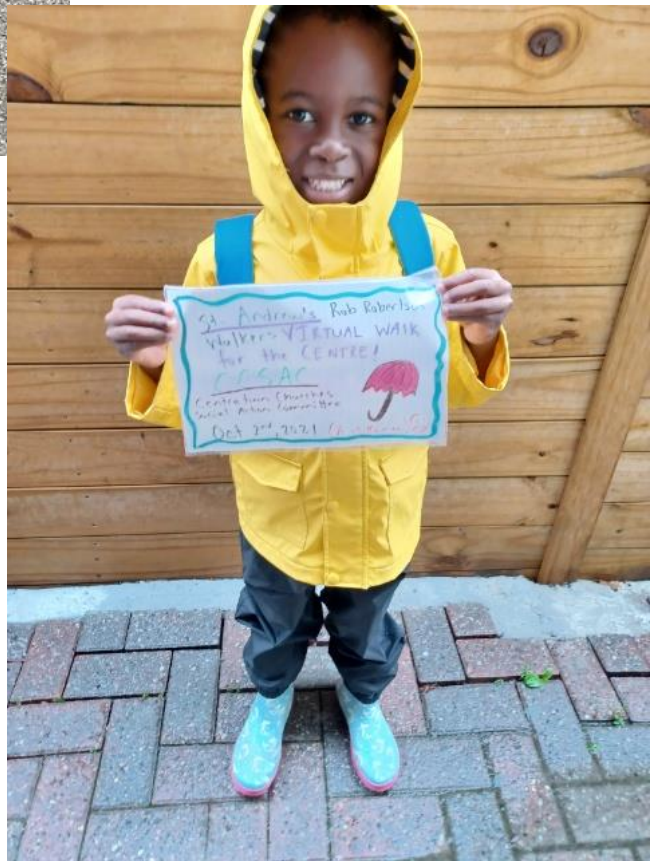
That’s exactly what St. Andrew’s did this year. Our team was the *St. Andrew’s Rob Robertson Walkers*, named in honour of Rob who did so much to support the CCSAC. So far, the team has raised \$6,450. There is still time to support the team and the Centretown Emergency Food Centre. You can donate online by just [clicking here](#), or by going to www.centretownchurches.org/walkathon/, and clicking on the link to sponsor the team.



Jan & Richard Lauzon



Centretown Churches
Social Action Committee



Asher A.

What do you know about the Congo?

Jeannette Logan

This summer the question haunted me because I knew little, and here I was a member of the Refugee Sponsorship Committee of St. Andrew's. By chance I read a review of a novel by Blaise Ndala, a native of the Congo who now lives in Ottawa since 2007. I ordered his book.

Dans le Ventre du Congo (in the belly of the Congo) tells the story of the princess Tshala who defies her father who expects her to marry at age 15, and “escapes” to Belgium having been “recruited” to participate in the 1958 International Exhibition there. I was shocked, so recent! There had been other human zoos. I knew that North American indigenous peoples had been transported to Europe and few returned. In 1897 Belgium's King Léopold II had exhibited 267 persons from the Congo. I had to read the book (in French) to learn more. The story of Tshala is a human story and we learn much about indigenous culture and life under Belgian colonisation.

The Belgian Congo colony lasted from 1885 to 1960 with independence. The last 60 years is another story; today it is called the Democratic Republic of the Congo.

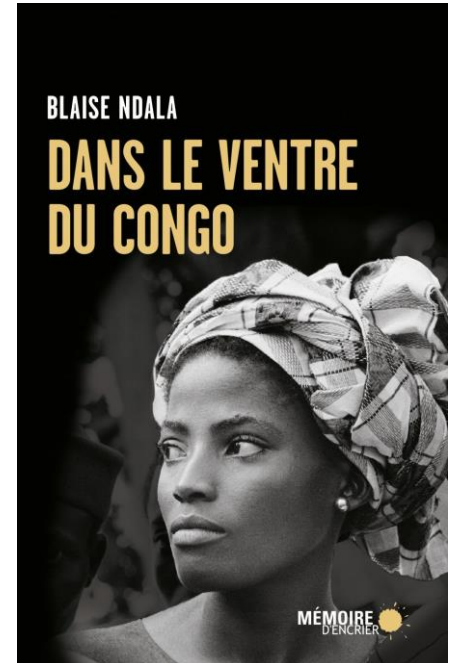
There is much more to learn as we are expecting the Masanka Mubikayi family, a mother and 2 teenagers, from the Congo who are now in a Ugandan refugee camp waiting.

