



The SAINT

PRESBYTERIAN CHURCH IN CANADA

St. Andrew's Interesting News and Tidbits

Volume 40

No. 5



Communion Service

September 3
October 1
November 5

THE SEASON AFTER

Pentecost



BRING A FRIEND TO CHURCH!

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:16-18, NRSV)

Dear Friends,

I trust that you had a pleasant and enjoyable summer, filled with rest and relaxation with family members and friends.

I would like to thank everyone who took the time over the past few months to complete the *Strive!* survey questionnaire. Your answers were candid and helpful, and will be instrumental as we move forward with the strategic planning process at St. Andrew's. Also appreciated are the number of people who have kindly volunteered their time and talents to help with this process- thank you!

In terms of procedure, a Steering Committee is presently being formed. With the guidance of our *Strive!* consultant Mary Lynn McPherson, this committee will be prayerfully evaluating the data gathered from the survey. This process is set to begin in late September, and will eventually lead to a congregational meeting to discuss where we feel God is leading us.

This continues to be an exciting time in the Life and Mission of our congregation, and we trust that the constant illumination of the Holy Spirit will lead us to exactly where we need to be. As part of our family of faith at St. Andrew's, I ask that you continue to keep this important work in your prayers as we seek to be faithful disciples of Jesus Christ, joyfully following him wherever he leads us.

Grace and peace,

Mark

Rev. Mark Wolfe

What's Inside

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2023

O Canada

We were so happy to celebrate Jin, Lucy and Alex Oh on becoming Canadian Citizens. And in true St. Andrew's style, we celebrated them with Cake. Cam made Canadian Leafs from wood to help them celebrate.

Many members have shared their photos of Sunday, August 27, 2023 with us.



Citizen Ceremony at Tom Patterson Theatre – August 2023



How Canadian -Red and White!



Alex, Cam, Lucy, Jin and Rev. Mark

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.

My Journey with Parkinson's

Hard to believe September is here. I am out walking every day to keep my muscles moving and my brain alert.

Stratford's "Walk for Parkinson's" is Sept. 9th in Upper Queen's Park. Registration is 9:30 and the walk starts at 10:30. Here is Scott's link http://events.parkinsonsociety.ca/goto/Scott_Dunbar54. Or if it's easier go to the Walk for Parkinson's Southwestern Ontario site, Locations, Stratford & Area and then Search for a Walker and put in his name and there you are. As always, all proceeds stay right here to help anyone living with Parkinson's.

I need to have all donations by Thursday September 7, 2023 or as soon as you can.

Over the last 10 years we have been blessed with so much support for this walk, from our Church family and we are thankful. Your kindness and prayers fill our hearts.

Until November.

Scott on behalf of

Scott's Movers and Shakers

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**

Our very own Sue Dixon was ready for Baseball Day at Woodland Towers recently. She must be hoping the Blue Jays make it through the Wildcard series. Go Jays Go!



Photo—Susan Bray

From the Loft

It's difficult to believe that I've been your Organist for just over two months. The summer just seemed to fly by. Just think....another 62 years and 10 months to catch up to Earl's record tenure!

It has been a pleasure to join you and to get to know the congregation. I am doing my best to remember everyone's name, but if I falter a bit, please forgive me and tell me your name again. I'll get them all eventually!

The congregation has been very friendly and warm, and incredibly accepting of my music ministry. You have made me feel welcome and a part of the St. Andrew's family. Thank-you.

A lot of re-decorating work has gone on in my office over the summer and is almost complete. Check it out when you have a moment. Thanks to the Session and the Board of Managers for undertaking this work. It is much more than I ever expected. There are many people to thank, but I wish to pay particular thanks to Randy Binkle, Ivan Buchan, Cam Fraser, Nancy MacKenzie, and special thanks to John Edmonds, who encouraged me to make the office space my own and who initiated the whole re-decorating process.

Choir practice will be starting on Thursday, Sept. 14th at 7:00 P.M. I am looking forward to working with the Choir as we present inspiring and meaningful music in worship. Anyone interested in joining the Choir is more than welcome. If you need any further information, please contact me.

Thanks again to everyone at St. Andrew's for your friendship and support.

Gord

Lectionary Readings



September 3, 2023 (green)

14th Sunday of Pentecost

Exodus 3:1-15 and Psalm 105:1-6, 23-26, 45b OR Jeremiah 15:15-21 and Psalm 26:1:8; romans 12:9-21; Matthew 16:21-28

September 10, 2023(green)

15th Sunday after Pentecost

Exodus 12:1-14 and Psalm 149 OR Ezekiel 33:7-11 and Psalm 119:33-40; Romans 13:8-14; Matthew 18:15-20

September 17, 2023 ((green)

16th Sunday after Pentecost

Exodus 14:19-31 and Psalm 114 OR Exodus 15:1b-11, 20-21 OR Genesis 50:15-21 and Psalm 103:(1-7), 8-13; Romans 14:1-12; Matthew 18:21-35

September 24, 2023 (green)

17th Sunday of Pentecost

Presbyterians Sharing Sunday

Exodus 16:2-15 and Psalm 105:1-6, 37-45 OR Jonah 3:10-4:11 and Psalm 145:1-8; Philippians 1:21-30; Matthew 20:1-16

October 1, 2023 (green)

