

 <p>Lent Activities</p>	 <p>Burns Supper</p>	 <p>Pastoral Care</p>	 <p>Our Heritage</p>
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ST. ANDREW'S IN ACTION

Lent and Easter, 2023



Excited children with their White Gift books at Queen Mary Street School

In This Issue

Messages	3
Minister's Reflection	3
Greetings from the Kirk Session	4
Worship	4
Lent at St. Andrew's	4
St. Andrew's Ringers	6
Christian Education and Youth	6
Pastoral Care	7
Living with Dementia?	7
Worship Services at Gary Armstrong Long Term Care Home	7
Mission and Outreach	9
White Gift Sunday 2022	9
Fair Trade Table	10
Our Heritage	10
#3: The Heritage Cake Server	10
Welcome to Our New Bookkeeping Duo	13
Fellowship	14
Burns Supper	14
St. Andrew's Women's Guild	15

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 Reflection

*Teach us to number our days,
that we may gain a heart of wisdom*
Psalm 90:12

It used to be that I thought of Lent as a very dreary and demanding time. Maybe you have thought of it like this as well. A time to give things up, to better myself, to become more faithful... necessary but not enjoyable, 40 days of doing without and meditating on things that needed fixing, turning. It felt like something I needed to get through, endure but that was then...

Now I welcome Lent.

I remember the day one of my children, age about ten, came home from school, all very excited by a new Vice Principal. He explained to us, my child said excitedly, that it is not his job to get us into trouble but to help us do well and stay out of trouble.

I tell you this because I think it might help me explain the shift in my experience of Lent. A season of bringing us back to the goodness we are made for and what that goodness looks like. A time to reflect on the limits of my own life, the gift of my days and how I live them. A time spent both individually and in the community of the church, praying on God's will and seeking to know God better.

God, I believe is like the Vice Principal in that God wants the best for us and works with us for that. God loves us. This is how the Bible begins with God making the world and delighting in it. We are made of the dust of the earth the Bible tells us, shaped by God and with God's own breath and Spirit breathed into us. We are made for goodness.

The fall, the temptation of humanity, it doesn't happen until Genesis 3 and the rest of the Scriptures is the story of God at work to bring us and all the world back to what it is we are made for. It is a story of persistent enduring love. A love that conquers even death (but that is the good news of Easter and I am getting ahead of myself now).

When it comes to Lent, the fact that God loves me doesn't mean that I, or anyone else, is perfect. It means in fact that God wants to see us living as we are made to live.

Lent is a gift that the church gives us.

Giving things up for Lent, fasting from them can be a good practice when undertaken well. It recalls to us the story of Adam and Eve who could not accept the limits God placed on them but were tempted to be like God and know good and evil for themselves. Lent recalls to us as well the story of Jesus in the wilderness where he refused to put God to the test or use his powers to feed his own hungers or to put his faith and confidence in anything other than God.

It is good to learn to say no to things that tempt us. And it is not harmful to be hungry for something and to learn through that to reflect on where our true hungers lie. Fasting, along with prayer, Scripture reading and giving to people who are in need, are time-honoured practices of Lent. They bring us back to God and the goodness we were made for.

May God bless us as we travel together through Lent this year,

In God's love,

Karen

Greetings from the Kirk Session

Heather Pilkey,
Administrative Clerk

“Then you will call on me and come and pray to me, and I will listen to you.”

Jeremiah 29:12

As we move once more into the season of Lent, I pray that you will be able to take time for reflection, and prayer. Lent can be a busy time – it is a bit like Advent where we can get so caught up in our holiday preparations that we sometimes lose sight of what the season is all about. We are blessed at St. Andrew’s to have many opportunities to observe Lent – both on-line and in-person and I do hope, no matter how you participate, that you are able to feel the love God has for us as poured into his son, Jesus Christ.

The report from Bill Tenny-Brittian of The Effective Church Group has been available for several weeks and an executive summary is available as well. I encourage you all to familiarize yourselves with it. While the original report is quite detailed, the summary report provides a very good precis. There is much to talk about within the report and we

will begin scheduling opportunities for discussion in the very near future. A group of six congregants consisting of two from Session, one each from Temporal and Glebe Trustees, and two from the rest of the congregation is being assembled and will look over the possibilities as we move ahead. There will be more on that as we progress.

