

REJOICE



THE VOICE OF ST. ANDREW'S
Spring Issue; April 2014

Message from the Minister

It's been a long winter, and a long time to Easter as Easter Sunday is as late as it can be this year. But one of the signs of the end of winter is the return of the snowbirds. Please bring warm weather back with you. Although it's been a long winter, it has been a busy one at St. Andrew's. Our annual meeting has come and gone, and although we passed a deficit budget, with intentional stewardship there is no reason why we will not be in a balanced position by the end of year.

On the subject of stewardship, this Lenten season we've begun looking at stewardship as more than just money and fundraising. Using John McKnight's book, The Abundant Community as a resource, we've been looking at the hallmarks of what abundance looks like, whether in a church or a neighbourhood. The study groups have been meeting Wednesday morning and Thursday night, and the discussion has been lively and informative. We've also been having some fun, Thanks to Jennifer Postma's organization, a host of volunteers and some presbytery funding we were able to host a great Mardi Gras event in February. We invited our Little Friends and Daycare families, as well as the neighbourhood, and we had wonderful mixture of folks eating jambalaya and listening to Ross Hermiston-Nicoll tickle the ivories.

Our Long-Range Task group had been busy as well. In January we hosted a gathering of the leadership of Little Friends, City West Childcare, Pilgrims Hospice, the Crestwood Community League and our City Councillor Andrew Knack to see what partnerships might be possible with St. Andrew's on our building site. The meeting was a positive one and we'll be starting another round of consultations very soon.



I had a great adventure in March when I was asked to present my research on the missionary James Evans at a conference on Myth as Narratives of Empowerment and Disempowerment at the University of Jendouba in Tunisia. The conference was great, my work was well received, and it was awe inspiring to be in place where St. Augustine preached, and Hannibal set out for the Alps with his Elephants. I'll be doing a presentation for the congregation on Tunisia and the conference I was at following the service on April 27. But before that we have the festivities and solemnities of Holy Week, which are listed on the back page of the newsletter.

While the earth has been dormant, we have been anything but. The blessings of the season of new life and resurrection be with us all.
Geoff

BREATHING CLASS

This was offered to St. Andrews with the stated purpose being to share the concept that, "IMPROVED COMPETENCY AND CAPACITY OF THE BREATHING FUNCTION CAN PROVIDE WELLNESS BENEFITS". Classes were offered after Sunday Services in the Auditorium. The first six weeks provided general information, some simple tests, practical experience in directing and controlling the breathing cycle, the opportunity for discussion and the admonition to do some homework. Building on the experience, subsequent classes focussed on countering the effects of stress by combining simple exercises with controlled breathing. Safety and comfort and common sense were emphasised throughout. A very brief outline follows. (You had to be there to get the whole deal!)

THE COMPLETE BREATH

The breathing cycle can be consciously controlled and directed to increase lung capacity, use and improve the competency of the muscles and structures involved and provide wellness benefits such as; improving oxygen supply to the body, removing carbon dioxide, increasing the active use of more area of the lung surface, slowing the heart rate and providing a calming effect. The complete breath includes the following parts;

1. INHALATION

- a. Belly
- b. Lower ribs
- c. Upper ribs
- d. Shoulders
- e. Pause

2. EXHALATION

- a. Soft exhalation
- b. Forced exhalation
- c. Pause



APPLIED BREATHING

The physical effects of stress and trauma may include involuntary tightening of various muscles. The breath is used in conjunction with gentle muscular contractions while inhaling (THE HOLD) and relaxing the contractions while exhaling (THE RELEASE) to identify and relax tightened muscles.

THE HOLD: Deliberate contraction of the 'target' muscle or muscle group while inhaling and visualizing something hard (brick, stone or iron for example) identifies and focuses attention on the 'problem'.

THE RELEASE: Relaxing the hold while exhaling and visualizing something soft (flowing water, cloud or pillow for example) provides an altered perception and experience of the 'problem'.

EXAMPLE: Inhale, make a fist, visualize stone, hold, exhale, relax hand, visualize cloud, gently shake the hand and repeat as needed.

APPLICATION

Muscles of the body mostly work in balanced pairs. The effects of stress and trauma may create an imbalance which can spread and inhibit movement in distant parts of the body. Inappropriately held muscles not only limit movement but also use energy to no purpose and reduce circulation. Modifying the HOLD and RELEASE approach to a PUSH and PULL sequence supported by breathing can restore balance and reduce the adverse effects mentioned.

Thanks to all who participated in the Class. For further information contact Bob Kompf 780-250-2883 or rkompf@shaw.ca.

Building and Property Committee Activities

The November to mid-March period of 2013-2014 has been fairly busy with both typical maintenance and repair projects as well as some unusual challenges.



B&P members assisted the UCW with decorating the sanctuary on November 29, including setting up the trees in the chancel; and taking down the trees on January 29, packing them in their storage boxes, and taking them to the Glory Hole.

