



The SAINT

PRESBYTERIAN CHURCH IN CANADA

St. Andrew's Interesting News and Tidbits

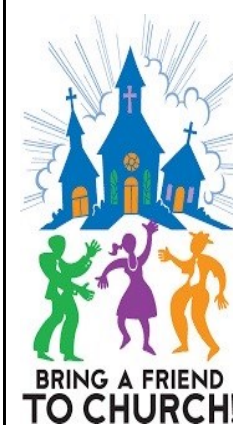
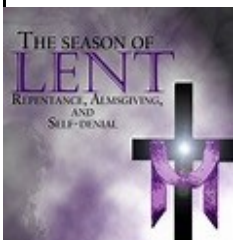
Volume 40

No. 2



Communion Service

March 5
April 2
May 7



Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. (Proverbs 3:5-6, The Message)

For those who haven't yet heard, I am pleased to announce that our Annual Congregational Meeting at St. Andrew's this year was a fine success! The very first thing that I noticed as we gathered in McCullough Hall for lunch after Service was just that- that we gathered together. It was our first annual meeting in-person since the start of the pandemic, and it sure was good to be gathered together! We enjoyed a delicious lunch (thank you to all who contributed!) and it was simply lovely to hear the conversations, the laughter, and the general joy of being together.

The meeting itself went smoothly, thanks to the hard work of so many people, who donated so many hours of their time, to ensure that an accurate Annual Report was prepared. As I read the report, I was amazed by how much our congregation has been able to do, even during these difficult pandemic times. By the grace of God, we have adapted to rapidly-changing circumstances, overcome many obstacles, have kept our faith (and our sense of humour!) and are moving forwards with sense of optimism and determination. Although we have budgeted for a large deficit for the 2023 year, we have complete trust that our ever-gracious God will continue to be faithful to us, as we seek to be faithful to Him, in heart and in hand.

One especially encouraging item from the annual meeting was the nearly unanimous congregational vote in favour of contracting with the *Strive!* consultancy group in a process of intentional strategic planning at St. Andrew's. Our engagement with *Strive!* will provide us with fresh thinking about who we are, where we are going, and how God will get us to where we need to be. This is exciting news!

In order for the most positive outcome to take place from the strategic planning process, I would kindly ask that *everyone* participate in the work that will be taking place in the weeks ahead. It will be made very clear what is being asked of you to do, and the lines of communication will be open and direct. We trust that God will bless our labours, and direct our paths. Who knows? We might even have some fun along the way! J

As the author of Proverbs rightly states, when we trust God with all of our hearts, quit trying to control everything, and humbly submit to God's will for us, then He will make all of our pathways clear, and open the right doors for us at the right time. And we will walk joyfully into the future that God is preparing for us, as the people of St. Andrew's . . .

Yours in Christian faith, hope, and love,

The Rev. Mark Wolfe

Mark

Rev. Mark Wolfe

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2023

Remaining Lenten Lunches 2023.

March 1 - Mark Wolfe, St. Andrew's Presbyterian Church

March 8 - Lily Kampferseck, Spruce Lodge

March 15 - Lloyd Oakey, Elgin Missionary Church

March 22 - Gavin Williams, Parkview United Church

March 29 - Rob Lemon, St. James and St. Paul's Anglican Churches

At Immaculate Conception R. C. Church

50 Well St.

Stratford ON

\$10.00 - Lunch begins promptly at Noon

12:00 Noon to 1:00 pm



Submitted by Susan Bray

Q: Why should 70-plus year old people use valet parking?

A: Valets don't forget where they park your car.

Q: Where should 70-plus year-olds look for eye glasses?

A: On their foreheads.

Thanks to Theresa for her help.

Used Stamps

We welcome your used stamps, trimmed leaving a 1/4" border around them. The Canadian Bible Society receives our stamps at their one remaining Ontario office which is in Toronto. They in turn sell them and the proceeds go to buy bibles and dispense these around the world.

There is a drop off box in the lower level outside the office.

Thank you for your continued support of this **Mission Out-Reach**.

Darlene Dunbar

Territorial Acknowledgement

St. Andrew's Presbyterian Church, Stratford, Ontario is situated on the traditional territory of the Haudenosaunee (Iroquois), Ojibwe/Chippewa Anishinabek and Odawa peoples who have longstanding relationships to the region of southwestern Ontario and the City of Stratford. St. Andrew's recognizes the significant historical and contemporary contributions of local and regional First Nations and all of the Original peoples to the development of Canada.



Giving Options

Mail offering envelopes/cheques via mail to

St. Andrew's Presbyterian Church
25 St. Andrew St. Stratford ON N5A 4K6
Or drop off in Church mailbox

Bank E-Transfer

E-Transfer to the following email address
standrewtreas@wightman.ca

PAR

If you wish to sign up for PAR, please contact the
Church Office - 519 271 5668

Contact Scott Dunbar for **Curbside**

DEPOT DROP OFFS and DEPARTURES

The Stratford Mission Depot, located in Hayter Hall, continues to actively receive medical and personal care supplies. We had a large shipment ready to go to Ukraine and neither of the two agencies could send them. THEN, the earthquake happened in Turkiye and Syria. Due to the impending elevator work, the supplies were moved from Hayter Hall into the Nursery Room on the main floor. And on Friday, Feb 17, we filled a 15 foot U Haul truck brought to Stratford by the Brantford Muslim Association. The supplies were then air lifted for free by Turkish Air Lines. Included in these boxes were miniature prayer shawls with a prayer, printed in Turkish attached. We continue to give to people sending to Cuba, South Sudan, Nicaragua, and Malawi through 'Change Her World.'

Our shelves are once again empty. Spread the word to others of the need for discarded medical supplies. The depot continues to be open Tuesday mornings, 9 to 12 or other times by appointment.

