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# Catalyst

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ST ANDREW'S CHURCH 75 Simcoe Street, Toronto, Ontario M5J 1W9 (416) 593-5600

*"The people of St Andrew's are called by God to serve in faith, hope and love in the core of Toronto."*

## Summer 2007

### FROM THE DESK OF GEORGE C. VAIS



### *Changes, Changes, Changes...*

Someone said, **"the only constant thing in life is change"**. Even though we don't like it, change is the order of the day, and change we must, otherwise we die.

As some of you know, our son Tom and his wife Heather have been called to Thornhill Presbyterian Church. They will assume their duties in their new post this coming July, following a 17 year ministry at Caledonia Presbyterian Church. For their children Brett and

Elizabeth, who are ages 11 and 9, Caledonia is the only home they have known. When she was told about this pending move, Elizabeth said to her mother - "It's all your fault....I'm going to hold you responsible for this". Moving from the familiar to the unknown is not always easy, but it can be done. My own father was also a minister and I am a survivor.

Speaking of changes, St. Andrew's is also looking forward to the arrival this fall of a new senior minister, the Rev. Will Ingram, together with his wife Karen and their young children. When was the last time St. Andrew's had a minister in his late 30's with children 4 years, 2 years and 4 months? The refrain in that familiar song says it all - **"For the times they are a-changin' "**.

As much as we like to stay **"the way we were"** to use the words of another song, changes are good, in fact, they are a necessary part of life. There will be changes for the incoming minister, as he moves from one parish to another; there

will be changes for the congregation whose members carry with them memories of former days. But as the saying goes "where there is a 'Will' there is always a way".

*George C. Vais,  
Interim Minister*

### SUMMER WORSHIP LEADERS

During my summer vacation our worship services will be lead as follows:

August 5th and August 12th:

— The Rev. Dr. Iain Nicol,  
Minister in Association

August 19th, August 26th and  
September 2nd:

— The Rev. Rodger Hunter,  
Minister in Association

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## BOARDING HOMES MINISTRY



by Phyllis Matheson

for J. Charlton, P. Garnett-Smith,  
D. Olenic, E. Paradis

The 3<sup>rd</sup> Sunday of Easter was a brilliant spring day and a very special day at St. Andrew's – The Reverend Will Ingram lead our worship service in his Call to be our Minister of Word and Sacrament. His sermon was titled "Feed My Lambs". He directed the Sunday School children's attention to one of the church's stained glass windows showing Jesus with a child in his arms surrounded by three adults. The Gospel lesson was read from John 21, the story of the fishermen casting their nets but catching noth-

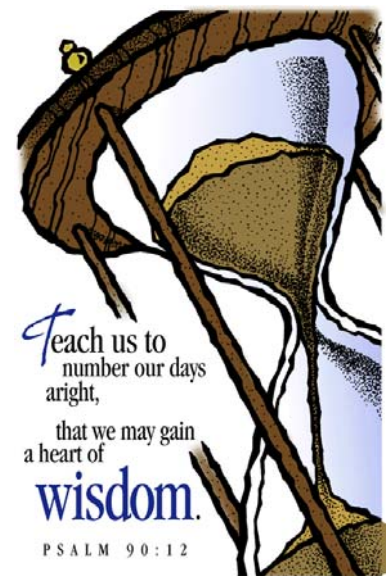
ing and then Jesus appearing to them the third time since his resurrection. Their nets came up full and following their breakfast together, Jesus said to Simon Peter, "tend my sheep."

Each biweekly visit to 42 Harvard is one of the ways we extend ourselves to a congregation outside the walls of St. Andrew's. We meet with our friends there for a time of fellowship, snacking, singing and devotion. It is a means by which we are able to show care and compassion to the women and men living and working there and of note, this care is reciprocated 100%. There are always one or two men on the front doorstep or in the yard to greet our arrival, they offer to carry the treat bags and open the door. When we might offer an apology for being unable to clearly answer one of their questions, B. will pipe up saying "you do fine" and he is always quick to pour a mug of tea for Patricia as soon as she arrives.