As we turn to the future of St. Andrew’s, I think we all realize there is work to be done, and I believe that as we begin that work together, reflection and prayer will be two of our constant companions, both individually and as a congregation.

There is much to look forward to at St. Andrew’s as we move into spring and above all, the promise of the Resurrection lies before us, reminding us once more of God’s grace and love.

Worship

Lent at St. Andrew’s

Lent 2023, Seeking: Honest Questions for a Deeper Faith

Heather and I are excited to share with you this theme for Lent this year. It comes once more from the resources of the Sanctified Art Group.

Many of the stories we are going to be hearing in worship are about people who are seeking and asking questions of Jesus. There is Nicodemus and a Samaritan woman at a well, a man born blind and then there is Lazarus. In each of these situations the person is seeking a new beginning and in a conversation with Jesus they ask questions, he asks some in return and together they explore what that looks like and along with them, so will we. Some of the questions will be challenging, some will be restorative. Together we pray that they will lead us to grow in our journey of faith. And I wonder... what questions you will be asking? What questions do you already have?

Devotionals for your Lenten Journey were mailed to families with children as well as some of our members who we know are not able to come to church in person. If you need a copy mailed or emailed to you please let the church office know. Copies for adults are based on the seeking theme and printed copies are also available in the church to pick up on Sunday mornings.

Wednesday Morning Devotions and Reflections on Art: the practice of Viso Divina. This is offered on zoom at 8 a.m. and led by Reverend Dimock with resources coming from Sanctified Art, based on the Seeking theme. In our half hour together we read the Scripture for the coming week several times, each of us listening for a phrase, a word, an image that seems to be speaking to us for the day. With that in mind our attention is then given over to a piece of art commissioned to go with the Scripture and after some silent contemplation and the reading of a statement by the artist we share and reflect together. At the end we pray for each other. It is a beautiful start to the day, come and try it! We start February 22 and go to April 5. You can get the Zoom link by registering at office@standrewsottawa.ca

Wednesday Evening Studies at 7 p.m. This year we have an online and an in-person component. Reverend Heather will lead the online study which will be a bible study based on the coming Sunday's texts and Reverend Karen will lead a book study based on the book *The Last Week* by Marcus Borg and John Dominic Crossan. Some copies of the book are available at the church and even if you are not reading it the discussion will be fun. The in-person study will be preceded by a light meal at 6:00 p.m. in Grant Hall. Again please register for both studies using office@standrewsottawa.ca

Looking Ahead to Holy Week and Easter

Saturday April 1st from 2 to 4 p.m. we will be hosting a community **Easter Egg Hunt** and celebration. Volunteers are coming in but more are needed. Please get in touch with Reverend Heather (ce@standrewsottawa.ca).

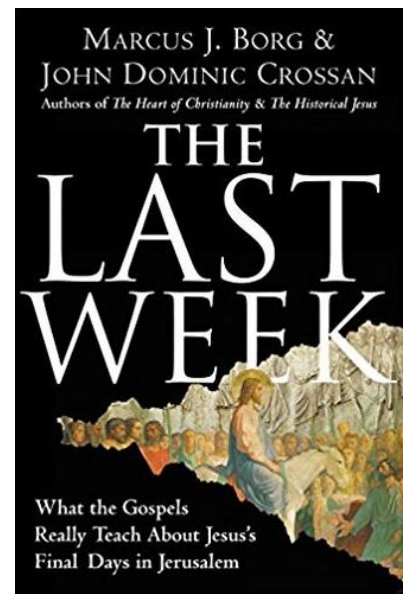
Sunday April 2nd is **Palm Sunday** with all the pageantry of the palms!

Maundy Thursday is April 6th. The word Maundy refers to the new commandment Jesus gave at the last supper, that his disciples love one another as he loves them. By this he says, the world will know you are mine. We will be sharing a meal together around 6 p.m. It is going to be Greek food. Stay tuned for more details and to sign up to help and to participate.

At 7:30 p.m. we will have a **Tenebrae Service** or Service of Shadows in the sanctuary. I am excited about this. We did it when I was a student minister in both Guelph and Cambridge. With Scripture reading and music we will remember the final hours of Jesus' life.

