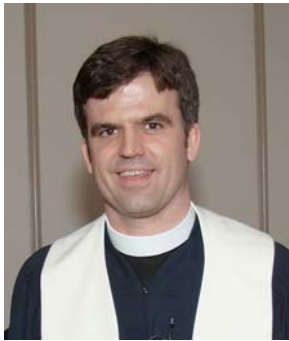

CATALYST

Lent / Easter

February 2008

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."



In Praise of Unsung Saints

So often, when we walk through the sanctuary and halls of St. Andrew's, we are reminded of individuals who have served this congregation in ages past. Whether it is a stained glass window dedicated in a loved one's memory, or a plaque on the wall, or the "rogues' gallery" of ministers in the hallway leading from the sanctuary to the Great Hall, we are surrounded by wonderful reminders that we are a part of a historic community and a living tradition.

As valuable as these memorials are, however, they cannot even begin to offer an accurate picture of the number of people who have offered faithful service to this congregation over the course of its history. And yet, it is the 'unsung saints' that truly keep the ministry of a congregation going. For every minister on a wall or name on a stained glass window, there are hundreds of other dedicated servants whose ministries have sustained and supported this church.

And so it is today. Since I arrived at St. Andrew's in September, I have been inspired by the number of 'unsung saints' who offer their time, energy and support in the ministries of this congregation. Each and every week, a dedicated group of Sunday School teachers faithfully minister to the children of our community (and are, it might be added, always looking for more help!). Cooks come in on Sunday and Monday afternoons to make the preparations for the Monday evening Out of the Cold dinners. Hosts welcome and serve our guests at the Out of the Cold meals. A wonderful team from St. Andrew's sets out, every couple of weeks, to share time with residents in a boarding home in Parkdale through the Boarding Homes Ministry. A countless number of people – week in and week out –

are busy at the church ensuring that all of the various needs and ministries of St. Andrew's are well served. To put it quite simply, there are a lot of 'unsung saints' among us, even today.

We all have 'unsung saints' in our own lives as well – a Sunday School teacher whose love and dedication opened us to the mystery and joy of faith; a youth group leader who provided support and encouragement to us during our adolescent years; a friend whose kind words served to rekindle our faith when it was waning; a stranger from the church who sent a card or made a phone call just at the right time; an elderly person whose longstanding compassion and dedication served as an inspiration to us.

And, so often, those 'unsung saints' are not remembered or celebrated in the same way that we celebrate the ministers or other significant leaders in the history of a community of faith. It is not a matter of intentional neglect or a lack of respect for the contributions of the quieter servants; rather, it is simply that there are so many 'unsung saints' in any community of people that it would be impossible to honour them all sufficiently.

I would invite us all to give thanks – both in our prayers and in our words to them – for those who have blessed our lives in quiet ways. And I would invite us all to live our lives in such a way that someone, someday, might even consider us among that great company of the 'unsung saints'.

William Ingram,
Senior Minister



FROM THE DESK OF GEORGE C. VAIS

Under Discipline

Shortly after our son Chris was diagnosed with that fatal disease known as Amyotrophic Lateral Sclerosis, he together with five other Presbyterian ministers established an Order. The Order was called "The Company of the Transfiguration" Since distances separated the members from each other, they managed to meet only twice. Be that as it may, one of the main purposes of the Order was for its members to choose and follow a discipline. They each did, and as far as I know they still follow some form of discipline.

We know only too well that time flies, and life has a way of passing us by - the question is what are we doing to "redeem the time" as the writer to the Church in the ancient city of Ephesus challenged its readers?

In his Epiphany message, Will Ingram pointed out to us that the words discipleship and discipline come from the same root. Simply put, this means that the minute we become disciples of Jesus Christ, we have no choice but to put ourselves under some form[s] of discipline. The form and the frequency we choose is up to us, but discipline ourselves we must.

This is exactly the reason why our Christian Education Committee ordered 50 copies of the daily devotional "Pray Now". It doesn't surprise me that all copies are sold out. *"Pray Now 2008 offers a sampling of how we may read the Bible. There is a gentle insistence that with Scripture before us, the reading task must engage us. As has been famously remarked, the Books of the Bible read us as much as we read them.... We do well to linger with the thoughts they evoke. Prayer, after all, is the readiness for God to communicate with us, and not simply time for us to do all the talking."*

As we step on the threshold of another year, what discipline[s] will you practice as a disciple of that Great Teacher - the Stranger of Galilee? It could be time well spent - worshiping or meditating, reading or reflecting, praying or participating, listening to the sounds of silence or silencing the sounds that kill the spirit.

From one disciple to another!

Respectfully,

George C. Vais,
Associate Minister for Adult Ministries

CATALYST

Catalyst is published four times annually for members and friends of St. Andrew's Church. The next issue is the Summer issue and the deadline for submitting articles is Sunday, April 20, 2008. If possible, articles should be emailed or submitted on disc in Microsoft Word format. All discs will be returned.

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BOARDING HOMES MINISTRY

*By David Olenic
for Phyllis Matheson, Patricia Garnett-Smith,
Joan Charlton and Elisabeth Paradis*

"Perhaps life is all about celebrating God and people." (Boarding Home Resident)

Our boarding home team just celebrated our ninth anniversary at 42 Harvard. We marked the occasion by having a party with the residents sponsored by the children at St. Andrew's Sunday school. The children do so much to support St. Andrew's team, God bless them, and that is a story in itself. But today, I'd like to tell the story of the party.