Will you join me in learning more? Let me know of experiences or knowledge that you find pertinent and/or interesting—another book maybe, or a film. You can contact me at jeclogan@gmail.com.

Dans le Ventre du Congo, Mémoire d'encrier, Montréal, 2021.

<https://www.ledevoir.com/lire/595937/fiction-blaise-ndala-face-aux-felures-de-l-humanite>

The Guardian UK newspaper has an English-language account of the human zoos; click on [this link](#).



Worship

A Tribute to Tom Annand

Ian MacKay



The following is a short tribute to Tom Annand on the occasion of his last Sunday as Director of Music, St. Andrew's Church Ottawa. I was asked to offer words on behalf of the members of the choir, which was a great privilege but also a daunting task especially since I knew it would be recorded and spliced into the virtual service for that day and the time slot was necessarily short given the other planned tributes. The choir met on a couple of occasions in July to reflect on Tom's decision and that inevitably led to a flood of memories and stories about worship, hymns, anthems concerts and so much more. After our gatherings, members sent me additional reflections and I tried to capture most in what follows. This printed text differs slightly from the original to better fit this printed format.

Good morning everyone. I am here to offer a few words of appreciation about Tom, and to Tom, on behalf of St Andrew's Choir.

Many of us have sung under Tom's direction for many years and so it is difficult to fit what amounts to be a generation and more of music-making into such a small space—in such a short time. And of course, COVID makes it that much more difficult: trying to say good-bye over electronic devices is

almost inhuman. But, I have to wonder if all of the music we made, the words spoken and sung, sermons heard and prayers prayed wasn't the best preparation for an event such as this? Look at us: we are still together, the choir has met regularly over the year, we are persevering, and now, more than ever, the faith that sustained us in those good times, those easy Sundays—is the same faith that has seen us through these days of isolation and separation. God willing, we will pray and sing together again shortly but now under what will be newer circumstances and without Tom as our leader.

When the choir members met together virtually after Tom's decision there were mixed emotions including some shock and despair but those emotions quickly gave way to thanks, joys remembered, laughs, tears and so many moments—moments under Tom's overt leadership—that which you saw on Sunday mornings—but also our following him wherever he led. That meant new music, difficult music, new languages, old forgotten music, his music, and the steadiest of rhythms.

Then there were very specific remembrances: members who have come and gone: Pat, two Davids, and John. Then, in no particular order: the zimbelstern, the music of Good Friday, descants, that whacky Palm Sunday piece, and the greats: Widor, Mendelssohn, and Bach, Howells, Messiaen and Pitoni... and the quiet relief that we might never have to sing "O thou the Central Orb" again... This of course was meant as a joke and a nod to Tom's penchant for old chestnuts from the English choral tradition.

We also reflected on the mechanics of music making under Tom's direction: the need to watch Tom and what happened when we didn't; how Tom's leadership through notes, rhythm and gesture allowed us to celebrate, to mourn, to pray and reflect in myriad ways. We all recall how often Tom would digress to remind us why we are called to make music, the responsibility of musicians, and singing words with clarity and confidence. We all agreed that those were the moments that kept us coming back, Thursday after Thursday; year after year.

Although there is a technical side of making music that is hard work, Tom always enjoined us to enjoy, to see, feel and transmit the affect—that great word in music rhetoric about the emotional purposes of notes, and rhythm, of pattern and cadence—for the purposes of singing the praises of God and leading the congregation in the same.

From the vantage point of the congregation, you would have noticed the intimacy between Tom and the choir. I can tell you that behind the scenes, it was so much more than what was seen and heard: Tom gave us permission to breathe, emphasized the pronunciation of words, gestured when to rise, when to sit, when to start and when to finish, when to linger, and when to hurry up. And, over time that intimacy created family, strong bonds and a unity of purpose in our calling.