In appreciation of your support, Jean Aitcheson C.M. jkhsn@quadro.net 519-276-1975

Did You Know?

The folks at 3M's product information lines handle a lot of calls about duct tape.

Three of the most commonly asked questions are:

1. Can duct tape be used for removing warts?
2. Can it be used to secure the duct from the household dryer to the outdoors?
3. Is it waterproof?

The official answers are:

Duct tape is not recommended for removing warts, because it hasn't been scientifically tested.

The company does not recommend using duct tape for the dryer duct, because the temperatures may exceed 93 degrees C, the maximum temperature duct tape can withstand.

The backing of the duct tape is waterproof, but the adhesive is not. Duct tape will hold up to water for a while, but eventually the adhesive will give out.

Source – Reader's Digest – Extraordinary Uses for Ordinary Things

Lectionary Readings



March 5, 2023 (purple)

2nd Sunday in Lent

Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17 OR Matthew 17:1-9

March 12, 2023 (purple)

3rd Sunday in Lent

Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42

March 19, 2023 (pink or purple)

4th Sunday in Lent

1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

March 26, 2023 (purple)

5th Sunday in Lent

Ezekiel 37:1-14; Psalm 130; Romans 8:6-11; John 11:1-45

April 2, 2023 (purple or red)

Palm Sunday/Passion Sunday

Liturgy of the Palms: Psalm 118:1-2, 19-29; Matthew 21:1-11

Liturgy of the Passion: Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Matthew 26:14-27:66 OR Matthew 27:11-54

April 6, 2023 (purple or red or no colour)

Maundy Thursday

Exodus 12:1-4, (5-10), 11-14; Psalm 116:1-2, 12-19; 1 Corinthians 11:23-26; John 13:1-17, 31b-35

April 7, 2023 (purple or red or no colour)

Good Friday

Isaiah 52:13-53:12; Psalm 22; Hebrews 10:16-25 OR Hebrews 4:14-16; 5:7-9; John 18:1-1-42

April 8, 2023 (purple or red or no colour)

Holy Saturday

Job 14:1-14 OR Lamentations 3:1-9, 19-24; Psalm 31:1-4, 15-16; 1 Peter 4:1-8; Matthew 27:57-66 OR John 19:38-42

April 9, 2023 (white)

Easter Sunday

Acts 10:34-43 OR Jeremiah 31:1-6; Psalm 118:1-2, 14-24; Colossians 3:1-4 OR Acts 10:34-43; John 20:1-18 OR Matthew 28:1-10

April 16, 2023 (white)

2nd Sunday of Easter

Acts 2:14a, 22-32; Psalm 16; 1 Peter 1:3-9; John 20:19-31

April 23, 2023 (white)

3rd Sunday of Easter

Acts 2:14a, 36-41; Psalm 116:1-4, 12-19; 1 Peter 1:17-23; Luke 24:13-35

April 30, 2023 (white)

Mission Awareness Sunday

Acts 2:42-47; Psalm 23; 1 Peter 2:19-25; John 10:1-10



Potatoes, eggs, and coffee beans

Once upon a time in a small Italian town, a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it better. She was tired of fighting and struggling all the time. It seemed like life was one problem after the next.

The next day her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire.

Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them to sit and boil, without saying a word to his daughter.

The daughter moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out and placed it in a cup.

Turning to his daughter, he asked. 'What do you see?'

'Potatoes, eggs, and coffee,' she replied.

'Look closer,' he said, 'and touch the potatoes.' She did and noted that they were soft. He asked her to take an egg and break it; pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

'Father, what does this mean?' she asked. He explained that the potatoes, the eggs, and coffee beans had each faced the same adversity– the boiling water. However, each one reacted differently:

The potato went in strong, hard, and unrelenting, but the boiling water made it soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior. But once placed in boiling water, the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new and wonderful.

'Which are you,' he asked his daughter. 'When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean? '

Moral of the story: Change your mindset to change your life.



Pocket Prayer Shawl Ministry Continues

It is almost a year since members of St. Andrew's began making pocket prayer shawls to be sent to Ukraine. Since then, these tiny knitted/crocheted shawls with their message of hope and encouragement have been sent with medical supplies shipped from the Stratford Mission Depot to Ukraine, Cuba and South Sudan and now to Turkey.



To date members of St. Andrew's have contributed over 900 prayer shawls. Each prayer shawl has a label attached letting the recipient know that someone in Stratford is praying for them. Thanks to *Google Translate*, labels can be printed in the language of the people receiving them.



Jean Aitcheson and her team at the Mission Depot have been tucking these tiny prayer shawls into the supplies sent out from the depot.



Prayer Shawls
received in Ukraine

*If you would like more information or wish to be a part of this mission please contact:
Mary Duffin 519-273-2767 or me4duffin@gmail.com*



The Parable of the Lost Sheep

Those entering the church on Thursday evening were greeted with the joyful sounds of chatter and laughter. Messy Church families were enjoying a variety of activities as they studied the parable of the "Lost Sheep".

Adults and children participated in both active and quiet activities including making pine cone sheep and herding sheep (white balloons) into a pen. Celebration included singing, and the reading of the parable followed by Mark leading everyone on a "sheep hunt" before the final prayer. The evening ended with a dinner of macaroni and cheese.



Note: Due to March break, there will be no Messy Church in March.
Upcoming Events:

May 27, 2023 Messy Church Camp Day at Camp Kintail. Mark your calendar and watch for details.

From the Board of Managers:

Board Report for the March/April SAINT

Well, it's March and we are gradually moving towards spring.....might as well be positive!

