



The SAINT

PRESBYTERIAN CHURCH IN CANADA

St. Andrew's Interesting News and Tidbits

Volume 40

No. 6



Communion Service

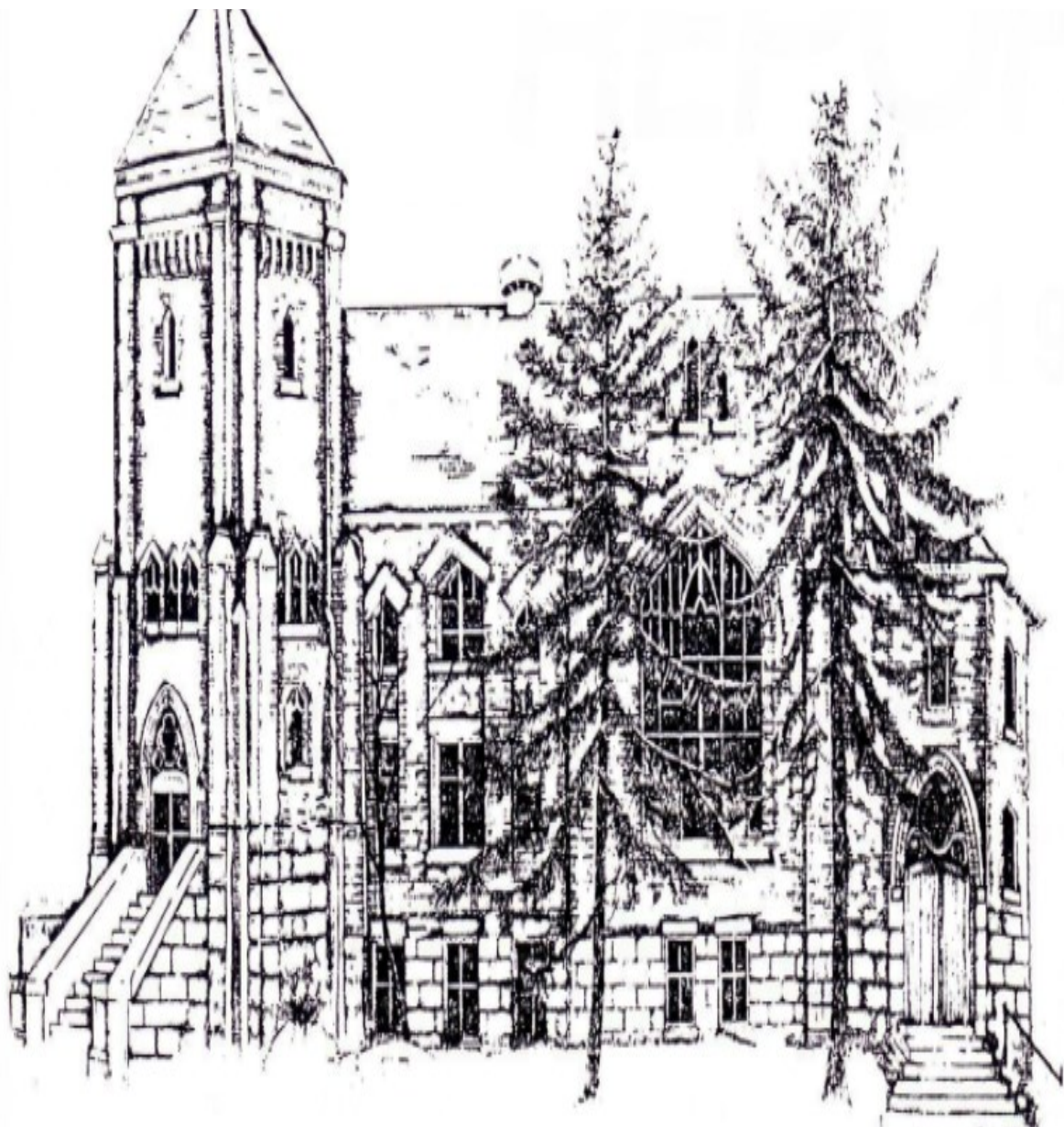
November 5
December 3
December 24
January 7

THE SEASON AFTER

Pentecost



**BRING A FRIEND
TO CHURCH!**



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NOVEMBER

**Welcome
December**

2023



An Update

Low numbers and a lack of staff led the members of the Messy Church coordinating team to conclude that a hiatus was necessary. Since the resumption of Messy Church following CO-VID, the attendance has been low, sometimes with only one family present. In the spring two of our leaders informed the team that they needed to step down due to family and other commitments. A special thank you is extended to Judy Buchan and Sheila Dykeman for their years of dedication and inspiring leadership.

During the next few weeks/months, team members will be seeking God's guidance as we consider the future of Messy Church at St. Andrew's. We ask for the prayers of the congregation that we may wait with patience and open ears to hear the still, small voice of the Spirit directing us.

Messy Church - What is it all about?

MESSY CHURCH is:

- **MISSIONAL:** It is designed to reach families who are not 'churched' as well as those for whom a Sunday morning does not work.
- for **EVERYONE:** It isn't a kids club, or a children's program. It's a way of doing church as a whole family together! Parents, Grandparents & Children spend their time exploring and learning together.
- **WELCOMING:** It reflects a God of unconditional love and is a church for people outside church, providing an oasis of welcome and a safe space in which to thrive.
- **CHRIST-CENTRED:** Its activities are designed to help people encounter Jesus as Lord and Saviour.
- **CELEBRATION:** It reflects a God of joy who wants his people to have life in all its fullness.
- about **HOSPITALITY:** It expresses God's love and grace in the invitation to join in a time of fellowship and most evidently by eating a hot meal together.
- **CREATIVE:** It uses hands-on activities to explore Bible stories, to reflect a God of creativity and to give people a chance to play together. It involves crafts, song, drama, games and more.
- **CHURCH:** It is a congregation in its own right, not a stepping-stone into an existing congregation.
- **MONTHLY:** Most Messy Churches gather once a month on a weekday evening



The Future of Messy Church at St. Andrew's - Questions



Who are the unchurched in our area? How do we reach them?

Do you have family/friends who can't make it to service on a Sunday morning? How do we encourage them?

Are there some who have been "turned off" by the traditional worship service? How do we speak to them?

Who are the potential leaders in our congregation? Are you one of them?

If you have other questions, answers or suggestions or just want more information, speak to a member of the Messy Church Coordinating Team: Mary Duffin, Bill or Evie Schreiter, Mark Wolfe.

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.

Report from Scott – **My Journey with Parkinson's**.

With over 225 sponsors made up of family, friends, businesses, and co-workers, my "**Walk for Parkinson**" as a team raised \$13,004.27. That was good enough for first place in Stratford and second in all of South Western Ontario.

My personal part of that total was \$12,278.02 and second place for both Stratford and SWO. A big thank you to my Church family for their support over the last 12 years.

Keep walking, and until 2024, take care.

Scott and Darlene

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**

Hi Everyone,

I am the person who makes sure the kitchen is clean and everything is put back where it belongs. I also check the fridges for items gone bad or out of date. Thanks to the groups using the kitchen, my job is usually not too difficult.

