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# ST. ANDREW'S IN ACTION

## Fall Edition, 2018

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This quarterly newsletter is published the first Sunday in March, June, October and December. The **deadline for submissions for the next issues is November 13**. Please respect the deadlines for submissions. You may email your articles and high-resolution photos at any time to [StAndrewsInAction@gmail.com](mailto:StAndrewsInAction@gmail.com).

## Minister's Reflections

*Rev. Dr. Karen Dimock*

The joy of the Lord is our strength! Coming from Nehemiah 8 these are going to be our words to remember in October. And they follow on September's words—Rejoice in the Lord always, and again I say rejoice!

As we get ready for a new year I have been contemplating joy. How is it different from happiness? Can you feel joy even in the midst of difficult times, Paul after all penned his words and the passage from Nehemiah comes from a time of difficulty for the whole community of God's people.

In the wake of Rally Sunday and the great fun we had then, I have been thinking lately that joy is a lot like bubbles. Soap bubbles, the kind you spent hours blowing when you were a child and might still enjoy making when you find yourself given a chance today.

I love bubbles.

In her book *One Thousand Gifts*, Ann Voskamp writes about her challenge to find 1,000 things that bring her joy, things that she comes to understand are things that God has given her to delight in, things that help her see how loved she is by God. Often they are simple things and early on in her book she writes about pausing, amid doing the dishes to delight in the soap bubbles, the way they catch the light, and how watching them lifts her out of her daily routine to a place of wonder and delight.

This came back to me when I was at General Assembly in June. It was almost lunch time after a particularly difficult session. The room was quite divided on the matter at hand and as we paused for the worship that comes before lunch, the worship team started passing out little tubes filled with a soapy solution and



when we opened them up we found tiny wands attached to the lids. They are the kind of thing you might get at a wedding and in very short order, more than a hundred of us were blowing bubbles. For me, it felt like a moment of grace. Faces that had been staring from binders full of reports to speaker and back again, were lifted up and smiles broke out. I felt like laughing, I did laugh and so did others. It was a surprise, a moment of joy that caught us off guard, interrupted our deliberations, lifting us out of them and bringing us together in laughter and delight.

So later in June, when Althea, who is our Church School Superintendent here at St. Andrew's, suggested that we have bubbles at Rally Sunday, I was saying yes before the words were fully out her mouth.

I love bubbles.

And this is what happened. On Rally Sunday as I talked to the children during children's time in worship and invited Sydney to blow bubbles for them, the children were totally distracted. In an instant they were watching the bubbles, chasing the bubbles, falling over each other to catch the bubbles, laughing as they did so and the congregation, it was delighting in watching them. They weren't listening to me anymore. Everything else was put aside, they laughed and

played and experienced the delight that they are made for.

Can you begin to see why I might say Joy is like bubbles. Rising up within us, catching the light, opening us up to delight.

Maybe it is not bubbles for you today, maybe it is some other experience you would use to describe joy ... and I wonder what that might be: holding a newborn baby, watching a puppy chase its tail, feeling yourself caught up in music and soaring with it ... .

Joy is an experience. It can be found in moments of prayer and song and laughter but also in the deep peace that comes from God. Sometimes it catches us totally by surprise and in circumstances where we didn't think joy was

possible. Joy lifts us up, opens our hearts, causes our souls to soar. It comes bubbling up from within but it is divine in its origins. A gift of the Spirit. It is delight, God's delight in us and our delight in God and God's world.

Friends, we were made for joy and I pray it meets you and greets you in the days to come. May you find it in moments of laughter that light everything up, in the welcome of friends, in the sharing of love. In the experience of joy, may you find yourself in the presence of the Light and Love that delights in you, holds you close and never lets you go.

*"The joy of the Lord is your strength" Nehemiah 8:10*

## Message of Appreciation from the Kirk Session

*Heather P.*

St. Andrew's would not be the vibrant and welcoming place it is without the many volunteers who work so unstintingly, often behind the scenes. Thank you can never be said often enough, and there are some in particular the Kirk Session would like to thank, whose terms of service have come to end.

**Thank You** to Andrew M. who is stepping down as Convenor of Worship & Music. In his time as convenor, he has consistently shown understanding and empathy as he worked with the Minister and Director of Music to meet the spiritual needs of St. Andrew's through word and music.

**Thank You** to Judy D. who is stepping down as Convenor of Pastoral Care. Her care, compassion and hard work in coordinating the various ministries of care continue to support and uplift the congregation of St. Andrew's.

**Thank You** to Rob R. who is stepping down as Administrative Clerk. He has worked tirelessly at this position and carried St. Andrew's through a particularly difficult period of financial uncertainty. His thoughtfulness and knowledge have guided and supported the elders, while his calm demeanour and good humour have remained constant, even during a particularly challenging year.



**Thank You** to the ad hoc Search Committee whose members worked diligently over the summer to find our new Christian Education Co-ordinator. They met and interviewed potential candidates and spent a great deal of time in discernment. Thank you to: Andrew M. (convenor), Ray B., Koko B. A., Laura McG., Laurie M., and Karen Dimock (ex officio).

## Memorials Committee Archives Project

*Jim P.*

In 2015, St. Andrew's archival collection was transferred from Library and Archives Canada (LAC) to the City of Ottawa Archives location in Nepean. This spurred the Memorials Committee to launch an 'Archives Project' to put the church archives in order. The project is now a priority for the Committee in support of the 190<sup>th</sup> anniversary of the church.

There are two main objectives in the archival work: first, to ensure that materials of archival value are indeed retained, and second to organize and index the archives so that they are accessible.

In late 2016, St. Andrew's entered into a formal 'Deposit Agreement' with the City of Ottawa Archives under which our documents are kept at the City Archives location but are still owned by the church. This arrangement means that our archival records are kept in a modern facility that minimizes risk of loss or deterioration, and also provides a Reference Room and support for public access. Even though the collection remains our property, most of it, apart from certain restricted items, is accessible to the public which adds to the archival record for the City.

An important guide for the Archives Project is St. Andrew's *Records Management Protocol*. This was developed by the Memorials Committee based on PCC recommendations and in consultation with other interested groups in the church, and was approved by

Session in the fall of 2017. For each type of document, such as the Communion Roll or Temporal Committee minutes, the Records Management Protocol specifies how long such records should be retained, where, and whether they are subject to access restrictions.

