



The SAINT

PRESBYTERIAN CHURCH IN CANADA

St. Andrew's Interesting News and Tidbits

Volume 40

No. 3



Communion Service

May 7
June 4
July 2

THE SEASON AFTER

Pentecost



BRING A FRIEND TO CHURCH!

"Be alert, be present. I'm about to do something brand-new. It's bursting out!" (Isaiah 43:9a, The Message)

Dear Friends,

Grace and peace to you from God the Father and our Risen Lord Jesus Christ!

In this glorious Season of Eastertide, everywhere we look we see the earth proclaiming the glory of God. April showers are bringing May flowers as snowdrops and crocuses, tulips and hyacinths burst out of their flowerbeds with their brilliant colours. Trees and lawns are returning to their vivid green hue. Ruby-breasted robins are cheerfully hopping around again. Everything looks as though it is waking up from a long winter's nap. It is little wonder that Springtime is often used to describe something new!

At St. Andrew's, we are doing a new thing this Spring as we begin our strategic planning process. Work has been undertaken to produce a comprehensive congregational survey, which will be distributed to you in May. Please watch for the survey in your inboxes or mailboxes, and please do take the time to prayerfully complete them. The data collected from these surveys will be vital in the overall planning process.

Thank you for your participation in this endeavour as we joyfully seek God's leading as God's Easter people!

The Rev. Mark Wolfe

Mark

Rev. Mark Wolfe

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2023



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.

Registration for the "**Walk for Parkinson**" starts in May. My team "Scott's Movers and Shakers" will be registering again for the walk Sept. 9th, 2023. Our online portal will be up by July 1st, 2023. Again, thank you for all your support for our past walks.

We just had a friend informed he had Parkinson's Disease and the Doctor pulled his licence. I am thankful that I can still drive to work daily. Until next time, keep walking daily.

Scott



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

On February 17, when we filled the 15 foot U-Haul truck with supplies to go for Earthquake relief in Turkiye, The Brantford Muslim Association issued us an invitation to a Ramadan Dinner. On March 31, 3 volunteers filled my van with more supplies and we attended the dinner. The Muslim

Association bought the Masonic Lodge in Brantford and it is a Mosque upstairs and a social gathering place downstairs. We were warmly welcomed and introduced as special guests. Ramadan fasting was explained to the large number of invited non Muslim guests. Water bottles were provided for us, but I did not see any Muslims drink fluids until after the Breaking of the Fast (at Sundown on a rainy evening). For the Breaking of the Fast, there was a large plate of dates with pits, another of Samosas and a large platter of fresh fruit, including strawberries, melons and grapes on each table. Then, we had dinner! A buffet of rice with cardamon, delicious curried goat, vegetables and fried chicken and a dessert, similar to rice pudding with custard. A very interesting evening.

On Monday, May 27, we will once again fill a 16 foot truck with supplies destined for Ukraine by the Warehouse of Hope in St Catharines. Tuesday mornings continue to be very busy. The new elevator ensures easy transfer into Hayter Hall for sorting and packing and out again into the trucks and cars accepting supplies for Cuba, South Sudan, Senegal, Guatemala and Nicaragua.

In appreciation, Jean Aitcheson



"He's using the devotional we gave him for Father's Day."

Lectionary Readings



May 7, 2023 (white) 5th Sunday of Easter

Acts 7:55-60; Psalm 31:1-5, 15-16; 1 Peter 2:2-10; John 14:1-14

May 14, 2023 (white) 6th Sunday of Easter Christian Family Sunday

Acts 17:22-31; Psalm 66:8-20; 1 Peter 3:13-22; John 14:15-21

May 18, 2023 (white) Ascension Day

Acts 1:1-11; Psalm 93; Ephesians 1:15-23; Luke 24:44-53

May 21, 2023 (white) 7th Sunday of Easter Healing & Reconciliation Sunday

Acts 1:6-14; Psalm 368:1-10, 32-35; 1 Peter 4:12-34, 5:6-11; John 17:1-11

May 28, 2023 (red) Day of Pentecost

Acts 2:1-21 OR Numbers 11:24-30; Psalm 104:24-34, 35b; 1 Corinthians 12:3b-13 OR Acts 2:1-21; John 20:19-23 OR John 7:37-39

June 4, 2023 (green) 1st Sunday after Pentecost Trinity Sunday General Assembly Sunday