We are all blessed by caring for each other in that home.

"They met him again after they had seen him killed  
And then after they  
had been formed into  
a little society or community,  
they found God somehow  
inside them as well,  
directing them,  
making them able to do things  
they could not do before.

C.S. Lewis



### CATALYST

*Catalyst is published four times annually for members and friends of St. Andrew's Church. The next issue is the Autumn issue and the deadline for submitting articles is Sunday, September 9, 2007. If possible, articles should be emailed or submitted on disc in Microsoft Word format. All discs will be returned.*

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**Design and Production:** Judy Neal

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# St. Andrew's Calls Senior Minister

by Blair Agnew

At the invitation of Session, we welcomed the Rev. Will Ingram and his family to St. Andrew's on Sunday, April 22, 2007 when he came to preach for the Call.

Being no stranger to St. Andrew's—he attended worship services here and volunteered in the Out-of-the-Cold Program while a student at Knox College—Will led the service and his sermon related the lectionary text for the Third Sunday in Easter (John 21: 1-19) to the responsibility that we as a congregation have to care not only for those within St. Andrew's Church but also for those outside the church and in our community.

Following the service, members of the congregation had an opportunity to meet Will and his wife, Karen, and their three children—Kate (4), Madeline (2) and Spencer (4 months)—over a coffee at Bide-a-Wee before the congregational meeting was held to vote on the Call.

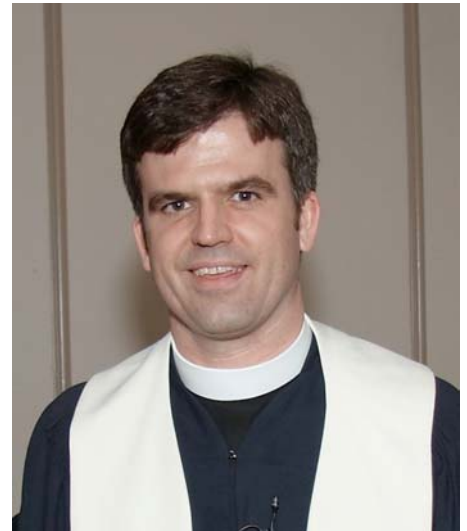


Photo by Tom Kovats



Will and Karen Ingram with their children Madeline, Kate and Spencer

On a show of hands, there was unanimous and enthusiastic support for Will and, at the time of writing, we are well on our way to securing the necessary signatures before going to Presbytery in June for their approval. A good number of congregational members had taken the opportunity to meet Will and Karen the previous day at a reception kindly hosted by Stevie and David Cameron at their home.

We expect Will's induction service to be held in September, at which time we will be able to officially welcome him as our Senior Minister. In the meantime, we extend our best wishes to the family as they plan to move house, schools, etc. over the summer months.

## NEWS FROM THE CHURCH SCHOOL



by Michelle Weir

Spring is finally in the air! Over the past few months the church school students have been busy doing lots of activities. Some of the students have remarked that the most enjoyable activities were singing in the Sunday School choir, fundraising for sleeping children around the world and preparing a pancake breakfast. All of these activities have been met with much success and we thank everyone that helped to make them happen. We look forward to participating in them again soon.

A church tour was coordinated to provide background about the

48th Highlanders. The annual parade took place on May 6th.

There are a few upcoming events that the Sunday school is looking forward to. On Sunday May 13, 2007 we will be celebrating Mother's Day with a Bide-a-Wee presented by the students and a Church School Open House. Students will be honouring all mothers with carnations and welcoming all members of the congregation to the Church School Open House. Goodies and treats will be provided as the Sunday School students and teachers share what has been happening in Sunday School.

Mark your calendars for this very special day and come out and catch a glimpse of the Sunday School.

Our youth group is excited to be welcoming Kate Agnew as their youth group coordinator. We thank Kate for taking on this role with such enthusiasm and look forward to hearing more about the youth

group activities.