We, the team, traditionally ask the minister to come. We have him do a communion service between the dinner, and the dessert. So we asked Will if he would do so. This meant that in addition to being the ninth anniversary celebration, it would be the first time Will would be at the home to meet the residents. How wonderful! The team members, including myself, talk to the residents about our faith, and our Church. On occasion the minister gets mentioned. His visit allows the residents to know who we are talking about. It is always nice to put a face onto a person. Of course this goes the other way as well, now when we talk to Will about our visits, he is familiar with the setting that we are talking about.

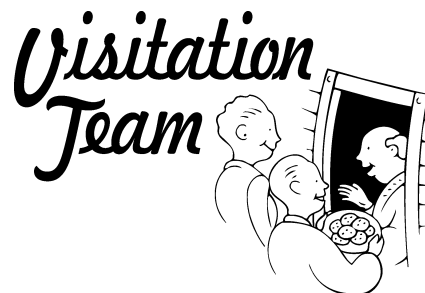
A normal visit has the team arriving around 7 o'clock in the evening, but since the residents normally eat at 5 o'clock we all arrived shortly before that time. Another team member had organized getting the dinner, which was Japanese themed this year. Because we were providing the food for the evening, all the residents were present providing Will the opportunity to meet everyone at the home.

It was a wonderful party, I noticed that some of the residents seemed more lively, and perhaps a bit more lucid as well. Some of the residents regularly take medication with their meals, and I had to wonder if a couple hours difference in time could make that kind of difference, or was it the excitement of the party itself which acted to uplift them.

Will did lead the communion service while he was there and everyone was invited to take part. I've always liked the fact that the Presbyterian Church practices an open communion, it allows us to include everyone who wants to receive communion to participate. It makes the event inclusive. After all, it is not our table, but our Lord's table.

Each person who comes into a boarding home has to find their own style, and that includes ministers. Will was well received by the residents, and his first visit went well. We welcomed his second visit two weeks later, when he dropped by for the Christmas party. It was a very good beginning framed within our party, celebrating God, and our time spent with our friends.

If you want to contact Boarding Homes Ministry you can contact the Rev. Roger Hunter at 416-992-4987, or via e-mail to bhmin@sympatico.ca.





HEALTH CABINET / PARISH NURSING

Seasonal Affective Disorder

by Maureen McNeish,
Parish Nurse

Seasonal Affective Disorder, or SAD, is a form of depression, which usually begins during the autumn or winter. In atypical cases, the person becomes depressed during the summer. In the most common type, a person with this condition will become depressed once environmental light levels begin to diminish. Typically, this process begins in November and subsides in April. The feeling of depression varies from mild to moderate, although severe depression can occur. Less than six percent of those diagnosed with SAD who were clients at the American National Institute of Mental Health required hospitalization. This does not diminish the hardship SAD causes those who experience it firsthand, however. It can and does cause immense suffering.

It is not uncommon for SAD to be attributed to low thyroid function, low blood sugar, and viral infections, such as mononucleosis. With the correct diagnosis, this is a manageable condition. Common treatments include: bright light, which effectively alters the levels of particular brain chemicals, thus improving affect (mood). Antidepressant medication has been effective in relieving symptoms as an adjunct to the light therapy, with considerable success. In fact, in one study, out of 112 patients presenting with the symptoms of SAD, 80 % of these patients improved significantly with a combination light therapy.

It is important it to note that experiencing the “winter blahs” or disliking winter itself does not mean one has SAD. The symptoms must be severe enough to seriously impair daily functioning in work and social dimensions.

These symptoms can include:

- Reduced interest in employment or usual activities
- Increased appetite resulting in weight gain
- Craving carbohydrates
- Increased sleep, including daytime sleepiness
- Social withdrawal
- Slow, lethargic movement

Spiritually, SAD, as any depression, often affects one’s perception of God and even their underlying faith. From the Apostle Paul’s account in his Pauline letters, we know he had experience with struggles, both physical and emotional, as well as spiritual stressors, which he likened to a *thorn in the flesh*. Paul faced these hardships with endurance and persistence, both of which the Scripture’s reveal as valuable from God’s perspective. In 2nd Timothy 1:12, Colossians 1:11 and 1st Corinthians, Paul’s reminds us hardships can reveal the power of God to heal, restore, and enable us to continue our lives while grasping the strength of this power.

Practically, steps can be taken to promote good mental health, whether or not there is a diagnosis of SAD. These steps include:

- See your family doctor regularly and take responsibility for your own health by asking questions. Be a partner in your health management.
- Take time for regular exercise, whether or not you feel like it. Even a short twenty-minute walk five or more times a week can have a beneficial impact on your mental and emotional health.
- If your doctor prescribes medication, take the meds as prescribed. No medication will help if you do not take it correctly.
- Pray often. Pray for others, not yourself alone. You will be spiritually strengthened as you remember others.
- Be aware that SAD is often minimized or resolved once environmental light levels increase. This means that usually, the symptoms mitigate as winter subsides. However, do seek treatment.

Effective treatment is available..



NEWS FROM THE CHURCH SCHOOL

by Mary Maiden



For the students of St. Andrews Church School, the Advent season is the most anticipated time of the year. They are busy beavers preparing for the Christmas Pageant, buying and wrapping gifts for less fortunate people in Toronto and decorating Christmas cookies. This year was no exception.