All of this, all of those moments, those hours, those Sundays were joys for us as individual voices and as a whole. Our prayer now, looking back, is that all of it: the music-making, the friendships, the hard work, the easy work, be to the greater glory of God, the creator, who entrusted you, Tom, and us under your leadership, with the music of this world—and I dare say of the spheres—to help the church sing its praises.

We and Tom, and indeed most church choirs, grew to love and embrace the music of the English composer John Rutter over the last fifty years. Rutter is many things to many people but most agree that his music is a delight to conduct, sing and hear. Many in the congregation will know his name and perhaps recall anthems and other music played by Tom and sung by the choir at Christmas, Easter and other occasions. It seems fitting then to close this tribute with a text by Rutter that I think

amounts to a quiet and generous paean about music-making in the service of the church from the perspective of anyone who sings. These are also words and music that we ourselves have sung under Tom's leadership.

Eternal God, we give you thanks for music
 Blest gift from heaven to all your servants here on earth
 In time of joy a crown, in sorrow consolation
 Companion through our days of tears and mirth

We give you thanks for every sound of beauty
 For sweetest harmony that echoes in our hearts
 For melodies that soar on high like birds at morning
 For voice and instrument in all their parts

As we are blest, so may our gifts bless others
 May hearts be touched and spirits lifted up anew
 Let music draw together those who live as strangers
 Bring joy to those we love, in thankfulness true

And when at last we come into your kingdom
 All discord over and all earthly labor done
 Then sound and silence yield before one equal music
 And with the Giver shall our souls be one

John Rutter

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Tom: all of this, all 29 years has been a journey, a privilege, an education and a gift.

Godspeed.

Ian MacKay on behalf of St. Andrew's Church Choir

Welcome, Matthew!

*Peter Lamont,
 Convenor, Worship & Music Committee*

When Tom tendered his resignation in June after 29 years of service as the Director of Music, the Worship & Music Committee was asked to identify a well-qualified individual to play the organ and direct the choir while the Kirk Session considered the long-term implications for music ministry at St. Andrew's. In July the committee was delighted to come to terms with Matthew Larkin.

Matthew is well known in music circles around Ottawa, and far beyond, as an accomplished organ recitalist and accompanist. He enjoys an international reputation as a choral director of both adult and younger voices with a specialty in liturgical music, and is the Founding Director of his own choir, the Caelis Academy Ensemble.

Matthew is no stranger to St. Andrew's. As a young student of the organ, he once took lessons from Carman Milligan, and in more recent years has been involved in concerts in our beautiful sanctuary. While Tom was on annual leave Matthew supplied on the organ for Sunday services this past August. He also organized a very successful concert with the Caelis Ensemble accompanied by a small chamber orchestra that was held in the sanctuary on August 20.

Matthew assumed his new duties with us as Custodian for Music on September 15 for a period of 12 months. He is excited about the new opportunities for Christian musical expression offered by this new engagement, and the choir has already responded with enthusiastic support for his leadership.

Please take the opportunity to extend your own personal welcome to Matthew when the opportunity arises.



St. Andrew's Ringers

*Jill Collins-Williams,
Bell ringer*



We Bell Ringers have returned to practising—vaccinated, masked and distanced, of course. It has been a long Covid hiatus for sure, with just one practice in September, 2020 before everything shut down again. But now that Kirk Session has approved the return to practice, we are ready!

Our skills may be rusty, but our enthusiasm has not waned. One member has moved away, but all the others are eager to return. We have kept in touch with regular Zoom calls organized by Gail Bowes and through our frequent newsletter, *Ringing Matters*, sent out by director, Lynn Boothroyd. We enjoy a strong camaraderie and look forward to ringing bells together again.

The Canadian and international conferences we have attended regularly in the past and the invitations to perform continue, of course, to be on hold. Just practising again will be a joy, and we look forward to playing at St. Andrew's services. New Ringers are always welcome (no experience necessary), so please contact Lynn Boothroyd at mlynnboothroyd@gmail.com if you would like to join us whenever our practices begin again.