One request- Please take home any unused items after Coffee Hour. Other groups if you can take it home- great. Otherwise, please label it as yours. This will be a big help.



ThankYou
Jean Edmonds/ Kitchen coordinator



Lectionary Readings

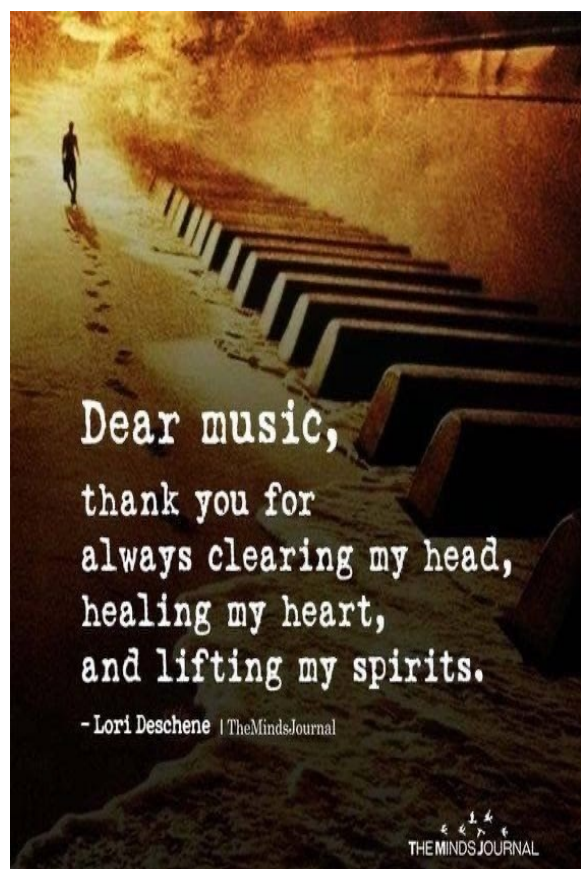
1-Minute Bible Love Notes

6 Things to Believe in at Christmas

1. Believe in Miracles
- Isaiah 9:6
2. Believe in God's Purposes - Luke 4:18
3. Believe in Love, Grace, and Hope - John 3:16
4. Believe in Comfort
- Psalm 147:3
5. Believe in Joy
- Nehemiah 8:10
6. Believe & Seek Him!
- Hebrews 11:6



Another 1-minute devotion
from BibleLoveNotes.com



Dear music,
thank you for
always clearing my head,
healing my heart,
and lifting my spirits.

- Lori Deschene | TheMindsJournal

THE MINDS JOURNAL

November 1, 2023 (white)

All Saints Day

Revelation 7:9-17, Psalm 34:1-10, 22; John 3:1-3; Matthew 5:1-12

November 5, 2023 (green)

23rd Sunday after Pentecost

Joshua 3:7-17 and Psalm 107:1-7, 33-37 OR Micah 3:5-12 and Psalm 43; 1 Thessalonians 2:9-13; Matthew 23:1-12

November 12, 2023 ((green)

24th Sunday after Pentecost

Joshua 24:1-3a, 14-25 and Psalm 78:1-7 OR Amos 5:18-24 and Psalm 70; 1 Thessalonians 4:13-18, Matthew 25:1-13

November 19, 2023 (green)

25th Sunday of Pentecost

Legacy Giving Sunday

Judges 4:1-7 and Psalm 123 OR Zephaniah 1:7, 12-18 and Psalm 90:1-8, (9-11). 12; 1 Thessalonians 5:1-11; Matthew 25:14-30

November 26, 2023 (green)

26th Sunday after Pentecost

Reign of Christ

Ezekiel 34:11-16, 20-24 and Psalm 100 OR Ezekiel; 34:11-16, 20-24 and Psalm 95:1-7a; Ephesians 1:15-23; Matthew 25:31-46

December 3, 2023 (blue or purple)

1st Sunday of Advent

Isaiah 64:1-9; Psalm 80:1-7, 17-19; 1 Corinthians 1:3-9; Mark 12:24-37

December 10, 2023 (blue or purple)

2nd Sunday of Advent

Isaiah 40:1-11; Psalm 85:1-2, 8-13; 2 Peter 2:8-15a; Mark 1:1-8

December 17, 2023 (blue or purple or pink)

3rd Sunday of Advent

Isaiah 61:1-4, 8-11; Psalm 126 OR Luke 1:46b-55; 1 Thessalonians 5:16-24; John 1:6-8, 19-28

December 24, 2023 (blue or purple)

4th Sunday of Advent

2 Samuel 7:1-11, 16; Luke 1:46b-55 OR Psalm 89:1-4, 19-26; Romans 16:26-27; Luke 1:26-38

December 24/25, 2023 (white)

Christmas Eve/Day

Isaiah 9:2-7; Psalm 96; Titus 2:11-14; Luke 2:1-14, (15-20)

December 31, 2023 (white)

1st Sunday after Christmas

Isaiah 61:10-62:3; Psalm 148; Galatians 4:4-7; Luke 2:22-40

From the Board of Managers:

It is hard to believe that the year 2023, is coming to a close! Where has it gone? The Board has been working to address issues that have come to our attention during the past few months –

- * We have been working on projects to improve the safety and security of our church building before the winter months are upon us. The cameras by the rear and elevator entrances have been in place for a number of years, however the camera near the elevator door has been tampered with and needs to be replaced. A new dome type of camera will be installed which, we hope, will prevent this in future. There are, unfortunately, people who are 'camping out' around the church. We ask that, to ensure the safety of those who work and/or rent space in our building, that the doors are kept locked once everyone has arrived for your activity.

- * Repairs to the Sanctuary piano are being undertaken.

- * An upright freezer has been purchased for use by Community Meals

- * For those who are still unsure how to operate the elevator, please ask an usher to help you. They are more than willing to show you the correct steps to take.

- * We continue to rent/provide space in our building, including a music teacher, a support worker teaching life skills in the kitchen, a ladies choir, the Stratford Medical Mission and, coming soon, the Kiwanis Club to lead a 'Builder's Club' for students at the Stratford Intermediate School. Thank you to Linda Hodgson, Cam Fraser, Earl Clark and Nancy MacKenzie, the Rental Committee, for all the time you have taken to ensure those who use our building feel welcome. Thank you too, to John Edmonds for preparing the rooms and tidying up after their use.

- * Training has begun for Marie McNamara to assume the Treasurer's responsibilities. Thank you to Ruth Reath and Nancy Baker for all of your time and effort.

- * The Board is working to improve the communication processes when an emergency occurs at the church.

- * We will be inviting our insurance broker to speak to the Board re: liability issues, as a part of our annual insurance renewal process

- * A special Thank You to Martin Allcott for assuming the role of Property Chair as well as being the Vice-Chair of the Board. We appreciate your dedication and expertise so much, Martin!

The Board would like to thank our staff for all of the work they have done this year to keep St. Andrew's running efficiently and maintaining our property.

Marie, you have been a real joy to have in the office and have 'rolled with the punches' as the year unfolded. Thank You for all of your efforts!

John, you have continued to look after our buildings and property with great care and find those jobs that need to be done, but just haven't been done yet. Thank You for all you do!

We are so happy to welcome Gord Allgeier to St. Andrew's!