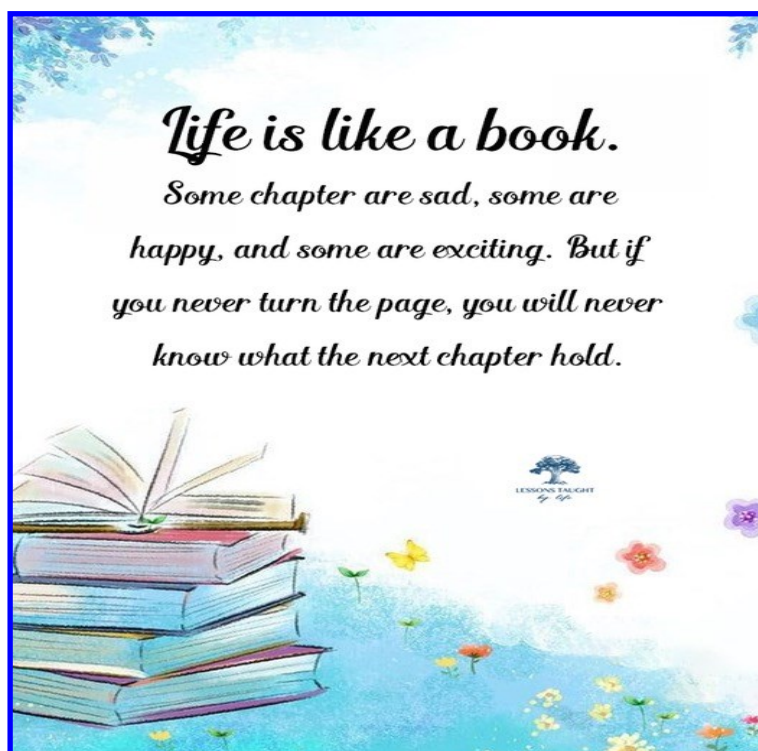
We want to welcome Susan Bray, Michael Clelland and Martin Dykeman to the Board for 2023! We are so glad you have joined us and are looking forward to working with you! As we say "Good -bye" to Scott Buchan, Scott Dunbar, Jane Marie Mitchell and Bonnie Wray we want to thank them for their many years of service on the Board. You will be missed!

An update re: the parking lot. As many of you have experienced recently, parking is a real challenge at times in the back shared parking lot. The Board has been in touch with the library to discuss 1. The snow removal, and 2. the issue of library patrons misuse of the available parking spots. As a result, 2 new signs will be posted in the back parking lot; one stating that the spaces directly behind the church (the upper lot) are for St. Andrew's congregation only. The other states that the "shared" lower lot is for St. Andrew's and Library patrons only. Both signs indicate that tickets may be issued to those using the parking lot inappropriately. ***If you park your vehicle in the parking lot, please be sure to display your St. Andrew's Parking Pass on the front dash of your car.*** If you do not have one, they are available from Marie McNamara in the office.

An update on the elevator: The upgrades to the elevator have been completed and it is now in service once again. As the operation of the elevator has changed, please read the instructions on the door of the elevator or ask for assistance, before using it. Thank you for all of the support and patience you have shown while this project was being completed!

If, at any time you have questions about financial matters re: St. Andrew's, please ask the Treasurers, Nancy Baker (Mrs.) or Ruth Reath.

Respectfully submitted by the Board of Managers



From the Session

This is a "Good News Letter". Firstly, I do not believe we have lost any members in the last two months and even better St. Andrews had a Baptism – Kylie Elizabeth, infant daughter of Larissa Baker and Nick Vervaeke. Proud Grandparents are Brent and Nancy Baker and just as proud – Great Grandpa Elton and Sharon Baker. Then last Sunday Rev. Mark announced the arrival of Mason Parker Dotzert son of April Rose-Dotzert and Curtis Dotzert. Once again beaming are Grandpa and Grandma Rose. We are pleased to welcome these new arrivals into our Church Family.

Secondly, as you may or may not know it, but I detest Annual Meetings! However, last Sunday's meeting may have started to change my feelings "just a little". First my sincere appreciation to the members of Session for the luncheon everyone enjoyed prior to the meeting. I think this helps to put people in a good mood. A special thank you to Heather Racher even though not a Session member, she helped. During the meeting although we were not always on the same page or thought, the fact everyone if they chose had their opinions heard. I realize we are looking at a huge deficit in the budget for this year but our Board of Managers really do the very best they can in keeping expenditures to a minimum. As part of the Administration Team of Presbytery I do have the opportunity to review several other Church budgets during the year and we are not alone-let me assure you.

The cost for the Strategic Planning Program proposed by the company STRIVE, under the leadership of Mary Lynn Mc Pherson to be taken from the Foundation and it was approved at the Meeting. I know from passed experience this program constitutes a great deal of leg work for the congregation. We are not blind to the fact we have an aging congregation and a building that has too many steps and no parking. Another concern we need to question what is required to entice the young people to come on Sunday mornings. There are "many" questions – not certain about many answers. Sometimes it takes someone removed from the organization to point these questions out and get us moving.

Sunday did restore in me the good feeling that with God's guidance and as a Church Family we will enter in this together. As reminded by Cam Fraser on Sunday that in 2009 when we did the last Strategic Planning Workshop and amalgamation failed - we thought all was for "Naught". Look at the number of new members and friends we received. God does work in mysterious ways.

With the upcoming retirement of Earl, the selection team interviewed three possible candidates. This selection has been narrowed down to one. This individual has been offered the position and negotiations are underway. We may know for certain before this newsletter goes to print. Earl was planning on Easter Sunday being his last official Sunday but this date may be changed until the end of June. More news about Earl's retirement coming soon.

And the last bit of Good News " THE ELEVATOR IS BACK IN OPERATION"
Until next time
Ruth

Add some colour to this Easter Basket!



Crabby Road

3-12-07

I never bother turning my clock ahead. It's easier to just show up for everything an hour late.



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Maxine.com

Patience is a virtue.

"Patience is not the ability to wait, but the ability to keep a good attitude while waiting." "One minute of patience, ten years of peace." "With love and patience, nothing is impossible." "Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." Unknown

So, where am I going with this story of Patience. Read below to find out.

