

# Tidings



**First-St. Andrew's United Church**

VOLUME 11 ● NUMBER 1

LENT, HOLY WEEK, EASTER 2001

## THE VOSPERS - JUST ORDINARY PEOPLE?

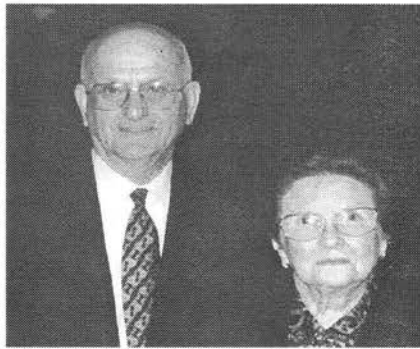
by Heather Vosper



Put a determined, dedicated dietitian and United Church member from New Brunswick with an outgoing, positive thinking GM'er and Anglican Church member from Mitchell, Ontario and who do you have? Jessie and Bob Vosper. This duo has been visible at First-St. Andrew's for over forty years. They arrived as a young couple during the time of Angus MacQueen, grew more involved during Alex Farquhar's tenure at FSA and have maintained a steady and significant presence ever since. Over the years Jessie and Bob have served on many committees and been members of various groups at FSA.

If you attend a Communion Service or a Funeral Reception, you can see the Vospers at work. Bob has been active with the Communion Committee since 1977 and stepped into the position of Communion Clerk in 1997. Presently, Jessie, on behalf of the UCW, assumes responsibility for the organization of catered Funeral Receptions. As a member of the Tuesday Evening Unit since its inception she faithfully makes the soup for the Noonday Recital Luncheons - Advent and Lenten - and takes no credit for the "secret recipe." Jessie probably feels more at home with food related ventures because of her training. She also loves to pursue her artistic vent through flower arranging, often producing creations adorning FSA tables.

After Bob retired from his job as Export Finance Manager at General Motors Diesel in 1992, he chose to use some of his energy and spare time to support various projects at the Church. As Co-chair of Property, he has been very involved in the rejuvenation of Farquhar House and the FSA building renovations both inside and out. He is continually finding new areas of the Church building which require attention - much to the chagrin of Finance and Trustees. Woodworking has become another area of interest for Bob. Again, he has chosen to use his talents to benefit FSA, and can be seen selling his wares every year at the Holly Bazaar in November. Jessie lends a helping hand and artistic touches to produce final products for sale.



Bob and Jessie Vosper

As a couple they can be described as very committed and supportive of each other. Their love of FSA is obvious to all they meet. They consider the most significant Church venture, in which they were both involved, the creation of William Proudfoot House in 1979. Judge Jack Seneshen was well aware of the need for a facility in London to house young women in conflict with the law (first time offenders), thus providing an alternative to jail. A group of individuals from FSA and the community set about making this a reality. Unfortunately, the house on Briscoe St. was closed by the government in 1995. For the Vospers, Proudfoot House represented an outward and visible sign of what FSA is capable of doing in the Community. Still a Board Member, Bob is hopeful that one day Proudfoot House Number Two can come to life. He and Ted Kostecky have talked already!

The next generation of the Vosper family at FSA, daughter Heather, has assumed the role of Secretary of Council. As a young child growing up at First-St. Andrew's, her life was greatly enriched by involvement in the Youth Choir and some wonderful productions. The musicals: Noah's Flood, and Selfish Giant, were definite highlights. Now, as a Clinical Pharmacist in the Pediatric Critical Care Unit at Children's Hospital of Western Ontario, Heather draws on her faith on a daily basis. She is grateful to her parents for bringing her to FSA as an infant and allowing her to grow up in such a nurturing church home.

The Vospers - just ordinary people - doing ordinary things with an EXTRAORDINARY commitment and love for First-St. Andrew's. Let us hope that they will be able to continue to do what they are doing for many years to come.

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## STEWARDSHIP CAMPAIGN

by Paul Pergau

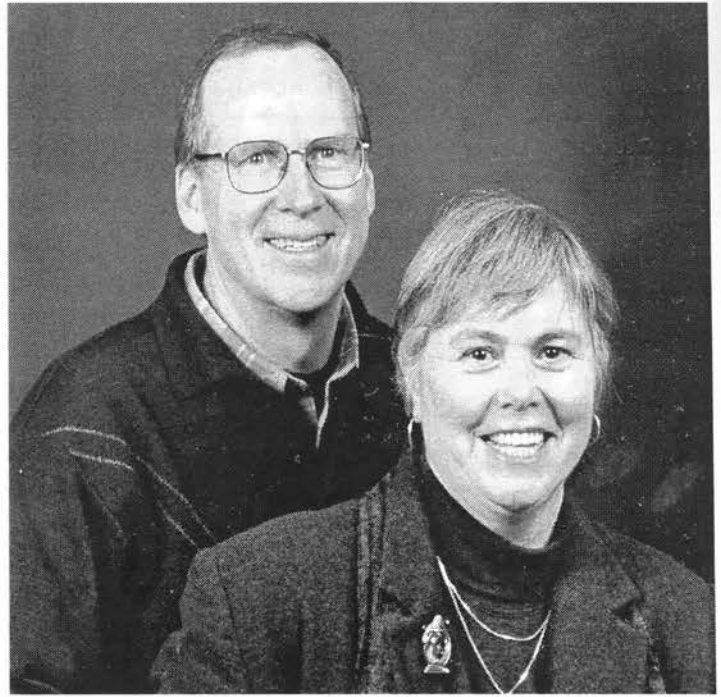
As Co-Chairs of the Stewardship Campaign 2000 we set out to do 4 things