And of course, we are so grateful for Rev. Mark's leadership and ministry to all of us here at St. Andrew's, as we have tried to navigate new ways of "doing" the life and work of the church.

Thank you to all of the congregation for continuing to support St. Andrew's, in whatever way you could. Your generosity is appreciated so much! If you are a congregational member and have a request for a project or repair within the church which you would like the Board to consider for the 2024 budget, please do not hesitate to email Nancy Baker (Mrs.) or Ivan Buchan.

MERRY CHRISTMAS and HAPPY NEW YEAR!

May 2024 be very good to each and everyone of you!

Respectfully submitted by the Board of Managers

From the Session and We Celebrate 185

We look forward to celebrating this the 185th year of our congregation on Anniversary Sunday the 26th of November. In conjunction with this joyous milestone event following the service everyone is invited to come downstairs for Birthday cake. We at St. Andrews are fortunate enough to have three people reach the 90 milestone in 2023. We also know of others who turned 90 during the pandemic years and we were not able to congratulate them. So hopefully all may join in the festivities.

On September 30th St. Andrews lost another congregational member Jim Davis. Jim and Donelda had moved to Stratford from Seaforth a few years ago and became members of our Church family at St. Andrews. Jim had been in declining health for the last couple of years and then forced to go into a nursing home prior to his passing. Our sincere sympathy goes out to Donelda and the members of the Davis family.

Highlights from the September and October Session meetings. At the September meeting of Session, we received a letter from the Library telling of the need for food shown by some students at the Stratford Middle School. The Library are asking for our support in helping to provide funding for snacks that could be made available to these youth and other families needing a little extra help. It was decided that the Anniversary offering will be given to support this project.

The Messy Church Committee are taking a hiatus from running their program monthly to a "wait and see" what direction a "still small voice will lead them". This Messy Church program provided the only source of religious education some of these children were being shown. In the past a number of the families that had taken part were coming as a result of Community Meals encouragement. However, since COVID and no community meals, this has brought a significant decline in attendance. Sincere appreciation to Sheila Dykeman, Judy Buchan, Mary Duffin, Bill and Evie Schreiter, Heather Racher and Eva Tucker for your support organizing and providing a meaningful experience for young people. We will wait to hear of the next plan this "still small voice" comes up with. Thank you again to a great group of volunteers.

"Hats Off" to our Flower Guild ladies – Linda Hodgson and Judy Buchan try very hard to remember our congregational members with flowers when under the weather or in happier times celebrating milestone birthdays. We need to remember to provide names of those needing a cheer up to these ladies. St. Andrews is fortunate as well that Jean Edmonds will look after seeing that flowers are purchased and tastefully arranged in our Sanctuary on Sunday mornings. These little touches add so much to our service.

The former Welcoming Team are stepping forward with their Christmas Plans – they are planning on decorating the Church for the holiday season. Their time and talents should not be taken for granted. The Memorial Tree service so looked forward to each year will be on December 3rd. Poinsettias Project – funds will be raised to allow purchase of poinsettias to be delivered in mid December to shut ins etc. within the congregation. On almost any given year 50 – 60 plants are delivered. Those donating can do so "in memory" of a family member or friend and their dedication will be read out during the Memorial Tree Service.

Since Christmas is fast approaching and Christmas Eve is on a Sunday, here are the dates for our Services

December 24, 2023 - Regular Morning Worship at 10:30 a.m.

December 24, 2023 - Children's Christmas Service at 4:00 p.m.

December 24, 2023 - Christmas Eve Service with Communion at 7:30 p.m.

Bill Schreiter is proposing we run Community Meals again at St. Andrews. The first and second Thursday nights are the nights needing to be filled. Help is needed to fill all the various areas from shopping, preparation and cooking right thru to clean up at the end of the evening. If you or you know of someone who may be interested in helping, please let Bill know.

Your Session is needing new Elders – you will be hearing more about this in the near future from Rev. Mark.

Ruth Reath
Clerk of Session

Why Remember?

November 11, 2023



Canadians departing for active service in Europe during the Second World War, 1940.

*(Library and Archives Canada C-38723) We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument.*¹

These wars touched the lives of Canadians of all ages, all races, all social classes. Fathers, sons, daughters, sweethearts: they were killed in action, they were wounded, and thousands who returned were forced to live the rest of their lives with the physical and mental scars of war. The people who stayed in Canada also served—in factories, in voluntary service organizations, wherever they were needed.

Yet for many of us, war is a phenomenon seen through the lens of a television camera or a journalist's account of fighting in distant parts of the world. Our closest physical and emotional experience may be the discovery of wartime memorabilia in a family attic. But even items such as photographs, uniform badges, medals, and diaries can seem vague and unconnected to the life of their owner. For those of us born during peacetime, all wars seem far removed from our daily lives.

We often take for granted our Canadian values and institutions, our freedom to participate in cultural and political events, and our right to live under a government of our choice. The Canadians who went off to war in distant lands went in the belief that the values and beliefs enjoyed by Canadians were being threatened. They truly believed that *"Without freedom there can be no enduring peace and without peace no enduring freedom."*²

By remembering their service and their sacrifice, we recognize the tradition of freedom these men and women fought to preserve. They believed that their actions in the present would make a significant difference for the future, but it is up to us to ensure that their dream of peace is realized. On Remembrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve.

During times of war, individual acts of heroism occur frequently; only a few are ever recorded and receive official recognition. By remembering all who have served, we recognize their willingly-endured hardships and fears, taken upon themselves so that we could live in peace. Veterans Canada

Christmas Popcorn Balls

Christmas popcorn balls made with marshmallows, popcorn, butter, M&Ms, and sprinkles make a fun and festive no-bake holiday treat.

Ingredients

- ½ cup unpopped popcorn kernels
- ½ cup unsalted butter
- 1 10 ounce bag miniature marshmallows
- 1 cup red and green M&M candies
- ⅓ cup festive sprinkles

Instructions

1. Pop your popcorn kernels using your preferred method. Separate any unpopped kernels and set aside the popped popcorn.
2. In a large pot, melt the butter over medium-low heat. When the butter is completely melted, add in the miniature marshmallows. Heat the marshmallows, stirring often, until melted and smooth.
3. Remove the marshmallows from the heat and pour it over the popped popcorn. Gently stir to coat.
4. Once all of the popcorn is well-coated and the mixture has cooled a bit use a rubber spatula to fold in the M&M candies and the sprinkles.
5. Spray your hands with non-stick cooking spray. Keep the spray handy so you can spray again as needed while forming your balls. Using your hands, scoop about one cup of the popcorn mixture and form into balls by gently pressing the mixture together.
6. Allow the popcorn balls to sit at room temperature until completely cooled and set.

Notes

Store in an airtight container at room temperature for up to 5 days.

The warmth of the marshmallow mixture and the heat from your hands while forming the balls can make the M&M's melt a bit. If you want to completely avoid this or are struggling with melting candies you can press a few onto the outside of the popcorn balls immediately after forming them into balls.

How many popcorn balls the recipe makes will vary depending on the size you make them. If you make each ball with 1 cup of the popcorn mixture you should get about 16 balls. I made mine a little larger and was able to get 13 popcorn balls that were about 3 inches in size.