18th Sunday after Pentecost

World Communion Day

Exodus 17:1-7 and Psalm 78:1-4, 12-16 Or Ezekiel 18:1-4, 25-32 and Psalm 25:1-9, Philippians 2:1-13; Matthew 21:23-32

October 8, 2023 (green)

19th Sunday after Pentecost

Harvest Sunday

19th Sunday after Pentecost: Exodus 20:1-4, 7-9, 12-20 and Psalm 19 OR Isaiah 5:1-7 and Psalm 80:7-15; Philippians 3:4b-14; Matthew 21:33-46
Harvest Sunday: Deuteronomy 8:7-18 and Psalm 65; 2 Corinthians 9:6-15; Luke 17:11-19

October 15, 2023 (green)

20th Sunday after Pentecost

Students & Colleges Sunday

Exodus 32:1-14 and Psalm 106:1-6, 19-23 OR Isaiah 25:1-9 and Psalm 23; Philippians 4:1-9; Matthew 22:1-14

October 22, 2023 (green)

21st Sunday after Pentecost

Exodus 133:12-23 and Psalm 99 OR Isaiah 45:1-7 and Psalm 96:1-9, (10-13); 1 Thessalonians 1:1-10; Matthew 22:15-22

October 29, 2023 (green or red)

22nd Sunday after Pentecost

Reformation Sunday

Deuteronomy 34:1-12 and Psalm 90:1:6, 13-17 OR Leviticus 19:1-2, 15-18 and Psalm 1; 1 Thessalonians 2:1-8; Matthew 22:34-46



Run4Rett
Richvale Community Centre, Richmond Hill, ON
September 24, 2023

RUN 4 RETT



ONTARIO RETT SYNDROME ASSOCIATION
INFORMATION & TO REGISTER: RETT.CA

We always like to support our friend Abby Congram and the Congram Family for Run 4 Rett. If you are interested in supporting this event, please feel free to contact Abby's Grandma - Audrey Little or Karen Congram with any questions or donations of support.

If the Person who named Walkie Talkie named everything.....

Stamps – Lickie Stickie
Defibrillators – Hearty Starty
Bumble Bee – Fuzzy Buzzy
Pregnancy Test – Maybe Baby
Bra – Breastie Nestie
Fork – Stabby Grabby
Socks – Feetie Heatie
Hippo – Floatie Bloatie
Nightmare – Screamy Dreamy

Those were the Days!!!

A Doctor on TV recently (Norman Swan on ABC) was telling us that we need to let children play in the dirt with their dogs and cats and be allowed to build up some immunity! Well pardon me! Who would have thought?

Gosh, those were the days.

For some strange reason we didn't seem to get food poisoning. Our school sandwiches were wrapped in wax paper in a brown paper bag and not in ice pack cooler. For the life of me I can't ever remember getting E. coli.

Almost all of us would have rather gone swimming in the creek, the lake or at the beach. Pristine chlorinated pools were at the YMCA.

We had no idea of beach closures in those days.

Everyone all took Physical Education. We risked permanent injury with a pair of regular running shoes. Cross-training athletic shoes had not been invented.

I can't recall any injuries, but they must have happened because they tell us how much safer we are now.

"Some" got the strap for doing something wrong at school. They used to call it discipline, yet we all grew up to accept the rules and to honour and respect those older than us.

We had at least 40 kids in our class and somehow, we all learned to read and write, do math and spell almost all the words needed to write a grammatically correct letter. FUN-NY EH!

We all said prayers in school irrespective of our religion and sang the national anthem. No one got upset. Staying in detention after school netted us all sorts of negative attention, we wish we hadn't got.

And we all knew we had to accomplish something before we were allowed to be proud of ourselves. Sometimes we played on losing teams. We learned about winning and losing.

I just can't recall being bored. We were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations. We used to swim naked in the creek and dive into the water by climbing trees.

Oh yeah ... And where were the antibiotics and sterilization kit when I got that bee sting? Gawd, I could have been killed!

We played "King of the Castle" on piles of gravel left on vacant building sites and when we got hurt, mum pulled out the trusty bottle of iodine. Today it's a trip to the emergency room, followed by a 10-day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that?

We never needed to get into group therapy and/or anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

HERE IS TO ALL OF US WHO SHARED THIS ERA, AND TO ALL WHO DIDN'T. I'M SORRY FOR WHAT YOU MISSED. I WOULD NOT TRADE MY GROWING UP YEARS FOR ANYTHING!
Thanks to Theresa for sharing this article.

From the Board of Managers:

We hope you have been able to enjoy this beautiful summer!

With Gord Allgeier beginning his Music Ministry at St. Andrew's, we decided it was a good time to do a "refresh" of the Music Office. The Board of Managers met to plan how this work would be done and to address issues as they came up. During August, the Music Office has had a total 'refresh'. Thank you to all who helped in any way, especially John and Jean Edmonds for the great job of painting the main room, Cam Fraser, our ever-constant supporter, by lending his expertise in laying a new floor. He and Ivan Buchan laid the new floor in record time and did a wonderful job! Thank you!

New Roller blinds have been ordered for the 2 large windows and will be installed later in September. There is still work to be done in the little washroom off of the main room (yes, there is a washroom!), but overall, the Music Office looks great!

All of the filing cabinets containing many years of choral music that were in this space, have been moved and Gord will go through them as his time allows. Eventually, filing cabinets will be moved back to the Music Office for Gord's use.