Starting in the fall of 2017, a team of volunteers has been making regular visits to the City Archives to review and organize the collection and create an updated "finding aid" of the contents. A version of this finding aid is now available through the new Archives web page on the St. Andrew's web site. We hope to complete the review of the existing collection this fall. But even now, anyone can examine the finding aid, identify materials of interest, and then head to the City Archives to request access to the boxes containing the desired documents and review them onsite, as long as they are not one of the relatively few restricted items.

In early 2018, a number of microfilms of key documents that had been made some years ago by LAC were also transferred to the City Archives. The archives team has added their contents to the finding aid as well.

Another part of our archival collection resides at the PCC Archives in Toronto. This in particular includes microfilms of important documents: Session minutes, the Elder's Register, Communion Roll, and birth, death and marriage registers (not to be confused with the microfilms made by LAC and now at the City Archives). All congregations are encouraged to have microfilms of these documents made by and retained at PCC

Archives. Another aspect of the Archives Project is to bring the microfilm record of these documents at PCC Archives up to date. This involves sending relatively recent versions of the documents to the PCC Archives for microfilming, after which the paper originals are returned and, if old enough, sent to the City Archives.

PCC Archives also had 13 boxes of paper archives from St. Andrew's. Last fall, these boxes were shipped to the City of Ottawa Archives since PCC policy is generally not to retain paper archives for active congregations. The volunteer team has added this material to the finding aid as well.

St. Andrew's is also blessed to have in its historical record a large number of electronic files that have been created by Sheila Urquhart, David Brearley and others. They cover a wide range of topics such as past church members, the stained glass windows, war records, church union, local history, and many others. As part of the Archives Project we are in the process of creating a "digital archive" to hold these files and, eventually, other electronic records of archival value. An index will be published listing the available files, and it will then be possible to request copies of files, subject to copyright and privacy restrictions.

Eventually, the Archives Project also plans to tackle the Pottinger Room archives cupboard. Some archival material that never made it to

LAC or the City Archives has been stored in the cupboard. This too will be reviewed, organized, indexed, and, if old enough, transferred to the City Archives. Relatively recent documents which should be kept at the church per the Records Management Protocol will stay in the archives cupboard and be indexed separately.

We are also aware that there are other locations at the church and in people's homes where documents have accumulated that may need to be added to our archives. The archives team will be looking for help from other groups in the church who created these documents to assess them per the Records Management Protocol and decide which should be added to the archive collection.

As mentioned, there is now an archives web page on the St. Andrew's web site at [Archives page](#). It can also be found from the home page—under the *Who We Are* tab, click on *Our Heritage*, then click on *Archives* in the list on the left side of the page. The page briefly describes our archives and provides versions of archive indexes, including the finding aid for the material at the City of Ottawa Archives. The goal is to add new and updated indexes over time so that it is easy to see what is available in our collection. Once again, most of it is or will be publicly accessible.

The Memorials Committee hopes that the St. Andrew's archives will enrich the life and work of the church for many generations to come.

## Heartfelt Thanks!

*Michel T., Co-Convenor, Memorials Committee*

The Session, and indeed the Congregation, of St. Andrew's Church presents its heartfelt thanks to the members of the Archives Project Team.

Undertaken by Memorials Committee, the Project is led by Jim P. who for two years now has nurtured the planning and execution of the Project. This entailed an in-depth review of the various kinds of archives our church has, pertinent regulations, ongoing discussions, and a deposit

agreement with City of Ottawa Archives while complying with the requirements of the Presbyterian Church in Canada's archives policies.

A number of members and employees of St. Andrew's are collaborating in this project. In addition to Jim, our heartfelt thanks go to: **David B., Michele C., Sandra C., Bob F., Vivian L., Heather P., Elizabeth P., Rob R., Sheila U., and Ken Y.**

THANK YOU!

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## St. Andrew's Church Marks 190 Years On Its Downtown Ottawa Corner

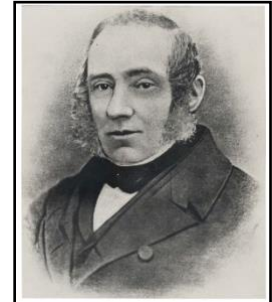
*Sheila U.*

About ten years ago, a pleasant young man was doing some maintenance work in St. Andrew's Tower, and when finished, he was curious to see the Sanctuary. After a tour with Peter V., he remarked "What a funny place to have a Church!" Rest assured, Peter gave him a historical briefing, including the facts that when Col. By arrived in the fall of 1826, Upper Town was forest and rock, while Lower Town was a swamp, with running water from streams, including one which ran east along what is now Queen St.

Bytown's first Presbyterians, mostly Scots and Northern Irish, first met under an oak tree in 1826, according to Dr. John Thorburn's address to the 27<sup>th</sup> General Assembly of the Presbyterian Church in Canada, held at St. Andrew's, Ottawa in June 1901. Subsequently, the embryo congregation worshipped in "Miss Knapp's school room on Mr. L. Perkins' property in Upper Town", according to Andrew W. Wilson's *A History of Bytown and Vicinity, Now The City of Ottawa*, published in 1876.

By September 28, 1828, Thomas McKay (pronounced in the Scots way to rhyme with

'sky') and his Scottish stonemasons had built the first church, during a delay in canal construction, caused by Col. By's urgent recommendation that the canal be sufficiently wide to accommodate the new steamships. That led to financial deliberations in the British Parliament, hence the delay of several weeks in canal construction. The first church measured 55 feet long by 45 feet wide and could accommodate about 300 people. Unadorned inside and out, Bytown's first stone church was much admired for the scale and classic style of its architecture, and was known as "The Scotch Church" or "The Kirk".



As Bytown grew, so did the congregation, and the original church was enlarged in 1855 to seat about 500. Just 17 years later, in 1872, the cornerstone was laid for the present much larger church, completed in 1874. The Sanctuary was unfurnished for the dedication service on Jan. 25, 1874, but in February/March 1874, the lumbermen set up shop in the church and completed the pews in 6 weeks.

Through these 190 years, there are many records of faith, of achievements and losses, and so many stories of those who preceded us, ranging from inspirational, to poignant and tragic, all settled in files in our Archives Cupboard, our official histories, and in St.