Good Friday is April 7th. There is a worship service at 10:30 a.m., with Scripture readings and Choral Meditations and hymns sung by the St. Andrew's Choir.

On **Good Friday** at 2 p.m., John Stainer's sacred oratio, *The Crucifixion* (set to a devotional text by W.J. Simpson), composed in 1987 for the parish choir of Marylebone Church, London. This work, scored for choir, organ, tenor and baritone soloists (and featuring our own choristers Nicholas Savage



and Michael Carty), also offers an opportunity for congregational hymn singing and is a beautiful way for a congregation and community to observe the Passion Story in Music.

Easter Sunday, April 9th we will have an early service, a breakfast and then the 10:30 service

St. Andrew's Ringers

Jill Collins-Williams

We are grateful for all the positive comments we receive after our monthly musical offerings . We are a devoted group that takes great pleasure in preparing a variety of musical pieces to share with you under the interim leadership of Dom Moreau. In early June, many members of the group will attend the three-day OGEHR (Ontario Guild of English Handbell Ringers) Festival in Kingston. It will be an opportunity to meet and perform with other Ringers from across the province and to hone our skills in multiple workshops. St. Andrew's will have the opportunity to hear some of this festival music. Thank you again for your support.

Christian Education and Youth

Rev. Heather Paton

Christian Education Co-ordinator

It has been a wonderful start to 2023 as we try some new things together. Sunday School continues to be a meaningful time of learning about Jesus and experiencing God's love together. Now that we have more children on Sundays we are back to meeting in Grant Hall after Children's Time and then we go off to two separate classes. We have an older class for grades five to seven and a younger class for grades four and under. We welcome new teachers Nicolas Turcotte, Mary Fraser and James Fraser who have started this year. We are so grateful for them and their passion for their faith.

We also have a new junior youth group for grades five and six who meet once a month after church. This group is about building friendship, leadership and faith for a group of pre-teens who like to play together. I have always loved working with this age group as they are keen to participate and are starting to think about how their faith plays out in their lives in real ways. For our first meetup we did a group building time machine challenge and shared some of the questions we would ask God.



Building a tower of blessings!

Another new thing we are trying is an Easter Egg Hunt on Saturday April 1. This is an outreach event to (re-)introduce our community to the fun, friendship and faith that lies within St. Andrew's Church. Along with an eggsellent egg hunt, there will be a cool craft, scrumptious snacks and amusing activities to fill up the afternoon. We are looking for volunteers to make this event a success and hope you will join in! Please let me know if you can commit to helping on that day.

Pastoral Care

Living with Dementia?

Pauline Schneider

In January and February we hosted three evening sessions to learn more about caring for our brains, recognizing dementia, communicating effectively with those who are living with dementia, and how our congregation might better support care partners and those individuals living with dementia. German Chique-Alfonzo was our first speaker from the Dementia Society of Ottawa and Renfrew County and he shared lots of strategies for boosting our brain health (what's good for our heart is good for our brain) and also helped us to learn 10 warning signs of dementia as well as the difference between Mild Cognitive Impairment and dementia.

At session 2, Pauline Schneider offered strategies for good communication when engaging with people living with dementia as well as ideas for creating dementia-inclusive environments: design, decor, signage.

Finally our third discussion was about how our faith community can best support our members and care partners who are living daily with this challenging disease. We shared some worship resources, talked about visiting, accommodating and listening.

We want to continue the conversation about what actions our church can take. Please find the handouts from the three sessions on the church homepage by clicking on [Living With Dementia?](#)

Worship Services at Gary Armstrong Long Term Care Home

John Banigan

For many years, St. Andrew's has been part of a team of downtown churches which conduct worship services for the residents of this long term care home.

It is situated on an island off St. Patrick Street in New Edinburgh, offering beautiful river views to the residents. The current building, which is home to 180 residents, was built by the City of Ottawa in 2005.

Our collective memory fades but services were held in the previous buildings located on this site before that date.

A welcoming chapel near the front entrance is the location. The bright sun filled room is a welcoming atmosphere for ecumenical services of prayers, hymns and meditations.