We hope the congregation enjoyed the pageant as much as the kids did performing their roles and singing the hymns. We also cannot forget to pass on a huge thank you to everyone who participated behind the scenes (and in front as citizens) without whose great help the pageant would not be the enjoyable event that it is.

The students had fun wrapping the gifts for the Boarding Homes Ministry. These gifts were purchased with the Sunday School collection. The children also enjoyed shopping for gifts for the children associated with Evangel Hall. They would like to take this opportunity to thank the congregation for participating with such generosity as well.

Christmas cookies were decorated by the students and given to guests at the bide-a-wee. We hope those of you who received cookies enjoyed them. We know the students enjoyed decorating them as it was so quiet while they did it – they were deep in concentration to make the perfect decoration. Thank you to Diane English (Evan's mom) for baking the cookies for us.

Even with all the "extra" activities the children participate in, they still have been learning a lot. The primary and junior classes are studying stories of the Old Testament. Ask Evan, Daniel, Owen or Adela who Isaac was. They will be delighted to tell you. The senior class is following the lectionary – feel free to quiz them too! The pre-teen class has begun following the Pray Now books available through the office.

What is next for the church school? Look for our participation at consecration Sunday, flipping pancakes on February 3rd at the Pancake brunch and selling bake goods at the Valentines Day Bake Sale on February 10th (all proceeds to go to Sleeping Children Around the World). The pre-teens will be organizing a power point presentation to share with a native community in northern BC and a book drive outreach project for a native community in Northern Ontario.

Do you ever wonder what happens when we leave the sanctuary after the children's' prayer?

We walk (or run) up to the assembly room and put a sticker on our attendance calendar. One student then leads our "Dropping, dropping, hear the pennies fall" song as we put our collection in the wooden church. We then have prayer requests. Any child can make a request to pray for "something" and we add it to the end of our prayer that we say together. This week, we prayed that the dead squirrel on the street was happy in squirrel heaven, the dead raccoon was happy in raccoon heaven, that no one in our house died this week and that people would enjoy reading the church school news. All their ideas are wonderful and we hope that they will feel comfortable with the concept of prayer.

We then go to our respective classes for the remainder of the service. At the end of the class, the children are always keen to get to Bide-a-Wee. Please ask them, when you see one at the cookie tray, how they enjoyed their class and what did they learn. They will be happy to share with you.



ST. ANDREW'S WELCOMES

On Sunday, December 16, 2007, St. Andrew's Church welcomed six new members and we are pleased to introduce five of them to you here.



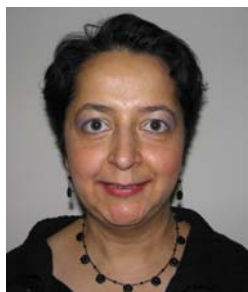
RALPH CURRIE

by Sandy Aird

Ralph Currie joins us from Vancouver. He is the Branch Manager for Commonwealth Insurance here in Toronto. Ralph's wife and 21 year old daughter continue to live in Vancouver as the latter completes her college education.

A native of Dundas, Ontario, Ralph has lived in Toronto, Brighton and Winnipeg in addition to Vancouver and Toronto. Ralph's marriage took place at First Presbyterian in Winnipeg and our own Hugh Lloyd substituted for the church organist at the wedding.

Ralph has been a very dedicated hospice volunteer in Vancouver and is hoping to find a similar challenge here in Toronto. He has already given his time and effort to Out of the Cold and our recent auction. Welcome to St. Andrew's, Ralph!



IRENE FAIZ

by Fiona Smith

The story of how Irene came to St. Andrew's is an interesting one. For many years she attended church in the Beaches where she found a great community and wonderful music. When the music director left and moved to Oakville she started to attend that church. However, it was a long trip and she was not able to attend regularly. Then her mother moved to the west end of Toronto and Irene started to look at churches in that neighbourhood.

Last summer she went to Morningside High Park and liked the service and the preaching. When she discovered that Will Ingram was leaving in September to go to St. Andrew's she decided to try it out. She was inspired by Will's preaching and decided to join St. Andrew's. It has been a long route but we are glad she has found a place at St. Andrew's!

Irene is an art teacher and teaches visual arts at a high school in Scarborough. She enjoys the everyday challenges of working with teenagers. In her spare time she does her own art and photography and in the summer attends the Haliburton Art School.

Irene has taught Sunday School when she was in the Beaches and would like to be involved in teaching here at St. Andrew's. She is planning to attend an upcoming workshop for Sunday School teachers. Welcome to St. Andrew's, Irene!



KAREN INGRAM

By Justice Agyemang

Karen grew up at York Memorial Presbyterian Church, where her parents are still active. After marrying Will, she became active at Morningside-High Park Presbyterian Church, from which she transferred in December. Karen and Will have three children – Kate (5), Madeline (3) and Spencer (1).

Karen completed her university studies at the University of Toronto with a B.A. in English and History and a minor in Biology. After those studies, she worked for many years in the Toronto District School Board with mentally and physically challenged children. She is presently enjoying being at home with Kate, Madeline and Spencer.

After spending many summers, as a teenager, working as the Waterfront Director at Glen Mhor Camp, she and Will worked together as Director and Manager of Camp Iona, outside of Bala, Ontario.

Continued on next page...