Andrew's Fonds, now at the City Archives. Below are some early church stories gleaned from the minutes of the Ladies' Aid Society, which changed its name to the Women's Guild in 1930.

### Oysters, Bedding

When I began looking into the history of the Guild, I knew there would be many mentions of food - congregational dinners, lovely high teas. I never expected OYSTERS, but there they were, served for years at the entertainment-bazaar in late November or early December. I never expected BEDDING either, but this Ladies' Aid Society produced sheets and pillow cases by the hundreds for hospitals and charity homes, as well as towels, nightgowns and pyjamas.

### 100 yards of Black Cashmere?

Little surprises kept coming, and 3 of them involved gifts, one slightly used. The first, given by the Temporal Committee to the Ladies' Aid Society, was about 100 yards of black cashmere which had been used to drape the church for a week in late January 1901. That was just after the death of Queen Victoria on January 22, and we don't know if the draping was outside or inside the Sanctuary. However, it was the custom to place mourning loops of cloth on the facades of public buildings; purple draping was used for the Centre Block. What does one do with 100 yards of black cashmere? The Ladies gave a piece to the Orphans' Home, and reserved the rest.

### King Edward VII

The second gift, from the Men's Association, arrived at the Ladies' Aid October meeting in 1910. "A very pleasing interruption occurred when Mr. Blair, President of the Men's Association, came in and



presented to the Society a very fine engraving of His Late Majesty King Edward VII." In recent years this large photo had been in our Archives Cupboard, but at first we didn't know its provenance. About 7 years ago, Elizabeth Phillipson took a liking to the portrait, and Edward VII is now splendidly on the wall behind the book-keeper's desk in the church office.

### Mrs. E. B. Eddy's Brass Vase

The third gift was a mystery to us when Reid Smith emerged in 2006 from the depths of the downstairs pantry with a tarnished tall metal container, black as soot. When Betty Fraser-Smith began to polish it, an inscription emerged on one side: 'Lest We Forget, Aug. 4, 1914, Nov. 11, 1918'. A second inscription round the base identified the vase as a gift from Mrs. E. B. Eddy. This was a puzzle, as we thought the Eddys were Methodists or Baptists. A little later in the National Archives, I discovered this in the December 5, 1918 minutes of the Ladies' Aid Society. "Mrs. Herridge spoke of the beautiful gift, a brass vase presented to the church by Mrs. E. B. Eddy, in memory of those members of our Honour Roll who have fallen in the Great War. The vase has been placed on the Communion Table. Flowers will be arranged there every Sunday as a tribute to those who fought for justice and liberty. Mrs. Eddy was given a standing vote of thanks for her gift."

After learning the story of the vase, Betty Jorgensen and the Guild arranged to have it polished by a brass collector who donated his time. For Remembrance Sunday on November 5, 2006 the Guild filled the now-gleaming vase with silk poppies and fresh flowers, and placed it on the Communion Table with the Bible and Celtic Cross. We soon learned that Jennie Shirreff, a life-long Presbyterian from Chatham, N.B., had trained as a nurse in Boston, then worked in a Halifax hospital. It was there that

she met and later married Ezra Butler Eddy, a widower, in 1894, moved to Hull and joined St. Andrew's where she was a devoted member, tireless worker, and generous donor to the Ladies' Aid and the Women's Missionary Society. Mrs. E. B. Eddy the Second died in 1921 at the age of 56, and her beautiful vase is kept in the glass-fronted cabinet in Grant Hall, but filled with flowers and placed on the Communion Table each Remembrance Sunday.

### Poor Relief

Poor Relief work was efficient, discreet, continual. A little gem in our Archives is the history of the first 50 years of the Ladies' Aid Society, written in 1924 by Miss Mary Brough, who served as their secretary for 24 years. She tells a story from 1879, when the Poor Relief Committee included Mrs. Perley, Mrs. Smillie, Mrs. J. M. Taylor, Mrs. James Gordon and Miss McLean.

"This Committee for years met together some time before the regular meeting; cases were discussed in this way by the few. Every home was visited and there was a more personal

touch between helper and those helped. I remember one case where Mr. and Mrs. James Gordon were sent late one evening. Mrs. Gordon stayed with the sick until Mr. Gordon brought in a doctor. The case was one of small-pox. 'Were you not afraid?' I asked Mrs. Gordon. 'Why certainly not', she replied, 'The poor woman needed help.'"

### September 2018

As we celebrate the building of our first church on our downtown corner site, we give thanks to God that we have been here for 190 years, always serving the congregation and the community beyond. We give thanks for all those who have gone before us in this congregation, and for all those who have ministered to us through Word and Music. The Sanctuary roof of our second larger church is still held up by the 8 oak trees that J. R. Booth personally chose for the task. The city has grown up around us, and we continue as a community of strong faith and unbounding hope. What a fine place to have a church!

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## Anniversary Dinner

*Noral R.*

190 years ago our congregation formed.

St. Andrew's is Ottawa's oldest congregation of the Presbyterian Church in Canada. Nicholas Sparks donated land in 1827, which permitted the construction and opening in 1828 of St. Andrew's Presbyterian Church.

The church was founded for, and built by, the Scottish and Irish labourers who were constructing the Rideau Canal for Montreal's John Redpath and their own

Thomas MacKay. The location on Wellington Street was purchased for 200 pounds sterling and the church was built during lulls in the construction of the canal.





As Ottawa had no Anglican church at the time, St. Andrew's argued that it should be considered the established church in the city, as the representative of the Established Church of Scotland. The advantage of being so recognized was the right to clergy reserves. The authorities agreed to the request, and in 1837 the church was granted a large glebe to the south of the city. This area stretching from Bronson Avenue to the Rideau Canal later became the neighbourhood known as the Glebe.

To celebrate our 190<sup>th</sup> anniversary, **a celebratory Congregational Dinner is planned at the RA Centre on Riverside Drive, on Saturday, October 20.** Doors open at 5:30 p.m. with Dinner slated to begin at 18:00.

The Junior Choir will be performing. There will be an excellent guest speaker Peter Tilley, Executive Director of the Ottawa Mission, an organization that our congregation has long supported.