In the next few months we are looking to make changes in two areas: our nursery scheduling and our Sunday School curriculum. Currently, our nursery rotation is working quite well, but we will be seeking a new coordinator for the fall. Duties will include creating a roster of caregivers and arranging and cleaning toys. If this is right down your alley, please approach Louise Goodwin or Mary Maiden.

In terms of curriculum we are looking to move towards a "one lesson" model as opposed to our rotational approach. If you have any suggestions, please feel free to speak to Betsy or Justice.

Well, that is all the news we have about the Sunday school for now. Our next big event will be the Sunday school picnic on Sunday, June 10, again at the home of Bev and Jack Reynolds. Until then, Enjoy the Spring!

### A LETTER TO THE EDITOR FROM PAMELA BOLTON

On January 9th I had surgery. I cannot remember the events of my first week in hospital because I was so heavily drugged. But I do know that our Parish Nurse, Maureen, came to my bedside and gave me the courage that I needed.

When I was sent home from the hospital I could hardly drag myself around. But Maureen came to visit me, and she was loaded with all sorts of frozen foods that people at St. Andrew's bake for just such a purpose. A sincere thank you to all!

Perhaps Maureen saw the sorry state of my old threadbare shawl, all full of holes, that I was wearing to try and keep warm in bed, and then, on one of her visits she brought me a beautiful warm knitted shawl. Again, a shawl most kindly knitted by someone at St. Andrew's for just such a visit.

What would I have done without Maureen? What would I have done without her prayers? Perhaps just faded and dragged myself into church at a much later date. But I did not fade because Maureen came and loaded me with courage, and showed me that St. Andrew's is not just a place for when we are healthy and mobile but also a place that I could still feel a connection to even while sick in bed.

Thank you, Maureen, and the folks at St. Andrew's!

Pamela Bolton



by Maureen McNeish  
Parish Nurse

## HEALTH CABINET

*Cornerstones of  
Parish Nursing Ministry  
and Mental Health Promotion*



Parish nursing ministry is nursing care in a faith community. Unlike nursing in other settings, it does not involve direct physical care. Parish nurses focus on the total person: this includes the physical, spiritual, emotional, and mental health needs of each individual. The spiritual dimension sets parish nursing apart from other specialties, for it is the main focus of care.

As in all nursing practice, client confidentiality is essential. It is truly foundational to the success and sustainability of this ministry. Professional and ethical requirements that govern nursing practice require all nurses to maintain client confidentiality. This means the parish nurse cannot discuss the care she is providing for anyone, parishioner or otherwise. St. Andrew's Health Cabinet maintains a policy on the topic of confidentiality. For further information or clarification, speak to any member of the Health Cabinet.

### MENTAL HEALTH PROMOTION

Mental health is an integral part of overall health, and *mental health promotion* is concerned with the way we think and feel about ourselves and other people. It involves enhancing emotional resilience in ways that promote life and coping skills.

What is the benefit of any mental health promotion strategy? Why bother with this? The benefit of enhanced mental health includes the prevention of problems such as depression, anxiety and substance abuse, as well as behavioural disorders. Many physical illnesses, such as high blood pressure and migraine headaches are linked to emotional stress, particularly low-level stress. Mental health is a resource that we need to nurture and protect. It affects everything about us.

Foundational to mental health promotion is the capacity to recognize and identify in our own lives the main causes of unhealthy stress. Understanding this can help us deal with the issues in our lives which weaken our immune system, leave us feeling overwhelmed and deplete our mental health. Here are some common areas of stress, which we could look at reducing.

**Busyness:** Prioritize your tasks and decide what you must leave undone to preserve your emotional and physical health.

**Exhaustion:** If you have trouble falling or remaining asleep, speak to your physician. Most adults need at least seven hours of sleep regularly. Are you sleep deprived? **Unhealthy eating habits:** If you are poorly nourished your energy level will be diminished. Emphasize fresh, whole foods; avoiding processed food for better nutrition.