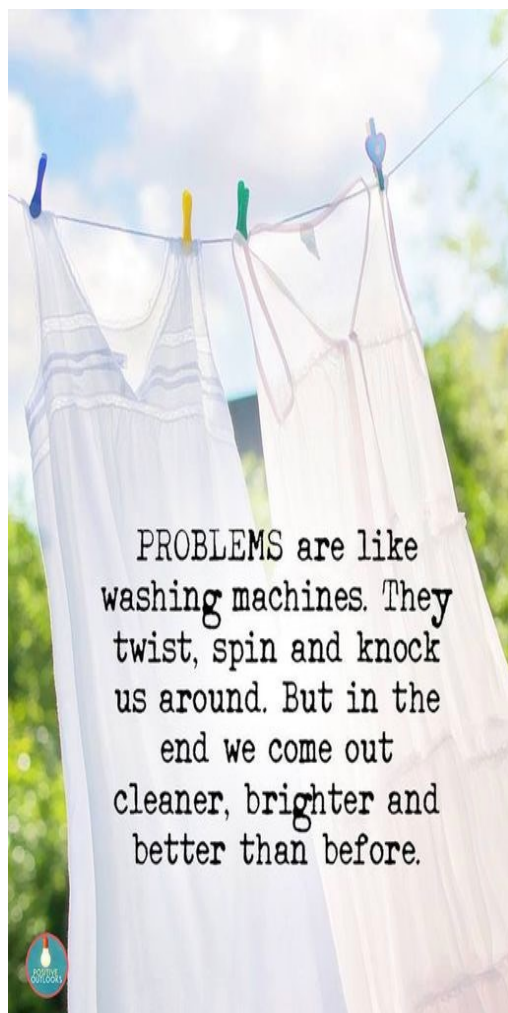
Genesis 1:1-2:4a; Psalm 8; 2 Corinthians 13:11-13; Matthew 28:16-20

June 11, 2023 (green) 2nd Sunday after Pentecost

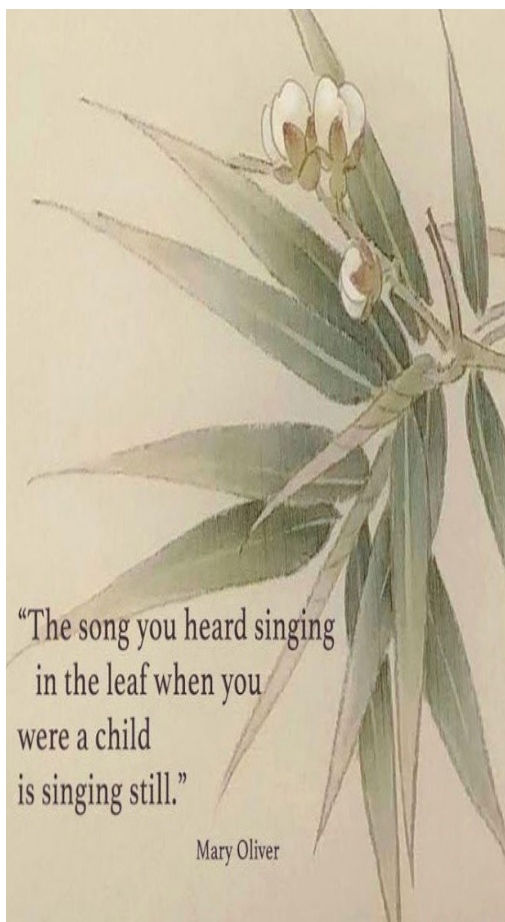
Genesis 12:1-9 and Psalm 33:1-12 OR Hosea 5:15-6:6 and Psalm 50:7-15; Romans 4:13-25; Matthew 9:9-13, 18-26

June 18, 2023 (green) 3rd Sunday after Pentecost National Indigenous Peoples Sunday

Genesis 18:1-15, (21:1-7) and Psalm 116:1-2, 12-19 OR Exodus 19:2-8a and Psalm 100; Romans 5:1-8; Matthew 9:35-10:8, (9-23)



PROBLEMS are like
washing machines. They
twist, spin and knock
us around. But in the
end we come out
cleaner, brighter and
better than before.



"The song you heard singing
in the leaf when you
were a child
is singing still."

Mary Oliver

Canadian Food Inventions:

- Butter Tarts - *Barrie* 1900
- Nanaimo Bars - *Nanaimo* 1952
- Poutine - *Montreal* late 1950's
- Hawkins Cheezies - *Belleville* 1949
- Ginger Ale - *Toronto* 1907
- Canola Oil - *Sask. / Manitoba* 1960's
- Pablum - *Toronto* 1930
- Instant Mashed Potatoes - *Ottawa* 1962
- Yukon Gold Potatoes - *Guelph* 1960's
- Peanut Butter - *Montreal* 1884
- California Rolls - *Vancouver* 1971
- Cuban Lunch - *Winnipeg* 1948
- The Caesar Drink - *Calgary* 1969
- Beaver Tails - *Ottawa* 1978
- Maple Syrup - *Quebec* Pre 17 - 1800's
- Hawaiian Pizza - *Chatham* 1962
- Ginger Beef - *Calgary* 1975
- Chewing Gum - *Toronto* 1860's



Mum and Dad Jokes

Q: What kind of flowers are best for Mother's Day?

A: Mums.

Q: Why did they have to rush the mommy rattlesnake to the doctor on Mother's Day?

A: She bit her tongue!

Q: Why did the mommy cat want to go bowling on Mother's Day?

A: She was an alley cat.

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were.