(Earl Clark seems to remember that the last time the Music Office space was painted was in 1972! It was time to do it again!)

The Board accepted, with regret, and with thanks, the resignation of Randy Binkle from the Board. Randy has been such a hard worker and spent countless hours at the church working away on projects (especially electrical) that needed to be done. All of his time and effort is greatly appreciated! Thank you Randy!

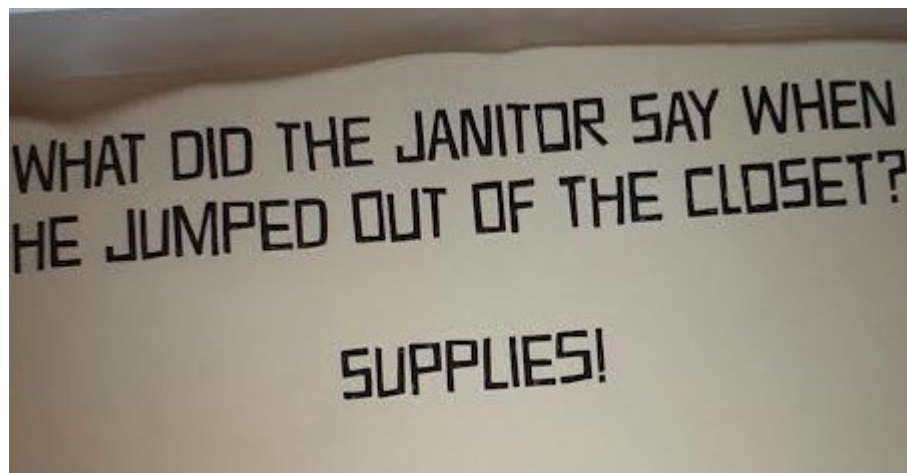
Martin Allcott will assume the role of Property Chair on the Board, in Randy's place.

Thank you to all who have helped to maintain our church and grounds over the summer months. The gardens look beautiful and the building looks so welcoming and cared for. Thank you!

As we move into the fall months, the Board will continue to address those repairs and maintenance items that require attention.

And Finally, a huge Thank you to the congregation of St. Andrew's for continuing to financially support the church over the summer months. Your generosity is appreciated so much as we navigate our return to a 'new normal'.

Respectfully submitted by the Board of Managers



Stratford/Perth Shelterlink Needs

- 
- Milk Bag Containers
 - Full Sized Bath Towels
 - Deodorant
 - Shampoo
 - Conditioner
 - Body Soap
 - Hair Brushes/Combs/
Elastics
 - Toothbrushes/Floss
 - Freezer/Sandwich Bags
 - Laundry Soap
 - Dish Soap
 - Men's Shoes (all sizes)
 - Cutlery
 - Kraft Dinner
 - Soups
 - Mr. Noodles
 - Canned Vegetables
 - Canned Pasta
 - Canned Meat
 - Mayonnaise
 - Margarine
 - Saran Wrap
 - Cereal
 - Gift Cards (Dollar Store,
Fast Food, Walmart,
Shoppers Drug Mart)

From the Session

Where or where did the summer go!

July continued to be a busy month starting with welcoming Gord Allgeier, our new organist and music director. We shared a couple of small gifts to show our St. Andrews warmth and care following morning worship and of course we had Celebratory Cake. It was great that so many of our congregation were out to take part in this happy welcoming occasion.

On July 5th about twenty-five of our congregation boarded a bus to go to Toronto to watch our Earl be honoured by the Royal Canadian College of Organists at their annual convocation in Toronto. This award – the Award of Distinction is a tribute to the high esteem and praise that the musical association across Canada holds for Earl. Well done Mr. Clark!

On August 21st Jin, Alex and Lucy Oh became Canadian citizens at a ceremony held in the new Tom Patterson Theatre. Since they were only allowed one guest it was decided that a welcoming celebration would be held on Sunday August 27th for our newest Canadians. Many, many thanks to Carol McEwin and Nancy MacKenzie from the former Welcoming Team for pitching in and providing great leadership and decorating ideas for the occasion. Our own skilled craftsman Cam Fraser presented each of the honoured guests with a maple leaf he had crafted in honour of the occasion. We all remember Gail Selkirk during her time filling in during Earl's illness and she became and is a favourite with our congregation. Gail and Glen Diaz performed at concert at the Revival House. Approximately twenty members of our congregation were in attendance to hear Gail sing and perform on her keyboard. What a talented lady – and to show her appreciation to the members attending from St. Andrews – she dedicated a song to our Church group titled "Stairway to Heaven".

In July we unfortunately lost another two ladies from our congregation Joan Rhodes passed away on July 1st after a lengthy battle with cancer. She and her sister Karen Hodgkinson joined our congregation in 2019. We were just getting to know Joan when she became ill and unable to take part. Our sincere sympathy goes out to Karen along with the members of Joan's family. Then on July 8th St. Andrews lost another member Margaret Bender. Margaret after being unable to remain in her own apartment had spent many years in Cedarcroft Retirement Home. During the last year she was moved to a nursing home in Strathroy to be closer to her son. Marg, I remember more from her years at Knox when she was known to make great greeting cards from picture she cut from old cards. Marg took an interest and attended St. Andrews for several years until her health deteriorated and she was unable to take part. Lois Tutt was a loyal friend and care giver to Marg for many, many years.