Keep well hydrated by drinking water throughout the day.

**Lack of exercise:** Walking is a form of exercise which can be incorporated into most routines. There are many other options for those who need or want a more intense workout. Get moving, even if you start walking fifteen minutes a day.

**Disorganization:** This causes stress and it depletes your energy, which is another one of your resources. Begin to assess what aspects of your life are disorganized and then think about how you could improve. Even a few small changes in your routine will help.

**Perfectionism:** If you expect everything to be perfect you will frustrate yourself and those around you. Do your best, and then learn to let go.

Jesus said:

“Come unto me all ye that are weary and heavy laden and I will give you rest, for my yoke is easy and my burden is light.”

(Matthew 11:29-30).

Notice Jesus is not saying we will have no burdens in coming to Him, nor is he saying that we will live lives of ease. Instead, He offers true rest to the soul, the mind and the body. This, in turn, prepares and frees us for the journey of life, with all its responsibilities and demands.



by Lori Ransom

# Animated Healing

*Animator*—1. somebody who makes animated movies; 2. somebody or something that makes things lively, exciting, or interesting (from the *Encarta Dictionary*).

The title chosen by The Presbyterian Church in Canada for the individual to whom the church assigned the tasking of leading a program of relationship building with Aboriginal people is Healing and Reconciliation Animator. In the seven months since I was appointed to the position, I have encountered many people who are interested in that word, “Animator.”

What was the church thinking when it came up with that title? Undoubtedly production of animated films about Canadian history as it pertains to Aboriginal people, and other films about modern day concerns, would be a creative way to stimulate reflection and action among people of the church. It might even be the best way to engage people’s attention. But if the church wanted animated films, it should have hired my youngest brother, James.

No, in choosing the title, “Animator,” the church was looking for someone to find means of making the subject of “healing and reconciliation” lively, exciting [and] interesting.” It is a tall order.

“Healing” and “reconciliation” are heavy words, especially when contrasted with the word, “Animator.” They sound hard to do. The prospect of failure seems to lurk around them. We all know of individuals who have sought to be healed and have succumbed to their illnesses. We also know of individuals who have sought to be reconciled with others, only to be disappointed, or worse, left in states where violence between peoples prevails. Healing and reconciliation don’t seem easy subjects to approach.

In 1994, The Presbyterian Church in Canada took a very significant step towards healing and reconciliation when it issued its Confession to Aboriginal People. The Confession states, “The Holy Spirit, speaking in and through Scripture, calls The Presbyterian Church in Canada to confession.”

The Holy Spirit calls the church. This reminds us that we are not alone in pursuing Healing and Reconciliation; God is with us. In fact, God’s spirit is moving in us to help us bring about healing and reconciliation.

The Confession states, “We understand our mission and ministry in new ways in part because of the testimony of Aboriginal peoples.” Here we are reminded of the power of the witness of all people, including Aboriginal people, and our need to be alert to what they have to say to us. Healing and reconciliation of relationships begin with listening—listening especially to those whose voices have been marginalized over the history of the relationship, the Aboriginal people.

The fundamental way in which the church is seeking to animate healing and reconciliation between Aboriginal and non-Aboriginal people in Canada is by encouraging its members to reach out to Aboriginal people, to meet them, to get to know them, to listen to their hopes, their dreams, their aspirations, their culture, their history, their pain, their spirituality, and their perspectives on healing and reconciliation.

At a recent meeting an Aboriginal woman asked repeatedly, “What does the church mean by reconciliation?” Do we have an answer to that question?

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# and Reconciliation

It may not be a satisfying answer, but I would suggest the church cannot answer that question alone. Certainly, it is easy to say that we want a better relationship than in the past. We want to ensure we are attuned to the needs of Aboriginal people in our country.