- 1) increase the annual offerings by at least \$40,000 from our FSA congregation through pledges and envelope givings
- 2) ensure a contact was made with each FSA family
- 3) increase total participation in the life and work of our church through the volunteer program
- 4) inform our congregation about all aspects of FSA.

Through the generosity of Gerry Coffin for the use of the Ontario Commercial Collection Call Centre and over 20 hard working FSA volunteer callers and visitors, we contacted and visited with over 452 FSA households and left messages with 30 others with whom we were unable to make connections. We have in excess of 291 pledge sheets returned resulting in an excellent \$41,927.64 increase in pledged offerings. The church office has received over 200 volunteer sheets with up to date information from people ready to share in the work of our church. During morning services, five members of our congregation delivered a minute for mission on Friendship, Learning, Worship, Action and Finances. Once again the popular FSA on Display gave all that attended a first hand look at the life and workings of our church.

We'd really like to thank the many volunteers that helped us make this campaign a success.

Paul & Lesley Pergau



Paul and Lesley Pergau

## Info-Line

### PANCAKE SUPPER

the FSA Property Committee has agreed to prepare a pancake supper on Shrove Tuesday, Feb. 27th. There will be a freewill offering taken to be used for a Property Committee project.

### TWO THEATRE TRIPS

Stratford's Sound Of Music, May 11, is being organized by Liz Mignotte (435-0777) and Showboat in Kitchener, April 4th is being organized by Roger Snyder, 672-5664 and June McKay, 471-5668. Please call for more information.

### GUEST PREACHER

The Very Rev. Angus MacQueen will be speaking March 18. One service only at 11am.

### NEW TREASURER FOR UCW

Diane Macpherson is now Treasurer for the U.C.W.

### NEW CAMERA

FSA now has digital camera from which we can print pictures immediately or transfer them to the computer for storage. We hope to use the camera to take more pictures of events at FSA, and have them available in a short time (within minutes). Please see Ted Kostecki for more information.

### GROUNDS CLEANUP

The property committee has organized an outdoor clean-up project at FSA for Saturday, April 21. More information on our gardening needs on page 5.

### RUMMAGE SALE

The spring Rummage Sale has been is scheduled for Friday March 16 from 5pm-8pm. For more information, call Gerry Meacham at 472-2641.

## Tidings

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Publisher	First-St. Andrew's United Church 350 Queens Avenue, London, Ontario N6B 1X6 Tel:(519) 679-8182 Fax:(519) 439-6838 <a href="http://www.fsaunited.london.on.ca">www.fsaunited.london.on.ca</a>

Four issues yearly. News Deadline for next issue: April 24, 2001  
Distribution of next issue: May 20, 2001

*Submissions are accepted only from members of the First-St. Andrew's Family. The Tidings Team reserves the right to select and edit submissions. Obtain information from Group and Committee Secretaries or members of the Tidings Team. The views expressed in this publication are those of the authors, not necessarily those of First-St. Andrew's Church.*

## GOD'S STEWARDS: ANNA HOLMAN

by Elaine Wilton



Anna Holman is someone who likes to be active and involved. Retirement from her position as librarian at Althouse College thirteen years ago meant only a shift in focus, not a slowing down. She immediately joined a gymnasium and learned from the instructor that there was a great need for people to teach seniors' exercise classes.

After earning her Fitness Instructor certificates, she taught classes for the YM/YWCA and at seniors' centres as a volunteer before being hired to teach fitness at the Canadian Centre for Activity and Ageing. Participants, whose average age is 82, are referred to the centre by their doctors after being diagnosed with osteoporosis.

Anna also teaches the same exercises at the Boys' and Girls' Club of London three times per week. For three years she demonstrated exercises for seniors on cable TV. On the days when she is not teaching she walks 3-8 miles, weather permitting. Not surprisingly, she is in great shape and has no aches or pains in her joints.

Anna recently moved from the Grosvenor Apartments, but while there she started an exercise program that she ran for two years. She says that her new apartment has seniors' activities, but no exercise program. Can one be far behind?

With her knowledge of school libraries both here and in Ottawa, she offered to help look after the FSA library when she joined the church five years ago. The cataloguing, filing and processing of materials take about ten hours a week. On Sundays she can be found at the 9:15 service greeting worshippers and collecting the offering.