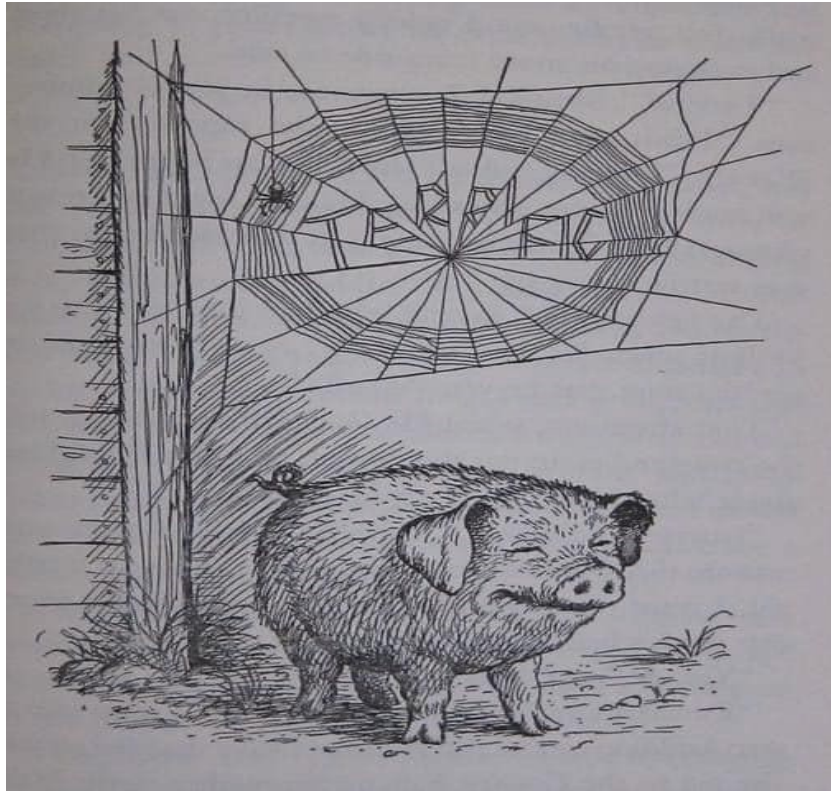
At the May meeting of Session several of our Elders requested a desire to step away from active leadership. We express our sincere appreciation to Carol McEwin, Lois Tutt, Graeme Martin and Don Racher for their years of service. We will be recruiting new elders this fall.

Now as we are entering into the fall – the different groups are becoming active again – the Choir, Messy Church, Bible Study, PCW, PCM. I know Gord is busy trying to recruit members for the choir. Please consider joining the Choir – the time commitment is not that taxing and it adds so much to our morning service. Believe me Choir is not all work – there is a great deal of fun as well.

Ruth Reath
Clerk of Session

""Why did you do all this for me?' Wilbur asked. 'I don't deserve it. I've never done anything for you.' 'You have been my friend,' replied Charlotte. 'That in itself is a tremendous thing. I wove my webs for you because I liked you. After all, what's a life, anyway? We're born, we live a little while, we die... By helping you, perhaps I was trying to lift up my life a trifle. Heaven knows anyone's life can stand a little of that.'"

~From Charlotte's Web by Elwyn Brooks, "E.B." White



News from the Stratford Mission Depot

It is always nice to hear from Jean Aitcheson and her Crew and what they have been doing that keeps them busy.

Our shelves are once again almost empty, as we filled a 12-foot truck with supplies to go into a container to Cuba and filled a 16-foot truck with supplies to go to Ukraine and probably Philippines. Included in each shipment were about a dozen white take-out dinner boxes full of medications. In addition, we have added to the request box for the Connection Centre and also deliver to the St James Food bank. Do let us know of other requests of which you are aware.

Cam continues to comply, with meticulous detail, of all of the requests of the other volunteers. Thank you to the congregants who leave us donations on the steps. Thank you to St Andrew's for the space which allows the Stratford Mission Depot to function. Inevitably, everyone who visits, says, "Wow" as their first words. We feel Blessed every time we go to work!

Please read below a heart wrenching warm fuzzy story.

A couple from St Marys travelled to Cuba and took a hockey bag of supplies. While there, they learned about the need of supplies for Victor. Home again, it became important to them and us to find the exact size of urinary catheters for Victor. Debbie and Brian mailed them along with collection bags and other items he needed. Then, we just got this photo and explanation which brought me to tears. We have the supplies, but Deb MAILED them, probably at huge cost as they would not be going on vacation again soon. ~ Jean

"Thank you from the bottom of our hearts for being able to help Victor with medical supplies that he is not able to find or buy. The parcel arrived safe and sound in Cuba and his daughter sent us a picture. Brian and I wanted to pass it on. We sent the package June 26th and it arrived a few days ago. (August) It took a little longer as Victor lives in the country and not near a major city. Also, gas has been in short supply.