Over the years, many St. Andreans have supported our ministers with this important outreach to this community. Ann Crain, Clark Hood, David Brearley, Barbara Sawh, Bob Ferris to name a few.

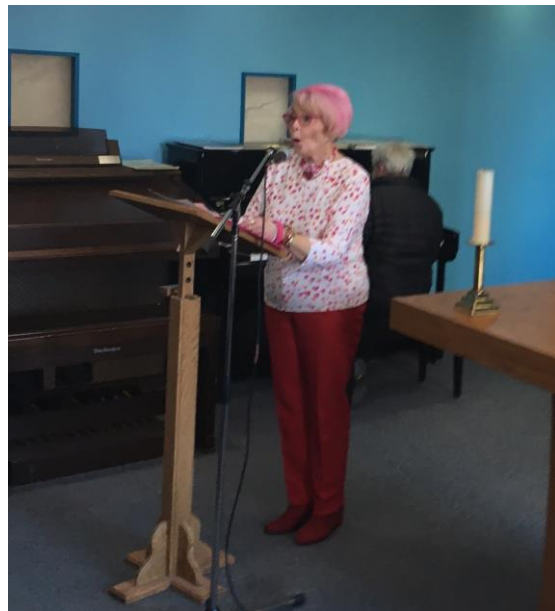
Some St. Andreans have been residents of the Gary Armstrong Care Home over the years. They always enjoyed seeing Ministers and friends from our congregation at these services.

The current support team is Ian McKay, Beth Gillies, Janet and John Banigan. But more are welcome to join this rewarding outreach.

Right: Rev. Karen and Janet Banigan leading the service.

Below left: Beth Gillies, with Ian McKay at the piano

Below right: Janet Banigan



Mission and Outreach

White Gift Sunday 2022

Jeanie Hicks and the Christian Education Committee

St. Andreans look forward to White Gift Sunday each December when we wrap books in white paper and deliver them to the library of a community school. We give thanks to Rev. Andrew Johnston and Janet Banigan for reintroducing this yearly event.

This year was the second year of the commitment of St. Andrew's to the Queen Mary Street School library. On January 31, Laurie MacKenzie and I delivered bins of books to the school. We thank Rob Sheffield for the child-sized donations from the Mitten Tree.

There are many wonderful sounds in life – babies laughing, wind in the trees and soaring organ music – but on January 31 the sound of children ripping open white gift paper and exclaiming about the new books was the best!

They were excited to see familiar titles, extra copies of popular books and book covers that reflected their faces. We are sure the bookshelves were also rattling with excitement. Principal, Kelly Haslam, Librarian, Petra Alinec and the students expressed thanks with a huge poster and thank you book marks for St. Andreans.

We are so lucky at St. Andrew's to be able to experience this each year. Thank you to all who supported and shared this year.



Fair Trade Table

Gail Bowes



Fair trade coffee, chocolate and more! These are gifts that multiply in their giving. Proceeds from the products sold at the Fair Trade Table in Grant Hall on Sunday mornings support St. Andrew's Refugee Fund, as well as providing fair compensation to farmers who produce them. For more information, contact Gail Bowes (bowes125@hotmail.com).

Our Heritage

#3: The Heritage Cake Server

Elizabeth J. Phillipson
(on behalf of The Memorials Committee)

In the Advent and Christmas 2022 issue of *St. Andrew's in Action* we continued our look into the Fergus Grant Hall curio cabinet with some information on the ceremonial trowel and the circumstances surrounding its use in 1872.

Now, what would be of interest next, I wondered? Perhaps an object with hints of another milestone for St. Andrew's?

Let us turn our attention to the 1929 Cake Server. First, some background:

After St. Andrew's second church was built, it became the congregational habit to celebrate the church's anniversary on the date nearest the January 25 (1874) dedication date of our present church, rather than on the date nearest to the dedication of the first church, Sept. 28, 1828 (see my article on the ceremonial trowel).

St. Andrew's Church, Ottawa— 195 years and counting!

Elizabeth continues her examination of the items in the display cabinet in Fergus Grant Hall.

Elizabeth is a member of the Memorials Committee, and an accomplished archivist here at St. Andrew's, building on the work of wonderful historians Sheila Urquhart and the late David Brearley.