The Rev. Dr. Andrew Johnston will be dining with us and doing the service the next day.

Tickets are on sale after each service in Grant Hall, and downstairs at coffee hour. The price is \$30 each. This is an excellent price due to the support of the Memorials Committee, who are directing the program and supplementing in a substantial way our dinner price. A big thank you to the Memorials Committee, which works tirelessly in the background for our church.

Thank you; we look forward to seeing you there. Come join what will be an excellent celebration for the oldest Protestant church in Ottawa.

## Remembrance Sunday and the Bells of Peace Initiative

On November 11, 1918 at 11 a.m.—the eleventh hour, of the eleventh day, of the eleventh month—the First World War came to an end. Guns finally fell silent.

During the last four years, across the country and Europe, we have marked the hundredth anniversary of many of the battles of that war. Now on November 11, 2018 we will mark the hundredth anniversary of its end. The Royal Canadian Legion has invited us to be part of their Bells of Peace initiative and we have accepted. At sunset all across the country, youth will ring church bells a hundred times. As a cross country event it will start with a bagpiper playing as the sun sets in Newfoundland and end with another piper when the sun sets on the West Coast.

In Ottawa the sun sets at 4:38 p.m. on November 11 and we are in the process of planning the event at St. Andrew's, inviting our young people and the rest of you to be part of this. Information will be forthcoming on the website, in the calendar of events and weekly bulletins.



# Refugee Sponsorships Bring Joy to Congregation

*Terry C-W., Refugee Program Coordinator, St. Andrew's Presbyterian Church, Ottawa*

This article was published in *Presbyterian Connection*.

For the past four decades, St. Andrew's Church in Ottawa has had the privilege of being involved in refugee sponsorship, since The Presbyterian Church in Canada entered into its first sponsorship agreement with the Government of Canada to bring refugees fleeing the chaos of Vietnam. Since that time, St. Andrew's has helped settle about 90 refugees in Ottawa.

Our more recent experience has involved three sponsorship undertakings over the past five years—all involving the settlement of refugees from the Middle East. A family of five from Iraq, who as members of a Christian minority sect had suffered persecution in their native country, had the added misfortune of being trapped in the Syrian civil war after initially seeking refuge there. Due to the disruption of that violence, it took four years from the time we undertook their sponsorship to welcome them to their new home in Ottawa.

Next we sponsored a family of three fleeing the conflict in Syria. Their case was facilitated by the Canadian government's initiative to fast track the processing of Syrian refugees in 2015 and 2016.

Most recently, we entered into a joint arrangement with Knox Presbyterian in Ottawa to sponsor an extended family of six. St.

Andrew's sponsored a single woman in 2017, and our partnership with Knox allowed her to accompany her sister and husband, as well as their three children to come to Canada.

Refugee sponsorship has taught us the importance of empathy, to understand the concerns and needs of those we sponsor; of respect, to treat new arrivals as equals deserving every chance to re-establish their lives in a new and unfamiliar environment; and of communication, to establish trust with those we sponsor and coordinate the efforts of our sponsorship team within the church. Each undertaking requires detailed preparation for which we benefit from the guidance and advice of the sponsorship team at PWS&D. We have also learned to rely on the Refugee Sponsorship Training Program whose template for sponsorship planning proved to be an invaluable tool for us.

In June, I had the good fortune to attend PWS&D's Follow Me refugee sponsorship conference—another learning tool. It was a wonderful opportunity to both hear from experts and exchange experiences with representatives of other Presbyterian congregations dedicated to assisting refugees.

St. Andrew's refugee program is dependent on the generosity of many church members who donate their time, goods and financial support. We have received contributions from people outside our congregation who have heard of our work with refugees and want to assist. In addition, there are programs and organizations within St. Andrew's working to promote refugee sponsorship, including the proceeds from our Fair Trade Table open after services two Sundays a month, and regular contributions from the Women's Guild and Mission and Outreach Committee.

At St. Andrew's, we look forward to submitting a new refugee sponsorship application next year. In the meantime, we have initiated a program to provide tuition assistance to some refugees recently arrived in Ottawa to help them pursue post-secondary education opportunities.

Both the congregation and those sponsored face many challenges in the combined effort to ensure a successful transition to a new life in

Canada. Education and employment-related training, health care needs and adequate and affordable housing are all daunting priorities.

The reward comes in knowing that we have been able to help them find a place of refuge—in seeing the tentative smile of an eight-year-old girl as she takes her first skating strides on the ice or congratulating a teen who has graduated from high school in a new country with a new language.

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## Gracefield Congregational Retreat

*George B.*

We know that every day is a gift from God. The weekend after Labour Day weekend at Gracefield camp God did a particularly good job of gift-wrapping the days for the people of St. Andrew's Ottawa that attended the congregational retreat. Beautiful sunny days with just a hint of Fall in the air allowed the beauty of the Gracefield camp to look its very best.

The focus of this year's retreat was the special gift of the Sabbath Day that God has given to us. What are we to do with this special day? It is a day set aside as a gift not as a burden. Much like the special pieces of land that we set aside for retreats such as Gracefield or as park land in our Provincial and National Parks, the Sabbath Day is set aside for our enjoyment. Karen led some discussion groups looking at the creation of the Sabbath Day in Genesis and the commandment to keep the Sabbath Day.

Peter L. shared his trip to the Democratic Republic of Congo with KAIROS. Seeing the working conditions of the women in the region and hearing about the gender-based violence endured by many of these women, was an awakening of the work needed to bring justice to all. Seeing the images of the





Congolese people praising God in their Sunday services provided a concrete example of how we might “Remember the Sabbath Day and keep it Holy”.

Evenings of songs round the camp fire with roasted marshmallows, jigsaw puzzles in the lodge. Day time included canoeing, kayaking, swimming in the lake and hiking the beautiful trails. All of which helped stimulate an appetite—oh what food. Each meal began with a singing prayer, meals of great and plentiful food made from scratch with love and skill by the Gracefield staff. Each day was completed with cookies, tea and snacks to compliment evening games in the lodge.

Sunday morning Agape worship service was beautiful. Beth played her flute for musical accompaniment, and we shared bread made in the kitchen and grape juice, remembering our Lord until He comes again. The outdoor benches and rustle of the breeze through the trees made the service very peaceful.