Thanking all of you again.
Debbie and Brian





Pumpkin Crisp

Pumpkin Crisp is a simple pumpkin dessert that has double the crisp and is filled with a delicious pumpkin layer for the perfect fall treat

Ingredients

Crisp Mixture

- ☐ 2 cups (180 g) quick-cooking oats
- ☐ 2 cups (250 g) all-purpose flour
- ☐ 1 cup (200 g) light brown sugar, packed
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 cup (2 sticks / 227 g) unsalted butter, cold, cubed

Pumpkin Mixture

- ☐ 3 large eggs, room temperature
- ☐ 1 cup (200 g) granulated sugar
- ☐ 1 can (15 ounces) pure pumpkin
- ☐ 1 cup (240 g) heavy cream
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 teaspoon vanilla extract
- ☐ ½ teaspoon kosher salt

Instructions

1. Preheat oven to 375°. Lightly spray a 12-inch oven-safe skillet* with nonstick cooking spray. Set aside.

Crisp Mixture

1. Combine the oats, flour, brown sugar, and pumpkin spice together. Add in the cubed butter and use your hands or a fork to combine. You want the butter to be no larger than pea-sized.
2. Spread 4 cups of crisp mixture over the bottom of your prepared skillet and press flat. Set the remaining crisp mixture aside.

Pumpkin Mixture

1. In a large bowl, whisk together the eggs and sugar until combined.
2. Add pumpkin, cream, vanilla, pumpkin pie spice, and kosher salt. Whisk ingredients together until smooth.
3. Pour the pumpkin mixture on top of the layer of crisp in the skillet or 9x13 pan
4. Sprinkle the remaining crisp mixture over top of the pumpkin.
5. Bake uncovered at 375°F for 35-45 minutes, or until golden brown.
6. Serve (warm or cold) with whipped cream or ice cream.

Noah's Ark Word Search

A	D	D	B	J	H	E	S	Y	S	P	T	D	L	T
N	O	L	V	H	V	Z	E	U	R	A	O	G	N	O
I	V	I	L	I	P	I	C	O	P	O	V	A	I	W
M	E	U	L	C	J	C	M	C	L	P	N	E	Q	T
A	R	B	K	V	N	I	B	F	I	E	L	R	D	K
L	D	E	F	P	S	T	X	Y	V	K	W	I	V	Z
S	X	N	T	E	V	I	U	O	V	R	A	V	E	N
N	S	L	A	L	L	R	C	D	O	O	G	G	W	S
W	Q	N	X	L	A	C	W	O	B	N	I	A	R	Q
O	B	E	D	I	E	N	T	T	C	U	H	I	Z	G

ANIMALS
BUILD
COVENANT
CRITICIZE
DOVE
EVIL
FLOOD
GOOD

LAND
OBEDIENT
PROMISE
RAINBOW
RAVEN
SAVED
SUPPLIES
TWO

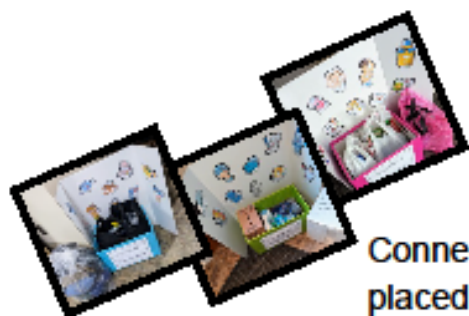
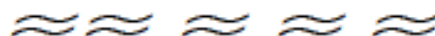


Reaching Out with Hearts & Hands

Anyone entering the backdoor of St. Andrews' on the second or fourth Wednesday morning of the month will be greeted with the sound of cheerful voices emanating from the kitchen. An investigation will reveal a dedicated group of women and men making sandwiches or packing donated baked goods. These will be delivered to the Stratford Connections Centre housed in St. Paul's Church where the homeless and other vulnerable members of our community can receive nourishing meals and find help and support.



St. Andrew's continues to support the St. James Food Bank through regular donations of food items and/or cash. Items are collected and dedicated on the third Sunday of each month. If you cannot get out on the third Sunday, donations can be dropped into the green bins found in the hall at any time.



The PCW has begun a new project, collecting hygiene products and other personal items needed by the Stratford Connections Centre. A collection box has been placed at each entrance. Donated items will be dedicated the fourth Sunday of the month and delivered to St. Paul's.



to Our Neighbours

Collecting or hoarding: How to tell the difference

By Mayo Clinic Staff

Books and baseball cards, bills and bicycle wheels. If your stuff is getting out of control, you're not alone. Millions of people struggle to let go of their accumulated belongings.

For some, this is more than just a little clutter or a household annoyance. An estimated 2% to 6% of Americans have a psychological condition called hoarding disorder.

In either case, too much clutter can complicate your life — and affect your relationships with friends and family who are disturbed by the mess and unsanitary conditions.

Whether you or a loved one just needs a good spring cleaning or help from a doctor, there are effective ways to manage messes and regain control of your belongings.

Hoarder or collector?

A key distinction between a hoarder and a collector is when the accumulation of stuff begins to interfere with daily life. As possessions build up, the health, safety and well-being of the hoarder may be at risk.

Hoarders may save items they believe will be needed or have value in the future, or that have important emotional significance. Hoarders may also save random items, like napkins, magazines and containers. They may even collect pets.

The risks of hoarding include:

- Increased risk of falls and fires

- Poor health due to lack of hygiene, difficulty preparing food and getting sleep

- Social isolation, loneliness, family conflict or estrangement, and conflicts with local authorities

- Difficulty keeping a job

- Housing difficulties, like having heat or electricity cut off, a home forcibly cleaned or condemned, or getting evicted

Hoarding tends to run in families. Most of the time, it accompanies other mental issues, like depression, obsessive-compulsive disorder, alcohol dependence, dementia or anxiety.