B&P responded to several water flow and furnace alarms. Water flow alarms are triggered by a continuous flow of water for over an hour. In nearly all cases the cause is a toilet flapper valve that has stuck open either from a regular flush, or sometimes when one of the cleaning staff empties a bucket into a toilet bowl. Most furnace alarms are triggered by a furnace not coming on properly, most often caused by ice building up on the exhaust vents. Both types of alarms usually require a prompt visit to the church to fix the problem. Unfortunately, both types of alarms often occur between 10 p.m. and 3 a.m.. Ian Burn and Davis Farquharson have borne the brunt of the response – thank you very much. (and apologies to Hazel and Betty).

In November Malcolm McCorquodale announced his retirement from the committee but advised that he would be available to help on projects. Malcolm's expertise as a home inspector and set of specialized instruments were very helpful in the renovation of the sanctuary radiators in 2012.

With the assistance of board chair Ed Butler, resolved a dispute over payment of City West's past utilities arrears by arranging for a payment schedule.

Larry and Phil replaced three rows of curled, lifting and broken tiles in front of the north wall sinks in the main kitchen. Also along the north wall, Roland and Davis replaced the west tap set. Usually a fairly routine job, this turned into a frustrating exercise due to a faulty replacement unit which had to be returned, and shutoff valves which didn't work properly and had to be repaired.

Office equipment – two major pieces of office equipment needed replacing in March. Increasing breakdowns on the photocopier prompted the Ricoh service person to offer to replace it with a new machine at a slightly lower monthly cost, despite a year being left on the lease. The Inner Office PC needed to be replaced prior to April 8 due to Microsoft withdrawing support to its XP operating system. The existing PC could not be upgraded with a supported operating system.

Other jobs have included:

- unclogging drains, urinals and toilets
- replacement of fluorescent fixture ballasts and bulbs
- restarting the elevator when it quits
- participating in the long-range planning task group
- downloaded sanctuary recordings of services and concerts to Inner Office PC; repairing broken table leaf in SAGE room
- cutting off a 6" piece of projecting rebar in the parking lot that caught on a bumper
- front door: fixed sticking latching mechanism; repaired closer and hinges following damage during high winds.
- fire alarm system: troubleshooting faulty detector; attending annual inspection.
- operation of sound and lights for worship and memorial services and two concerts.
- monitoring and adjusting pH of water in hot water heating system
- mounting portable sound system on wall in St. James room
- assisting Jennifer during Mardi Gras event
- installing sturdy replacement mounting plates for casters and feet on St. James room couches; repaired broken Paschal candle
- replacing broken wheel on floor scrubber

Building and Property members include: Ian Burn, Rob Churchill, Larry Dobson, Davis Farquharson, David Hamilton, Malcolm McCorquodale, Roland Tomuschat, Brian Walker, Bruce Woodhouse (Member Emeritus) and Phil Vogan. Anne King is an Honorary Member.

Our Children's Program

Our children's program has been busy this year! The children have learnt how God is always with us and loves everyone! We have talked about how living our lives with God, makes us 'salty' and our lives richer, more flavourful. We have learned that God's love is like the wind, although we cannot see it, we can feel it and see its power. Most recently we learnt that God's love is like water, it refreshes us and helps us grow.

We began a family movie night this March, and had a successful start! I had the children write out all their favorite movies and we put them in a hat to draw from every month. Our movie nights are open for everyone to enjoy!

I am so excited to share with you that this spring/summer the children and I will be planting a 10x10 garden! Children are natural gardeners. They are curious and like to learn by getting their hands dirty. Through the children's garden, relationships will grow, life-long skills will be learned, and community will be built.



This summer we will also be running a week long day camp for children aged 5 – 11. It will be a half day, running from 9am – 1pm. It will consist of music, crafts, and sports while focusing on the Fruits of the Spirits, Love, Peace, Faithfulness, Joy, Goodness, gentleness, patience, self-control, and kindness. What wonderful values for children to live by.

Submitted by Jennifer Postma, Children's Program Coordinator

(Pictured above is guest musician Crushenda Munroe).

Fund and Fun Raising Committee

The upcoming flower plant sale is just one activity which your fundraising committee has organized. But it's not all about monetary contributions, although St. Andrew's, like any non-profit organization, always welcomes financial assistance. But some activities planned are meant to be fun and informative for everyone and offer a chance to get to know each other better.

Upcoming events include a speaker series, Learn over Lunch, with Geoff being our first speaker on April 27th right after church (see Message from the Minister, page one). Others include a look at the U of A's research department and futuristic projects, Rambling in Russia, Culture and People of the North, and Staying Healthy in our Retirement Years: Mentally, Physically and Financially. And watch for notice of a St. Andrew's Night of the Arts, children/family activities, and a welcome-back breakfast in the fall. Come on out and enjoy the fun.