Lois Rose has patience and she has had patience for sure for 18 years. Never mind that she has grown up children who are older than this and she has been a doting mother for more than 18 years – but Lois has patience for other things. Over 18 years ago, Lois accompanied her daughter April and her Volleyball team from Northwestern Secondary School to Hawaii. When she was there, Lois fell in love with the Bird of Paradise flower. When she returned to her home, she decided to buy a Bird of Paradise plant and watch it bloom every year. She was all set to watch it bloom.

Only, her plant did not bloom.....and Lois faithfully watered it and nurtured it and watched her plant.....not bloom. But to show that patience does pay off and she did not give up, Lois is finally rewarded. This is her year! 18 years have passed by and Lois has blooms!



How about this accomplishment! So happy for you Lois!
You have been rewarded double fold. Thanks for sharing.



The Earth is the Lord's

I am reading a new book which I discovered in Climate Momentum's newsletter called How to be a Climate Optimist: Blueprints for a Better World by Chris Turner. I got a copy of the book at the Stratford Public Library and I am barely halfway through it. Chris has been searching and putting together solutions that others have offered for over seventeen years to help map out a better world. He has come to some significant conclusions about solutions that are implemented and where this is happening. He has explained the economic issue in a unique historical concept of how war time and post war time spending of governments and the need for political will. I look forward to the last half of the book and his experiences.

I have been learning a lot about Greenhouse Gas Emissions and other harmful emissions that occur related to buildings and their whole life cycle assessments. GHG emissions are a problem whether you are renovating your home, adding additional living space, or demolishing a home to start over. The same applies to larger commercial buildings only with a lot more emissions. The overall emissions come from the extraction of raw materials, the manufacturing of the products, the transportation of the materials to the site and the installation and construction of the building. Also included are emissions from the operation which means energy (heat and cooling) and the use of water for the total number of years that the building is used. At the end-of-life there are embodied emissions in the materials used within the building that get released, the emissions from transportation to a waste management facility and perhaps emissions from hazardous waste disposal. If you are demolishing a building, then you are adding emissions to start the emission cycle all over again. Demolishing a building and rebuilding adds 3X the emissions compared to retrofitting what is already present.

It is no wonder that it is said that the greenest building is the one you already have. It makes far better sense to retrofit a building by repurposing it for different space within a home, adding on to the original building or perhaps for another community use. Consider the monetary and emission costs of retrofitting a structure to be as energy efficient as possible with the building envelope you are working with. You can add upgrades, insulation, energy efficient triple glazed windows, a new roof or whatever is needed, a new mechanical system which relies on electricity rather than natural gas or oil and increase the service life of what you already have. We do this with our homes all the time to change or add space and reimagine it differently. It is definitely more cost efficient than starting all over from scratch whenever you want a change. We change a bit of the house over time rather than all at once so we can afford the work being done. Sometimes as we change one thing and then we reimagine the next project. We try to reuse what we can and only purchase what we need. That is how we build a sound investment. Perhaps all buildings should be treated as assets and cherished for their value.



Walk Softly on Mother Nature.....Your Green Gal, Jane Marie

It's Chili Time !!!!!



Sunday, March 19, 2023 - - after the Church Service
*Stay for Chili, a Roll and Apple Crisp *
Cost by Donation



Sponsored by our PCW



Our friend Gail Selkirk and her wonderful history of music.



Gail in front of the Major Hoople's Boarding House exhibit in which she is featured

The exhibit at the City of Waterloo Museum, named **Rock This Town Music and Memories**, features founding member of Major Hoople's Boarding House Gail Selkirk. After joining the band in 1967, she unwittingly became a rock and roll pioneer as the female addition to a male rock band at a time where there were few female musicians, let alone one that could sing and play piano.

Selkirk first started taking piano lessons at eight years old, and studiously progressed to royal conservatory grade 8, and grade two, three, and four theory and harmony. Though classically trained, her interests were in all forms of music. She first came across the band Major Hoople's Boarding House when they advertised for a piano playing vocalist and was hired on the spot. Fellow band member Peter Padalino called her the little girl with the big voice. She toured with them until 1972 where she left to pursue more personal ventures.

The times were exciting, the music scene was exploding in North America and in Kitchener to Kingston, the crowds were greedy for more. But there is the reality of making music.

"We just put our heads down and we just got to work. It was a job. Other people went to work. We got in the Hoople bus and we went to work," clarifies Selkirk. "The crowds were great, the audiences were fabulous people. We had a huge following of absolutely rabid fans."

After leaving Major Hoople's Boarding House, Selkirk pursued other bands and was able to etch out a full time career singing and playing piano. Since coming to Stratford, she directed the musical 'Jesus Christ Superstar' for community theatre twice, which she found challenging.

Cont'd

"I did it twice, once in 1988 and in 1994. They were different productions with different people, different cast, and it was challenging because there is no script. It is an opera that goes from song to song. You had to orchestrate the band, direct the band, and give them all the parts. It was pretty involved and I learned a lot," said Selkirk.

There are generations of children that will remember her as their piano teacher, or as head of the concert choir. She's performed at the former Church restaurant and current Revival House, Stratford Blues and Rib Fest, and the Hall to name just a few venues. After nearly forty years in Stratford, she's been pretty much everywhere and known by many.

Musically, she finds inspiration across the gamut. "In opera, Maria Callas, in rock, probably Frank Zappa among other people, in jazz, Oscar Peterson and Ella Fitzgerald, in rap, Eminem." In her solo shows, she will cover Queen's Bohemian Rhapsody followed by an original classical piece. There is no pegging her down. Her experience and skill after fifty-five years in music is boundless.

It is her mission to stay relevant, and to keep her thinking relevant.

"I want to keep moving and keep improving, it is really important for me to always get better and also to not be stuck in a rut, and to keep trying new things, experiencing new things," she mused.