We want to try to do everything we can to support Aboriginal people, as our neighbours, fulfilling our Christian call to love our neighbours as ourselves. But reconciliation, and healing, require the input of Aboriginal people. The mistake of the church in the past was to assume that the church did not have to listen to Aboriginal voices. The church, as a scion of the dominant society at Confederation, knew what was best for Aboriginal people: residential schools, reserves, assimilation. Our confession seeks forgiveness for not listening in the past. It says that, “With God’s guidance our Church will seek opportunities to walk with Aboriginal people to find healing and wholeness.” Only by walking with Aboriginal people, and listening to their perspectives, can we hope to find healing and achieve reconciliation.

The Healing and Reconciliation initiative is designed to help members of the church learn about Aboriginal people and issues, and to reach out to and walk with Aboriginal people. A modest budget is available to groups across the church to kick-start the process of relationship building. The church’s own Aboriginal members, and ministries, are keen to be leaders in this work. They have unique insights and experience working with Aboriginal people that will prove helpful to the wider church in discovering how to go about the work of relationship building.

Our ecumenical friends in the Anglican and United churches, and KAIROS, are working with us to develop high profile events, on the theme of Healing and Reconciliation. Aboriginal leaders will be invited to share in the leadership and animation of these events. The goal of these events is to inspire churches and society at large to take action to build a new relationship with Aboriginal people.

The events will also help prepare the way for a national Truth and Reconciliation Commission. Modeled on the South African Truth and Reconciliation Commission, the Canadian Truth and Reconciliation Commission will examine the legacy of the residential schools system. It will hold hearings across the country, contributing to the process of educating society about the residential school experience, the impact on Aboriginal people of that experience, and the need for healing and reconciliation. Its work will form the basis of a national archive on the subject so that subsequent generations will be able to study and reflect on this aspect of Canadian history. It will allow Canadians to discover the life altering effects the residential school system had not only on individual Aboriginal survivors of residential schools, but also on Aboriginal communities themselves. For not only do individuals need healing, Aboriginal communities also need to be healed.

The pursuit of healing and reconciliation will live on in The Presbyterian Church in Canada after the term of the Healing and Reconciliation Animator’s position ends. It is a matter of living our faith, animated by the Holy Spirit.

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**2007  
SPRING SUPPER SEMINARS  
WITH  
PAUL SCOTT WILSON**

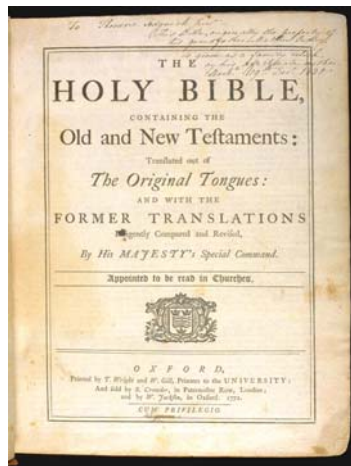


Left: Paul Scott Wilson, Professor of Homiletics (Preaching) at Emmanuel College, University of Toronto, with the Rev. Dr. George C. Vais



Lenore Goodwin & Maureen Farr

**Deepening Our Faith:  
Reading the Bible  
and  
Reading Our World**



Mary & Jim Campbell



Above: Olive Anstice, Harry Quinn & Judy Neal. Below: Robert Sheng, Eleanor Copeland & Susan Goodwin



Above: John & Ruth Darling and Eric Reynolds  
Below: Jim Callan (centre) with Cecilia and Arnaldo Dos Santos





## NEWS FROM OUT OF THE COLD

The 15th season of the Monday evening part of our Out of the Cold programme ended on April 9, 2007. The benefits of ending the overnight shelter last year continued to be felt in the calm and less crowded atmosphere. Volunteers spent more time with guests—counselling, listening, socializing and providing assistance with finding permanent housing. The number of dinners served rose as high as 240 some nights. The Tuesday morning breakfasts, which continue all summer and winter, averaged about 75 in attendance.