SIX NEW MEMBERS

She was active in the Presbyterian Young People's Society, and also participated on a 'Youth-in-Mission' study/exposure trip to Malawi, Africa in the early 1990s.

Although it was not easy to leave Morningside-High Park, Karen is enjoying the transition to St. Andrew's, and is grateful for the warm and friendly welcome that she and her family have received.



GRACE KIM

by Cynthia Humphries

Grace came to Canada from South Korea at an early age and has lived in Toronto most of her life. Her mother lives in Thornhill and her sister in Richmond Hill.

Grace lives in Symphony Place and can walk to her work in the investment field in downtown Toronto. Her hobbies including reading, mainly in the financial area but some general interest reading as well. She also enjoys travel.

Grace was delighted to find a Presbyterian Church next door and after attending Sunday services for a month decided to join St. Andrew's. Welcome Grace!



MELISSA SCHIESTEL

by Nora Lever

In December we welcomed Melissa Schiestel as a new member of St. Andrew's Church. All of us have been eager to become acquainted with Melissa, but she dashed

away to spend Christmas with her family in Chatham and then off to Cuba. Welcome back Melissa! We know you've had a great time and we'll look forward to hearing about your travels.

Melissa (who pronounces her last name "Sheestel")

was born and raised in Chatham, Ontario. She was baptized in Grace Christian Reformed Church. She spent her childhood and most of her adult life worshipping there.

Recently Melissa studied at Loyola University in Chicago. Not far from the school she found Fourth Presbyterian Church and all its wonderful programs designed for the centre of a major city. She came to know its senior minister, John Buchanan, whom we remember as such an inspiring leader at our Anniversary celebrations a few years ago. Melissa worshipped regularly in Chicago, but never officially became a member.

Melissa has studied abroad and lived in Australia and England. She has a Bachelor's Degree from Brock University and a Master's Degree from Loyola University. In the fall of 2004, Melissa moved to Toronto where she currently works as a litigation law clerk at Torsy LLP. Melissa lives in King West Village.

A warm welcome from us all!

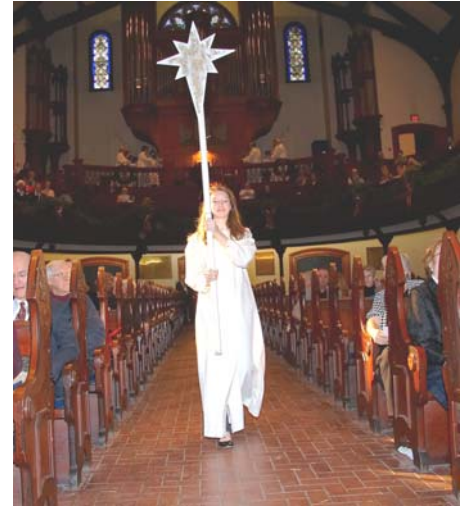
Editor's Note:

We also welcomed Richard Wallace to our congregation. We were unable to arrange an interview before our deadline.



Welcome
Our New
Members

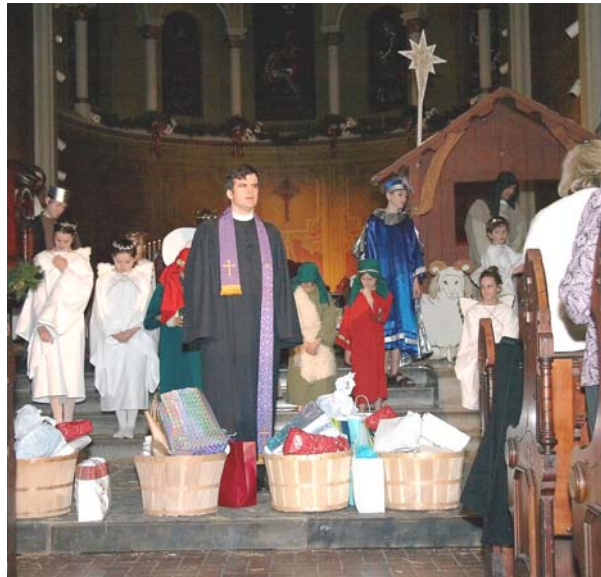
2007 CHURCH SCHOOL



Clockwise, from upper left: "All dressed up and ready to go!"; The Pageant Begins: Elizabeth Martin-Stratton leads the way; The Three Kings arrive on their unicycles, portrayed by Oliver, Harold and Alice Treen; Mary, Joseph and Jesus as portrayed by Brian, Sarah-Anne and Eric Birdsell; the Grand Finale: Rev. Will Ingram thanks the participants; Alison Rose and her film crew; Darlene Treen (Director), Rev. Will Ingram, and Stewart Moracen (Assistant Director); Ruth Darling directing the Angel Chorus; Citizens gather to witness the blessed event; angels and shepherds look on.
Photos by Tom Kovats



CHRISTMAS PAGEANT





CHRISTMAS GIFTS FOR EVANGEL HALL

By Fiona Smith

St. Andrew's Church School would like to thank the congregation for their generous and thoughtful Christmas gifts for the children who live at Evangel Hall. Over several weeks in December you brought in toys, games, books, crafts, candies and chocolates, hats, gloves, socks and gift certificates for the boys and girls ages 1-19. We prepared 39 beautiful gift bags. Our church school children then decorated and signed a Christmas card for each child and attached it to the gift. We were somewhat delayed by the big snow storm on December 16th, but extended our deadline for donations. The bags were packed and delivered to Evangel Hall on December 21st and passed on to the families. I have corresponded with the Director of Residence, who thanks St. Andrew's for our support and kindness.