Con't

Helping a hoarder downsize

If you're supporting someone in a hoarding situation, help downsize belongings with this advice:

Encourage the person to remain focused. People with hoarding disorder often are easily distracted.

Express compassion and empathy. It's not helpful to act like a drill sergeant. And it's important that the owner of the belongings actively participates in removing unneeded stuff.

Manage your own patience. Usually it's best to set specific time limits on how long you will coach.

Encourage the person to seek professional help. The primary treatment for hoarding is cognitive behavioral therapy. Home visits by therapists or other professionals can also help provide coaching on the steps and skills needed to make changes.

A de-cluttering game plan

When you're ready to clean a messy room, or help someone else with the task, gather supplies and a strategy before you begin. Some tips:

Have a landing spot for everything. Clearly mark folders or bins for things to be kept. And for things to be tossed, set up four containers with different labels: Trash. Recycle. Donate. Sell.

Ask the same hard questions of every item. Do I need it? Do I have a plan to use it? Have I used it in the last year? Do I have enough space to keep it? Make every item justify its continuing presence.

Pace yourself. Give yourself breaks. If you feel overwhelmed, stop. It can be a stressful process. Rushing things or pushing through severe anxiety can be counterproductive.

Have an exit strategy. Put garbage and recycling bins outside immediately after your de-cluttering session. Drop off donations right away, and place ads for everything you're going to sell. Things allowed to linger are less likely to be removed.

St. Andrew's (Stratford) Foundation

The trustees wish to thank Bill Schreiter for his many years of service to the Foundation and his leadership in guiding us safely through the Pandemic. We were able to switch to on-line meetings through Zoom to carry on the necessary business.

We also wish to thank the congregation for their support of the Foundation by passing the revisions to the Trust Deed as presented at the last Annual Congregation Meeting this past February.

The Trustees work closely with the Board of Managers to ensure Capital Projects are completed as necessary. These projects are not covered by the church's regular operating budget.

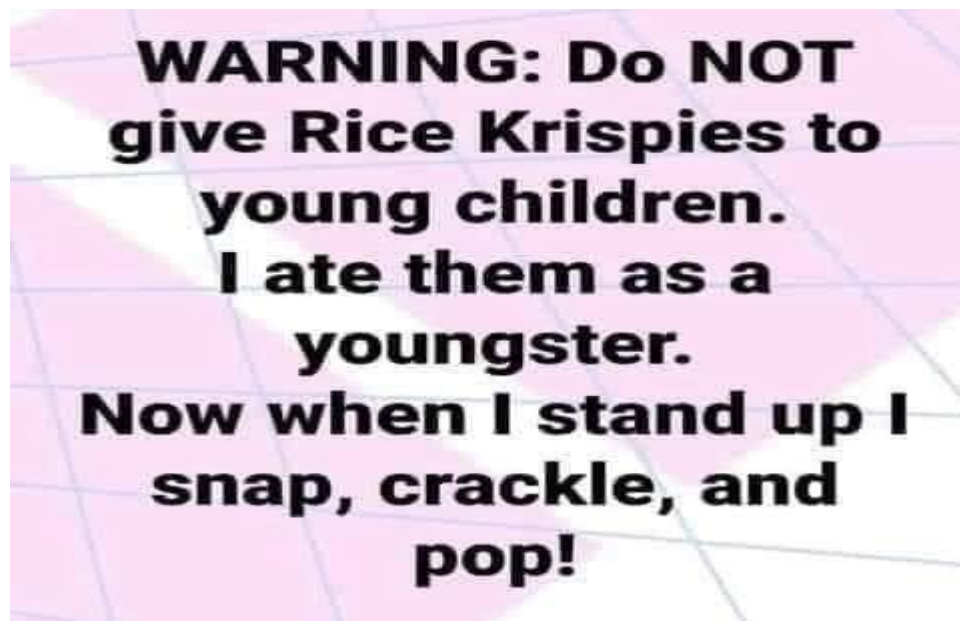
We also acknowledge with thanks the various families who have made bequests and/or donations to the Foundation. Your generosity ensures the work of this church may continue for years to come.

As tax season approaches, we provide this gentle reminder.... donations to the Church Foundation may provide significant tax benefits. Please contact your financial advisor or lawyer for your estate or tax planning advice.

The funds of the Foundation are professionally managed by RBC -DS and the Presbyterian Church Investment Division.

Respectfully submitted,

Trustees, David MacKenzie, Nancy L. Baker, Don Racher, Alan Low, Judy Buchan, Theresa Palmer and Joan Thomson.



PRESBYTERIAN CHURCH WOMEN

The ladies of the PCW are looking forward to a day at Kintail on September 12th. All ladies of the congregation are invited to join us. Rides will be arranged. We will be leaving Stratford between 10 and 10:30 and arriving at Kintail in time for lunch at 12 noon. The cost of lunch is \$25 to be paid upon arrival. Following lunch and a brief business meeting, there will be time to explore the camp or if you prefer you can relax and enjoy a time of fellowship indoors or out. Let me know as soon as possible if you plan to attend.

The PCW generally meets in the parlour at 2 p.m. on the first Tuesday of the month. New members or visitors are always welcome. For our October 3 meeting, Mary Gascho and Nora Finnie have arranged for two guest speakers. Cheryl Hunt, Community Giving Manager of the Stratford General Hospital Foundation and Dr. Janice McNaughton, Oncology Department, Stratford General Hospital.