Nutrition

Serving: 1g | Calories: 147kcal

The nutritional information provided is automatically calculated by a third party and intended to serve as an estimate only. The accuracy of nutritional information is not guaranteed.

Author : Jaclyn Shimmer of Crayons and Candy



Happy St. Andrew's Day

Saint Andrew's Day, also called the Feast of Saint Andrew or Andermas, is the feast day of Andrew the Apostle. It is celebrated on 30 November and on 13 December. Saint Andrew is the disciple in the New Testament who introduced his brother, the Apostle Peter, to Jesus, the Messiah. ([Wikipedia](#))

One story says that in the 9th Century, King Angus in Scotland was preparing for a battle against the English. St Andrew appeared to King Angus in a dream promising him victory and on the day of the battle, an X symbol appeared in the sky, which was the symbol of St Andrew.

St Andrew was Jesus's first disciple. Andrew was a fisherman before he and his brother Simon Peter became two of the 12 disciples of Jesus. He was baptized by John the Baptist and was the first disciple of Jesus. In the Greek Orthodox tradition he is known as "Prōtoklētos" "the first-called".



o
come
ALL YE
FAITHFUL
joyful & triumphant
o COME YE, o COME YE
TO BETHLEHEM
COME & BEHOLD HIM
BORN THE KING OF ANGELS
o come
LET US
adore Him

From the Loft

"There is no sound more beautiful than people singing God's praise!"

Fortunately for us, the congregation of St. Andrew's is full of beautiful singers! Your singing of the hymns each Sunday is uplifting and, for an organist, very rewarding to hear. Keep singing God's praise with all your heart.

Another two months have passed since my last note to you, and I am certainly blessed to be your Organist and Music Director. I am glad to be here and I'm enjoying everyone and everything. Rev. Mark is an outstanding person and caring Christian. I am privileged to be working with him in worship.

Choir rehearsals resumed in September, and it has been our aim to provide an anthem each week. Choir members are definitely dedicated, full of life, and a lot of fun to work with. We are having a great time preparing music for worship.

We can always use new singers, so if you are interested, or think you might be, please speak to me. You will be warmly welcomed.

If you're undecided and are looking for a way to "try us out", consider singing in the Choir for the Christmas season. We will be presenting a Christmas Cantata of familiar carols on Dec. 24th, and you are welcome to sing with us for that. We will start rehearsals for the Cantata and other Christmas music on **Thursday, November 2nd at 7:00 P.M.** Come join us and see how much fun we have! And bring a good (or bad) joke or two!

Also in December, I will be presenting a "Carol Sing" for your enjoyment. This will be a very relaxed event, where you get to sing familiar Christmas carols and songs, and also enjoy some goodies and refreshments. It is a time to relax and share fellowship during the busy and stressful time leading up to Christmas. It's totally free, and my way to say "thanks" to the congregation for all its support and encouragement. The date is **Sunday, December 3rd at 2:00 P.M.** Check the Sunday announcements and posters for further details.

I'm looking forward to worshipping with you during Advent and Christmas, as we anticipate and celebrate Christ's birth. Merry Christmas, everyone!

In His Service,
Gord Allgeier,
Organist & Music Director





CHRISTMAS CAROL SING

Sunday, 3 December, 2023

2:00 P.M.

at

*St. Andrew's Presbyterian Church
25 St. Andrew Street, Stratford*



***Stressed out at Christmas? We can help.
Come to this relaxing, fun, and
light-hearted programme of favourite
Christmas carols and songs.***

***Light refreshments to follow.
Free Admission.***

***For more information, contact:
Gord Allgeier, Organist - 226-338 0868***



PCW _ Presbyterian Church Women

Our PCW meeting for September was held at Camp Kintail and everyone had a delicious lunch and enjoyed the beautiful setting of the camp.

At our October meeting, the ladies in charge of the program invited Cheryl Hunt - Executive Director of the Stratford General Hospital Foundation to speak to us. Cheryl gave a very interesting and educational talk helping us to understand the roll and responsibilities of the S.G.H.F. Did you know that the government does NOT pay for any of the equipment in the hospital? All funds for equipment are raised by the Foundation or through donations.

We were also privileged to have Dr. Janice McNaughton (a member of our congregation) speak to us about the foundations **"IN OUR HANDS -30 MILLION DOLLAR CAMPAIGN"**. The monies raised will be spent on a much needed up to date Cancer Care and Immunotherapy Ward.

Our next meeting is **Tuesday November 7 @2:00**. Come and join us for some fun and fellowship.

Mark on your calendar **December 5**. Christmas Luncheon at the Queen's Inn. More details to follow.

Twelve Days of Christmas Food Drive

As we approach the Christmas season, the spirit of giving seems to be in the air. People tend to be more conscious of those in need and make extra donations to various charities including food banks.

Unfortunately, the generosity is often packed up and stowed away with the Christmas decorations. Typically, January is a low month for food bank donations. Yet the need does not disappear. With the ever-increasing cost of food, the reliance on food banks is rising and expected to continue to rise.

Please join the PCW in its effort to help restock the shelves at the St. James' Food Bank after the holidays. Families are invited to grab a box or a bag (any container will do) and drop an item in on each of the **12 Days of Christmas (December 25-January 5)**. Items will be picked up after Epiphany and delivered to St. James. If you are able to participate by donating 12 items or even 1 or 2 or 78 (total number from song), please inform Eva Tucker or Jean Edmonds and arrangements for pick up will be made.

Robbie Burns Supper

The PCW hopes to revive the Robbie Burns Dinner. Plans are to celebrate the birthday of the Scottish bard on **Thursday, January 25, 2024** with a full course dinner, music and entertainment. However, this can only happen if there is sufficient help.

As the saying goes, "Many hands make light work." If you or members of your family (or friends) are able to help with the meal (food preparation, serving or cleanup); the introduction (poems, toasts, etc.); or entertainment please contact Eva Tucker or Jean Edmonds.

Submitted by Jean Edmonds, Secretary PCW



A Few New Suggestions for Christmas Books for Young Children and Grandchildren

1. Just Because - Mathew Mc Conaghey
2. A Christmas Wish - Lori Evert
3. The Giving Snowman - Julia Zheng
4. One Snowy Night - Nick Butterworth
5. God Gave Us Christmas - Lisa Tawn Bergren
6. The Legend of the Candy Cane - Walberg and Cowdrey
7. The Christmas Owl - Gideon Sterer and Ellen Kalish
8. The Best Christmas Pageant Ever - Barabara Robinson
9. A New Coat for Anna - Harriet Ziefert
10. The Crippled Lamg - Max Lucado



The Church is always looking for volunteers





Q: What does Santa use to measure?

A: Santameters!



Q: Where do snowmen go dancing?

A: A snowball!



Q: What does the gingerbread man put on his bed?

A: Cookie sheets!



Q: What do you get if you cross an apple with a Christmas Tree?

A: A pineapple!



Q: Where does a snowman keep his money?

A: In a snowbank!



Q: What do road crews use at the North Pole?

A: Snow cones!



Q: What happens if you eat Christmas decorations?

A: You get tinselitus!



Q: What do you call Santa when he stops moving?