In past years our Church School has coordinated sending Christmas shoe boxes to children overseas. This year the decision was made to do something for children in our own city. It was a great success and our children were excited to know they were helping children who live in their very own neighbourhood.

A special thank you to Mary Maiden for sorting and last minute shopping, and to Wendy Misener for packing and more packing of bags!



ST. ANDREW'S CHURCH LIBRARY

By Elisabeth Paradis

As people of God, we constantly seek to discover how we can live to His glory. We form a community which includes not just our fellow members of St. Andrew's, but all with whom we come into contact.

Three books which discuss different aspects of community are:

- *Jesus and Community, The Social Dimension of Christian Faith* by Gerhard Lohfink:

Lohfink studies how Jesus viewed the community of God's people and then forms an answer to the question as to what today's church should look like.

- *New Testament Hospitality* by John Koenig:

Koenig examines early Christian practices and lifestyles to show that the early Christians acted as "God's guests and hosts on behalf of the world".

- *Turning Committees into Communities* by Roberta Hestenes:

Hestenes provides insights on how to combine the best of the institutional aspect of the church body with the best of the relational aspect and how the two need to work together in mission.

Drop by the boardroom after church on Sunday to browse through the books, CDs and videos in the library. You are sure to find a book or two which will encourage you to think about your life in a new light.

To sign out a book, remove the card from the pocket in the back cover,

write your name and telephone on the card and leave it in the box of cards on the top shelf of the bookcase.



EASTER FLOWERS

Twice yearly, at Easter and Christmas, we request donations to adorn the Church Sanctuary with a bountiful display of flowers. Your generous response has also provided the floral decorations for all the other Sundays throughout the year. Flower fund donation envelopes will be available in your bulletins for the Sundays of March 2, 9 and 16. If you wish to donate in memory of a loved one, their name will be listed in the bulletin on Easter Sunday, March 23rd.

Ruth Dicerni

WHAT IS THE "PAR" PLAN?

PAR means 'pre-authorized remittance'. It is a convenient way to fulfill your financial commitment to St. Andrew's in only one simple step.

PLEASE CONSIDER PARTICIPATING!

- call Doug Pearson to ask for the form
- decide the amount of your monthly offering
- complete the PAR authorization card
- attach a 'voided' sample cheque
- return directly to Doug Pearson
- your bank account will be charged on the 20th of each month

Your participation helps the Board better manage our affairs.

A LETTER FROM BOARDING HOMES MINISTRY

The following letter was received by Lori Ransom, Clerk of Session

Dear Lori,

I write you in your capacity as Clerk of Session at St. Andrew's Church, and in order to thank you and session on behalf of myself and the board of Boarding Homes Ministry for generously keeping this ministry front and centre with St Andrew's congregation.

I know that Rodger has already expressed his thanks for the Service of Lessons and Carols donations, but St. Andrew's does so very much to support the ministry that I felt this the perfect opportunity for the board to also express thanks.

Thank you.

Sincerely yours,

David Olenic, Chair
Boarding Homes Ministry

THIS WEEK AT ST. ANDREW'S

The St. Andrew's weekly e-mail newsletter, *This Week at St. Andrew's*, launched in October, 2007, has a wide readership and has earned many kudos. All kinds of news and information is provided on a timely basis as well as reminders about regular weekly events.

One of the weekly events is the **Thursday noon chancel communion** which has up to 35 people in attendance. It is a service which is very much appreciated by those who work in the nearby financial district.

Another weekly event is the **Sunday morning Bible study**. A warm invitation is extended to everyone in the **article on this page**.

The **Wednesday morning Bible study group** is currently studying 1 John as it journeys through the New Testament in the order in which the books were written. It meets at 7:30 a.m., enjoys muffins and coffee, and welcomes everyone. Currently we have participants from Glenview Presbyterian Church, Rosedale Presbyterian Church and St. Giles Presbyterian Church as well as St. Andrew's.

The **Out of the Cold** programme serves dinner every Monday evening from November to April and breakfast Tuesday mornings all year round. Volunteers for these activities are always welcome and should telephone the office for further information.

If you are not receiving this weekly newsletter and would like to be added to the list, please advise Judy in the office and give her your e-mail address.

To read past issues of *This Week at St. Andrew's*, go to www.standrewstoronto.org and click on the link in the "Upcoming Events" section on the home page.



HYMN BOOKS

A big thank you from the Worship Committee to all those people in the congregation who donated generously for the purchase of hymn books. At the date of writing this, a total of 106 hymn books have been donated. If anyone wishes to donate one or more books, it is not too late. Complete the order form which you can get from the office or access on the St. Andrew's website.

DO YOU WANT TO KNOW THE SCRIPTURES BETTER?



COME! Join our group in the Board Room on Sundays at 9:30 a.m. as we accompany the first disciples on their journey with Jesus as described in the Gospel according to St. John.

We welcome, indeed we NEED you, to further our own understanding and Christian growth.

Olive Regina Anstice, on behalf of all the participants in the Sunday Morning Bible Study Group.