"Daddy, if the tigers got out and ate you up..."

"Yes, son?" the father asked, ready to console him.

"...Which bus would I take home?"

2. Father and his son were quietly sitting on a beach and were counting the waves. Suddenly, the child pointed towards a dead bird and asked what happened to it? His father replied that, it just passed away and went to heaven. The little boy thought for a moment and asked surprisingly, why the God did throw it back then?

3. Do fathers always snore?

No - only when they are asleep!



From the Board of Managers:

Board Report for the May/June SAINT 2023:

This spring has brought the Board together to meet in person for the first time in over 2 years. It is so good to see and talk to everyone again.....and to get caught up!

As previously reported, the Board will not be undertaking major capital projects until the strategic planning is completed. Repairs and maintenance to the building will continue as usual.

Election of the Board executive and committee chairs took place at the March meeting and are as follows: Chair – Ivan Buchan, Vice-Chair – Martin Allcott, Secretary – Nancy MacKenzie, Treasurers – Nancy Baker (Mrs.) and Ruth Reath, Property Chair – Randy Binkle and Stewardship & Finance Chair – Nancy Baker (Mrs.). We look forward to a great year ahead!

Areas of the church that are suffering some water damage are being monitored and addressed as necessary. There are still a couple of problems with the elevator that Savaria is aware of and which are being addressed. Patience is very helpful right now! The lighting on one of the front (St. Andrew Street) stained glass windows is failing and a remedy is being planned.

A new projector that is used for the Messy Church program and for the Annual Congregational Meeting, etc. has been purchased.

We are addressing the condition of the Manse lawn and portions of the Manse porch.

Security cameras will be installed at the elevator and back doors early in May.

Reminder: All those associated with St. Andrew's and using the parking lot are encouraged to display their St. Andrew's Parking Pass in the front dash of their vehicle. These can be obtained from the office.

Last, but definitely not least, is the up-coming retirement of Earl Clark, our very dedicated, talented and committed Organist and Choir Director, who has served St. Andrew's so faithfully over the past some 63 years! All of us at St. Andrew's know Earl and the many contributions he has made to the life and work of this church. Earl, you have been a blessing to this congregation and the Board thanks you for all of your years of service and wishes you the very best as you retire!

Respectfully submitted by the Board of Managers:

Martin Allcott, Nancy Baker (Mrs.), Randy Binkle, Susan Bray, Ivan Buchan, Michael Clelland, Martin Dykeman, Nancy MacKenzie, Graeme Martin and Pam McIntosh

From the Session

Easter Sunday at St. Andrews was a joyful time beginning with the decorating of the cross to the Baptism of Mason Parker Dotzert. The music of the choir and soloists added a great deal to the celebration which ended with cake and goodies downstairs. Who could want for anything more?

On a sad note, St. Andrews has lost another faithful attender. Jack Lyoness passed away in April after a tough battle resulting from a fall. Our very deepest sympathy is extended to June and the Lyoness family. Jack's childish grin will be something we all will remember.

I am hearing the Strategic Planning Program under the direction of the company STRIVE is going to be starting in the very near future. You will be receiving a survey to be completed by the congregational members. On behalf of Session, I am asking for you to please reply to the questions in this survey honestly and prayerfully. These are important questions to be addressed at this time.

June 25th is the last Sunday that Earl will be at the helm of the organ for us. 63 years is a long time to being as dedicated as he has been. During the 54 years that I have been attending St. Andrews I have known him always involved in every aspect of Church life. Years ago, when Sunday School was in Hayter Hall – every Sunday he would be there leading the children in singing the hymns and choruses. Earl was always interested in children singing and for years and years St. Andrews had a Junior Choir. They would practice weekly and sing on a regular basis and always on special Sundays. At the end of the year Earl would treat them to a day away at his cottage or later on at Camp Bimini. Practice was not always a fun time for children, but he had a way of enticing them into doing their best. These children took part in the Kiwanis Music Festival and were the recipients of many, many awards. The Senior Choir had many good times as well – holding choir parties and singing with other Churches in Cambridge and Goderich just to name a couple. Earl and the choir would organize fun concerts held yearly in February at the City Hall Auditorium as a fundraiser for the Church. These concerts usually were held both on the Friday and Saturday nights and were sold out both nights.

Earl cares for children of all ages whether in music or not – this was evident at the Children's Christmas Shopping Event held each year. During the morning Earl could be seen wearing a Santa hat walking around with a little child picking out Christmas Gifts. He never let on if he was frustrated or not – just seemed to enjoy being part of the fun.

Earl loves every aspect of the Church – he has served on the Foundation, the Board of Managers as well as being a Session Member for as long as I can remember. St. Andrew's and the people in it are his love and his life.

With this in mind I am asking you to please join us for worship June 25th and then at the Open House at the Country Club in the afternoon from 2 until 5 with remarks at 3:30. Let us show this great man just how much we appreciate what he has done for us.