In the community Anna serves the seniors' population by sitting on the Board of Directors for the Council of Seniors. One of her tasks with this advocacy organization is to explain to various seniors' groups the Care Wish or Living Will. Another project, requested by the London Police, was to write and present three skits illustrating common scams and frauds perpetrated against seniors.

These skits have been presented on Cable TV and to several groups in the area.

A strong proponent of the importance of physical activity for seniors, Anna was once invited to give a talk to medical students on this subject. Seated at the front of the room dressed in a hospital gown, and looking somewhat frail, she greeted the arriving students. Then suddenly to the strains of "The Old Gray Mare She Ain't What She Used To Be" Anna popped out of the chair, flung off the hospital gown, and in her leotards and body suit led the amazed students in a round of vigorous exercise. She is a living illustration of the value of exercise. She is also a model for the rest of us.

## TIDINGS: THANKS FOR A JOB WELL-DONE

You might notice a slight change in the way your Tidings is put together this month. There is a new team in the editor's seat.

That's because two of the people behind the success and look of Tidings for so many years have decided to pass the torch.

Bob Slater, who edited the magazine and watched over its production has turned the job over to Elaine Wilton.

Don Jones, who spent hours at home over a computer laying out the magazine, has found a warm winter home in Florida. The job will now be done in the church office by Community Development Coordinator Ted Kostecki. He'll be seeking help from anyone who is PageMaker literate and can spend some time at the computer every three months.

Thanks to Bob and Don. They deserve a great deal of credit for fashioning the magazine into what it is.

But realizing we can't stand still, they have both provided the Tidings team (editors and committee) with a lot of ideas we can try out in the future.

Since this is a first effort by the new team, you might find an error or omission. We apologize, but please bring it to our attention.

And if you have any suggestions for features, or format, we'd be pleased to listen.

## FROM THE PARISH NURSE

by Heather

Bedford

In a recent article in the London Free Press I read about a pamphlet available from the Middlesex - London Health Unit on walking. It was called "Walking, The Activity of a Lifetime". Since my physical activity is limited to a bit of walking and a few stairs each day, I decided to order a pamphlet. I left a voice message at the Health Unit saying who I was and where I worked and also that I would share the information with others in the congregation. A very full envelope arrived a few days later with various pamphlets and booklets on walking and "Canada's Physical Activity Guide" enclosed. It also included a nice note suggesting that rather than sharing my information, I should encourage others to obtain this information on "Active Living" and gave me the following numbers: The Health Unit - 663-5317, ext: 2278 or 1-888-334-9769.

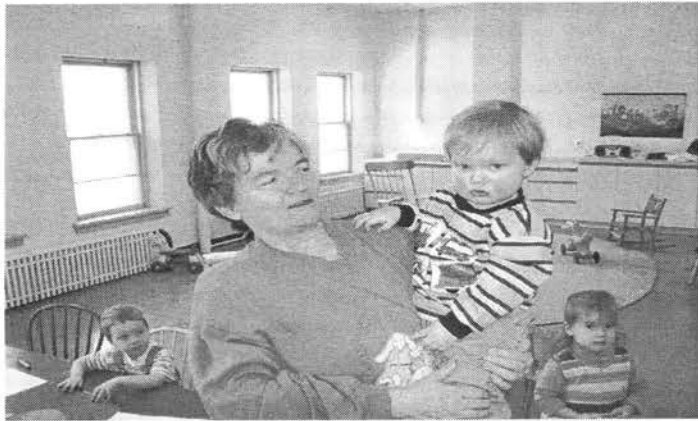
After looking through what I was sent I agree that anyone "who walks or wheels through life" should obtain a set of these colourful pamphlets that are an easy and fun read. There are many easy suggestions on how to increase your physical activity and have fun at the same time. There are also charts (it reminds me of Weight Watchers!) to record all your activities so you can chart your progress. Do you have room for one more New Year's resolution? Send for this information and see what you can do - even if you just improve a bit, you have won.

Happy "Active Living"

If you have ideas for this column or you need help obtaining information on a health issue, please contact me at the church (679-8182).







*Nursery Coordinator Judy Cull entertains Fraser Feeney, 1-1/2, while Fraser's pals look on.*

## “BABY - LOOK AT YOU NOW!”

by Kate Pickering



The FSA nursery is well on its way to becoming a topnotch facility for the care and supervision of young children on Sunday mornings. Last year the various units of UCW compiled a list of possibilities for their trust money. The “suggestions” list was then prioritized, helping to give FSA, in conjunction with the Property Committee, new chairs, a renovated kitchen, and now a fresh new nursery. The UCW and Property collaborated on what changes and additions needed to be made for the new nursery. The UCW alone set aside \$10,000 for the job, with monetary assistance from property, memorial donations, and the memorial fund of \$4,000.