Gracefield is a special opportunity to hear and ponder the Word, to get to know your Christian Brothers and Sisters a little better and to enjoy the beauty of God’s World. I pray that I will see you all at next year’s congregational retreat.

## Canada Youth 2018: Sharing Our Experiences

First article by Sana W.

Thank you again for giving me the opportunity to attend Canada Youth for a second year this past July. I retained valuable information and made lasting friendships, which I am very grateful for.



The theme this year was “Stirred not Shaken” (II Timothy 1:3–8) and the sermons we had the pleasure of listening to included interesting stories pertaining to this verse. I really enjoyed, as with my previous experience at Canada Youth, that the sermons were geared toward and would impact youth the most. The message that resonated with me the most was about standing firm in my faith when faced with adversity or temptation. The whole week I also met many people who shared with me their stories about how they stood “firm” in their faiths.

Another point that I took away from the worship time was the importance of being courageous and never being afraid to ask questions or learn more. As I learned, I must be courageous enough to defend my beliefs in my faith journey as others will sometimes disagree with my viewpoint. Having courage and knowing God will help me to overcome such situations is a powerful sensation. Also, I learned that it is okay to ask questions and be curious because this is one of the ways I can deepen my faith.

There is always a day in the week called “Interruption Day” when we do not have regular activities, but instead we attended a presentation and then took part in activities in the afternoon. This year, the topic was “food security”, a topic which I thought I knew quite a bit about. Nevertheless, I learned interesting things. I firstly learned what food security means. If someone is “food secure”, they know when and where their next meal is going to come from and they have no food-related health issues, such as obesity or malnutrition. I learned that there is a scale which ranges from (what we hear about in the news) famine to (the lesser known issue of) over-indulgence. The presenter showed us a map which indicated where people were food insecure, and I was

shocked to learn that nowhere around the globe is exempt. This is because many industrialized countries are on the opposite end of the spectrum of famine, as many youths in Western countries are considered clinically obese. I was moved to action by this presentation and the activities during that day, and luckily the presenter gave us many ways we could help contribute to ending food insecurity.

In brief, I really enjoyed my time at Canada Youth 2018 once again and I loved that I learned so many new things. I really enjoyed meeting so many kind and caring new people my age, and partaking in fun activities with them. An added bonus was the nice campus, friendly staff, and good food which accompanied my experience. I hope the eligible youth in our church will want to partake in this moving and fun experience in two years’ time.

Thank you again for giving me this opportunity.

### [Second article by Xavier B.-J.](#)

I was in for the longest bus ride I’d had so far. But as I embarked, hoping to find a comfortable seat to fall asleep on for 7 hours, I was immediately welcomed by friends from my congregation, as well as new people I met from others. After a ride that had passed by rather quickly after spending most of it following the FIFA quarter-finals, we were welcomed to our rooms in a residence building at Brock University in St. Catharines.

This being a church-held event we were attending, it may go without saying that this was going to be a community-oriented experience: this was planned down to the rooms we were staying in, which each sharing a bathroom with the neighbouring one, requiring coordination on who uses the shower when, and more importantly, diligence to remember not to

lock your fellow camper out of their own bathroom.

After a rather dull day of sitting on a bus and unpacking, the first major activity left me with a great first impression: Game Night. The organisers didn't hold back—it included a game of Spoons set up with massive playing cards (and massive spoons of course), and a life-size “Pool” game (if you will) where each person would enter an enormous inflatable sphere to bump their fellow campers around.

Each day started with a lavish eggs-and-bacon breakfast, slightly varying day by day, which we would all enjoy as we braced ourselves for the dreaded—I mean anticipated for the fun and energising—morning Zumba routine. Keep in mind that we'd be waking up at around 7 beforehand.

But this was followed by a much less physically demanding weekday equivalent of Sunday school, which to many youths' delight, was a bit less reading and more talking and discussing about each of our own interpretations of our faith and how it figures into our everyday lives. This was held in several small groups, each specifically designed for us to meet different people from those we know from our residence wing. It also included arts and crafts, and much-warranted icebreaker activities, some of which were one-on-one, to get us comfortable and to open up to each other.

After an equally nourishing lunch preparing us for another chapter in the day, we each attended a variety of activities that we had chosen while registering for the conference. Mine were ‘Practical Peacemaking’, a talk group centred around small day-to-day initiatives and self-improvements we can each take upon ourselves to ultimately bring more social cohesion to the world, a hike around the Niagara Escarpment, and to top it all off, a

classic Dodgeball match. I was particularly fascinated by the Escarpment hike, where we could see the Toronto skyline from the top of a hill, but unfortunately I got a little rusty at Dodgeball since I last played it – in middle school.

One last creative part of the conference was to sing our way through worship every night – this time in contemporary “pop” style songs written by the singers themselves. It was a great opportunity to practice our singing, and the stage band concealed some of our less than perfect voices.

The last worship night was followed by a conference-wide talent show, with a wide array of performances including singing, dancing, comedy and even a variety of musical instruments being played. This is where international youth, visiting from countries such as Ghana, Lebanon, Malawi and Taiwan, brought in their own cultural rituals from back home to fit in as spectacular artistic performances. We were even introduced to unique and unexpected talents brought from around the country, particularly a tap-dance performance played to fiddle music, that was brought from the Maritimes. So of course I had to contribute my part – which is why I decided to sing the national anthem in the Inuit language. I think I managed to please the crowd.

This is only to mention a few of the wide range of activities held at this conference that were the most memorable to me, while I'm sure you'd hear of many other events that have inspired the rest of the youth in different ways.

Overall, I'm very satisfied from this experience. It was extensively organised, innovative, led with charisma and enthusiasm, and quite well-catered to youth. I don't mean to say this was unexpected—but I was inspired by what was

accomplished and what I'll be taking back from it. I made new friends that I don't believe I would have met on any other occasion, let alone bonded with so rapidly. I also felt the natural stigma of being one of the few youth members of my congregation fade away.

Thank you for reading about my experience at Canada Youth, and I hope it encourages other church youngsters to join this vibrant and ever-growing event.

## Open Table

*Duygu Y.*

The first time I heard of Open Table was during our church announcements. I knew I wanted to be part of it. I've always loved helping people. Open Table is a place where young adults, students of our congregation and their friends, as well as students new to the city can share a meal and get together. But, doors are definitely open to everybody! I believe it's one of the best ways to remind people of God's unconditional love *to all* people and give back to the community.