Sincerely
Ruth

**JUNE
25**



**St. Andrew's
welcomes you
to celebrate
Earl
on
63 years of
Music Ministry**



**EARL CLARK
* 63 YEARS ***

Stratford Country Club
53 Romeo St N.

**On Sunday June 25, 2023
from 2:00pm to 5:00 pm with Words
of Appreciation at 3:30 pm**

RSVP - standrewstratford@wightman.ca or 519 271 5668

We Say Thanks

There are not enough words to express our thankfulness to Earl for his outstanding years, all 63 of them. His motto? The mind, heart and soul are motivated by the partnership of music and word. One cannot exist without the other. This is Earl through and through.

This does describe Earl and it is from his belief and ministry that St. Andrew's has been exposed and developed such a broad vision into so many varieties of music. If you have been a member of the choir sometime over this spread of years, you will have many memories that are positive. You would never have recognized arias or solos from the Messiah, recognized any of the Coronation anthems that he made us learn, appreciated anthems from earlier centuries and endured them, experienced gospel songs and old choruses from Sunday School days. He has grown over the years in accepting newer styles of anthems and new composers and has used the MIDI in the newly refurbished organ we currently have with all its technology.

Earl has led the choir through many activities as well. We were able to have and host Variety Concerts at the City Hall for several years with lots of fun activities to present. Years ago, before the Stratford Festival presented Musicals, the choir brought the K W Musical Productions to Stratford and sponsored for example – Hello Dolly, Anne of Green Gables and Bye Bye Birdie for a number of years as a means to raise money for different parts of the Church Life. For these productions we had to sell tickets, do promos (like participating in city parades), make sandwiches for receptions, be ushers - we did it all and then be on duty for Sunday services the next day. We have travelled to Kincardine, Guelph, Goderich, Woodstock, London and swapped choirs for a Church service. In Kincardine, we sang on their weekly Worship show on CKNX as well.

The Choir has hosted the Men's Chorus from Wales to a packed auditorium several times, worked with Central High School Students and participated in City Wide Choruses and Services. This man has been busy.

Throughout his career which includes teaching music in elementary schools throughout Perth County at the time and teaching English at the secondary level, he became involved with introducing Education Through Music in Ontario working with Mary Helen Richards from California developing this program. This included teaching at both University of Waterloo and the University of Windsor. And doing all of this, he rarely missed a Sunday of Worship with us.

The Stratford Boys Choir was initiated by Earl and then joined with Gordon Scott to make the choir what it was in its day. This choir was later carried on for years with Brian Emery at the helm – an Earl Clark music pupil. He was in the inaugural years of the Stratford Concert Choir and involved with the initial introduction of Stratford Summer Music years ago.

Earl has helped so many people of different ages with his talents in singing and playing the piano and the pipe organ. He is notorious within the Music Teacher Realm for being successful with teaching Theory and Music History. He does it all.

Con't

Earl came to Stratford at the young age of 25 (with much coercion) and after a few years was definite in his decision to make Stratford his home. He has shown us how he is not only a team member and part of St Andrew's life but also is part of the community of Stratford. We have been so lucky.

Earl has made St. Andrew's a singing congregation. Have you ever stood back and listened to us on a Sunday morning? We sing our hymns with vigor and meaning. If he lets the organ roar, we must match that enthusiasm with our voices. He just doesn't just play the hymns – he plays to the words of the hymns. It's true, take a listen on a Sunday morning but we just can't do it all at the same time!

Thank you, Earl, for 63 years of inspiration and love and guidance. You will surely be missed leading the musical ministry of St. Andrew's but now you can enjoy sitting in the pews and chances are, you could probably sit with someone different every Sunday. We love you!





The Parable of the Sower

If you had entered the church on Thursday evening (April 20), you would have been greeted by the happy sounds of families working and playing together. It was Messy Church time.

Everyone seemed to adapt well to the new time schedule which had been introduced by the Coordinating Team.

Welcome & Getting Acquainted



Sharing a Meal



Activity Time



Planting seeds



Making seed pictures

Growing a Seed Game



Molding

Celebration

The evening concluded with the celebration. It included a skit of the "Farmer Sowing Seeds" along with a song, prayer and Bible reading.

(Do you recognize the farmer?)



Planting a Garden



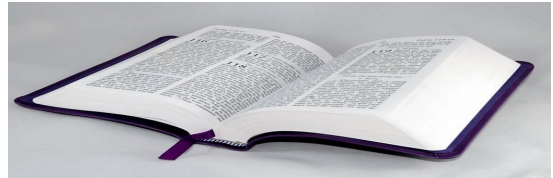
Upcoming Events:

- May 27: Messy Church Camp Day at Camp Kintail.
- June 22: End of Term Barbecue

New Organist and Music Director at St. Andrew's

The Session of St. Andrew's is pleased to announce that a new Organist and Music Director has been hired: Mr. Gordon Allgeier. Gordon has over 45 years of church experience and musical leadership in worship, serving both Presbyterian and United churches in the Kitchener and Cambridge areas. Gordon is a faithful Christian and is looking forward to meeting his new church family at St. Andrew's, starting July 1st, 2023.