The nursery needed a tremendous amount of work, and a vision for the finished product was created by visiting other London churches to see what their nurseries offered. The room was practically gutted; the old and broken from days long past were pitched, and the room was ready for a new look.

The room now boasts a new carpet, shelving unit, light system, telephone, playpen and toys, and a counter unit with locking cupboards and drawers and a much needed washing facility. The room still has a long way to come, and many possibilities for decor - but now, the fundamental needs have been met.

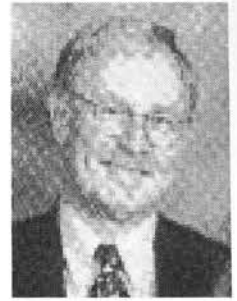
The new nursery offers a safe, sanitary environment for families looking for a place to leave their little ones during the service. So far, the nursery has been met with great enthusiasm and will undoubtedly succeed in raising an awareness here of exceptional facilities. A standard of nursery care has certainly been met with a “security system” consisting of beepers for parents to take into the service, and a nurse on duty each week. Drop by, because the new nursery is definitely worth a peek-a-boo!

## MINUTE FOR MISSION

The Mission and Service Fund helps support the work of more than 130 partners (indigenous churches, Christian Councils and agencies) overseas.

## FRIENDS OF MUSIC APPEAL

The 2000-2001 Music Series flyer lists 110 people who are “Friends of Music.” These “Friends” support the concert series and help it to operate on a self-supporting basis. No other church givings are used for this purpose. Their generosity provides Paul Merritt with the wherewithal to plan a wonderful series of concerts and helps to keep the ticket prices at an affordable level for all members of the congregation and the community. This series is unique in London and represents an important aspect of our outreach to the community at large. A good example of the remarkable program which is offered in the concert series is “An evening with John Tessier.” Just a few years after being tenor section leader in our own senior choir, John’s international singing career has taken off at an astonishing rate. You can be sure that if you were to listen to John Tessier in recital at the Lincoln Centre in New York, or were to see him as a Don Ottavio or Nemorino in one of the great opera houses, you would be paying a great deal more than \$10!



On behalf of Paul Merritt, the Music Committee and all who enjoy the concerts, I would like to thank all past “Friends” for their generous support. If you have enjoyed the concerts and would like to become a “Friend” to ensure the sustainability of the program, you can do so easily. You can simply enclose a cheque in an envelope marked “Friends of Music” and place it on the offering plate or you can mail it to the church office. Contributions in any amount will be gratefully received and they are tax-deductible. There is a saying that a person is judged by the friends he keeps. I would say that we are very fortunate to have some wonderful music in our church and we also have some wonderful friends.

Barrie Evans, Chair of the Music Committee.

## WHAT IS IT. WHERE IS IT AT?

Good question. The answer to the “What is it? Where is it at?” Quiz from our last issue will be available in the next issue of Tidings. We apologize for the inconvenience..

## DID YOU KNOW

Ella & Nelles England celebrated their 60th wedding anniversary in November.

Russ Monteith was re-elected to Board of Control and became London’s Deputy Mayor.

Elaine & Garry Russell’s son-in-law, Matthew Kneale, was nominated for the Booker Prize for his novel, English Passengers.

John Schram played Linus in the Grand Theatre’s production of You’re A Good Man Charlie Brown.

# Changes...

## BAPTISMS

*"I will be with you always, even until the end of the earth"*

Catharine Louise Jeffries

Robert Darren Neil

Next Baptism: May 13, 2001

## GOODBYE & GODSPEED

*"May kindness and peace be yours from Jesus Christ, the faithful witness."*

Elliott & Eleanor Dunbar

Katherine Ann Evans

Richard & Ann Day

Roger Gustafson

**First-St. Andrew's United Church:  
a Christian Family encouraging  
spiritual growth through worship,  
friendship, learning and action**

## DEATHS

*"Well done good and faithful servant."*

Gladys Irene Hunt	November 14
Elsie Rachel Mary Gordon	December 21
Helen Marie Inch	December 28
Helen Scott Keane	January 3
Elmer Gordon Butt	January 11
Charles William Wagner	January 12
Aileen Ruby Cranston	January 13

## A LETTER FROM OUR GARDENER, ED ELLIS: HOW'S IT GROWING!

It's still winter, but not too early to start thinking about gardening. And what a garden we've got: All the lawns, trees and gardens around the church. And it all has to be looked after, groomed and cleaned. It costs, of course, but there's a way of cutting those costs.

The success of last fall's cleanup at First-St. Andrew's has inspired another clean-up day this spring. It will take place April 21<sup>st</sup>.

For several years now, the maintenance of our grounds was headed by Ed Ellis, with pruning done by Elmer Butt.

Now, Ed wants to retire his shovel and rake and has sent a letter to the Property Committee in an effort to find a replacement.