Another date to mark on your calendar is December 5. Our Christmas dinner will be held at the Queen's Inn. Stay tuned for further information.

Submitted by,
Eva Tucker (519-301-8815)





My wish for September

30 days of happiness.
720 hours of good health
43,200 minutes of blessings.
2,592,000 seconds of love.

Anna Grace Taylor

ANNAGRACETAYLOR.COM



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



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.

Any articles for the Nov/Dec SAINT would be appreciated if they are submitted by October 23, 2023. Thanks to all who do such an offering bi-monthly.



The Custodian's Corner

The Custodian's Corner

I had a little bit of an emotional trauma this summer, which made me feel like I needed a new challenge.

After a bit of thought I decided I'd update me resume and post it online....targeting jobs that involved driving. I was amazed at the response.....around 20 hits in just over a day.....no doubt, they were robo-hits....but kind of surprising.

After taking them all in, I decided that the best fit for me was the try to obtain a B license, allowing me to drive a school bus. This job is local and still allows me the time and flexibility to do the Custodian job at the Church.

It's been quite a journey....10 hours classroom, 20 hours driving, two multiple choice tests, one driving test by a MTO examiner, 3 police checks, a medical, a driving record check, and around \$200. The training was all unpaid and was provided by the bus company.....they say it's worth \$2500 to obtain the license.

It's absolutely no wonder that there is a shortage of school bus drivers.....lots of responsibility and on its' own, does not provide a living wage. I have a newfound respect for them!

On another note, I'd like to thank Randy Binkle for the time he spent as Chair of the Property Committee within the Board of Managers. He did so much for me and he did so much for the Church....an unbelievably good person!

Also, I have received 3 perennials for the Church gardens. If you have a garden and are splitting some plants please let me know at edmondsjohn80@gmail.com and I will come get them or they can be dropped off at the top of the driveway by the back door of the Church.

Our faithful John.....



Fill Your Heart With Thanksgiving

Poet: Helen Steiner Rice

Take nothing for granted, for whenever you do
The "joy of enjoying" is lessened for you -
For we rob our own lives much more than we know
When we fail to respond or in any way show
Our thanks for the blessings that daily are ours . . .
The warmth of the sun, the fragrance of flowers,
The beauty of twilight, the freshness of dawn,
The coolness of dew on a green velvet lawn,
The kind little deeds so thoughtfully done,
The favors of friends and the love that someone
Unselfishly gives us in a myriad of ways,
Expecting no payment and no words of praise -
Oh, great is our loss when we no longer find
A thankful response to things of this kind,
For the joy of enjoying and the fullness of living
Are found in the heart that is filled with thanksgiving





The Earth is the Lord's

I have been writing about this problem before when I suggested buying natural fibres with no stain or wrinkle-resistant chemicals on them for clothing and linens for beds, where you spend about one third of life. I have also suggested using cooking surfaces without the no stick coatings on them before. I am using various websites to get general information and have included some websites for you to check out. There is a lot of other information to research with. Good luck with your future endeavours with this problem.

Forever chemicals or PFAS are a class of synthetic (man-made) chemicals known as perfluoroalkyl substances that last for hundreds of years before degrading completely. There are thousands of different PFAS used in a wide variety of industries and commercial products since the 1940's. PFAS are commonly referred to as *forever chemicals* because PFAS are a new class of more than 4,000 environmental contaminants whose impact on human health is unknown, the university said. PFAS are used in a wide range of products such as cosmetics, textiles, fire-fighting foams and food packaging materials and last for hundreds of years before degrading completely. The term is especially used in the context of the toxicity of such substances and the serious dangers that they pose to health and the environment.

Though the full extent of the effects of PFAS is unknown, studies have shown that they are widespread as contaminants with trace amounts being detected in a range of sources around the world, including in rainwater and in humans and animals. PFOA, PFOS, and GenX chemicals are contained in this group, along with many others that scientists don't seem to know much about. Many environmental organizations have pushed for increased government regulation and cleanup of such substances.

PFAS chemicals are most commonly found in food, according to the EPA. This generally occurs through contamination from soil or water, the packaging or containers used to store the food, even the equipment that was used to package or process the food.

Some of the common places where you will find these PFAS include:

- Grease-resistant paper and other fast-food wrappers or containers.
- Microwave popcorn bags
- Pizza boxes
- Candy wrappers.
- Plastic water bottles
- Non-stick cookware
- cosmetics
- Cleaning products
- fire-fighting foams
- Stain-resistant coatings for carpets or upholstery.
- Stain-resistant and water-resistant clothing and bedding
- and most worrying of all, drinking water.

PFAS can get into your body easily through consumption or extended skin contact and have been nicknamed "forever chemicals" because their unique chemistry makes them particularly persistent under typical environmental conditions. According to ***Scientific American***, many PFAS compounds contain a strong carbon-fluorine bond which allows them to build up and linger on in our bodies and in our environment long after the products that contain them have broken down, accumulating over time rather than breaking down. These chemicals can linger on for decades leading to adverse health conditions like cancer, birth defects, and heart disease. According to the **Agency for Toxic Substances and Disease Registry** (ATSDR), PFAS can harm our heart, liver, reproductive, and renal systems. There is some evidence that they can increase cholesterol levels and increase blood pressure in pregnant women, leading to birth defects and dangerous conditions such as pre-eclampsia. PFAS can change liver enzymes and decrease the vaccine response in children.