May God richly bless this new chapter in the Life and Mission of St. Andrew's!



Bible Study

The Bible Study meets every Tuesday morning at 10:00 a.m. on zoom. We usually have about 12 participants from our congregation and as far away as Costa Rica.

The 4 leaders take turns leading the study and everyone is welcome to answer the questions and also read the bible verses.

There is no pressure to answer the questions.

We have interesting discussions and learn from each other and everyone is growing in their faith. We also have a lot of laughter.

After the study, we are able to ask for prayers for people or concerns that are on our hearts. We value Rev. Mark's input and perspective.

We are currently studying Joshua and learning about the power of God's promises.

Thank You Evie



What causes car sickness in children and how can I prevent it?

Car sickness is a type of motion sickness. Motion sickness occurs when the brain receives conflicting information from the inner ears, eyes, and nerves in the joints and muscles.

Imagine a young child sitting low in the back seat of a car without being able to see out the window — or an older child reading a book in the car. The child's inner ear will sense motion, but his or her eyes and body won't. The result might be an upset stomach, cold sweat, fatigue, loss of appetite or vomiting.

It's not clear why car sickness affects some children more than others. While the problem doesn't seem to affect most infants and toddlers, children ages 2 to 12 are particularly susceptible.

To prevent car sickness in children, you might try the following strategies:

Reduce sensory input. Encourage your child to look at things outside the car rather than focusing on books, games or screens. If your child naps, traveling during nap time might help.

Carefully plan pre-trip meals. Don't give your child a large meal immediately before or during car travel. If the trip will be long or your child needs to eat, give him or her a small, bland snack — such as dry crackers and a small drink — before it's time to go.

Provide air ventilation. Adequate air ventilation might help prevent car sickness.

Offer distractions. If your child is prone to car sickness, try distracting him or her during car trips by talking, listening to music or singing songs.

Use medication. If you're planning a car trip, ask your child's doctor about using an over-the-counter antihistamine, such as dimenhydrinate (Dramamine) or diphenhydramine (Benadryl), to prevent car sickness. Both medications work best if taken about an hour before traveling. Read the product label carefully to determine the correct dose and be prepared for possible side effects, such as drowsiness.

Nondrowsy antihistamines don't appear to be effective at treating motion sickness.

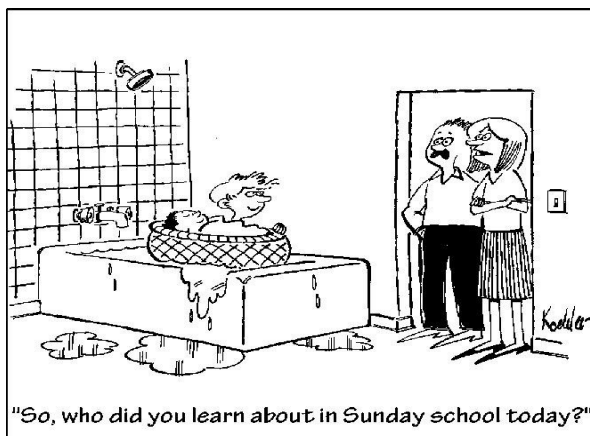
If your child starts to develop car sickness, stop the car as soon as possible and let your child get out and walk around or lie on his or her back for a few minutes with closed eyes. Placing a cool cloth on your child's forehead also might help.

If these tips don't help or if your child's car sickness makes travel difficult, talk to your child's doctor about other options.

With

Jay L. Hoecker, M.D.

From the Mayo Clinic Letter.



Presbyterian Church Women

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Mark this upcoming event on your calendar - you won't want to miss it



PCW HAM and STRAWBERRY SUPPER.

St. Paul's Community Centre

Take out only - Pickup between 4:30 and 6:30



Thursday, June 15th

\$20 per person

Ticket information to follow

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Earl Clark isn't really too involved with the PCW group but always is a big supporter of every event we have. Be it buying baking at our bake sale, bidding on silent auction items or buying tickets to one of our dinners, he is there.



Thanks for all of your support EARL!



Report from the WMS Synodical – April 2023

Good Morning.

Just a brief message on what went on at Synodical. The theme was Renew, Restore, Refresh.

Only 6 attended from our Presbytery, Mary Duffin, Eva Tucker, Anne Wood, Shirley Aitcheson, Jean Aitcheson & me. There were approximately 50 attendees.

Tuesday morning after gathering music, welcome & greetings, worship was conducted by Rev Mickal Schomburg. His message was on our theme & told us how as Abraham continued his father's journey, we should continue the journey set out by those that went before. After worship we were introduced to some of the history of WMS & Synodical.

After lunch we held our annual meeting. This was followed by our guest speaker Callie Long, Associate Secretary of Communications PPC. Very informative as I didn't know that this really existed. If you need help even just filling in forms, info, or even just pamphlets contact them

Several of the ladies did a skit representing the first nominating committee. They had 29 positions to fill and all were filled. We have trouble filling the 9 or 10 we now have.