To challenge herself, Selkirk was always interested in dancing, so she started learning some hip hop moves to incorporate into her solo act. She does a little bit of rock, jazz, classical, blues and even rap. She goes through a broad range of changes to always keep people surprised.

These days, Selkirk is working on her solo concert act, which she adores. "I have all the control, creatively and musically, and if I fail, it's all on me and I have to go back to my piano and try again." Though, she never fails. The last show she played with her good friend Glen Dias was sold out, and we can hopefully look forward to more of her soon, on her own or in collaboration with others.

The City of Waterloo Museum exhibit is located at 550 King Street North, Waterloo, in the rear of the Conestoga mall and runs until June 2023. Admission is free.

Thanks to Mary Gashco for submitting this article from Stratford Connect.

Poppy Project Installation Stratford 2023



Are you a knitter or a crocheter? Stratford Wednesday Night Knitters (meet at Arden Park) and Laurie Krempien-Hall are looking for your help.

Making poppies at home and this project is open to anyone who loves to knit or crochet.

Making Poppies for a Remembrance Day Installation in Stratford 2023.

The group is hoping to decorate and honour our Veterans with a display of Poppies covering our William Hutt Bridge on Waterloo St.

Interested? This event of making poppies will take place throughout the year and a deadline for the poppies would be for the end of September.

Poppies can be knit or crocheted. Please use worsted weight Red and Black acrylic yarns. There are many free poppy patterns available on **Ravelry.ca** for example

If there are interested members of St Andrew's community willing to do this project, perhaps someone could head this project up as well and honour our own Veterans. We all know the importance of Remembrance Day. Below you will find a picture of St. John's Anglican Church in Elora with their Poppy Project. 2021



Two Boats and a Helicopter

A storm descends on a small town, and the downpour soon turns into a flood. As the waters rise, a local man kneels in prayer on the church porch, surrounded by water. By and by, one of the townsfolk comes up the street in a canoe.

"Better get in. The waters are rising fast."

"No," says the man. "I have faith in the Lord. He will save me."

Still the waters rise. Now the man is up on the balcony, wringing his hands in supplication, when another guy zips up in a motorboat.

"Come on, my friend. We need to get you out of here. The levee's going to break any minute."

Once again, the man is unmoved. "I shall remain. The Lord will see me through."

After a while the levee breaks, and the flood rushes over his house until only the roof remains above water. The man is up there, clinging to the roof, when a helicopter descends out of the clouds, and a Coast guard calls down to him through a megaphone.

"Grab the ladder, this is your last chance."

Once again, the man insists the Lord will deliver him.

And, predictably, he drowns.

A pious man, the man goes to heaven. After a while he gets an interview with God, and he asks the Almighty, "Lord, I had unwavering faith in you. Why didn't you deliver me from that flood?"

God shakes his head. "What did you want from me? I sent you two boats and a helicopter."



There are many morals to this parable. Think of climate change for starters– We had better do something about it because this is our doing, not God's. Or the common theme of God only helps those who help themselves. And then apply it to our own church community. We are at a standstill in growth and some of it is from no fault of our own as we all suffered from Covid – 19. We voted to work with STRIVE as a congregation as we know we need to do something about our situation on our own...It won't happen by itself.

What do you get when you do the Irish jig at McDonald's?

A Shamrock Shake!

Why can't you borrow money from a leprechaun?

Because they are always a little short!

Why don't you iron 4-Leaf Clovers?

Because you don't want to press your luck.....

What do you get when you cross poison ivy with a four-leaf clover?

A rash of good luck!



The SWEET Truth of Easter

These candies tell a story—
the best news you'll ever hear.
~It's about Jesus dying on the cross
so that we could be brought near.

So hold them and turn them and you will see...
the "M" become a "W" an "E" and then a "3"

The "E" stands for... Easter....
God's everlasting love and His eternal plan.

It reminds us of the cross
and the way God rescued sinful man

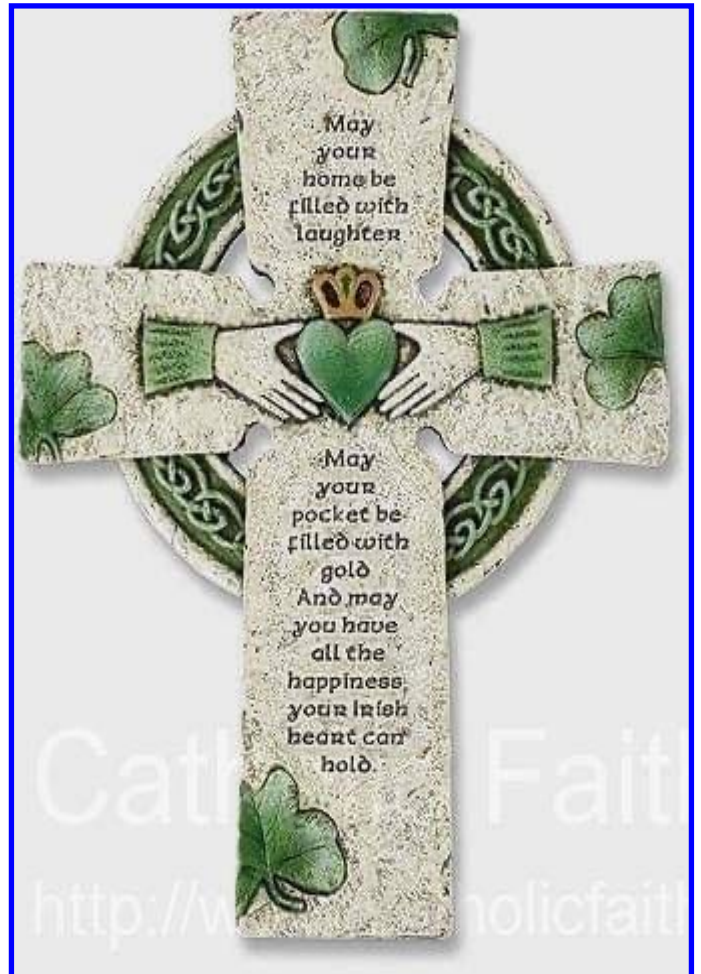
The "3" represent the 3 days Jesus spent in the grave....
By His death, His children He did save