Ed points out that the grounds surrounding FSA "provide a comforting and warm welcome to all who visit our beautiful church. They create a positive first impression which tells others that here is a place of beauty, tranquility and spiritual comfort.

Ed's Letter is titled: "A thing of beauty is a joy forever" and goes on to talk about the thousands of visitors and hundreds of wedding guests that take time to pass by or visit our church.

But he notes that, "like everything else of beauty and value, it doesn't just happen or take care of itself." And there are ways to get the job done: "Do it yourself, or hire it done." A third option, he suggests, is "to form a team and share the workload".

Ed says FSA "needs a team of committed members to form a 'Garden Club'. What better way to serve the Lord, the rest of the congregation and have a positive outreach in the city!"

FSA has twelve flowerbeds/shrub areas that require love and care. Ed says that willing volunteer Gardeners would work in pairs...taking on greater or lesser responsibilities depending on their time and physical limitations.

As an example, Ed cites the wrought iron Flower Urns at the front steps to the sanctuary.

The major problem is they require frequent watering during the summer. "In the Fall, they could take on a 'harvest theme' and later a Christmas theme. Two small stone planters at the east entry require similar tending. there are a dozen areas that show off our "curb appeal"

Ed concludes that "now is the time for action and leadership... a Gardeners' Club coordinator-administrator type" And best of all, he says, "He/She could be of any age or ability... and never even touch a trowel, spade or plant.

An option, Ed writes, is to "simply pay for these services by hiring a landscaping firm!"

That's the challenge from our gardener Ed Ellis.



# The Holly Bazaar.....

..... raised more than \$9,000 this past November. Dozens of volunteers helped UCW convenors **Eva Archibald** and **Donna Travis** put together one of the most successful fund-raising events of the year at FSA.







PHOTOS BY  
HOWARD CAPES



# Program Guide..for Lent, Holy Week and Easter 2001

PLEASE NOT THE CHANGE FOR THE PROGRAM GUIDE.

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## WORSHIP

*Come and worship at First-St. Andrew's as we celebrate God's presence with us in this Lenten season, Holy Week and Easter. Our regular times of worship are 9:15 a.m. in the Chapel and 11 a.m. in the main Sanctuary. Contemplative worship services are on Wednesday evenings at 7:45 p.m. in the Sanctuary. For up to date information about our services you can call 679-8182, 24 hours a day. you will also find updated material each week on our website at [www.fsaunited.london.on.ca](http://www.fsaunited.london.on.ca)*

**Wed. Feb. 28** - Ash Wednesday service

7:30 p.m.

**Mar. 4** - First Sunday in Lent

9:15 & 11 am

Preacher - Susan Shelstad

**Mar. 11** - Second Sunday in Lent

9:15 & 11 am

Preacher - Susan Shelstad

**Mar. 18** - Third Sunday in Lent

**One service only at 11 am**

Preacher - Angus MacQueen

**Mar. 25** - Fourth Sunday in Lent

9:15 & 11 am

Preacher Susan Shelstad

**Apr. 1** - Fifth Sunday in Lent

9:15 & 11 am

Preacher - Susan Shelstad

**Apr. 8** - Palm/Passion Sunday

9:15 & 11 am (Sacrament of Communion)

Preacher - Susan Shelstad

Fri. **Apr. 13** - Good Friday service

11 am

**Apr. 15** - Easter

9:15 & 11 am

Preacher - Susan Shelstad

**Apr. 22** - Earth Stewardship Sunday

9:15 & 11 am

Preacher Susan Shelstad

**Apr. 29** - Children's Choir Musical/Volunteer Management Sunday

**One service only at 11 am**

**May 6** - Confirmation/New Members

9:15 & 11 am

Preacher - Susan Shelstad

**May 13** - Christian Family Sunday - Baptism

9:15 & 11 am

Preacher - Susan Shelstad

**May 20** - Sixth Sunday of Easter

9:15 & 11 am

Preacher - Susan Shelstad

**May 27** - Seventh Sunday of Easter

(Annual Meeting of London Conference)

9:15 & 11 am

Guest Preacher

**June 3** - Pentecost

9:15 & 11 am

Preacher - Susan Shelstad

### Contemplative Worship Services

This year our alternative worship is taking the form of a contemplative service on **Wednesday evenings at 7:45 pm** in the Sanctuary. The service includes a time of singing together, stretching, drumming, scripture, silence, and spoken prayer. On the first Wednesday of each month we will also have a time of healing prayer. Dress is casual. This is a time to restore your soul and rest in God.

### Healing Prayer in Worship

During the communion services where we are served by intinction we are now offering, in addition to the communion stations, two healing prayer stations. Members of our Healing Prayer Team will be at kneelers near-by to pray with anyone who would like to receive a prayer for healing.



## MUSIC

### ELEVENTH ANNUAL AMABILE FESTIVAL

Sunday, March 4, 2001 at 2:30 p.m. & 7:30 p.m.