A: Santa Pause



Q: What does an elf study in school?

A: The elfabet



Q: What should you give your parents at Christmas?

A: A list of what you want.



Q: What goes oh, oh, oh, oh?

A: Santa Claus walking backward!



Q: What kind of bug hates Christmas?

A: A humbug!

Music to Bring you Peace

https://www.youtube.com/watch?v=RFj2LWBccAw&list=RDRFj2LWBccAw&start_radio=1&rv=RFj2LWBccAw&t=2&t=3

Psalm 131 Come to the Quiet - John Michael Talbot - *lovely, peaceful with nature video or water flowing over rocks*

<https://www.youtube.com/watch?v=MGNU0Wz2ors&list=RDRFj2LWBccAw&index=2>

"All Things New" by Elaine Hagenberg - *with lovely video of nature*

<https://www.youtube.com/watch?v=sQ00H4Tavdo&list=RDRFj2LWBccAw&index=23>

Peace Is Flowing Like a River – Carey Landry - *nature video to enhance the words*

<https://www.youtube.com/watch?v=q6PaSul1gig&list=RDRFj2LWBccAw&index=32>

John Michael Talbot - Be Exalted, O God - *a wonderful worship song*

<https://www.youtube.com/watch?v=kKYIxi5bN1w&list=RDRFj2LWBccAw&index=28>

Song of the Wanderer by Dan Forrest/Johanna Anderson - *a beautiful song of hope*

<https://www.youtube.com/watch?v=gNCj2KW-JFk&list=RDRFj2LWBccAw&index=36>

"You Do Not Walk Alone" by Elaine Hagenberg - *a beautiful rendition of a traditional Irish blessing*

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Thanks to Helen Harrison for sharing her Musical Appreciation.

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.

Parking

When parking in the Church parking lot please be mindful of not blocking the upper parking spaces so there is clear access.
Thank You!

Any articles for the Jan/Feb SAINT would be appreciated if they are submitted by December 18, 2023. Thanks to all who do such an offering bi-monthly.



The Custodian's Corner

The Custodian's Corner

Saint Andrews, at one time, had a very active Flower Guild. I'm not sure of the background, or where the group came from, but they made it their business to decorate the Church for Sundays, Special Holidays and the like.

Part of what they did was provide and care for potted plants (perennials), located in various spots in the building.

Over time, this group has faded. There is still a Sanctuary presence from time to time, but now only done by one person.

As far as the potted plants are concerned, they have been reduced to dried arrangements. However, there are three living potted plants I'd like to draw your attention to....and they are the Schlumbergeras, commonly known as Christmas Cactus.

In 2018, the Board had a plant sale in the parking lot. It was a great success. About 3 months later, I was doing some yard work and came across a 2" diameter plastic pot with about a half inch of Schlumbergera sticking out of very hard, dried-up soil. I recognized the plant, since we have a huge one in our living room.

I knew they were a hardy plant, having originated in a small strip of Atlantic coastline in Brazil. They have been genetically blended over the years for different colours and such.....but they can survive in cracks of rocks and tree trunks.

I repotted this little survivor and it has grown to the plant shown in the picture accompanying this article. It is shown on our front porch, since it had outgrown its pot, and Jean freshened up the soil and put it in a bigger pot. From this original plant I've taken leaves and grown two other plants.

The three plants get moved around in the Narthex and upper stairs leading to balcony, based on season, heat, and light. Last year was the first year the oldest plant flowered. Maybe take a look at these beauties next time you are in the building.

There are lots of lessons from this little story, which are obvious. The one for me is that life, while fragile, is also very resilient.

I wish you 'blooming' good fortune as we leave Fall and slide into Remembrance Day and Christmas!

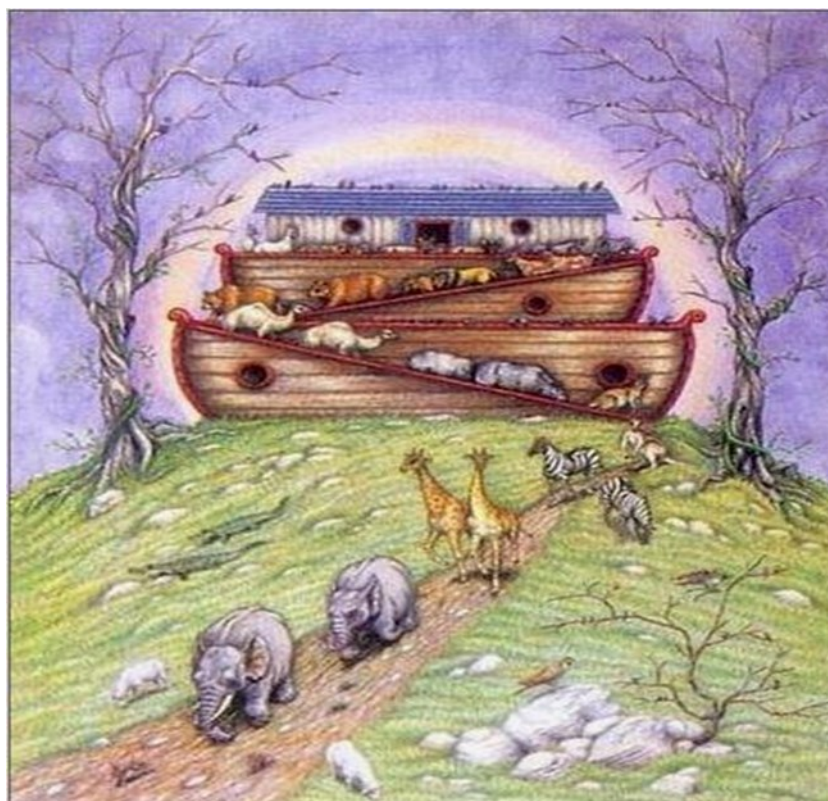
Our friend John.



The repotted "Jean" special



The glorious one John has to water.



Noah's Ark :

Everything I need to know, I learned from Noah's Ark ..

ONE: Don't miss the boat.

TWO: Remember that we are all in the same boat!

THREE: Plan ahead. It wasn't raining when Noah built the Ark.

FOUR: Stay fit. When you're 60 years old, someone may ask you to do something really big.

FIVE: Don't listen to critics; just get on with the job that needs to be done.

SIX: Build your future on high ground.

SEVEN: For safety's sake, travel in pairs.

EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.

NINE: When you're stressed, float awhile.

TEN: Remember, the Ark was built by amateurs; the Titanic by professionals.

ELEVEN: No matter the storm, there's always a rainbow waiting.

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 and Merry Christmas!

Marie and Kathy



The Earth is the Lord's

The Earth is the Lord's

Happy Autumn and Merry Christmas to all of you.

I am in the last half of reading "Life Without Plastic " by Chantel Plamondon and Jay Sinha and can't say enough about the detail and information included to help the reader understand the immense importance of ridding ourselves of as much plastic as possible in our lives. This is a step-by-step guide to reduce plastic from your life and help to make the planet Earth healthier. The book takes you through some steps you may want to take to remove some of the plastic in your life. There are descriptions of all the different types of plastic, examples of what they include, what is recyclable as well problems each causes to human bodies by contact or consumption.