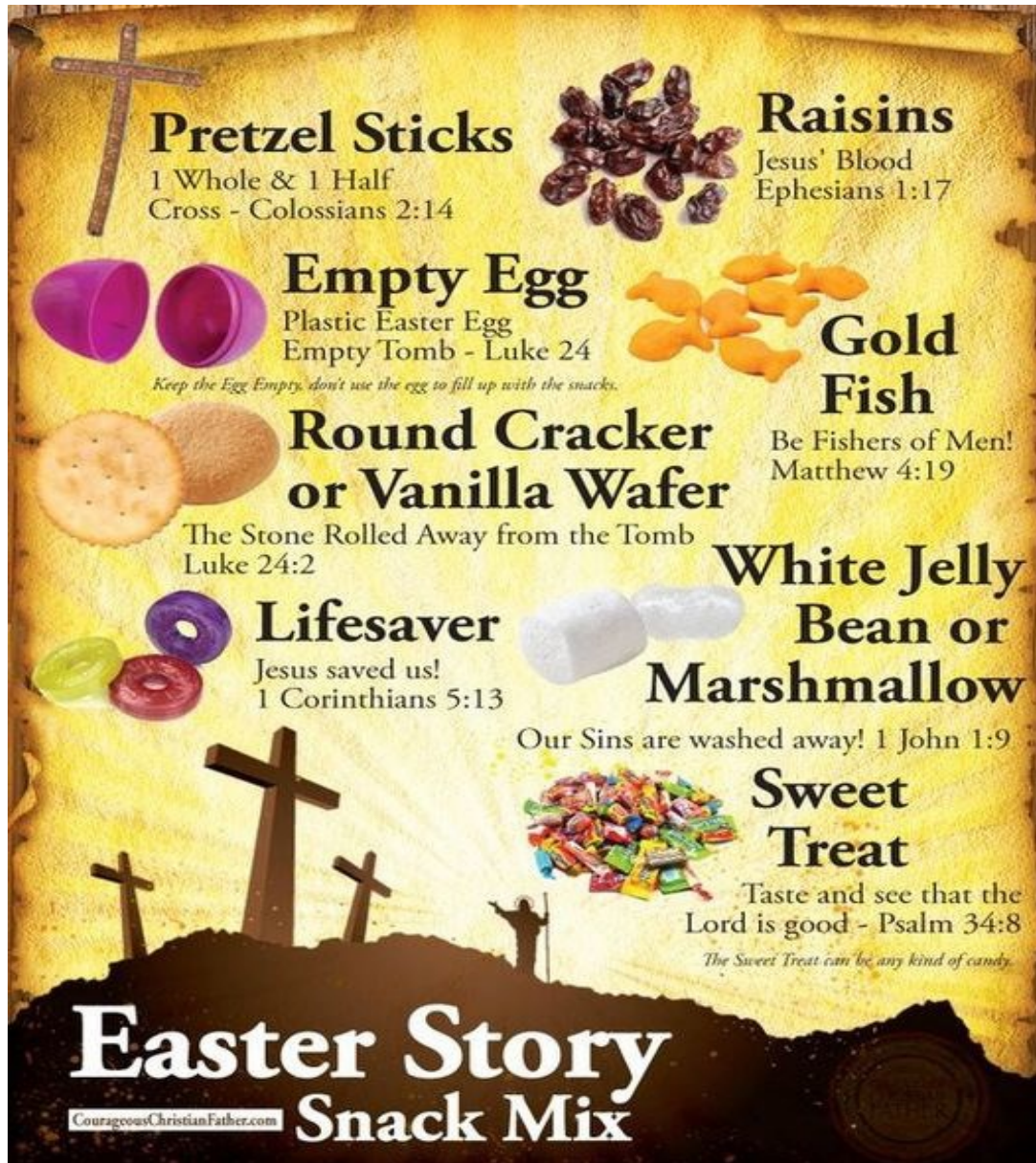
The "M" reminds us of the mercy the Messiah showed
as He died in our place,
and the miracle of the resurrection
so we can see Him face to face.

The "W" reminds us... that He alone
is worthy of our worship and praise
and calls us to be His witnesses
around the world for all of our days.

by Bethany Tapp

<http://ministry-to-children.com/easter-poem/>





The Church is always looking for volunteers
What a great way to meet new people

Outwitting Your Taste Buds

Taste is a powerful force. Eating great food with friends and loved ones is one of the great pleasures of life. But at the same time, you are not a slave to your taste buds. You may be able to take control of your diet when your taste buds seem to be getting you into trouble.

Even if you don't like the taste of vegetables and fruits, you may be able to incorporate these healthy foods into your diet by:

- Looking for ripe in season strawberries, grapes or dark cherries, as these are often quite sweet.

- Adding vegetables to favourite foods, such as a soup, casserole or pizza. Slice up fresh fruit and put it into your morning cereal or yogurt.

- Making a fruit smoothie or use a vegetable juicer.

- Choosing milder offerings, such as carrots, bananas and pears, if bitter or sour flavours are what turn you off.

You can help control an inability to resist sugary fatty junk food by:

- Not keeping unhealthy food that you can't resist in your home. If you do, keep it in very small amounts.

- Eating healthy foods first, so when it comes time to enjoy a favourite treat, you're less hungry.

- Determining in advance how much of a treat you'll eat and sticking with the plan.

Mayo Clinic.