The first meeting of the Hamilton - London Synodical was held In Stratford on March 10, 1947. It was later changed to the Synodical of Southwestern Ontario. Of particular interest & a note of how times have changed all the ladies were referred to as Mrs. (Husband's name or initials) then last name. Mrs. Monroe was our first president.

The final activity for Tuesday afternoon was a group of workshops: Orange shirt brooch, Bible Study, Rock painting, or Ad Hoc choir. I chose choir. We practised the songs for the evening.

Throughout the 2 days there was a book sale [organized by Maitland Presbyterial] & a historical display (arranged by Mary & Eva). The day concluded with a hymn sing and Historical Quiz, followed by Vespers.

Wednesday morning, we again convened with gathering music followed by the Memorial Service. Although Rev. Theresa McDonald couldn't be there for her report, she did send a video of happenings at Camp Kintail & many members filled in on different activities that are being held at the camp, Sunday Dinners, Craft Retreats etc.

We then looked into the Future of WMS.

Jean gave an update on the Medical Mission. She collected 3 van loads of things to take back with her.

Wednesday afternoon concluded our meeting with the election & installation of the new executive. Our new president is Judy McIntosh from Simcoe.

The 2024 synodical will be held at Camp Kintail April 16 & 17, 2024.

We had 3 delicious meals during our meeting. It was a great 2 days and these are just some of the highlights.

I hope that I haven't missed anyone & this gives you some insight into what happened at Synodical. I have the reports if anyone wishes a copy.

On another note we now have a Vice President. Jean Aitcheson has agreed to be our Vice President.

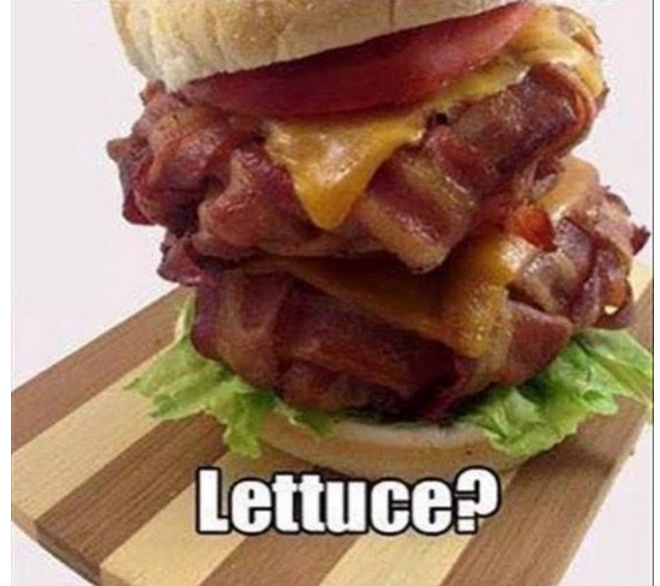
Hope this finds your group active.

Shirley Suggitt, President
Huron - Perth WMS Presbyterial

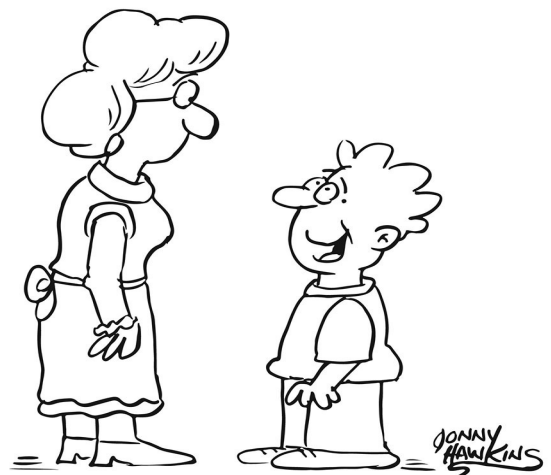
**Good to know.
Bubble solution:
12 cups of water
1 cup of dish soap
1 cup of cornstarch
2 Tbsp baking powder...
now go out and make
some bubbles!!!**



**Be honest.
Is this too much**



Lettuce?



**"Mom — you deserve a
raise for raising me."**



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

A good friend of St. Andrew's came upon these inspirational quotes and thought it was a good read for any Congregation as we struggle with declining numbers of church attendance and the abundance of online services. This shares with us why church attendance for you and your family matters.

You can't serve from your sofa.

You can't have community of faith on your sofa.

You can't experience the power of a room full of believers worshipping together on your sofa.

Christians aren't consumers. We are contributors.

We don't watch. We engage.

We give. We sacrifice.

We encourage. We pray.

We do life together.

The church needs you.

And you need the church.

**"Here is the church. Here is the steeple.
Open the doors to see all the people."**





The Custodian's Corner

The Custodian's Corner

When you are the custodian/janitor of a building - you never know what to expect each time you enter the building.....especially an old one.