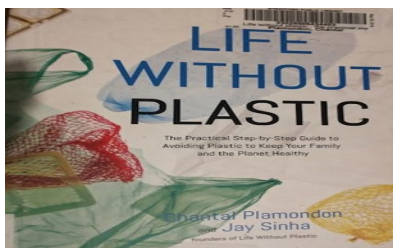
A home plastic audit is explained that you may wish to consider and realize what types of plastic you have, the amount of plastic in your house as well as alternatives that you may want to consider replacing some of it with. The kinds and amount of plastic in our homes will amaze you and you may wish to begin changing your buying habits and purchasing power for a safer home. There are diagrams to illustrate actions like what happens to the flow of toxic microbeads from your personal care products from your bathroom sink into the global waterways. What we do locally certainly impacts us all globally. The information is there for you to live without as much plastic as you are comfortable with. It seems like the older containers and products were pretty good, like glass and metals as well as products and food with less additives. Plastic has really become a convenience since post World War II and our bodies are now paying the price. Natural materials and less plastic and additives are much better for us. Hence, the DIY boom of more natural recipes for cleaning and personal care, etc.

There are some recipes of homemade personal care products as well as cleaning products in a chart form. I have not tried any of these recipes, but I feel that the simpler the products that you use, the better for your health and the environment. There are so many chemicals and unnecessary ingredients that help to make these products have a long shelf life. We need to remember the accumulation effect of ingredients we use in our bodies. A simple facial wash recipe uses 2 teaspoons of fine sugar with 1 tablespoon of olive oil stirred together which can be applied to your face and wiped off with a warm cloth. This should not be applied to sensitive skin around the mouth and eyes.

I still have three chapters to finish and look forward to them. Also included are lots of resources and catalogue of useful items as well as a helpful index to guide you to the right part of the book. I highly recommend that you consider reading this book to help you decide on some actions you may want to take with plastic in your life and rethink some of the choices you make when considering your Christmas purchases as well as other purchases in your life. Once you read about the problems with some plastics you may not want to be buying certain items for your grandchildren or others as gifts. There is a website [Life Without Plastic](http://LifeWithoutPlastic.com) to find out more information and possibly getting a digital or paperback copy of the book.

My Christmas wish is for everyone to make more educated choices when it comes to plastic and other products made with fossil fuels as we continue our journey towards a net-zero lifestyle by 2050 or sooner. Tea towels are great for wrapping presents, especially handmade recipes.

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



Available at the
Stratford Library

To the Flower Guild

I wish to thank you for once again sending me a bouquet to brighten my day. The yellow and orange flowers fitted in so well with my Autumn table.

Thanks to Linda for delivering them to me and for the nice chat.

I am on the road to recovery.

Sincerely

Patricia Million



Passings

*We express our heartfelt sympathy to Donelda Davis and her children, Donald, Brenda and Eric on the loss of their father and our friend James Kenneth Davis on September 30, 2023.

*We share the loss of Brenda (MacKay) Preston on October 22, 2023 with her husband Jim and their children Jay, Chris and Kathryn. And to her sister Joan Diez de Bonilla and her children, Mariana, Tavo and Brenda, know that you are in our thoughts as well.

Births

Congratulations to Ray and Carol Sabourin as they became great grandparents to Cooper James Michael on October 22, 2023. Cooper is the son of granddaughter Cassy and Dave Ronzio. Have fun!

Reaching Out with Hearts & Hands



A huge **THANK YOU** to all those who have helped St. Andrew's fulfill its commitment to the Stratford Connection Centre. Your commitment of time, donations of baked goods and financial assistance have made it possible for us to provide fifty nutritious lunches twice a month for distribution to the homeless and other vulnerable members of our community.

THANK YOU also to those who have volunteered to help for the next six months. We have the people to do the shopping, make the sandwiches and provide the baked goods. However, as the cost of groceries continues to rise, financial donations are always needed. If you wish to contribute, you may add your donation to your regular givings or make a separate donation to St. Andrew's and mark it "Hearts and Hands - Sandwich Making".

THANK YOU!

making it possible for us to continue this mission.



Decorating For Christmas

As you know our team has ceased to exist, except to work on Special Projects. Now that the Christmas season is approaching, we have returned for a couple of projects near and dear to our hearts. Beginning on **November 13th, 2023 at 9:30 a.m** volunteers will start to **decorate** the church for Christmas. We invite everyone interested to join us in fluffing, and hanging garlands, attaching bows to the pews, stringing lights and decorating the Sanctuary and church entrances. It is a fun time and more hands make less work. Whether you (men and women) can come and help us for the day or only a few hours we would be glad to have you join us in this magical time when we see the church transformed for Christmas. It is a wonderful sight to see our men put the Memorial Tree together and realize that Christmas is near. You can talk to Nancy MacKenzie (519 273-6136) or Carol McEwin (519 273-0472) for further information or just come on the 13th and join in. With many hands we have been known to decorate the sanctuary and entry quite quickly and might even share a coffee too!

Memorial Tree Service and Poinsettia Project

The **Memorial Tree** service at St. Andrew's will be held on Sunday, December 3, 2023 as part of the morning worship at 10:30 a.m.

The **Poinsettia Project**, which is a part of this special service will be included once again. Large poinsettias will be placed at the front of the Sanctuary and smaller ones will be delivered to members of our congregation who are not always able to be with us in person. These will be delivered by volunteers the week of December 11th. We are asking for memorial donations from our members to make this special project happen. Donors can indicate the name(s) of those they wish to be remembered and they will be acknowledged at the Memorial Tree service.

Donations MUST include YOUR NAME and the NAMES OF THOSE REMEMBERED. Donations can be sent by E transfer (include name information please), by putting an envelope clearly marked Poinsettia Project on Collection Plate, or delivered directly to office by using mail slot at elevator door or in person during office hours.

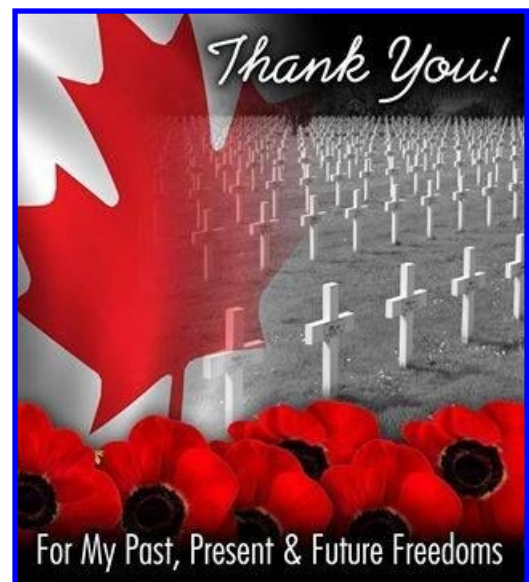
These must be received by **Monday November 27th, 2023** in order to be acknowledged during the Memorial Tree Service.