She hopes that these articles will intrigue and interest you, and inspire you to have a look inside the Grant Hall cabinet next time you are at the church.

And so, on Sunday January 20, 1929, St. Andrew's began the month-long celebrations surrounding its 100th Anniversary. These began with the morning service, in which the Governor General of Canada, Viscount Willingdon, read the scripture lesson at the morning service and Rev. Dr. Thomas Eakin, principal of Knox College, preached at both the morning and evening services.



Photo: Elizabeth J. Phillipson

The next evening, January 21, over a thousand members, former members, friends, and invited guests gathered in the flower-decorated church rooms and the Sunday School Hall (built 1894, demolished to be replaced by St. Andrew's tower, 1984).

The Rt. Hon. William Lyon Mackenzie King, Prime Minister and a member of St. Andrew's since 1901, delivered 'a lengthy address' on *The Influence of the Church*. Rev. Dr. W.T. Herridge, minister of St. Andrew's from 1883 until his retirement in 1919, made a nostalgic speech.

The choir presented a musical programme directed by Mr. J. Edgar Birch, church organist and choirmaster, then quietly sang "O God of Bethel", lights dimmed, behind a replica on canvas of the old church (you can see this canvas in the photo of the Banquet Hall).

John Goodwill wrote the following (in *St. Andrew's Church, Ottawa: the First Hundred Years, 1828–1928*):

"Refreshments were served in the basement banquet hall, which, in common with other rooms, was beautifully furnished with palms, flowering plants, and cut flowers. It was here that the birthday cake, scintillating with a hundred candles, was cut by Mrs. C. C. Ray and Mr. W. G. Bronson – members of the church since 1872 and 1871 respectively".

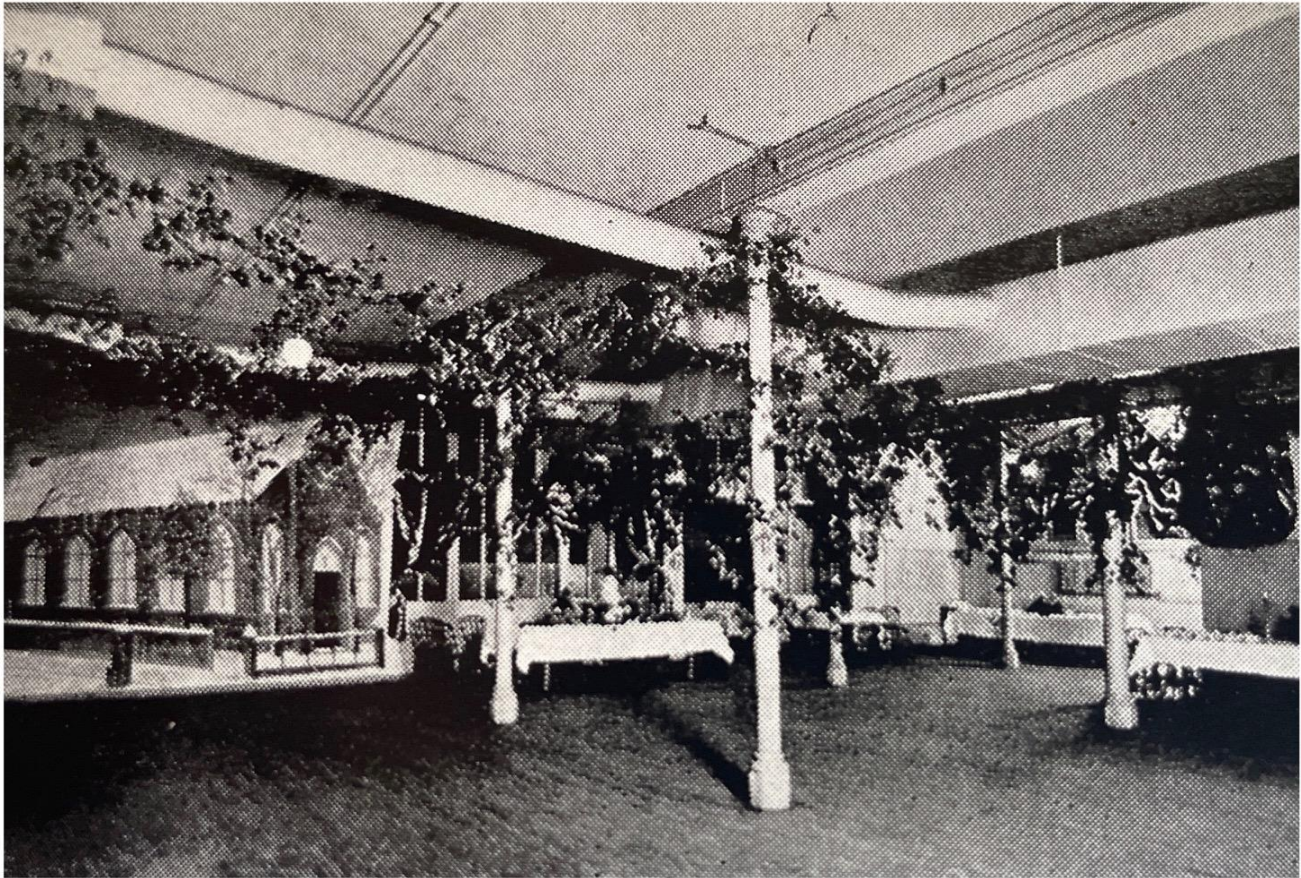
Mrs. Ray was the oldest member of the Ladies' Aid Society (known as the Women's Guild since 1930, celebrating its 150th year in 2023!). Mr. Walter G. Bronson was the son of Henry F. Bronson, one of Ottawa's famed lumber barons, and served as an Elder of St. Andrew's (as had his father) from 1926 until his death in 1932.