Holy Week Services at St. Andrew's

Sunday, April 13, 10:00 am Palm/Passion Sunday

We begin Holy Week with the procession of the palms, music by the Chorale and the children of St. Andrew's and the Holy Week story told through the eyes of some who might have been there.

Thursday, April 17, 6:00 pm Maundy Thursday

We conclude our Lenten Study on "The Abundant Community" with a Palestinian feast-the meal that Jesus might have shared with his disciples in Holy Week. As part of the feast we reflect on how the meal became the sacrament of the Christian Community. The menu includes hummus, lamb stew, salmon, baklava, tabouleh, pita bread, wine, tzatziki, and other delectable goodies.



Thursday April 17: 8:30 pm Maundy Thursday

After the feast we gather in the sanctuary for the ritual of handwashing, communion, and the stripping of the sanctuary in preparation for Good Friday.

Friday April 18: 10:00 am Good Friday

The chorale leads the music and we reflect on the seven last words from the cross.

Sunday April 20, 10:00 am Easter Sunday

We light the new fire of Easter, celebrate the sacrament of communion, and hear the story of the resurrection.

St. Andrew's United Church, 9915 – 148th Street
Phone: 780-452-4454 * Fax: 780-451-9567 * st.andrews@uccedm.org
www.saintandrewsunited.com; follow us on Facebook!

Staff and volunteer staff:

Rev. Dr. Geoff Wilfong-Pritchard

Office & Pastoral Care Co-ordinator: Anne Chorley King

Music Director: Helve Sastok

Children's Program Co-ordinator: Jennifer Postma

Handbell Director: Hazel Burn

Congregational Co-ordinator: Chris Standring

Newsletter Editor: Heather Miller

St. Andrew's United Church
9915 148st; Edmonton, AB
Spring 2014 Plant Sale

- Plants need to be ordered between March 1 to April 30, 2014
- Plants will be available to pick up at St. Andrew's on May 16, 17, 18, 19, 2014 (9am to 5pm)
- Payment can be by cash or cheque when ordered
- Cheques should be made payable to St. Andrew's United Church and can be post-dated

Option 1 – Jumbo 6 Packs \$4.50 each

- A) Bonanza Mix Marigolds: 6-8 in. ht. yellow, orange, bicolor mixture
- B) Ultra Mix Petunia: 10-12 in. ht. Blue, Pink, red, white, violet, vines and striped mixture
- C) Matrix Mix Pansy: 8-10 in. ht. Blue, rose, red, yellow, white, violet blotched and mixture

Option 2 – 4 Inch Pots \$4.50 each

- A) Tuberous Begonias: Red, rose, yellow, apricot, OR orange
- B) Trailing Snowflake Bacopa: White only
- C) Sweet Potato Vine: Lime green OR Deep Purple

Option 3 – Geranium 6 Inch Pots \$8 each

- A) Red
- B) White
- C) Pink
- D) Salmon
- E) Violet

Option 4 – 12 Inch Hanging Baskets Ivy Geranium Combo's (full Sun Only) \$40 each

Thank you for participating in this year's spring fundraiser. Our plants are supplied by Kuhlmann's Greenhouse.

Church Fundraiser Coordinator:

Name	Art Deane
Phone	780-436-8723
E-Mail	akdeane@shaw.ca

Plant Sale Order Form

St Andrew's United Church; 9915 – 148 Street, Edmonton, AB

Please Print:

Last Name _____ First Name _____

Street Address _____ Apt # _____

City _____ Postal code _____ Phone _____

E-mail Address _____ Cheque _____ or Cash _____

Cheques payable to: St. Andrew's United Church.

Option 1 – Jumbo 6 Packs \$4.50 each (note: each pack contains a mix of colours)

	Number of Packs	Price each	Total
A) Bonanza Mix Marigolds	_____ x	\$4.50	_____
B) Ultra Mix Petunia	_____ x	\$4.50	_____
C) Matrix Mix Pansy	_____ x	\$4.50	_____

Option 2 – 4 Inch Pots \$4.50 each

	Number of Pots		
A) Tuberous Begonias	Red _____ x	\$4.50	_____
	Rose _____ x	\$4.50	_____
	Yellow _____ x	\$4.50	_____
	Apricot _____ x	\$4.50	_____
	Orange _____ x	\$4.50	_____
B) Trailing Snowflake Bacopa	White Only _____ x	\$4.50	_____
C) Sweet Potato Vine	Lime Green _____ x	\$4.50	_____
	Deep Purple _____ x	\$4.50	_____

Option 3 – Geranium 6 Inch Pots \$8 each

	Red _____ x	\$8.00	_____
	White _____ x	\$8.00	_____
	Pink _____ x	\$8.00	_____
	Salmon _____ x	\$8.00	_____
	Violet _____ x	\$8.00	_____

Option 4 – 12 Inch Hanging Baskets Ivy Geranium Combo's (full Sun Only) \$40.00 each _____ x \$40.00 _____

Special Notes

TOTAL

THANK YOU for supporting St Andrew's United Church