On Sunday, April 15th, the congregation of St. Andrew's expressed its thanks to all the volunteers who make this programme so successful and also to long time volunteers who have decided to retire after many years of faithful service. Thank you, everyone, for your kindness and care during this busy season.

### A LETTER TO OUT OF THE COLD:

*Dear Out of the Cold Angels:*

*The reception at Isabel MacFarlane's memorial service was so wonderful...because it was made with your loving hands and because you were there.*

*As a small token of our thanks, please accept this donation to continue your fine work.*

*(signed) The Executors of the Estate of Isabel MacFarlane*

### OOTC Volunteer Appreciation Day



*Back row, left to right: Joe-Anne Roberts, Carol Wishart, Vicky Boukydis, Bev Graham, George Vais and Cal Broeker. Front row, left to right: Barb King, Elisabeth Paradis and Ruth Dicerni. Also retiring, but not pictured here are Irene Dale, David Wishart, Diana Wurtzburg and Gerry Copeland.*



Left: Irene Dale, Diana Wurtzburg and Gerry Booth preparing Easter dinner.

Right: Cal Broeker cutting the cake, which says "Thank You OOTC Volunteers"



## ELECTION OF ELDERS

At a congregational meeting on Sunday, April 29, 2007, the congregation voted to elect 13 elders for a six year term as recommended by the Session.

Elders joining the Session for the first time are Justice Agyemang, Cynthia Humphries, Peter Price, Sandy Aird, Susan Goodwin, Nora Lever and David Olenic.

Returning for an additional term are Heather Dalzell, Lenore Goodwin, Thomas Kovats, Hugh Lloyd, Grant Farrow and Lorraine Irvine.

The new elders will be introduced in the Autumn issue of the Catalyst.

## TRANSITIONS

### Baptism

**Cameron William John Muir**, son of **Stuart Muir** and **Lise Hubbard-Muir**, was baptized in St. Andrew's Church on Sunday, February 11, 2007.

**Elizabeth Stratton**, daughter of **Lee Stratton** and **Jane Martin**, recently won the Ontario Junior Championship in debating. Elizabeth is 14 years old and in grade 8 at Branksome Hall. Her next match will be in Montreal for the national junior championship following which she may travel to London, England for the international competition. Congratulations, Elizabeth!

### Births

**Jordan Oliver Croft**, son of **Heather** and **David Croft**, was born on February 22, 2007. Jordan is the first grandchild of delighted grandparents, **Beth** and **Ian Croft**.

**Shane Charles Matheson**, son of **Heather** and **David Matheson**, was born on May 3, 2007. Shane is a little brother for Jack and the second grandchild of delighted grandparents, **John** and **Joan Matheson**.

## MILEPOSTS

**Jill Farrow**, beloved wife of St. Andrew's Clerk of Session, **Grant Farrow**, died on April 16, 2007. Jill is also survived by daughter **Susan** (Mrs. Blake Hutcheson) son **Trevor** and his wife Mary Birdsell and grandchildren Camille, Trevor, Morley and Joseph. A service of Remembrance and Thanksgiving was held at St. Andrew's Church on Friday, April 20, 2007.

**Eva Hutchinson**, a long time member of St. Andrew's Church, died on Thursday, March 29, 2007 in her 93rd year. Eva was a nurse and worked and lived in downtown Toronto for most of her life. She is survived by many nieces and nephews and was buried in Lindsay.

**Norman McMurrich**, former Elder of St. Andrew's Church, died on April 12, 2007 at Sunnybrook Health Services in Toronto. Norman was heavily involved in the restoration of the church building in the 1970's under the ministry of Dr. Douglas Stewart.

## JUNIOR CHOIR PERFORMS IN MORNING SERVICE



Photo: Tom Kovats

On Sunday, April 1st, the newly formed Junior Choir led by Ruth Darling sang an anthem at the morning worship service. The anthem was *Look! Someone's Coming* by J. S. Cool.

The performance was enthusiastically received and the congregation is looking forward to more opportunities to hear these young singers.