The celebrations continued the following Sunday, with Rev. Dr. John Buchanan, Moderator of The General Assembly of the Presbyterian Church in Canada, preaching at the morning service, and Rev. George E. Ross, Moderator of the Synod of Montreal and Ottawa, in the evening. The next evening brought an organ recital by a celebrated organist from Birmingham, England. On the Friday the Ladies' Aid Society sponsored a 'high tea' for members, adherents, and friends, at which they presented a sketch, *Pictures of the Past*, with some of the participants wearing wedding gowns handed down by their families.

The centennial commemorations of St. Andrew's came to a close with a communion service on Sunday afternoon, February 22, to which the congregations of neighbouring Presbyterian churches were invited and with some of the Elders assisting from Knox, Erskine, St. Giles, Cushman Memorial, and Westboro churches.

However, John Goodwin writes that there was more:

“Anniversary exercises were concluded on Sunday, February 22, 1931, in solemn celebration of the hundredth anniversary of the first dispensation of the Sacrament of the Lord’s Supper in St. Andrew’s. In the course of the usual morning service Dr. Leathem [minister at St. Andrew’s from 1926 to 1937] preached a sermon appropriate to the occasion, his text being (Isaiah 12:3) “Therefore with joy draw water out of the wells of salvation””.



Basement banquet hall 1929 St Andrew's

Photo from St. Andrew’s Church, Ottawa: the First Hundred Years, 1828-1928

And what of the cake server used on that three-tiered anniversary cake?

The inscription reads:

*Presented to
Mrs. C. C. Ray
In Memory of the 100th Anniversary of
St. Andrew’s Church
Ottawa*

It was for many years kept in the church office vault, neatly stored in its rather tattered Birks blue box. As I was reorganising the display cabinet in Grant Hall last year, I decided that the knife should be in a spot where everyone could see it. I polished it up and set it into the cabinet: have a look next time you are at church!



Photo: Elizabeth J. Phillipson

Sheila Urquhart, our historian/archivist extraordinaire, wrote in 2008, “Wouldn’t it be neat to use the server, presented on that day to Mrs. Ray, to cut future anniversary cakes?” Yes, Sheila, let’s do just that; we are in our 195th year, after all...

I hope that you are enjoying this series; I will be back in the next issue with more objects from our cabinet. If you have any questions or comments, please drop me a line ejphillipson@gmail.com.

Sources:

MacPhail, John Goodwill. *St. Andrew’s Church, Ottawa: The First Hundred Years, 1828–1928*. Ottawa: St. Andrew’s Church, 1932.