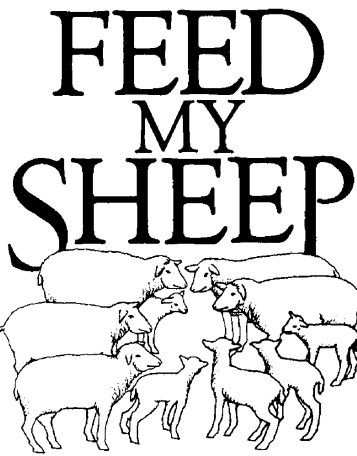
TRANSITIONS

Ruth Campbell-Page, daughter of **Victoria Campbell**, graduated from the University of Toronto on Tuesday, November 13, 2007, with an Honours Bachelor of Science, Specialist in Biology. Congratulations to Ruth!

Ruth Darling is continuing her leadership of our junior choir and preparing them for upcoming services. Rehearsals are scheduled for February 17 and 24 and March 2 and 9. These take place in the sanctuary from 11:45 a.m. to 12:10 p.m. If there is a Chancel Communion, the choir will rehearse upstairs.

John Matheson is serving on the Administration Committee for the East Toronto Presbytery. He is also convener of the Cooke's Fund.

Marc Buist is serving on the Missions Committee of East Toronto Presbytery. He will also be St. Andrew's representative at the General Assembly in Ottawa in June.



NEWS FROM OUT OF THE COLD

By Stevie Cameron

A Letter from an Anonymous Out of the Cold Guest

"Thank you so much for serving me dinner on Monday nights and breakfast on Tuesday mornings.

I do not know who is responsible for teaching this congregation but I have been full of admiration for this person and have thanked God for him many a time.

I consider myself privileged to have been shown the Christianity you represent. Jesus says that if someone wants to be thought of as the greatest, he or she must be the servant of all, the way Jesus was.

What has impressed me the most about your church is countless number of men and women with aprons around their waists eagerly serving broken mankind. You are clearly a congregation of servants, therefore the greatest, people in this

city and perhaps in all of God's kingdom.

I could not help but notice how attractive your character is! Again, there must be some minister/great leader of this church responsible for shaping a people of such great character. When one of your people walks past me on Monday night, I have the impression I have seen Jesus for your servants exude peace, gentleness, quietness and purpose. It is no wonder, therefore, that people like me flock here in search of some normalcy and healing as well as physical nourishment. But sometimes your example may mean to us more than food."

Editor's Note: Our guest removed a page from the Visitor's Register in the narthex and wrote this note on the back of it.

THANK YOU, VOLUNTEERS!

Everyone put in a terrific effort to make Christmas and New Year's so much better for the guests who came to us on the two Monday nights and Tuesday mornings. Here is a partial list of what you accomplished:

- - fund-raising at the auction raised money for the rest of the year
- - cooks put in a heroic effort to make the food special and beautiful
- - table setters make the dining room look gorgeous with holiday settings
- - dishwashers toiled hour after hour
- - wrapping more than 100 packages for Christmas gifts for every guest
- - designing Christmas cards with guests including pictures and finding addresses
- - delivering surplus breakfast items from the Christmas breakfast to the Salvation Army
- - cleaning the pantry, fridges and kitchen.

Again, thank you all.

SAFETY CONCERNS

There have been two accidents in the kitchen in December which, thankfully, did not have serious results. However, this is a wake-up call for all volunteers to be conscious of safety when working at Out of the Cold.

The main problem is hurrying and crowded conditions. Waiters - please do not hassle the kitchen staff or those cutting up desserts to hurry up with the meals or the desserts. Hungry guests can be demanding but safety is more important. Cooks - please keep the kitchen clean and tidy constantly as spilled food is hazardous.

There will be extra rubber mats purchased for the kitchen and a bigger, better emergency medical kit. Oven mitts have been replaced with heavier ones. We will purchase small mops and cleaning equipment for convenient cleaning up of spills. Each crew is responsible for cleaning up before leaving and please remember that we no longer have the overnight crew who used to look after leftover food and

178TH ANNIVERSARY CELEBRATIONS



178th Anniversary Dinner

Saturday, March 1, 2008

Reception at 6:00 p.m. Dinner at 6:30 p.m.
Great Hall, St. Andrew's Centre

Speaker: The Rev. Dr. Samuel Wells

Dean of the Chapel at Duke University
and author of *Power & Passion:
Six Characters in Search of Resurrection*

Anniversary Worship Service

Sunday, March 2, 2008

Guest Speaker: The Rev. Dr. Samuel Wells

Samuel Wells was born in Chatham, Ontario and grew up in England. He graduated from Merton College, Oxford, with an M.A. in Modern History, from Edinburgh University with a B.D. in Systematic Theology, and from Durham University with a Ph.D. in Christian Ethics. His dissertation was entitled *How the Church Performs Jesus' Story*.

He published:

- *Transforming Fate into Destiny* (Carlisle: Paternoster and Eugene: Cascade) in 1998
- *Faithfulness and Fortitude* (with Mark Thiessen Nation, Edinburgh: T & T Clark) in 2000
- *Community-Led Estate Regeneration and the Local Church* (Cambridge: Grove) in 2003
- *The Blackwell Companion to Christian Ethics* (with Stanley Hauerwas, Oxford, UK and Cambridge, Massachusetts) in 2004
- *Improvisation: The Drama of Christian Ethics* (Grand Rapids: Brazos and London: SPCK) in 2004
- *God's Companions: Reimagining Christian Ethics*, (Oxford, UK and Malden, Massachusetts) in 2006
- *Power and Passion: Six Characters in Search of Resurrection* (The Archbishop of Canterbury's Lent Book 2007) (Grand Rapids: Zondervan) in 2007

He has also published many articles in academic and more popular journals.