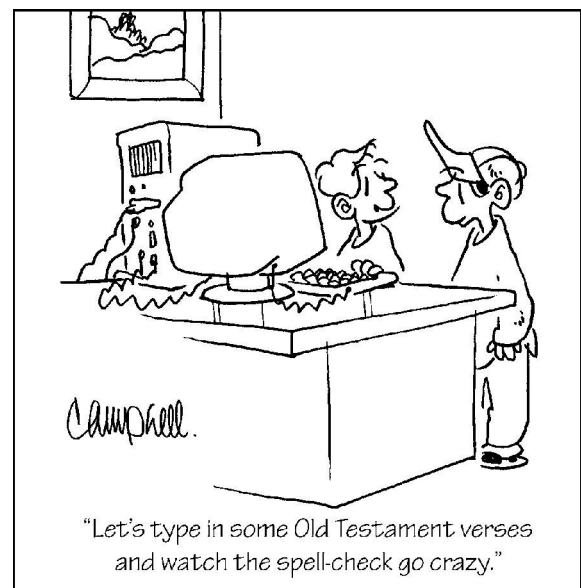
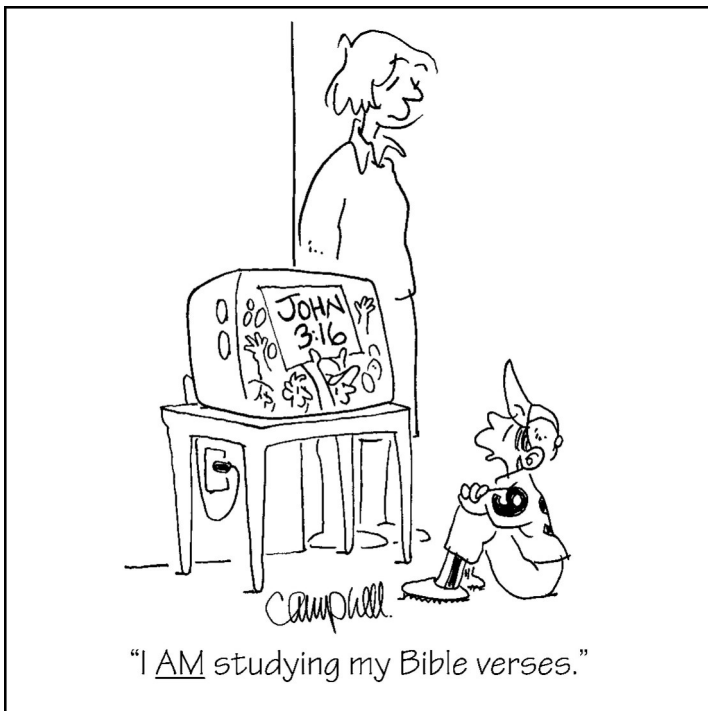
Some days, you have bats flying around or lying on the floor....or you have squirrels running around in the attic of the Sanctuary. Every fall, when it is starting to cool down, there is an influx of mice in the kitchen. So, out come the traps laced with peanut butter and eventually, the mice disappear. In the Spring, there is a parade of ants in the kitchen....a cookie crumb becomes a moving, living mass of ants....and then they disappear.

When I come in the back door, I know almost immediately if something is amiss....a smell, a sound, a vibration and some mornings, the lights have been left on the downstairs bathrooms and you can hear the fans, or a toilet handle has stuck and the water is running. Some mornings, the boiler isn't heating the way it should and sometimes, the traps in the sewers are dry and you can smell the sewer gas.

It's almost like the building is a living, breathing thing....and it seems to know when I don't have the time or patience to deal with it.

Anyway, I love the building. I hope it lasts forever!

John





The Earth is the Lord's

Happy Spring and Gardening Time:

Doing God's work includes looking after the land as well as gardening for food security. We can grow food without using chemicals (amend soil with compost, manure, etc.) and get outside to enjoy nature in the somewhat fresh air.

Due to the hotter summers we have been having the last number of years, I have been changing my strategies for gardening. I have put my lettuce in containers that can be moved so that they can receive some morning sun and then shade as the sun's position changes through the season. The hot weather makes the lettuce bolt quickly and early in the season. It is usually about 10 degrees cooler in the shade, especially if coming from being under a tree and getting a breeze. It is worth thinking about planting shrubs or trees to help with cooling. Tree canopy coverage of 10% is a good figure to work towards for your property. Having large trees can make it difficult when you want sun for growing things so you also should think about location and the distance to structures because trees like willows can be hard on foundations. A rule of thumb is that the root system below ground is similar to the canopy of leaves above ground. Something to think about.

https://upload.wikimedia.org/wikipedia/commons/d/df/Hornbeam_Maple_Acer_carpinifolium_Tree_3264px.jpg

As well, this year I am going to use a shade covering over my vegetables while allowing the breeze to go through. The heat has been a negative factor for getting a good crop for my beets, swiss chard and beans especially. Also, my onions last year were getting critters, like squirrels digging and ruining the roots, so my crop was not very good. Not sure what I will do about that. I did add some of my compost to all my gardening containers last year and will do so again this year to amend the soil which gives nutrients. The other part of the picture is saving water and therefore having water barrels collect all the rain we have been getting, especially in the spring because June starts getting hot and dry. The warmer water rather than cool or cold water from a hose is better, I think, for the plants and should have more beneficial elements in them because the water from the hose has been treated.