We all know that college and university students are extremely busy with exams and other daily responsibilities. I love that through this event, we can let them know that though they may be far from home, they are not alone. There's a home for them—God's home. And He's looking out for them.

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” (Matthew 6:25–26)

It makes me happy to be able to put a smile on their faces. You can just tell that they've been craving warm, home-cooked dishes and baked goods that our church volunteers prepared out of the goodness of their hearts. And our reward will not be in students paying us, or the church, back, or in their praise for what we do. We know that our reward is in heaven as promised in Luke 6:32–36:

“If you love those who love you, what benefit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what benefit is that to you? For even sinners do the same. And if you lend to those from whom you expect to receive, what credit is that to you? Even sinners lend to sinners, to get back the same amount. But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil. Be merciful, even as your Father is merciful.”

Open Table also reminds the students not to forget about their faith. This event is a great way to start and form a lasting relationship between young adults and the Church.

This year is my third year volunteering; and it will definitely not be the last. I'm eager to be part of something bigger than myself, something that makes other people happy and makes them feel cared for by the community, which does it with their pure heart and faith in God.

## Rummage Sale

*Jill C.-W., President, St. Andrew's Women's Guild*

St. Andrew's Fall Rummage Sale will take place from 10:00–1:00 on Saturday, October 13 this year. This semi-annual event (the Spring Sale will be on April 6, 2019) is a major fund raiser and we only succeed each year with the congregation's enthusiastic support. We are very grateful for the wonderful contributions that come in of gently used clothing, household goods, linens, toys and books. We also could not do this without the men who come at 1:00 p.m. to help us pack up the remainders and distribute them to local charities around the city.

Our Rummage Sales enjoy a fabulous reputation for quality items and low prices!! We

have repeat customers who line up before opening every year, especially to buy the clothing they need for the coming season. They tell us each time how much these sales help them. As the average age of the active Guild members increases, the physical work becomes more tiring, but the satisfaction of truly filling a need in the community makes it all worthwhile. We encourage anyone with a few hours to share to join us on Oct. 11, 12 and 13 as we work.

The final joy is distributing the money we earn at these sales to local charities, with an emphasis on helping women and children without excluding wider needs in the community and within our church. Everyone who contributes in any way to these Rummage Sales is serving God's purpose for St. Andrew's in Ottawa. Thank you!

## Mission Trips and Study Tours through the Presbyterian Church in Canada

This year the Presbyterian Church in Canada is offering two short term trips as well as a three month opportunity providing ecumenical accompaniment in the Palestinian Territories. The details are below. For more information go to [presbyterian.ca/im/missiontrips](http://presbyterian.ca/im/missiontrips), or email [experiencemission@presbyterian.ca](mailto:experiencemission@presbyterian.ca) or call 1-800-619-7301.

If you are interested please let Reverend Karen know. There are means of support available for those attending that we can apply for. Karen is planning to take part in the Healing and Reconciliation trip in June, and would love to have other members of the congregation with her for that.



## Palestine/Israel: A Moment of Truth Witness Tour

**Dates:** May 6-17, 2019

Participant Contribution and Deadlines:

Register by November 5, 2018: \$3,500 (Early Bird)

Register by January 21, 2019: \$4,000

Led by the Rev. Noel and the Rev. Dr. Dorcas Gordon, this trip will:

- Meet and worship with local Palestinian Christians
- Travel to Hebron, Bethlehem, Nazareth, Haifa, Jerusalem and other historic cities
- Visit Biblical sites in Jericho, the River Jordan, the Sea of Galilee, Capernaum, The Mount of Beatitudes and Tiberius
- Meet with leaders and human rights groups from different faith communities to hear their experiences
- Learn about peace building initiatives being undertaken by partners of The Presbyterian Church in Canada.



## Healing and Reconciliation Tour: Continuing the Journey

**Dates:** June 15–26, 2019

Participant Contribution and Deadlines:

Register by December 1, 2018: \$997 (Super Early Bird)

Register by February 1, 2019: \$1,200 (Early Bird)

Register by April 1, 2019: \$1,500

In 1994, The Presbyterian Church in Canada confessed its role in the tragic legacy of the Indian Residential Schools. This trip, led by David Phillips, will help you learn some of the complex issues related to the PCC's involvement in the schools and how we have been walking alongside and with Indigenous brothers and sisters as we live out the spirit of the confession and work towards reconciliation. You will:

- Visit PCC ministries working with Indigenous peoples in Kenora, Winnipeg, Saskatoon and Mistawasis
- See cultural and historic sites like the National Centre for Truth and Reconciliation and meet with representatives from the University of Manitoba Indigenous Business Education and more”
- Listen to Indigenous people sharing their stories and experiences

- Learn about healing and reconciliation initiatives being undertaken by people across Canada
- Consider our response to issues of health, education, families, water and housing.

Designed for both ministers and lay people.

### Provide Ecumenical Accompaniment in the Palestinian Territories

Three-month opportunities starting quarterly. Applications are being accepted for 2019.

Are you passionate about human rights, justice and peace? Are you eager to learn about life in Palestine and Israel? The Presbyterian Church in Canada is accepting applications for volunteers to participate in the World Council of Churches' Ecumenical Accompaniment Programme in Palestine and Israel. Ecumenical Accompaniers spend three months living in the West Bank or East Jerusalem to support the work of Palestinians and Israelis pursuing a just peace based on international law. Specifically, Ecumenical Accompaniers will:

- Live alongside local communities to witness life under occupation
- Provide protective presence to vulnerable communities facing threats of settler violence or harassment
- Monitor and report on human rights abuses and violations to international humanitarian law
- Stand in solidarity with Palestinians and Israelis pursuing a just peace through nonviolent resistance to the occupation
- Commit to engaging in public speaking, writing articles and other advocacy initiatives after returning home.



## Fall 2018: Invitation to Join in!

There are many ways to enter the life of our congregation other than just on Sundays! Why don't you consider joining one or more of our programmes?