### FRIDAY LENTEN NOON RECITALS

12:00-12:30 Luncheon (\$5.00) served following

March 23 FLUTE DUET

Anne Cunningham & Donna Kozachuk

March 30 THE SOLOISTS OF FIRST-ST. ANDREW'S

April 6 PAUL MERRITT, Organ

*Music*  
AT FIRST-ST. ANDREW'S

### SALUTE TO MUSIC, TO YOUTH!

Sunday, April 1, 3:30 p.m. at FSA

Special Recital for FSA children and youth.

Open to all ages including those studying at University.

Any instrument including voice and any level of achievement.

Call Nikki Attwell (473-0760) to participate.

Sponsored by the Music Committee.

### GOD'S WONDROUS WORLD

Saturday, April 21, 2001 at 7:30 p.m.

A concert celebrating the beauty and wonder of creation with The Choir of First-St. Andrew's

The St. Marys Children's Choir  
and Orchestra

### EASTER SUNDAY, APRIL 15

Come and celebrate this joyous day with our choir and brass quartet.

### CHILDREN'S CHOIR MUSICAL

The Children's Choir will present a musical treatment of the Biblical story of Noah and the ark, entitled "A TECHNICOLOR PROMISE" as part of worship on Sunday, April 29.

## CHILDREN'S MINISTRY

### CHURCH SCHOOL

What's happening in the Church School?

Those who were unable to be a part of our 2000 Christmas Eve Family Service in December certainly missed out on an amazing presentation by the children of the Church School! After weeks of very hard work, they retold the Christmas story in a very powerful and moving way, and did themselves proud in the process!



Church School Coordinator Kevin Johnston leading the Sunday morning "Big Circle" in the Fireside Room at FSA.

During our fall session, we visited stories from the Hebrew Scriptures which included an in-depth look at Creation, Abraham & Sarah, Moses, David, Elijah, and God's Peaceable Realm, as well as the birth of John the Baptist from the Christian writings.

Our winter session allows us to visit more stories from the Christian Scriptures including several weeks on the Christmas story, Jesus' childhood and baptism, as well as a few of his miracles and parables.

There **are** ministry opportunities available in both our 9:15 and 11:00 classes, and we invite all to come and share in our exciting

### NURSERY

Our newly renovated nursery is available at both services for infants to two years. The nursery room is next door to the Chapel on the main floor.

Coordinator: Judy Cull

There is also a nursery class at 11 am for children 3 & 4 years old in the classroom across the hall from the infant nursery, next to the

### CRADLE ROLL

A kit called *Growing in God's Love* is sent to families with a new baby to help celebrate important events to age 3.

Coordinator: Nancy Stanlick (451-9491)

### SECRET PALS

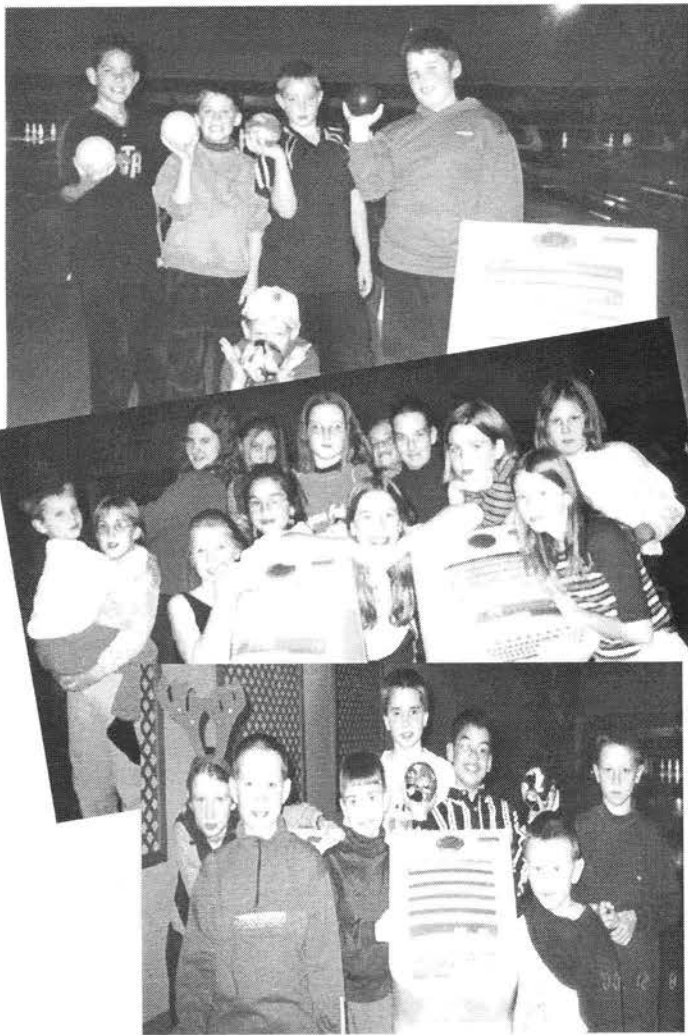
Children in grades 3 to 6 exchange letters with adults in the congregation on a monthly basis. Using code names hides your identity until an "unmasking" event in the spring.