One of the books I have been reading is "How to Be a Climate Optimist: Blueprints for A Better World" by Chris Turner which I found to be very well written and very informative. I haven't finished it yet, but it is very thought provoking, so I read a bit at a time to allow the information to sit with me to make sense of the concepts. Well worth reading.

Walk softly on Mother Earth.....Your Green Gal, Jane Marie

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



STRAWBERRY AVOCADO SPINACH SALAD WITH CREAMY POPPYSEED DRESSING – BY ALYSSA THE RECIPE CRITIC

Fresh strawberries, sliced avocados, slivered almonds and feta cheese all tossed together with a homemade poppyseed dressing. This strawberry avocado spinach salad is so fresh and delicious and is a recipe that everyone will be raving about!

PREP TIME 10 MINUTES
TOTAL TIME 10 MINUTES

ounces baby spinach
cup fresh strawberries, sliced
large avocados, chopped
1/4 cup sliced almonds
1/4 cup feta cheese

Creamy Poppyseed Dressing:

1/3 cup mayonnaise
1/4 cup 2% milk
3 tablespoons sugar
4 teaspoons cider vinegar
teaspoons poppyseeds

Instructions

1. In a large salad bowl, combine spinach, strawberries, avocados, almonds, and feta cheese.

Dressing

1. In a small bowl, whisk together the mayonnaise, milk, sugar, cider vinegar, and poppyseeds. Pour about half over the salad and toss to coat. Add more of the dressing if needed. Serve the salad immediately and garnish with more feta cheese and almonds if desired.
Chosen by Pat M.

Baptism – Mason Parker Dotzert

Easter Sunday was a wonderful Family Sunday for the Rose and Dotzert Families. Mason Parker Dotzert was presented for Baptism, Alexis Rose and Evelyn Wraith played a piano duet for the Offertory and the Congregation was invited down to McCullough Hall to share in Mason's Celebration.



Grandma and Grandpa Rose holding Bria and Mason and their parents April and Curtis.



Congratulations to April and Curtis on the birth of their son, Mason. More happiness for both sets of Grandparents and his many aunts and uncles and cousins. Welcome to the family of St. Andrew's.

Passings

We want to extend our sympathies to **Bernice and Gerry Richards** on the recent loss of Bernice's brother Terry Green. May memories and wonderful thoughts carry you through your time of grievance.

The congregation also shares with **June and Judy** and their families with the loss of **Jack Lyones** on March 25, 2023. A husband, a father to many children, grandfather, great grandfather and great great grandfather, he will be missed by many.



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.



BIRTHDAYS

2-Gracie Bell
3-Marilyn Clelland
4-Audrey Little
8-Caroline Cookson
8-Gordon Cookson
16-Lois Kipfer
17-Duncan Racher
22-Natalie Baker
23-Caroline Wolfe
25-Ray Sabourin
27-Jacob Reath
30-Patricia Million

ANNIVERSARIES

12-Alex & Cathy McCullough
18-James & Linda Hodgson
14-Nevin & Betty Taylor



BIRTHDAYS

2-Frank McLaren
3-Codie Bell
5-James Van De Gevel
6-Kim Blum
6-James Hodgson
6-Judy Scott
8-Heather Racher
12-Jean Edmonds
13-Brendan Moorehead
15-Clarence McCallum
15-David Reath
15-Lauren Wolfe
16-Cathy McCulloch
22-Gordon Coulthard
24-Alex Coulthard
25-Marilyn Priestap

ANNIVERSARIES

14-Nevin & Betty Taylor
24-Roger & Jennifer MacMillan
28-Randy & Ruth Binkle

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 counter in McCullough Hall



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,

Dates

May 2023

May 1 – May Day
May 6 – Coronation of King Charles 111
May 14 – Mother's Day
May 18 – Ascension Day
May 22 – Victoria Day Weekend
May 28 – Pentecost
May 29 – Whit Monday

June 2023

June 4 – Trinity Sunday
June 14 – World Blood Donor Day
June 18 – Father's Day
June 21 – Summer Solstice
June 25 – Open House for Earl ***

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 June 23, 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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May

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

June

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 Meeting 9-12 M.H. Messy Church 9am Parlour Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	2	3 Music Lessons 12-3pm Minister's Study
4	5 Flower Guild 9:30-11am	6 Kitchen Use 9am Bible Study 9:30pm (virtual) PCW 1:30 Parlour	7	8 Meeting 9-12 M.H. Special Olympics 06:30-G.P. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	9	10 Music Lessons 12-3pm Minister's Study
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