*Our Tribute*  
to  
*Jill Farrow*



by Marc Buist

As the St. Andrew's Congregation, we express our deep gratitude for the gift of having had our beloved sister in the Lord, Jill Farrow, among us. We all knew her as a gracious lady full of love and consideration for the congregation of St. Andrew's. She touched many of us with her kindness and uplifting words.

She was a very talented lady and one of those talents she gave to us was the arranging of flowers for our worship service. She did it with much love and like the *Four Seasons* from the composer Vivaldi, she provided us with flower creations through the four seasons, beautifully arranged, a delight to our eyes and so uplifting for us all. We remember her climbing down the steps to the dungeon flower room, always full of laughter, to gather her material for the arrangements. Christmas and Easter were her specialties, and how we enjoyed and appreciated them. In all this she showed us that the Lord was her source of joy and her fountain of gladness that never runs dry. You could feel this joy in talking with her: this inner strength.

The beautiful cherry blossoms and flowers at her funeral service, in which we celebrated her life, were a reflection of this Christian Joy that passes all understanding!

We celebrated her part in the symphony of life, in which she played a beautiful tune and shared this with us all. Thank you so much, Jill, from all of us.

We will miss her, and we treasure the memories and know that the Lord delivered her from all her suffering and took her into his eternal dwelling place.

Her funeral service on Friday, April 20th showed how many people from all walks of life treasured her.

We pray that the Lord will surround her beloved husband Grant and her children Susan and Trevor and their families with His comfort and strength.

Soli Deo Gloria!

photo: Judy Neal

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**CALENDAR OF EVENTS**

Morning Worship —The Rev. Dr. George C. Vais Church School Spring Open House	Sunday, May 13 at 10:30 a.m.	Church Sanctuary  Church School—2nd floor
Session Meeting	Tuesday, May 15 at 7:00 p.m.	Boardroom —Refreshments at 6:30 p.m.
Healing and Reconciliation Sunday	Sunday, May 20 at 10:30 a.m.	Church Sanctuary
SAGA Meeting —Speakers: Doug McCann and Robert Sheng	Friday, May 25 at 7:30 p.m.	Great Hall—Pot Luck supper at 6:00 p.m.
Morning Worship—Pentecost Sunday & Holy Communion —Rev. Rodger Hunter Nightingale Tea	Sunday, May 27 at 10:30 a.m.  12:00 Noon	Church Sanctuary  Great Hall
Board of Managers Meeting	Wednesday, May 30 at 6:00 p.m.	Boardroom
Toronto Golden Strings	Thursday, May 31 at 2:00 p.m.	Church Sanctuary
Church School Recognition Sunday Church School closes for summer Church School picnic	Sunday, June 10 at 10:30 a.m.	Church Sanctuary Church School Bev and Jack Reynolds' home
Aboriginal Day Sunday	Sunday, June 17 at 10:30 a.m.	Church Sanctuary
Church School Summer Program	Sunday, June 17 to Sunday, September 2	Church School
Session Meeting	Tuesday, June 19 at 7:00 p.m.	Boardroom —Refreshments at 6:30 p.m.
SAGA Meeting —Speaker Lori Ransom	Friday, June 22 at 7:30 p.m.	Great Hall—Pot Luck supper at 6:00 p.m.
Board of Managers Meeting	Wednesday, June 27 at 6:00 p.m.	Boardroom
Morning Worship, —The Rev. Dr. George C. Vais	Sundays: July 1, 8, 15, 22 & 29	Church Sanctuary
SAGA Meeting	Friday, July 20 at 7:30 p.m. Friday, August 17 at 7:30 p.m.	Great Hall—Pot Luck supper at 6:00 p.m.
Catalyst—Autumn Issue Deadline Church School opens	Sunday, September 9	Church Office or Pat Reynolds Church School
Morning Worship Congregational Barbeque	Sunday, Sept. 16 at 10:30 a.m. 12:00 Noon	Church Sanctuary Simcoe Street Patio

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