Now that I have your attention, what can I do? First, educate yourself about the types of items involved and use alternatives to the problem items. Make your popcorn the old-fashioned way on the stove, choose ceramic or cast-iron frying pans, change to metal or glass water bottles, buy wool carpets, filter your water, purchase cotton, bamboo or linen clothing and bedding without any chemicals and research the changes you wish to make before purchasing. Research alternatives to the item you wish to change and do these changes over time. Trying to do a lot all at once is exhausting.

The Earth is the Lord's con't

[Local universities investigate 'forever chemical' in Canadian water systems | CTV News](#)

[How to Avoid PFAS in Water, Food, Packaging, Carpets, and Cosmetics \(businessinsider.com\)](#)

[A List of Common PFAS Chemicals to Avoid at All Costs \(greenmatters.com\)](#)

[Government of Canada taking next step in addressing “forever chemicals” PFAS - Canada.ca](#)

[Industry knew about risks of PFAS 'forever chemicals' for decades before push to restrict them, study says | CBC News](#)



Walk softly on Mother Nature..... 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

Psalms That Are Sung

Praying that these give you a lift today

<https://www.youtube.com/watch?v=t0w-KIPoeg0> - Psalm 46:1-3 "God is my refuge and strength."

<https://www.youtube.com/watch?v=RFj2LWBccAw> - Psalm 131 Come to the Quiet (lyrics) feat. John Michael Talbot

<https://www.youtube.com/watch?v=TWh2rld4s-0> - Psalm 121 ESV- WORD FOR WORD Scripture Song

https://www.youtube.com/watch?v=Yo1_uBVv3H0 Psalm 61 KJV: WORD-FOR-WORD Scripture Song

Thanks to Helen Harrison for sharing the music and words.

--

Helen Harrison

BCM International (Canada) Inc

Adopt-A-School Facilitator

**

Speaker, Singer, Educator, Workshop Leader, Writer





BIRTHDAYS

1-Chloe Strawbridge
3-Jane Marie Mitchell
7-Laura Martin
9-Mary Horst
9-Carol Quail
10-Linda Tumber
12-Daniel Rose
14-Derek Wray
17-Lutzen Riedstra Jr.
23-Helen Edmonds
26-John Wray
27-Jim Byatt
29- Steve Wray
29-Christopher Young
30-Scott Dunbar

ANNIVERSARIES

22-Lesley & Gordon Cookson
26-Ray Sabourin & Carol Walters
27-Donald & Heather Racher
30-Michael & Marilyn Clelland



BIRTHDAYS

2-Robin Brown
7-Mary Gascho
8-Cam Fraser
8-Nevin Taylor
11-Paul Parsons
15-Murray Coulthard
18-Liam Parsons
20-Richard Ferguson
20-Zachary MacMillan
23-Brent Baker
24-Dale Currie
24-Bill Schreiter
29-Marg Byatt
29-Mikaela Hirst
29-Jerry McEwin

ANNIVERSARIES

5-Jerry and Carol McEwin
25-David & Nancy MacKenzie 50 yrs

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 September 2023


September 4 – Labour Day
September 9 - Parkinson's Walk for Scott's Shakers and Movers
September 10, 2023 – Grandparent's Day
September 12, 2023 – PCW go to Camp Kintail
September 17, 2023 - Terry Fox Day and Walk
September 23, 2023 – First day of Autumn
September 30, 2023 - National Day of Truth and Reconciliation (Orange Shirt Day)

October 2023

October 9, 2023 – Thanksgiving Day
October 31, 2023 – Halloween

November 2023

November 1 – All Saints' Day
November 5 – Daylight Saving – Clocks go back one hour



Prayer Circle

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

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

Passings

July 1, 2023 our friend Joan Rhodes passed at the Stratford General Hospital . She leaves behind her children but also her sister Karen Hodgkinson and we express our sympathy to her.

July 8, 2023, dear Margaret Bender passed in Strathroy where she had moved to be near her son. To Lois Tutt, Marg's wonderful friend, we express our deepest sympathy.

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

Music Director: Gord Allgeier

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

25 St. Andrew Street
Phone No: 519-271-5668

Stratford, ON N5A 1A2
Email: standrews@cyg.net

Webpage: www.standrewsstratford.ca

Kathryn Currie	editor	519-271-5789
Marie McNamara	publisher	519-271-5668

September

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

October

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2 Flower Guild 9:30-11am	3 Kitchen Use 9am Bible Study 9am G.P. PCW 1:30 Parlour Women's Choir 7:30-9pm Parlour	4	5 Meeting 9-12 M.H. Messy Church 9am Parlour Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	6	7 Music Lessons 12-3pm Minister's Study
8	9 Flower Guild 9:30-11am	10 Kitchen Use 9am Bible Study 9am G.P. Board Sub-Committee 6:30pm Board 7pm Women's Choir 7:30-9pm Parlour	11 Sandwich Making Kitchen 9-11am	12 Meeting 9-12 M.H. Special Olympics 06:30-G.P. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	13	14 Music Lessons 12-3pm Minister's Study
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29	30 Flower Guild 9:30-11am	31 Kitchen Use 9am Bible Study 9am G.P. Women's Choir 7:30-9pm Parlour				