Coordinator: Nancy Howard (289-0540)

### POP 'N' POPCORN

A social group for children in grades 4 - 6, we meet approximately once a month for a fun activity. Watch the weekly announcements for upcoming events.

**PICTURED BELOW: THE POP'N"POPCORN GROUP.. OUT FOR A NIGHT OF BOWLING.**



**YOUTH & YOUNG ADULT MINISTRY**

**TEENS IN TRANSIT (TNT)**

The Teens in Transit group meets in the Upper Room following the Children's Story at the 11:00 a.m. Worship Service. We've had some great discussions and wish to welcome all FSA teens (and their friends!) to join us. It's not just for Grade 7-8 anymore. Come check us out. This group is for you. We can make it whatever you want it to be!

**TEEN CONFIRMATION CLASS**

This group of seven young people are meeting in preparation for confirmation next spring.

**ADULT DEVELOPMENT**

**SPECIAL LENTEN EVENT FOR 2001 - WALK THE LABYRINTH!**

This ancient spiritual exercise is just the thing to prepare for Easter this year. Watch for details of date and time in the church announcements

**SUNDAY MORNING BIBLE STUDY**

This group meets on Sunday mornings at 9:15 am upstairs in the Primary Room.

Leader: Dr. Jo Ann Silcox (642-2152)

**THURSDAY MORNING BIBLE STUDY**

10AM in the parlour. We are using the Whole People of God adult study material. Leader: Susan Shelstad (679-8182).

**DREAMGROUP**

Come and discover the amazing world of your dreams. We meet usually on the last Friday of the

month at 7:30 pm in the Parlour. For more information, contact Anne Cunningham (433-9663)

**DRUMMING CIRCLE**

No experience necessary! Just come and experience the joy and the release of drumming together. We have plenty of drums to share. We meet on the second Friday of each month at 7 pm in the Parlour

**PRAYER CHAIN**

Need prayers for yourself or a loved one? Call Pat at the church office (679-8182) and the name or concern will be passed through the prayer chain. First names only will be used unless permission is granted by the person to use their full name. Confidentiality will be respected.

**HEALING PRAYER TEAM**

Members of the team are prepared to come and pray with you in your home or hospital room. Two people will be sent in response to your call. Phone the church office (679-8182) and someone will get back to you.

**PASTORAL CARE**

*In addition to the pastoral care done by Susan Shelstad and Heather Bedford, members of our congregation reach out to others in a variety of ways.*

**CONGREGATIONAL VISITING TEAM**

Our Congregational Visiting Team are members of our congregation who offer ongoing support to our shut-ins. We have a visiting team of 30 who maintain contact with the members of our congregation on a regular basis, and especially at birthdays and holiday times. If you are interested in becoming involved in this very rewarding experience, please call Heather Bedford (670-8182).

**COUNSELLING TEAM**

There is a Counselling service available to FSA members staffed voluntarily by the following: Kerry Hill, a management consultant and career counsellor, provides personal counselling and detailed vocational assessment by appointment when mutually convenient. Ardath Finnbogason-Hill, a nurse-educator with considerable experience in personal counselling, and Jo Ann Silcox, a psychiatrist, work as a team to provide initial assessment and follow-through counselling for individuals, couples, families or groups facing personal transitional crises. Referrals may be made through Ardath Hill at 65

### CARE FOR THE CAREGIVER

This group is for those who find themselves in the role of caregiver, and who are feeling a bit overwhelmed. Please contact Heather Bedford, (679-8182) for further details.

### RIDES FOR SENIORS

If you need a ride to and from church and/or church events, please call Louise Slater (642-7949) St. Andrew's works in cooperation with Westminster College to offer classes. Call Westminster College (673-0040) as soon as possible. Next event: **March 13, 14, 15; April 6 & 7.**

### DIAL-A-PRAYER 439-6838

For a moment of meditation in a busy or a quiet day, please call our Dial-A-Prayer at 439-6838. Coordinators: Donna Ellis (782-7084) and Deanne Pederson (432-1583)

### COFFEE & CONVERSATION

Every Sunday, following our 9:15 am and 11:00 am worship services, the congregation is invited to remain after service for refreshment and the deepening of friendship. This is an opportunity for each person to make contact and share his/her journey as a valued individual within our community of faith. Volunteers are needed to make and serve coffee and to clean up.

### BAPTISMAL PREPARATION

A Baptismal preparation session is held prior to every Baptism (usually the Thursday evening) to further prepare the parents who are bringing their children for Baptism. We explore the meaning of Baptism, and prepare for the Sunday service. The Sacrament of Baptism will be administered **May 13, 2001.** Call the church office if interested. (679-8182)

### MARRIAGE PREPARATION

Preparation for marriage is important because marriage is important - to the persons involved, to society in general, and to God. First-St. Andrew's works in cooperation with Westminster.