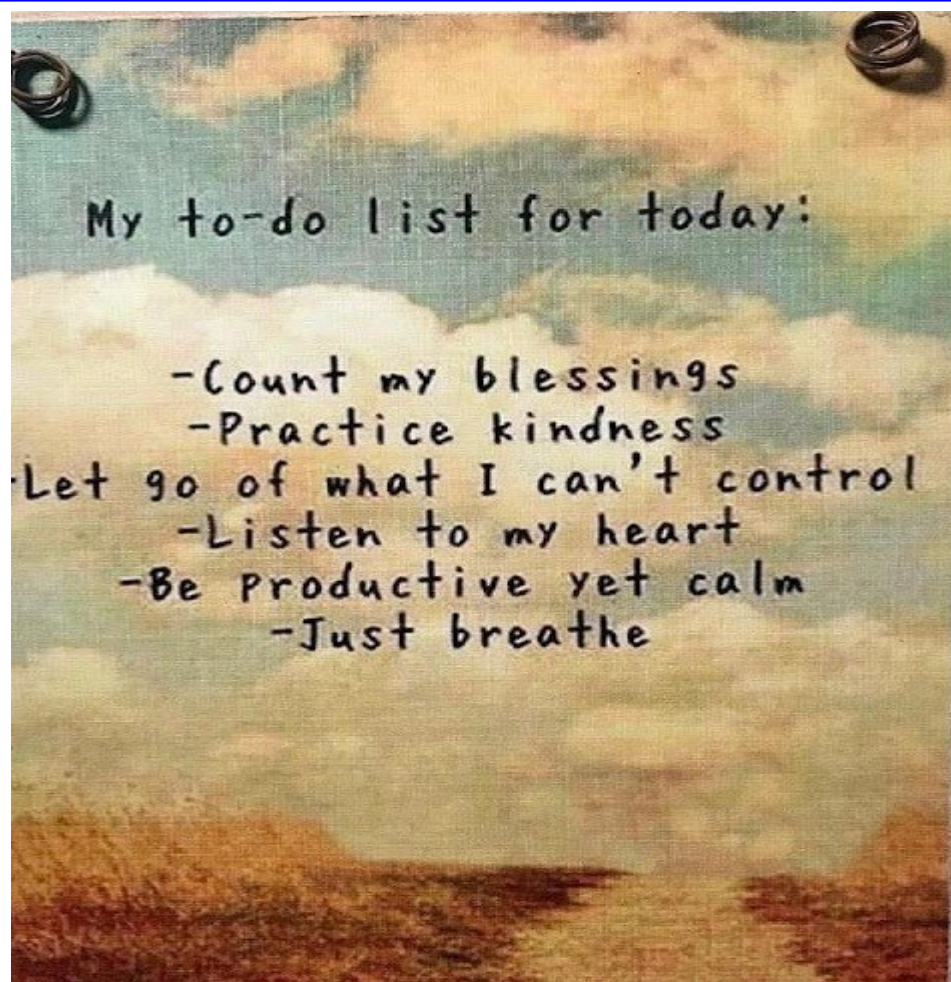
We are hoping for a good response to this meaningful service, a service that has been a source of comfort to many in past years but is especially important in the difficult times the world is currently experiencing.

I AM A **CANADIAN**
FREE TO SPEAK WITHOUT FEAR
FREE TO WORSHIP IN MY OWN
WAY
FREE TO STAND FOR WHAT I
THINK IS RIGHT
FREE TO OPPOSE WHAT IS
WRONG
FREE TO CHOOSE THOSE WHO
GOVERN MY COUNTRY
THIS HERITAGE OF **FREEDOM** I
PLEDGE TO UPHOLD FOR MYSELF
AND ALL MANKIND



John G. Diefenbaker





Thank God for dirty dishes.
They have a tale to tell –
While others may go hungry
We're eating very well.
With home, health and happiness
I shouldn't want to fuss
By the stack of evidence
God's Been very good to us.

Mary Arlis Stuber

I have given Good a million reasons not to love me. None of them has changed his mind!

Anonymous

Shared by Mary Duffin



Christmas carols and songs game.
Can you match the line of verse to the holiday tune?
Answers on page two!

1. Said the night wind to the little lamb
2. Wassail, wassail all over the town!
3. City sidewalks, busy sidewalks
4. Chestnuts roasting on an open fire
5. On the first day of Christmas, my true love sent to me
6. I saw Mommy tickle Santa Claus
7. Down the chimney St. Nicholas came with a bound
8. Who's got a beard that's long and white
9. When I was a seeker
10. Dashing through the snow, in a one-horse open sleigh
11. Everybody stops and stares at me
12. Oh, the weather outside is frightful
13. Just hear those sleigh bells jingle-ing
14. Sleigh bells ring, are you listening
15. The season is upon us now

Sleigh Ride _____	12 Days of Christmas _____
The Christmas Song _____	Winter Wonderland _____
Mommy kissing Santa Claus _____	Jingle Bells _____
Go Tell It On The Mountain _____	Let It Snow! _____
Do You Hear What I Hear? _____	A Baby Just Like You _____
A Visit from St. Nicholas _____	Must be Santa _____
Gloucestershire Wassail _____	Silver Bells _____
All I Want For Christmas Is My Two Front Teeth _____	

"I had this feeling like something terrible was about to happen. I didn't know what, and I couldn't stop it. It was so terrifying."

"I didn't even know how to explain how I was feeling other than it seemed like there was something wrong with my heart or my breathing or my brain."

"I went to the emergency department because I thought there was something serious going on. When they said it was a panic attack I was mad, because no way a panic attack feels this bad."

What does a panic attack feel like?

Panic attacks can feel incredibly scary, especially if you're not sure what's happening. Panic attacks can seem to appear "out of the blue," for example, while sitting at your computer, or they can occur more expectedly in situations where you can point to a trigger, like a person who regularly experiences panic attacks before taking an exam. Signs and symptoms typically include:

- Sense of impending doom or danger.
- Fear of loss of control or death.
- Rapid, pounding heart rate.
- Sweating.
- Trembling or shaking.
- Shortness of breath or tightness in your throat.
- Chills.
- Hot flashes.
- Nausea.
- Abdominal cramping.
- Chest pain.
- Headache.
- Dizziness, light-headedness or faintness.
- Numbness or tingling sensation.

Feeling of unreality or detachment.

Typically, when having a panic attack, people experience a variety of emotions, physical sensations, thoughts and behaviors. All of these experiences tend to influence each other in a sort of cycle of panic. For example, physical sensations such as shortness of breath or chest pain may lead to fear and thoughts such as "I'm having a heart attack" or "I can't breathe," which may actually fuel the physical sensations. These experiences may lead a person to try to escape the situation or perhaps even seek emergency medical care, which may lead them to be even more fearful of physical sensations.

"It is hard to explain but things don't seem real," one Mayo Clinic patient says. "You don't feel in control of your body and when you have that thought you freak out even more!"

A big part of treating panic attacks is helping to break this cycle — that is, helping patients realize that these symptoms are temporary and not dangerous. Treatment also involves helping people decrease their avoidance or escape behaviors, even in the presence of panic symptoms.

Strategies to manage a panic attack

According to Mayo Clinic psychologists Kristin Vickers, Ph.D., L.P., and Anne Roche, Ph.D. L.P., an important part of managing panic attacks is to learn what's happening during an attack.