Before training for ordination Sam was a community worker in inner-city Liverpool. From 1991-2005 he served in parish ministry in the Church of England. He was assistant curate in Wallsend, North Tyneside and in Cherry Hinton, Cambridge, before being incumbent at St Elizabeth's North Earlham, Norwich, and then St Mark's

Newnham, Cambridge. While in Norwich he helped to establish and was for several years vice-chair of the North Earlham, Larkman and Marlpit Development Trust, the first organization in the East of England devoted to community-led urban regeneration. He also established a non-profit organization offering disadvantaged children opportunities to discover wonder and joy through creative play. He ran a number of soccer teams and was a regular speaker on local radio.

In the summer of 2005, Sam Wells became Dean of Duke University Chapel. Sam's responsibilities include preaching at the majority of the 11 a.m. Sunday services, leading worship, interacting with and praying for all levels of the university – leaders, faculty, administrators, students, staff, along with the Religious Life groups and the Congregation – helping all to see the connections between Christian faith and theology and the pressing issues of the day, and making the Chapel and the poorest neighborhoods of Durham visible to one another. Sam is also Research Professor of Christian Ethics at Duke Divinity School.

Sam is married to Jo Bailey Wells, who is a former Dean of Clare College, Cambridge and is now Director of Anglican Studies at Duke Divinity School. They used to have hobbies, but now they have children – two, a boy and a girl. Their golden retriever fills most idle moments. Nonetheless Sam loves most sports, especially cricket, rugby union and soccer.

We look forward to welcoming Sam Wells as the Anniversary Guest at St. Andrew's. Please make a special effort to be here to participate in this year's Anniversary events.

JANUARY 15, 2008 SESSION MEETING CONGREGATIONAL SUMMARY

In the Presbyterian tradition, the meeting of the ruling and teaching elders -- who together form the 'Session' -- is a closed meeting; that is, in order to safeguard the confidentiality of issues that might be discussed, the meetings of Session are not open to non-elders in the congregation.

However, much of what is discussed at Session meetings is not of a confidential nature. For that reason, the congregation requested, at the 2006 Annual Meeting, that the Session give consideration to whether pertinent and non-confidential information might be shared with the members of the congregation on a regular basis.

The Session discussed this request, and agreed to it. The following is a short summary of important information that emerged from the last Session meeting.

As the Session meeting had been preceded by a Stewardship Committee event discussing stewardship and the financial needs of the congregation, the Session meeting began with a short discussion of that topic.

The meeting opened with prayer.

St. Andrew's Church has been requested to be one of the featured locations in the 2008 *Doors Open Toronto* event, which will take place May 24 and 25, 2008, with a focus on sacred spaces. The Session agreed that the Church will participate in this event this year, perhaps with involvement from the 48th Highlanders Museum, on Saturday May 24, 2008.

Marc Buist will be attending, as a representative elder, the **General Assembly of the Presbyterian Church in Canada**, to be held in Ottawa in the first week of June.

St. Andrew's Church Session received a letter from **David Olenic**, Chair of the **Boarding Homes Ministry**, thanking Session and members of the St. Andrew's congregation for the support that they receive from this congregation. A copy of this letter will be printed in an upcoming issue of the *Catalyst*.

The **Christian Education Committee** will be holding an 'Open House' in order to encourage interested participants to consider helping with the Sunday School and Nursery.

The **Church Life Committee** will be seeking to ensure that all members are receiving the 'Presbyterian Record' since St. Andrew's Church is on the 'every home plan.' As well, that committee has been working on designing a new 'Welcome' pamphlet for guests and visitors to the congregation.

John Matheson will be serving on the **Presbytery of East Toronto's** Administration Committee and as Convener of the Cooke's Fund Committee. Marc Buist will be serving on the Presbytery of East Toronto's Missions Committee.

The **Missions Committee** requested that Sunday, **February 17, 2008** be designated as **Mission Sunday**. The Missions Committee will be organizing and promoting this event, and the Rev. Rodger Hunter will be invited to preach on that Sunday.

The **Worship Committee** was pleased to report that a Junior Choir has been established, with Ruth Darling as Director and Dan Bickle assisting. Practice will take place after worship on Sundays, with performances two or three times annually. As well, they are glad to report that young people are reading lessons in church more frequently.

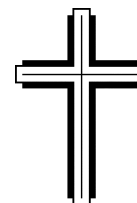
As a result of a request for more pew hymn books, more than 100 new hymnals have been donated in memory or in honour of loved ones, with more expected. Pat Reynolds is coordinating this venture.

The **Board of Managers** reports that the congregation ended 2007 with an encouraging surplus. In light of this, the Budget Committee has been diligently setting new targets for mission and ministry for 2008. A joint meeting of the Board and Session will take place on February 3, 2008, to review the 2008 Budget which will be presented for approval to the Congregational Meeting on February 24, 2008.

There was some discussion about the need for more coordinated communication and outreach. A regular advertisement in the 'Community Bulletin' has been discontinued while a new communications / outreach strategy is being discussed. The costs for a new sign for the front of the church are being investigated. As well, the office is investigating the possibility of creating new church flyers to be used at Christmas and Easter for outreach in the community.