The Custodian's Corner

In June of 1973, our family moved from Listowel to Stratford. One Sunday, we attended St Andrew's, and I heard this fantastic young organist. Since I was part of a choir in my former high school and Church, I joined St Andrew's choir. It became a big part of my life and Earl took me aside and gave me voice lessons and even drove Lois Emery and I to London for a while to take lessons from a renowned teacher. Earl lived with the Hayters' out the Highway to Shakespeare and I would show up there for food and a swim in their pool....and became attached to their family. Kathy and Don were early into their courtship, and I ended up going out with her cousin....for a time.

After High School, I attended Fanshawe in London and kind of lost touch with Earl and the Church - drifting back on some Sundays - but we were still friends. I didn't sing much and was focussed on school and getting a job. On one of my Co-op terms, I met my future wife and Earl ended up being my best man and playing at the wedding. It was kind of a shotgun wedding, so my married life had its challenges....juggling kids, new job with Bell in Owen Sound, new surroundings, etc....so, then I really lost touch with Earl. I think I did come back once or twice to sing a solo, just to see if I could still do it I guess, although I did sing in the Choir at St Andrew's in Owen Sound for many years.

Earl owned a cottage north of Goderich, on Lake Huron and he would let our family use it on occasion for a weekend....never charged us.....probably should have. It was a wonderful spot.

I ran into Earl in Owen Sound during the '80's at the Kiwanis Music Festival. My two girls were singing in a public school choir at the Festival.....when the adjudicator got up to give them his remarks and score....it turned out to be Earl! Nice! I think he was very kind with his comments.

During the 90's, Bell was into the business of downsizing and the jobs were disappearing in 'outposts' like Owen Sound and so, we moved to Kitchener. While living there, I joined the choir at St Andrew's there- the one that's on TV every other Sunday. That was a great experience for me and another wonderful musician in Douglas Haas and a great preacher in Grant MacDonald.

My job in Kitchener ended up being a travelling job and I went all over Ontario and parts of Quebec and there was no actual office available for me to use as a base, but there was space available in the Bell office in Stratford and so, I was based there, around 2001. I ended up thinking, why not sing in the Stratford St Andrew's choir too and get some musical voice upgrading from Earl. I did and while in the Choir, I met the love of my life, Jean. She sat down beside me in Choir practice and that did it for me!

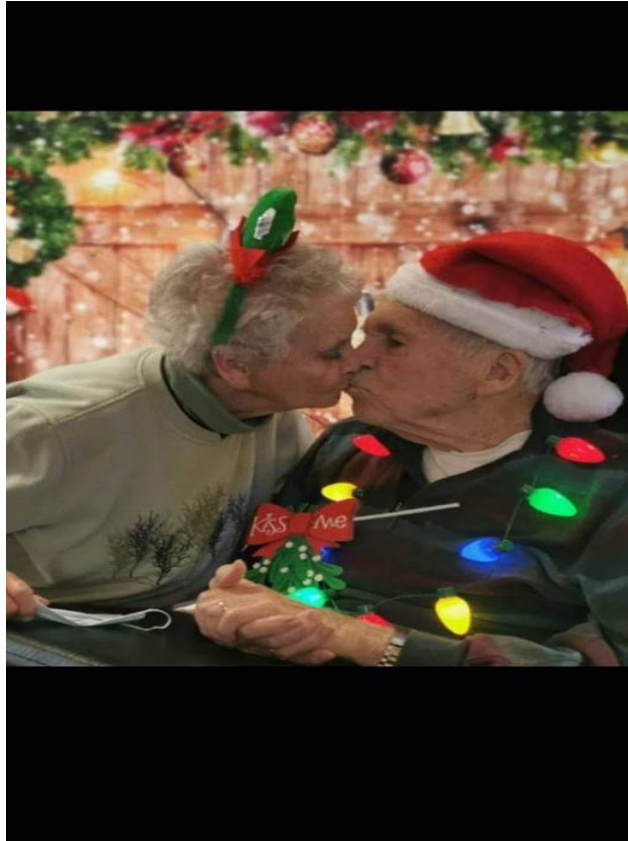
The long and short of it, Earl has been a huge part of my life. Always there, consistent, willing to help in any way, and a good friend. I've let him down from time to time, for which I have regrets, but good friends remain good friends in the long run. He has been there for all the major ups and downs in my life....played at the funerals for my sister, and mom and dad and in a way, I'm kind of hoping he doesn't play for mine! As I've already mentioned, he's had a big part to play in the major relationships of my life too!

I am just one life he has touched while being here at St Andrews....I know there are many more similar stories out there. Thanks, Earl, for everything! Best wishes always!

John

Aren't they the cutest Couple???

Jack and June Lyoness celebrated New Year's Together at Hillside where Jack is recovering.
They look happy as ever!
The two of them also celebrated Jack's 93rd Birthday!



1. I walk away from people who don't value me. They might not know my worth, but I do.
2. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
3. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
4. I have learned to live each day as if it's the last. After all, it might be the last.
5. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

A big thank you to everyone who contributes and takes the time to write an article or report into the SAINT bi-monthly. We know it is not an easy task and you probably think sometimes – "How could it be that time already?". But it is appreciated by the congregation, shut ins and friends of St. Andrew's Congregation. Thank you.

Marie and Kathy



Grandma's Irish Soda Bread

Description

Irish Soda Bread is a quick bread that does not require any yeast. Instead, all of its leavening comes from baking soda and buttermilk. This Irish Soda Bread recipe is my grandmother's and has been cherished in my family for years. It's dense, yet soft and has the most incredible crusty exterior.