Sadness, Thankfulness, Hopefulness

Alec Todd

It's been over 650 days and counting since I last saw my parents in person. The last time I saw them, it was just after Christmas 2019. It was a different world back then. My parents live in Michigan making it very difficult to travel back and forth.

I am saddened.

I am saddened that in their twilight years, I can't hug them.

I am saddened that my two young children are missing out on spending time with my parents in their formative years.

I am saddened for all the loss people have and continue to suffer as a result of this virus.

I am thankful.

I am thankful that this outbreak happened in 2020/2021 rather than 2000/2001. If it had happened earlier, I would not have even seen my parents and would have had to rely on voice. Although we complain about them, thanks to programs like Zoom, I had the opportunity to see them.

I am thankful that no one in my family, and few of my close friends contracted COVID 19. None suffered any significant effects.

I am thankful that we are lucky enough to live in Canada where people (for the most part) take this seriously. The lockdowns, the public health measures and the vaccine have allowed Canada to suffer far less than other countries around the world.

I am hopeful.

I am hopeful that my children will soon get the vaccine.

I am hopeful that we can return to some sort of normalcy soon.

I am hopeful that this Christmas I will be able to see my parents in person.

Our Heritage

The St. Andrew’s Ottawa Glebe Endowment: The Heritage Fund

Thomas Znotins

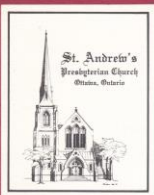
The Heritage Fund owes its origins to the reconstruction project that took place in the 1980s which resulted in the construction of St. Andrew’s Tower. Indeed, it is part of the lasting legacy of that project.

To fully understand the story, it is necessary to go back to the early 1970s, a time when St. Andrew’s was in a very difficult situation—“dark times”, as one long-time Congregant remembers. The church building was in need of substantial repairs, both inside and out, and the organ, first installed in 1874 and twice rebuilt, had come to the end of its life and needed to be replaced. Although the Church was operating on a more-or-less breakeven basis, there were simply no resources available to fund such a major undertaking. Fortunately, Fergus Grant, whose photo very appropriately hangs in Grant Hall, put forward an innovative idea at the Annual Congregational Meeting (ACM) in 1972 whereby the southernmost portion of the church building including the Church School Hall would be demolished and replaced with a 10-story office tower. Prepaid rent would provide funds for the construction of the office tower, the many repairs to the Church premises noted above, including a new organ, and leave a substantial portion available for later use. It is that latter portion that eventually formed the basis for the Heritage Fund.

A message from the Glebe Trustees

In this issue of St. Andrew’s in Action we continue with our series of articles about the Glebe Funds. Perhaps you’ve wondered where resources to maintain and equip our beautiful place of worship come from. Wonderfully written by Thomas Znotins, this second article in our series answers that question and more by telling us about the origins and use of the Heritage Fund of the Glebe Trust. Enjoy the read!

*Ian Jarvis
Chair, The Glebe Trustees*



The Road to Reconstruction

It took all of the next decade, and then some, to put all the pieces in place, gather the necessary approvals, and find an appropriate tenant for the new office tower which ended up being the Bank of Canada. A 75-year lease arrangement was drawn up, \$1.7 million was received as prepaid rent, tower construction and repair work to the Church began in 1985, and it was all completed in 1987. For anyone who is interested, the full story is well told in Mary Hill’s book *The Road to Reconstruction*, copies of which are in the Church library. After reading the book, one cannot help but admire the dedication and perseverance of the many St. Andreans who rallied together, overcame numerous obstacles, and made Fergus Grant’s idea a reality.

Once all the dust had settled, literally and figuratively, the Heritage Fund had been established with the residual portion of the prepaid rent—roughly \$500,000 (or just over \$1.2 million in today’s dollars). Thanks to the wisdom of the Temporal Committee and, ultimately, the

Congregation as a whole, these funds were sequestered by virtue of By-law #4 that was passed at the ACM in 1989 which stated:

“The Income from the Heritage Fund may be used to finance capital acquisitions, capital repairs or capital renovations to the Church building and adjacent office premises located at Wellington and Kent Streets, Ottawa, in accordance with a budget approved by the Congregation. For greater certainty, the income shall not be used for the operating expenses of the Congregation.”