**Autumn Wednesday Evenings:** Study groups during the six weeks of Advent, starting

on Oct. 17, at 6:00 p.m. Contact Rev. Karen at [kd@standrewsottawa.ca](mailto:kd@standrewsottawa.ca)

**Book Club:** Are you interested in a St. Andrew's Book Club? Join us after worship on Oct. 7 for the organizational meeting of the new Book Club. We will determine dates and book titles for the upcoming season. For further information or to indicate interest contact Laura McG. through the Church office ([office@standrewsottawa.ca](mailto:office@standrewsottawa.ca)).

**Christian Yoga:** With Rebecca B.: Sundays, 10–10:30 a.m., Pottinger Room. Contact [isis00@gmail.com](mailto:isis00@gmail.com).

**Christmas Pageant:** Led by Tracey Stabback. Rehearsals on Sundays after church (12:45–1:45 p.m.) from November 4–December 23, in the Sanctuary, with a presentation during the December 24, 6:30 p.m. service. Contact [stabbackmusic@sympatico.ca](mailto:stabbackmusic@sympatico.ca).

**Church Choir:** Led by our Director of Music, Thomas Annand, we rehearse Thursday evenings at 7:00 p.m. commencing September 13. Openings in all sections.

**Junior Choir:** Led by Tracey Stabback, rehearsals every Sunday morning, 9:45 a.m. in the Currie Room. Contact [stabbackmusic@sympatico.ca](mailto:stabbackmusic@sympatico.ca).

**Kids Church** runs on Saturday afternoons about once a month from 4:30–6:30 p.m. It is for children and their families (usually the last Saturday). Our time together is shaped around a theme and Bible story. Activities and time together in the sanctuary where the children are able to get comfortable with the space are followed by a meal together. A Kids on Mission program is included for older children in the family. Our first meeting this year is September 29 and we will be talking about Thanksgiving and sharing food, when Jesus feeds 5,000! In October we meet on the 27th and our Advent event is December 1. For more information, talk to Sydney Johnson [sj@standrewsottawa.ca](mailto:sj@standrewsottawa.ca).

**Men's Fellowship:** Held the last Monday evening of each month at 6:00 p.m. We share a meal, a short devotion, then a guest speaker. All men of St. Andrew's (and friends!) are very welcome. Contact Richard L.

**Monthly Morning Bible study:** The third Tuesday each month, led by Rev. Dr. Karen Dimock, at St. Paul's Presbyterian Church, 10:30 a.m. Contact Rev. Karen at [kd@standrewsottawa.ca](mailto:kd@standrewsottawa.ca).

**Prayer Group:** Led by Yvette D. Every Wednesday evening at 5:00 p.m. in the Pottinger room. All are welcome!

**St. Andrew's Ringers (handbells):** Led by Lynn B.; rehearsals each Tuesday evening, 6:30 p.m. commencing Oct. 2. Newcomers welcome!

**Women's Breakfasts are back!**

Mark Saturday, Nov. 3 at 8:30 a.m. for our



first gathering of the year. Other dates are Saturday, January 12, March 2 and June 1, 2019. Our full day **Women's Retreat** will be on April 27. Contact Rev. Karen at [kd@standrewsottawa.ca](mailto:kd@standrewsottawa.ca) or Laurentine M.

**Women's Guild:** All women of the congregation are invited to join us the first Thursday morning of the month, at 10:30 a.m., as we support the work of the church and the community. Contact Jill C.-W.

**Beginner's Handbell Choir:** Are you interested in learning how to ring handbells? The Beginner's Handbell Choir will be starting up on Monday, January 14. No musical experience or prior handbell ringing experience is required. The Choir will be under the direction of long-time St. Andrew's Ringer, Rosaline K.

## Ministry of Welcome and Fellowship

*This above all: to thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man.  
Hamlet Act 1, scene 3, 78–82*

### Starry Night, Noisy Night

It's that time of year again when we begin to prepare for our Christmas Pageant. This year we will hear the Christmas Story from the perspective of the animals, as we present *Starry Night, Noisy Night*. Rehearsals begin November 4 and continue each Sunday from 12:45–1:45 until Christmas. There are parts for everyone, and many ways to be involved. Please contact Tracey at [stabbackmusic@sympatico.ca](mailto:stabbackmusic@sympatico.ca) for more information.



### The Junior Choir

The Junior Choir's 7<sup>th</sup> season has begun and we are looking for new members. If you enjoy singing and making new friends, this is the place for you. Rehearsals take place every Sunday morning from 9:45–10:45 until June and include songs, games, and social times. Please contact Tracey at [stabbackmusic@sympatico.ca](mailto:stabbackmusic@sympatico.ca) for more information.

### Blueberries, Cranberries and Raspberries, Oh my!



Orders for frozen berries can be made now, until October 21, at the Fair Trade Table on Sunday mornings. Pick-up will be November 3.

Prices: 2 kg blueberries: \$20, 2 kg cranberries: \$17, 2.5 kg raspberries: \$30

Berry sales support the Refugee Fund. For more information, or questions, contact Gail B.

### Bible Study

This year we are studying the book of Romans. As we read together we come across many passages and words in this book that have informed the doctrine and the teachings of the church over the centuries. Much of it sounds very familiar but as we read together we stop and pause and ask, what does Paul mean when he talks about the Gospel? Who are the saints he is addressing? What happens when we linger over Paul's use of words like Grace and Faith? All are welcome. Coffee and tea are provided, you bring your questions and the conversation begins!

Bible Study takes place the third Tuesday of the Month at 10:30 a.m. Our next meeting is October 16; speak to Reverend Karen if you are interested.

## Lunch and Learns are back!

During the fall and winter months these are opportunities to stay for lunch after the eleven o'clock service and hear from a variety of speakers.

**Lives Remembered:** on Sunday November 4, to mark the 100<sup>th</sup> anniversary of the end of the First World War, David B. will present a talk on those members of St. Andrew's who made the ultimate sacrifice during the Great War.

**Struggling with Christmas?:** The joy and celebration of this season can be difficult for many who are ill, grieving or feeling alone at Christmas. On Sunday, November 25, Ian H., who is a grief counsellor, will be leading this time for those who are wondering how they are going to get through the season this year and for those who are supporting people in grief.