Ingredients

- 1 and 3/4 cups (420ml) **buttermilk***
- 1 large **egg** (optional, see note)
- 4 and 1/4 cups (531g) **all-purpose flour**(spoon & leveled), plus more for your hands and counter
- 3 Tablespoons (38g) **granulated sugar**
- 1 teaspoon **baking soda**
- 1 teaspoon **salt**
- 5 Tablespoons (70g) **unsalted butter**, cold and cubed*
- **optional:** 1 cup (150g) raisins

Instructions

1. **Preheat oven & pan options:** Preheat oven to 400°F (204°C). There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5 quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.
2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score a 1/2-inch-deep X into the top. Bake until the bread is golden brown and center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For an accurate test, bread is done when an instant read thermometer reads 190°F (88°C).
4. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
5. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storing.

Baptism Celebration



Larissa Baker and Nick Vervaeke presented their lovely daughter, **Kylie Elizabeth** for Baptism on Sunday, February 19, 2023. Kylie was born on October 9, 2022. Little Kylie is the granddaughter of first-time Grandparents **Brent and Nancy Baker** and Great Grandparents **Elton and Sharon Baker** and **Nancy Baker becomes a Great Aunt!**



Birth Announcements:

Mason Parker Dotzert , son of April Rose-Dotzert and Curtis Dotzert was born on February 18, 2023. He is the little brother of Bria and a new grandchild for Lois and John Rose.

Spring: A time to go out and enjoy God's Creations



First Student Canada, the bus company that transports some members to Church on Sundays has advised me that since no one is using the lift, going forward they will not be sending a bus for wheelchairs. If something changes and you need this service please let me know at the church # 519-271-5668 and I will reach out to them to let them know.

MARCH

BIRTHDAYS

4-Karen Gilchrist
7-Bernice Richards
10-Lindsey Miller
13-Brooklyn Buckley
13-Lesley Cookson
25-Graeme Martin
25-Lois Tutt
31-Meredith MacMillan

ANNIVERSARIES

28-Allan & Ruth Reath



BIRTHDAYS

4-M.I. Taylor
5-Kathy Hotson
5-Thomas Irvine
10-John Edmonds
11-April MacMillan
12-Lori MacMillan
12-Rhoma Thorn
14-Jeff Palmer
23-Uwe Schumann
24-Ruth Reath
27-Jennalee Shean
29-McKenzie Parsons
30-Jeff Worsley

ANNIVERSARIES

4-Roger Moorehead & Laura Martin
14-Bruce & Maureen Burkholder
27-Gary & Kim Blum

Fellowship Schedule

Fellowship Time is back:
Volunteers needed

As you know Fellowship Time has resumed before and after the Service. However, if it is to continue more help is needed. Generally, two or three people are required. If you are willing to share in this ministry, either individually or as a member of a group please sign the list on



The **Privacy Act** changes access to patient data at Stratford General Hospital, and no parishioner information is available to your pastoral staff. Please contact the church office or fill in the card available in the narthex, if hospital visiting is requested.

Dates

March 2023

March 3 – St. David's Day
March 7 – Full Moon - Kids will be hyper!
March 9 – March Break begins
March 12 – Daylight Savings Begins
March 14 – Pi Day
March 17 – St. Patrick's Day
March 19 – St. Joseph's Day
March 20 – First day of Spring Equinox
March 25 – Earth Hour

April 2023

April 1 – April Fool's Day
April 2 – Palm Sunday
April 5 – Passover
April 6 – Maundy Thursday
April 7 – Good Friday
April 9 – Easter Sunday
April 10 – Easter Monday
April 16 – Orthodox Easter
April 19 – Administration Professional Day
April 21 – World Down Syndrome Day

Prayer Circle



For prayer support,
please contact
Bernice Richards,
519-271-6093.

**FOOD DONATIONS
WILL BE ACCEPTED AT
THE HOUSE OF
BLESSING**

Any articles for the March/April SAINT would be appreciated if they are submitted by **April 20, 2023**. Thanks to all who do such an offering bi-monthly.

Minister:

The Rev. Mark Wolfe, (1)-705-794-9106

Music Director: Earl Clark

ST. ANDREW'S PRESBYTERIAN CHURCH
Stratford's Oldest Congregation

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March

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---------------------------|---------------------------------|---|--|---|----|---|
| | | | 1 | 2 Messy Church 9am Parlour Music Lessons 4:45-8:00pm Minister's Study Choir 7pm Parlour | 3 | 4 Music Lessons 12-3pm Minister's Study |
| 5 | 6 Flower Guild 9:30-11am | 7 Kitchen Use 9am Bible Study 9:30pm (virtual) PCW 1:30pm Parlour | 8 Sandwich Making Kitchen 9-11am | 9 Special Olympics 6:30-08:30 G.P Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour | 10 | 11 Music Lessons 12-3pm Minister's Study |
| 12 | 13 Flower Guild 9:30-11am | 14 Kitchen Use 9am Bible Study 9:30pm (virtual) Board Sub Committee 6:30pm Board 7pm | 15 | 16 Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour | 17 | 18 Music Lessons 12-3pm Minister's Study Men's Breakfast 9am |
| 19 Food Bank Sunday | 20 Flower Guild 9:30-11am | 21 Kitchen Use 9am Bible Study 9:30pm (virtual) Session 7pm | 22 Sandwich Making Kitchen 9-11am | 23 Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour | 24 | 25 Music Lessons 12-3pm Minister's Study |
| 26 | 27 Flower Guild 9:30-11am | 28 Kitchen Use 9am Bible Study 9:30pm (virtual) | 29 | 30 | 31 | |

April

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---------------------------|---------------------------------|---|--|---|----|---|
| | | | | | | 1 Music Lessons 12-3pm Minister's Study |
| 2 | 3 Flower Guild 9:30-11am | 4 Kitchen Use 9am Bible Study 9:30pm (virtual) PCW 1:30 Parlour | 5 | 6 Messy Church 9am Parlour Special Olympics 06:30-G.P. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour | 7 | 8 Music Lessons 12-3pm Minister's Study |
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| 30 | | | | | | |