That by-law is still in force today and its value has become more apparent with the passage of time. Our lovely Church building is soon to be 150 years old and it is beautiful inside and out. But it does require a sizeable amount of regular maintenance, as does any Heritage building. As a point of reference, the maintenance work and renovations being undertaken to the Center Block on Parliament Hill, which are scheduled to be completed by 2030, are projected to cost \$5 billion, and that building is a scant 100 years old! We have learned, sometimes the hard way, that a better approach for St. Andrew’s is to do a portion of the masonry work every three to four years and, in 2017, Temporal Committee contracted a local engineering firm to help put such a maintenance plan together. It has now become a central fixture of our building upkeep.

By-law #4 also provided for Heritage Fund income to be used for capital improvements, and over the years these have ranged from sound and lighting systems to computer equipment to choir risers. In fact, our most recent capital acquisition is now on display every Sunday in the form of the audio-visual system that allows us to livestream our Sunday service to Congregants and visitors near and far. In the words of one Elder, “it provides a professional video and audio production of each service that faithfully reproduces the sounds of the organ and choir and the visual splendor of the Sanctuary.” One cannot help but think that those wise St. Andreans who set up the Heritage Fund many years ago would be pleased.

Aside from specific items that the Heritage Fund has been used for over the years, there is one other overarching benefit that it brings to St. Andrew’s finances—that of the surety that our annual operating budgets will not be burdened by building repairs or capital improvements, planned or unexpected, as is the case in most churches. When faced with a major capital repair, most churches are forced to undertake a fundraising effort for that purpose. In contrast, our fundraising effort this year relates to bringing one more refugee family to Canada, as we have done several times in the past. As Fergus Grant envisioned when he made that pivotal motion almost 50 years ago: “it (the Heritage Fund) will enable St. Andrew’s to play an even more important and expanding role in the community”. We should be grateful for its existence every year as we chart the course for our Church moving forward.

Fellowship

The 2021 Gracefield Retreat

Jen Curtis



After having to cancel the annual retreat to Gracefield Christian Camp in 2020, the best part of the 2021 retreat was simply seeing our church friends in person. Indeed as we all gathered in the exquisite outdoor chapel at the end of the event, there was a consensus that we had a day that could not be done on Zoom!

For example, as we arrived at the camp mid-morning, the most wonderful cinnamon buns awaited us. We all gathered outside the White Pines building and got the “plan” for the day. We laughed at our “Icebreaker” and then went exploring. Many of us ended up at “The Ropes”, a climbing apparatus, where we found our 15-year old self as we maneuvered our way through the course. Some played archery and some just went walking and exploring the multi-acre camp, owned by the Presbyterian Church of Canada and beautifully maintained.



Before each meal a church member gave a devotional. One recognized the tragic events of September 11, twenty years before, asking us all to remember where we were that day. The other devotional, later in the day, reminded us not to allow ourselves to be labelled, either by others or ourselves.

In the afternoon, many of us searched out “Journey Sticks” and gathered afterwards to tell the stories from our lives that the items on the stick refer to. Others took out paddle boats. Some jumped in the water and enjoyed the water slide or a swim to Turtle Rock. (Congrats to Ray Boomgaart, Pat Beckett,



Rebecca Bromwich and Maila Gray for doing the swim!) And some sat near the waterfront and took in the pine trees, the fresh air and the peacefulness.

The sense of gratitude—for God’s love, for our health and for nature—infused the whole day. As we ate our pizza dinner and some of us gathered around a camp fire, each of us was thrilled for this special time with friends old and new.

Thank You, St. Andrew’s!

Diane Munier

Anne Munier and Oscar Martinez-Munier wish to thank everyone at St. Andrew’s for supporting them with contributions, good thoughts and prayers last month, on their 100 kilometre trek to help fund research to find an actual cure for diabetes. Oscar, aged 10, was diagnosed with Type 1 Diabetes in March. They raised over \$7,000.00!