### LIBRARY

Our church library contains many wonderful things — good books for all ages, videos, and periodicals — all for your use. Come in and check us out! New material arriving all the time.

### CDSCHOLARSHIP FUND

Donations to this fund are used to help children and young people attend programs and events such as youth retreats, camp, and Conference events. Your help is appreciated.

## COMMUNITY OUTREACH

*Community Outreach is involved in...Out of the Cold, preparing baby layettes, organizing food collection for the youth action centre and St. Paul's Daily Bread, actively supporting the ELUCOC in special projects, working with St. Marys United Church in support of the Canadian Food Grains Bank, and occupying a chair on their board, sending two members to the LIFT Council meetings and more...*

### OUT OF THE COLD (OOTC)

This program runs year round on Mondays, 5:30 p.m. providing hospitality meals for about 100 persons. One hundred or more volunteers have been involved, many of them from other churches. Could you help out for a 4 month period? May to August, September to December, January to April. Contact Joanne Girvan (637-2211) or the church office (679-8182).

### ROW-A-ROW PROJECT

Money has been provided for the Canadian Food Grains Program through the efforts of St. Marys United Church and FSA over the past five years, matched by 4:1 by CIDA. Watch for news about GROW-A-ROW VII so you can participate and help alleviate hunger in the developing world.

### SAVE CANCELLED STAMPS

Clip, leaving 1/4 inch envelope paper showing. One pound of stamps equals one bible which will be distributed somewhere in the world through the Canadian Bible Society. Please deposit cancelled stamps in the right hand bin below the mailboxes next to the elevator.

### FOOD BANK CONTRIBUTIONS

Please keep in mind the Community Outreach Committee's food collection for St. Paul's DAILY BREAD. Baby food is also a special need and may be left at any time. Baskets are placed at the entrance of the Chapel, and Narthex and Atrium entrances of the Sanctuary where you may leave your donations. Financial contributions are also welcome. Thank you for helping others!

## FRIENDSHIP & LEARNING GROUPS

### HAVA JAVA 'N' JUICE

An informal group of parents and preschoolers offering networking and support. Tuesday mornings 10:00-11:30. Contact Sandra Dwyer (438-6546)

### BIFOCALS

Come and enjoy good food, warm fellowship, a sing song and varied programs. Watch the weekly announcements for upcoming events. New members and guests are always welcome. Call June & Jack McKay (471-5668)

### CIRCLE OF FRIENDS

Singles and marrieds who enjoy fun are invited to join with the Circle of Friends. Watch the weekly announcements for the next gathering.

### UNITED CHURCH WOMEN

The purpose of the UCW is to unite women of the congregation for the total mission of the church and to provide a medium through which we may express our loyalty and devotion to Jesus Christ in Christian witness, study, fellowship and service. First-St. Andrew's has three units meeting monthly as follows:

The first Thursday at 7:00 p.m. in the church parlour

The second Wednesday at 9:30 a.m. at 1 Grosvenor Gate

The third Tuesday at 7:30 p.m. in the church parlour

New members are always welcome





# A Final Word....

Lent, Holy Week, Easter 2001

What is the best thing about a brand new year? The calendar, of course. By the time you read this you will be well into recording your events for the year 2001 but as this is being written, the calendar is brand new, a fresh start, a clean slate. A lot of the entries on the calendar will be up to you – you will be able to make decisions on some aspects of the year. Some of the entries will be joyful events and there may be some sad ones too. Some entries will be written by God, but for others we do have a chance to make a difference. Maybe that comes in the form of New Year's resolutions – so much fun to make and see how long it takes to break them. People often make resolutions that are impossible to keep, even for a few days. What if we as a congregation were making a set of resolutions for First- St. Andrew's? Would the following be some of the resolutions that would be easy to keep?

1. Talk to at least one person you do not know each week at church.
2. Ask someone how they are and be prepared to listen to their answer
3. Get to know one of the Church school children
4. Agree to usher, greet or do after church "Coffee and Conversation" if asked
5. Serve actively on a committee
6. Help with the church yard clean up – that's fun!
7. Be on an Out of the Cold Team, be an Alternate on OOTC
8. Join a UCW group (only if you are a woman)
9. Help form a men's group (only if you are a man)
10. Get the person who thought these up to stop thinking

This is such a short list if you really think about it. We wish you all the best with the entries on your calendar – the entries where you can make a difference. When you have entries that are sad or difficult in your life, you have the FSA family to help you. And when you have joyous celebration entries, make sure you share it with the rest of the FSA family.

*Heather Ted Susan Paul*



### First-St. Andrew's Ministry

The Rev. Dr. Susan Shelstad  
Heather Bedford  
Paul Merritt  
Ted Kostecki  
Kevin Johnston

Pat Sole Diane Macpherson Jim Gagnon