## Kid's Church

Kid's Church begins again for the year on Saturday, September 29 at 4:30 p.m. This is a special time for families with younger children to experience church together. Our theme for September is Thanksgiving and we will be making something to bring home for the following weekend. There is also a short time in the sanctuary with a simple service of prayers and sharing a Bible Story and then a dinner together!

## Membership at St. Andrew's

Interested in exploring what membership means at St. Andrew's, learning and exploring what being part of the Presbyterian Church in Canada is all about? Reverend Karen along with members and elders of the congregation will hold two sessions, one after worship on November 4 and one in the evening on Thursday, November 15. Those who would like to join the church are encouraged to attend these sessions which are open to everyone.

We will be receiving new members in worship on November 18.

## Wednesdays at St Andrews!

Wednesdays at 6 pm beginning on October 17<sup>th</sup> and continuing until November 21<sup>st</sup>.

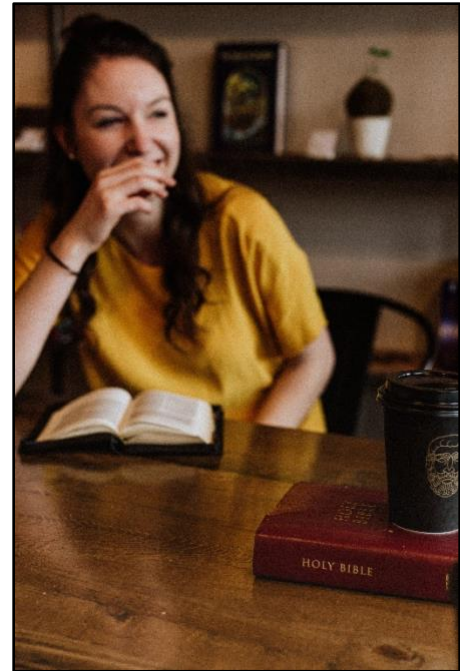
Looking for something to do on Wednesday evenings? Searching for people with whom to explore matters of faith and life. Then this is for you: come share dinner together and then explore one of our study opportunities.

**I believe...** The apostle's creed is a historic statement of foundational Christian belief. We have been reciting it for almost 1800 years. In this study, with Reverend Karen Dimock, we will look at some of the historic questions that gave rise to this confession and then explore what it means for us today. Why does the creed matter? Resources will include the Study Guide for [Creed](#), a book by Adam Hamilton.

***A dare to live fully, right where you are: 1000 Gifts.***

Join Sydney Johnson for this 6 week study based on the book of the same name by Ann Voskamp. This is an invitation to slow down, and catch God in the moment. Wake up to a thousand blessings. Discover daily moments of grace, explore the biblical lament of loss and embrace a lifestyle of radical gratitude and thanksgiving.

**All in the Family, Stories from Genesis.** In Genesis 11, there is an abrupt shift of focus from human prehistory, ending with the Tower of Babel story, to the history of one particular man, Abraham, and his descendants. The chronicle of this family's successes and struggles, faithfulness and faltering, is the central theme of the remainder of the book. Join us as we delve into some of the key episodes from that saga.



### Anniversary Sunday

190 years old! How awesome is that? For 190 years St. Andrew's has stood as a witness to Christian Hope in the heart of the Nation. Only ten more years until we are 200. Join us on Sunday, October 21 at 11 a.m. as we give thanks and celebrate. The Rev. Dr. Andrew Johnston will be our guest in the pulpit!

### The Children's Offering

Did you know? Each week the children of the church make an offering just like their parents and grandparents do. The proceeds are given to a mission project that generally lasts for two years. From 2016–18 the church school provided support to the Centretown Emergency Food Centre. This year our youth class is studying and discussing where the offering will go for the next two years and will be sharing that with us on October 7, World Communion and Thanksgiving Sunday.

## Mark your calendars

October 7<sup>th</sup> is Thanksgiving Sunday and World Communion Sunday! The joy of the Lord is our strength is the theme for the day, Services at 9:15 and 11 a.m.

October 9<sup>th</sup> St. Andrew's hosts the service at the Garry J. Armstrong, a senior care centre in Ottawa. Along with Reverend Karen, volunteers from the church assist staff at the centre in bringing residents to the chapel and back, handing out programs, doing readings and providing music. Barbara S. coordinates our efforts and if you are interested in helping this month or another (we are there every second month) please speak to her.

October 13<sup>th</sup>, a Saturday is the Rummage Sale from 10–1.

October 14<sup>th</sup>, in the evening this Sunday St. Andrew's provides the meal, serving students at the Open Table. Sign up to help or provide food in Grant Hall.

October 20<sup>th</sup>: Anniversary Dinner at the R.A Centre.

October 21<sup>st</sup>: Anniversary Sunday Worship, one service at 11 a.m. In the afternoon we are invited once again to join the walk for the Centretown Emergency Food Centre.

October 27<sup>th</sup>, a Saturday from 4:30–6:30 p.m. is Kid's Church.

October 28<sup>th</sup> is Reformation Sunday and among the ways we celebrate, our students in Grade four will receive new Bibles.

November 4<sup>th</sup> is All Saints Sunday, a time to remember in worship before God, the great company of saints that have gone before us.

November 4<sup>th</sup> is also the day pageant rehearsals begin after worship!

November 11<sup>th</sup> is Remembrance Sunday, one service at 9:15. On this 100<sup>th</sup> anniversary of the end of the Great War we anticipate a great deal of traffic downtown close to eleven and a desire from many to attend the 11 a.m. service at the National Cenotaph

December 1<sup>st</sup>, a Saturday. From 4:30 to 6:30, Kid's church invites God's children of all ages to join them for an Advent evening, getting ready to welcome Jesus and learning the Christmas Story.

December 2<sup>nd</sup> is the first Sunday in Advent and the celebration of Holy Communion.

December 9<sup>th</sup>, Sunday worship is followed by a congregational Christmas Lunch hosted by the CE and Fellowship committee. Our theme for this year is Christmas around the world.

December 9<sup>th</sup> is also White Gift Sunday. Once more we will collect books all through Advent for the library at R.E. Wilson Public School.

December 23<sup>rd</sup> at 4 p.m. is the Annual Choir Concert.

December 24<sup>th</sup>, a Tuesday is Christmas Eve. Worship at 6:30 p.m. with the Christmas Pageant, and at 10 p.m., Lessons and Carols.