If you would like to help fund a cure, you are welcome to contribute to the researchers’ work at the University of Alberta.

<https://www.diabetesresearch.org/Give>

Thank you, everyone.

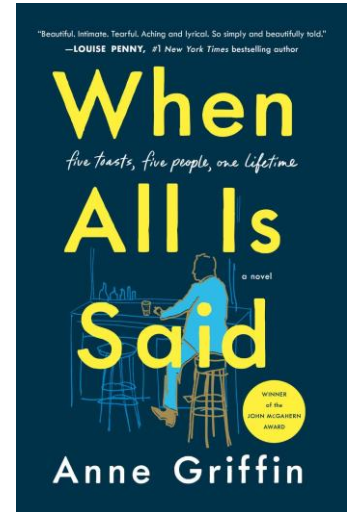
Diane, Anne and Oscar



When All Is Said, by Anne Griffin

Laura McGregor

If you were asked to tell the story of your life in five toasts, what drink or drinks would you choose and to whom would you raise a glass? This is the situation for the all-too-human Maurice Hannigan whose life is slowly revealed over the course of an evening spent in a local hotel bar. Faced with an unrecognized learning disability, he finds his own niche although, like most of us, his path is never straight and is filled with joys and sorrows. The dynamic between Hannigan and various members of the Dollard family, the local gentry, speaks of abuse of power on both sides and the far-reaching effects of the desire for revenge. The evening gives Hannigan the opportunity to reconcile himself to the loss of his loving wife, one of the few positive relationships in his life. We are given time to slowly discover his life and that of those around him. A generally uplifting read and much enjoyed by your reviewer.



St. Andrew's Women's Guild

*Jill Collins-Williams,
President*

The Women's Guild officially includes all the women of St. Andrew's, but our email list for regular communications includes approximately 24 names. We have been relying on monthly morning ZOOM meetings (except for July and August), having speakers some months. One blessing has been that our speakers do not have to be in Ottawa to join us on ZOOM. We have been supporting each other with laughter and tears and virtual hugs by an email chain every Thursday since the first one in March, 2020 and continue to do so. We pray it won't be too much longer before we can meet again in person.

Our main sources of revenue have always been our Spring and Fall Rummage Sales and the Christmas Tea and Bazaar which continue to be on hold. No one can even guess when large public events like those will comfortably begin again. We use the money earned at those to support many local charities, with an emphasis on helping women and children. We hope there might be a time in the not-too-distant future when we can plan some mini-sales during coffee hour, when circumstances allow those to resume and permission is granted. The congregation's support would let us continue some of our charitable giving. Meanwhile, we continue small projects such as providing flowers or seasonal decorations in the sanctuary for services.

We are grateful for the new members who have joined us during this pandemic, and enjoy hearing that they feel they are getting to know the group well as we "chat" by email or ZOOM. More women are always welcome to join this faithful, active Guild. Just let Jill Collins-Williams know at 613-526-6250 and she will add you to our list, or check out our info on the St. Andrew's website.

Men's Fellowship

*Richard Lauzon, Coordinator,
Men's Fellowship*

As with most church groups, the pandemic has compelled Men's Fellowship to adapt our modus operandi to enable some form of continuity in its activities. Over the past year and more, we have conducted more-or-less monthly Zoom events, and will continue to do so until we are allowed back into the church for our meetings. Most meetings included guest speakers followed by a Question and Answer opportunity. The following list summarizes our Zoom speaker activity for the first half of 2021:

Speaker	Topic
Sarah Macaluso, specialist in wills and estates with Mann Lawyers LLP	Failing to Plan is Planning to Fail
David Botha, Program Director of Matthew House Ottawa: Furniture Bank	The work of Matthew House Ottawa and the Furniture Bank
Nancy Johnson, St. Andrew's Church	Let's go to the Galapagos!
Mark Hamilton, Managing Director of Gracefield Christian Camp and Retreat Centre	Christian camping in the midst of a pandemic
Oliver Ing, Chief Financial Officer and Treasurer, Presbyterian Church of Canada	Comments on the financial operations of the Presbyterian Church of Canada

Our September Zoom session was especially productive. For the Fall, our Men's Fellowship group will be introducing some moderated group discussion topics beginning in November, as well as alternating with invited speakers at our monthly meetings. Jim Paulin will be leading the group discussion initiative.