The next meeting of Session will take place on March 18.

The meeting concluded with a discussion of pastoral needs and concerns in the congregation, with prayer for those in difficult times, and with the benediction.





Dr. Samuel Wells at Knox College

Our anniversary speaker, The Rev. Canon Dr. Samuel Wells, will be at Knox College on Mon., Mar. 3rd for two events. He will lead a workshop from 1:30-4:30 titled *Christian Faith and Theology: The Pressing Issues of the Day*. The cost of the workshop is \$30 before Feb. 22 and \$35 after. In the evening, he will give a lecture titled *Reflections of the Work of the Church for the 21st Century*. This lecture is from 7:00 - 9:00 p.m. and is free.

Moderator Rev. Hans Kouwenberg to visit St. Andrew's

On Sunday March 30, 2008, the Rev. Hans Kouwenberg, Moderator of the Presbyterian Church in Canada, will be at St. Andrew's both to participate in worship during our morning service, and to participate in a forum following the service.

We look forward to the Moderator's time with us, and encourage everyone to make a special effort to be here.



The Rev. Hans Kouwenberg



The Rev. John Gibaut

Historic World Council of Churches Meetings to be held at St. Andrew's

On Tuesday, April 1, St. Andrew's Church will be hosting meetings of the World Council of Churches Relations Committee (Canada) and the U.S. Conference Board for the World Council of Churches (WCC). This will be an historic meeting as it is the first time in over 25 years that these groups have met together, and the first time that such a gathering has taken place in Canada. On the evening of April 1, we will be having a special evening prayer service, with participation by the Rev. John Gibaut, who is the recently appointed director of the WCC *Faith and Order Commission*. The Commission on Faith and Order is mandated to study questions of faith, church order and worship which bear on the unity of the church, and also to examine social, cultural, political, racial and other factors which affect that unity. The 120-member commission, which includes representatives of WCC member churches and also non-member churches such as the Roman Catholic Church, has been called the most representative church-based theological forum in the world. Everyone is welcome to join together for the evening prayer service, which will be followed by a short reception.

CALENDAR OF EVENTS

Church School Pancake Lunch	Sunday, February 3	Great Hall, following worship
Ash Wednesday Service	Wednesday, February 6 at 12:15 p.m.	Church Sanctuary
Church School Valentines Day bake sale	Sunday, February 10	Following worship, Great Hall
Lenten Speaker Series - Wednesdays	February 13, 20, 27, March 5, 12 & 19 at 12 noon	Church Sanctuary (see brochure)
Morning Worship, Mission Sunday Preacher: Rev. Rodger Hunter	Sunday, February 17 at 10:30 a.m.	Church Sanctuary and Great Hall
SAGA	Friday, February 22 at 7:30 p.m.	Great Hall (pot luck supper at 6 pm)
Annual Congregational Meeting	Sunday, February 24 at 12 noon	Great Hall
Board of Managers	Wednesday, February 27 at 6:00 p.m.	Boardroom
178 th Anniversary Dinner, Speaker: The Rev. Canon Dr. Samuel Wells	Saturday, March 1	Great Hall, 6 p.m. Reception, 6:30 p.m. Dinner
Anniversary Service, Preacher: The Rev. Canon Dr. Samuel Wells	Sunday, March 2 at 10:30 a.m.	Church Sanctuary
The Rev. Canon Dr. Samuel Wells	Monday, March 3	Knox College (see Page 15)
Palm Sunday, Morning service and palm distribution	Sunday, March 16 at 10:30 a.m.	Church Sanctuary
Holy Week Services	Mon. March 17, Tues. March 18 and Wed. March 19 at 12:15 p.m.	Church Sanctuary (see brochure)
Session Meeting	Tuesday, March 18 at 7:00 p.m.	Boardroom (refreshments 6:30 p.m.)
Mid-Week Holy Communion and Maundy Thursday Communion	Thursday, March 20 at 12:15 p.m. and 6:30 p.m.	Church Sanctuary
Good Friday Service of Solemn Devotion	Friday, March 21 at 10:30 a.m.	Church Sanctuary
Easter Sunday, Holy Communion	Sunday, March 23 at 10:30 p.m.	Church Sanctuary
Board of Managers	Wednesday, March 26 at 6:00 p.m.	Boardroom
SAGA	Friday, March 28 at 7:30 p.m.	Great Hall (pot luck supper 6 p.m.)
Morning Worship, Preacher: The Rev. Hans Kouwenburg	Sunday, March 30 at 10:30 a.m. and Sunday Forum at 12 noon	Church Sanctuary Boardroom (See page 15)
World Council of Churches, North American Region Representatives	Tuesday, April 1	Great Hall
OOTC - last day of Monday evening programme	Monday, April 14	Great Hall
Spring Supper Seminars	Wednesday, April 16, 23 and 30, 5 p.m dinner, 6 p.m. lecture	Great Hall (see brochure)
Catalyst - Summer Issue deadline	Sunday, April 20	Great Hall
OOTC Volunteer Appreciation Sunday	Sunday, April 20	Great Hall
SAGA	Friday, April 25 at 7:30 p.m.	Great Hall (pot luck supper at 6 p.m.)
Board of Managers	Wednesday, April 30 at 6:00 p.m.	Boardroom