Moir, John M. *Unto the Hills Around: A History of St. Andrew’s Church, Ottawa*. Ottawa: St. Andrew’s Church, 2003.

Hill, O. Mary. *Fifty Years at St. Andrew’s: 1928–1978*. Ottawa: St. Andrew’s Church, 1978.

Welcome to Our New Bookkeeping Duo

Thomas Znotins

It is with great pleasure that I am able to introduce our new bookkeepers, Courtney and Tracey, to the St. Andrew’s community. Both of them are with RTD Bookkeeping, a small company founded by Courtney several years ago, and both have many years of bookkeeping experience. Courtney already has familiarity with the church world as she has been working for the Ottawa Presbytery since 2018.

We are grateful to Noral for connecting us with Courtney when Jennifer, Ian and I started our search. Courtney and Tracey will be working as a team to look after our needs, and the arrangement is that at least one of them will be in the Church Office each Tuesday morning, weather and family commitments permitting. As such, we are asking you all to bear this cadence in mind if you are looking for a cheque or a bit of information, i.e., if you make your request by Monday night, they will, under most circumstances, get to it the next day, though it may take another day or two to get cheques signed or track down information. On the other hand, if you submit your request on a Wednesday, it will be at least one week before they see it. Also, please make sure that any expense-related requests have the necessary approvals before they are submitted.

Courtney/Tracey can be reached at finance@standrewsottawa.ca

Fellowship

Burns Supper

*Jim Paulin,
Convenor, Men's Fellowship*

On Saturday evening, January 21, the Men's Fellowship was pleased to welcome about 100 guests to a Burns Supper in St. Andrew's Hall. Many of them came from our sister congregation, Knox Church, to hear their own John Young sing renditions of Burns Songs.

Our Master of Ceremonies, Peter Lamont, shepherded us smoothly through the traditional festivities: piping in of the Head Table and the Haggis, a three-course meal, bagpipes and singing, and the *Immortal Memory* given by Sandy Scott. Our piper for the evening was Jamie Boyes who also favoured us with a medley of Scottish tunes.

We were fortunate to have Rob Sheffield back to prepare his delicious cock-a-leekie soup. Many others helped with preparing, serving and cleaning up the meal, all under the able direction of Noral Rebin. Most of the people who tried the haggis really enjoyed it, while others stuck to the meat pie.

Sandy Scott's *Immortal Memory* focused on the songs that Burns left to us, and tied them in to the many phases and passions of Burns life. We heard,



Jamie Boyes piping in the haggis carried by Alec Todd



Haggis chefs Rob Sheffield and Bob Bowes hard at work in the kitchen

Photo: Richard Lauzon

for example, about Burns' determination to celebrate the Scots dialect even though his English was excellent.

After Sandy filled us in on the background to a song, John Young sang it for us accompanied by Matthew Larkin, with the assembled guests occasionally joining in. For 'Scots Wha Hae', we all sang in the role of the Scottish army responding to Robert the Bruce's plea to defeat the English invader.

In addition to celebrating Scottish culture as exemplified by Burns, the evening was a welcome opportunity to simply enjoy a meal with Church family and friends.



A selection of the many trifles prepared by members of the congregation

Photo: Richard Lauzon

St. Andrew's Women's Guild

*Jill Collins-Williams,
President*

Are you thinking about Spring cleaning? Are you planning to downsize? The Women's Guild is planning a Rummage Sale for Saturday, April 15 and welcomes your donations of gently used clothing, household items, books, children's toys and small working appliances. (No furniture, outdated electronics, textbooks, etc., please).

We can only accept donations in the kitchen off St. Andrew's Hall in the week prior to the sale, so please hang onto your donations until then. We also welcome help setting up on the Thursday and Friday, and on the day of the sale.



Participants at the Annual General Meeting of the Women's Guild in January

Please help if you can and know you would be warmly welcomed at our monthly meetings. Contact Jill Collins-Williams with any questions (614-526-6250).



A few of the Women's Guild Crafters got together for a Valentine mini-fundraiser on Sunday, February 12, before and after worship. On sale were hand-crafted felt heart ornaments, cookies, mini-cakes, greeting cards, and candy. With the wonderful generosity of the congregation, they made \$300, which will go towards the work of the Guild in the church and the community. Thanks everyone!