Pre-Pandemic Memories! How we miss those face-to-face fellowship occasions:



BBQ 2019



Speaker attendees

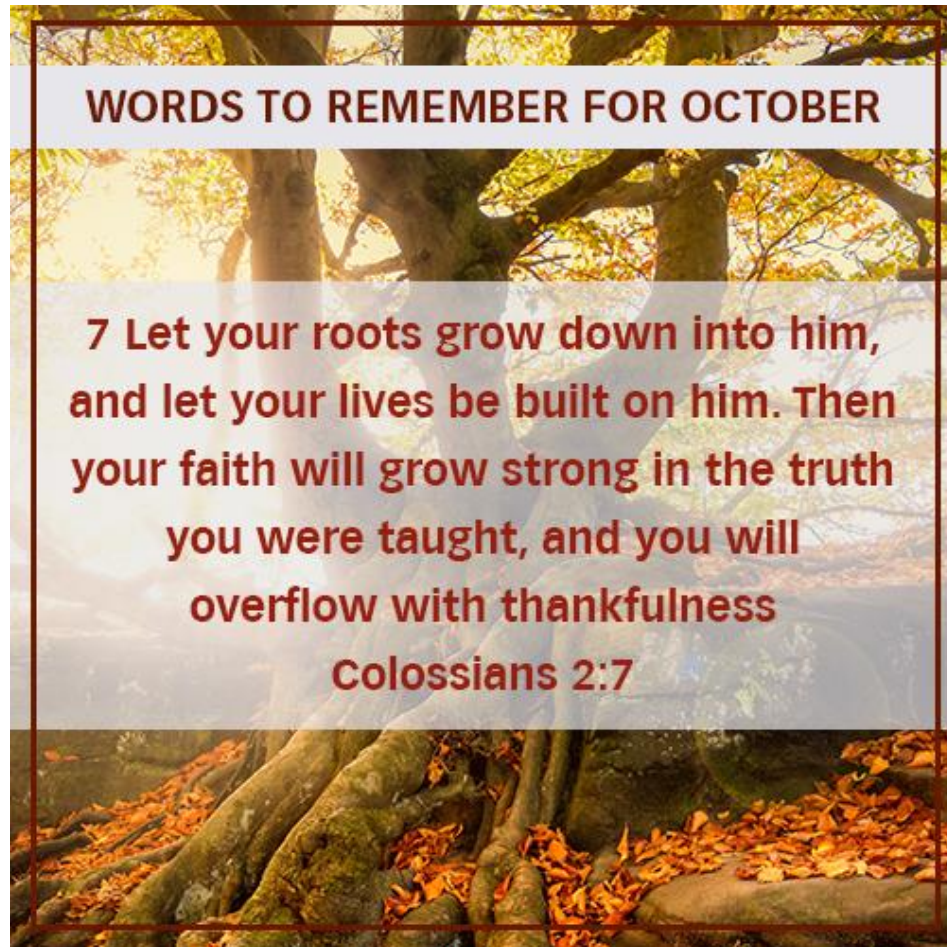


Nine and Dine 2019 (Golf)

We will be assisting the church's Refugee Committee through the acquisition of bedroom furniture and setting up a study area for a 17-year old boy as part of the preparations for a residence to house the refugee family expected in the new year. Terry Collins-Williams has volunteered to coordinate the activity surrounding our refugee initiative, assisted by funds made available by Men's Fellowship.

Don Gowan and Forrest Livingstone have agreed to coordinate the identification of speakers following the resignation of Peter Lamont who did an outstanding job over the past 4–5 years.

And, as in prior years, we expect to direct some modest donations to some local charities by year end.



This issue is dedicated to our late Editor, Rob Robertson.

He was a great editor. Rob always knew who might have an interesting story to tell, and he could gently encourage contributors to meet deadlines. Rob's particular interest in St. Andrew's mission and outreach activities was reflected in the articles published.

We will miss his wisdom, skill and kindness.