Panic attacks actually stem from your body's "fight, flight or freeze" response when faced with a threat. In some instances — if, say, you're being chased by a lion or being threatened in a dark alley — this nervous system response can be a helpful, adaptive trait.

"For example, your heart and breathing rate might increase to try to deliver oxygen throughout the body, you might start sweating as a cooling mechanism, or your muscles may become more tense to prepare for quick movement when in danger," says Dr. Roche.

In panic disorder, you may experience this nervous system response seemingly "out of the blue" or when there's not an identifiable threat requiring the fight-or-flight action. These body changes — which are normal and adaptive in a crisis — may feel incredibly frightening when you don't understand where these reactions are coming from.

There are a few things you might consider doing to help yourself cope while a panic attack is occurring. To start, Dr. Vickers says you might even try reminding yourself, "This is a panic attack. It's very uncomfortable, but it's not dangerous."

In fact, in cognitive behavioral therapy (CBT) for panic disorder, clinicians will work with their clients to elicit panic symptoms gradually and purposefully to practice experiencing them. This helps people "get used" to the symptoms and learn firsthand that they're not dangerous.

"These symptoms never feel comfortable. It never feels good," says Dr. Vickers. "But when people learn not to be afraid of these symptoms, it changes their experience with them."

Some people are afraid that by treating these symptoms as not serious, they might someday write off an actually dangerous experience like a heart attack. But health care providers can help differentiate between panic and other serious medical conditions.

Dr. Vickers goes on to say that it's helpful to think of the symptoms as waves: They build to a high point but eventually come back down. Panic symptoms are the same; they can't physiologically be maintained forever, even though it might feel that way.

You first instinct may be to leave the situation that produces anxiety and panic to achieve short-term relief. This makes sense — your fight-or-flight response has kicked in! But running away actually contributes to more anxiety in the long term because it teaches your brain that panic attacks are unsafe and need to be avoided. In other words, it keeps the panic cycle spinning.

"As surprising as it might sound, one of the best things a person can do if they're experiencing a panic attack is to stay in the situation they are in and allow the physical symptoms to peak and come down," states Dr. Vickers.

In Flanders Fields

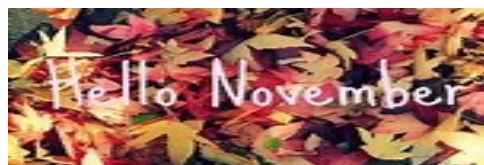
In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below:

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields

Punch
Dec 8. 1915

John M^cCrease



BIRTHDAYS

2-Kim Currie
5-Logan Currie
5-Bonnie Wray
6-Linda Hodgson
8-Phelesia Hirst
10-Jennifer MacMillan
11-Devon McKone
13-Heather Jesson
13-Allan Reath
17-Marlene Gibson
19-Timothy Lillie
20-Randy Binkle
23-Wendy Gray
23-Miriam Lillie
25-Carol McEwin
27-Irene Ferguson
29-Jasmine Kloxin
29-Courtney Wray

ANNIVERSARIES

No Anniversaries for November



BIRTHDAYS

2-Joanne McLaren
5-Theresa Palmer
11-Save Lackie
12-Gary Wray
16-Ruth Binkle
17-Riley Parsons
21-David Kemp
21-Lindsay Wray
22-Melissa Parsons
28-Elton Baker
31-Larissa Baker

ANNIVERSARIES

No Anniversaries for December

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

November 2023

November 1 – All Saints' Day
November 5 – Daylight Saving Ends – Turn back those clocks!
November 11 – Veterans Day
November 12 – Remembrance Sunday
November 26 – Celebration Sunday – 185th Anniversary
November 30 – St. Andrew's Day

December 2023

December 3 – First Sunday of Advent/
Memorial Tree Service
3 – Carol Sing - 2:00 (see poster)
December 5 – PCW – Christmas Luncheon
December 22 – Winter Solstice officially begins.
December 24 – Christmas Regular Service at 10:30
December 24 – Children's Service at 4:00
December 24 – Christmas Communion Service at 7:30
December 26 – Boxing Day
December 31 – New Year's Eve Day

January 1, 2024 – Happy New Year!
December 25 – January 6, 2024 – 12 Days of Christmas Food Drive
January 6, 2024 - Epiphany



Prayer Circle

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

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

Minister:

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

Music Director:

Gord Allgeier, 226 -338 -0868

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
Marie McNamara

editor
publisher

519-271-5789
519-271-5668

November

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2 Meeting 9-12 Library Community Meals 9-6:30 M.H.	3	4 Music Lessons 12-3pm Minister's Study
5	6 Flower Guild 9:30-11am	7 Kitchen Use 9am Bible Study 10am G.P. Women's Choir 7:30-9pm Parlour	8 Sandwich Making Kitchen 9-11am	9 Meeting 9-12 Library Community Meals 9-:60 M.H. Music Lessons 4:45-8pm Minister's Study	10	11 Music Lessons 12-3pm Minister's Study
12	13 Flower Guild 9:30-11am Church Decorating 9:30-11	14 Kitchen Use 9am Board Sub- Committee 6:30pm Board 7pm Women's Choir 7:30-9pm Parlour Possible Church Decorating	15 Possible Church Decorating	16 Meeting 9-12 M.H. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	17	18 Men's Breakfast 9am Music Lessons 12-3pm Minister's Study
19 Food Bank Sunday	20 Flower Guild 9:30-11am Foundation 7pm G.P.	21 Kitchen Use 9am Bible Study 9am G.R. Session 7pm G.P. Women's Choir Parlour	22 Sandwich Making Kitchen 9-11am	23 Meeting 9-12 M.H. Music Lessons 4:45-8pm Minister's Study Choir 7om Parlour	24	25 Music Lessons 12-3pm Minister's Study
26 Happy 185th Anniversary	27 Flower Guild 9:30-11am	28 Kitchen Use 9am Bible Study 9am G.R. Women's Choir 7:30-9pm Parlour	29 Foundation Meeting 7pm G.P.	30 Meeting 9-12 M.H. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour		

December

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2 Music Lessons 12-3pm Minister's Study
3 Carol Sing 2:00pm	4 Flower Guild 9:30-11am	5 Kitchen Use 9am Bible Study 10am G.P. Women's Choir 7:30-9pm Parlour	6	7 Meeting 9-12 Library Community Meals 9-6:30 M.H. Special Olympics 06:30-G.P. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	8	9 Music Lessons 12-3pm Minister's Study
10	11 Flower Guild 9:30-11am	12 Kitchen Use 9am Bible Study 10am G.P. Board Sub- Committee 6:30pm Board 7pm Women's Choir 7:30-9pm Parlour	13 Sandwich Making Kitchen 9-11am	14 Meeting 9-12 Library Community Meals 9-6:30 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	19 Kitchen Use 9am Bible Study 10am G.P. Session 7pm G.P. Women's Choir 7:30-9pm Parlour	20	21 Meeting 9-12 M.H. Music Lessons 4:45-8pm Minister's Study Choir 7pm Parlour	22	23 Music Lessons 12-3pm Minister's Study
24 Service 10:30 Children's Service 4:00 Christmas Eve Communion Service 7:30	25 Flower Guild 9:30-11am	26 Kitchen Use 9am Bible Study 10am G.P. 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
31						