
CATALYST

Summer

May, 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."



The Pillars of the Spirit

by The Rev. William Ingram,
Senior Minister

'Spirituality' seems to be a rather popular topic these days, with everyone from bestselling authors to television talk show hosts extolling the virtues of living a more 'spiritual' life. But what is meant by these references to 'spirituality' can sometimes be hard to clearly discern.

In the Christian tradition, it may be suggested that there are five pillars of the Christian spiritual life – worship, prayer, study, service and fellowship. Each of these 'pillars of the spirit' is indispensable to the cultivation and nourishment of a healthy spiritual life.

Worship stands at the heart of our life together, as a community of faith. It is in worship that we are lifted out of the typical preoccupations and stresses of life, and are invited to ponder, if even for a short time, God's invitation to a fuller, more abundant existence. It is also in worship that we gather, with others, to celebrate the sacraments of our faith, which offer us visible reminders of God's infinite yet invisible grace at work in the world.

The second pillar is that of **prayer**. Prayer is an almost universal human experience, even for those who find it difficult to believe in God. And prayer happens in so many ways – both with others, and in our own moments of contemplation and meditation. The Christian tradition gives us a rich storehouse of techniques and examples of ways to practice and explore

the mystery of prayer, all of which serve to remind us that prayer is an essential component of a healthy spirituality.

The third pillar is that of **study**. The reading of Scripture, as well as the reading of spiritual writers, commentators and scholars, is a wonderful way to engage our minds in the growth of faith. Such study can take place individually -- but it is usually far more enriching when we gather, regularly, to read with others, to discuss ideas and to expose ourselves to the interpretations that others bring to the texts.

The fourth pillar is that of **service**. While 'spirituality' and 'service' are sometimes seen as separate – and sometimes even competing! – pathways on journey of faith (such as when people contrast contemplation vs. activism), the truth is that acts of compassionate service are essential to a life of spiritual growth and maturity.

The fifth and final pillar is that of **fellowship**. We do not walk the journey of faith alone, but need the friendship, the joy, the encouragement and the support that come through our relationships with others.

One of the great blessings of being part of a church is that the gathered community offers us opportunities to embrace and to grow in each of these five dimensions of the spiritual life.

As Christians, it is interesting to realize that each of these five pillars can be found in the life of Christ himself; and so, in honour and in imitation of him, may it be our prayer – and our resolve – to grow in each of these areas, so that we will become people of true spiritual health, depth and maturity.

May the peace of Christ be with each one of you!

Will



FROM THE DESK OF GEORGE C. VAIS

Make Every Day Count

One of my favourite times of the year is the fall. I suspect it's partly because the leaves show their true colors, especially in the part of Ontario where we live, and also partly because that heat and humidity will return for another year.

If the truth were known, the main reason why I enjoy each fall day is because I know only too well that winter is coming, and come it will. Therefore, I treasure each day and make the best of it, it may be the last.

On the contrary, when it comes to this time of the year, I am tempted not to take advantage of each day as it comes, simply because my thinking is there will be more to come. Isn't that true of life? We often postpone making each day count because we think that there will be more to come.

Some years ago a conference speaker shared with us the following:

*This is the beginning of a new day.
I can waste it or use it for good.
What I do today is important
because I am exchanging a day of my life for it.
When tomorrow comes, this day will be gone forever -
leaving in its place something I have traded for it.
I want it to be gain, not loss;
good, not evil;
success, not failure;
in order that I shall not regret
the price I paid for today.*

This was precisely Paul's challenge to the Christians in the city of Ephesus, when he wrote: "**Use the present opportunity to the full.**" [Ephesians 5:16]

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 Autumn issue and the deadline for submitting articles is Sunday, September 7, 2008. If possible, articles should be emailed or submitted on disc in Microsoft Word format. All discs will be returned.

Catalyst Editor: Pat Reynolds.

Design and Production: Judy Neal

Comments, Questions, Suggestions or Articles: Please contact the Editor or any minister:

Reverend William G. Ingram, Senior Minister

Reverend Dr. George C. Vais, Associate Minister for Adult Ministries

Reverend Rodger Hunter, Minister in Association

Reverend Dr. Iain Nicol, Minister in Association

Website: www.standrewstoronto.org

Email: info@standrewstoronto.org



REMEMBERING FORWARD

Our Clerk of Session, Lori Ransom, is the Presbyterian Church's Healing and Reconciliation Animator. Lori recently participated in an Aboriginal and Church Leaders' tour to promote healing and reconciliation. Here are some excerpts from "*Remembering Forward*", written by Lori and published in the May 2008 *Presbyterian Record*.

Something important happened on the tour of Aboriginal and Church leaders.

The turnout in all four stops of the Aboriginal and Church leaders' tour to promote healing and reconciliation - Ottawa, Vancouver, Saskatoon and Winnipeg - exceeded our expectations and seating capacity.

There were powerful moments: survivors weeping in Vancouver on hearing the recorded voices of other survivors, voices giving life to the pain and suffering of the children who were taken from their mothers and fathers, forced to adopt customs and a religion of another people, psychologically abused, while some were also abused physically and sexually.

Ted Quewezance, executive director of the National Residential Schools Society, stunned those of us from the churches by the depth of the gratitude he expressed to the church leaders for the sincerity of their words. They touched him deeply. We did not expect this level of affirmation. He stated that he too had not expected the church leaders to go so far in acknowledging the churches' failure to love him and the other Aboriginal children who attended residential schools.

Ted spoke of the difference it makes to hear an apology or confession from another human being - how much more real and meaningful it is to be in the presence of someone apologizing to you, than it is to read an institution's apology or confession on a piece of paper. It is the same for us who did not go to a residential school. We cannot truly grasp what happened to the First Nation, Inuit and Métis people in the schools by reading the stories of survivors in a book, a newspaper or magazine. We need to listen in the presence of individual survivors as they speak their truth in love to us.

I cringe remembering how poor the sound system was in Winnipeg, the event for which I and the Presbyterian Church had the lead responsibility among the organizers of the tour. My heart sunk sitting at The Forks, as I realized people had to strain themselves to hear Elijah Harper, a residential school survivor, and an iconic figure among the Aboriginal people of his home province of Manitoba.

And yet there's a lesson here, beyond the obvious need to pre-check a sound system. There are times when we need to work hard to listen.

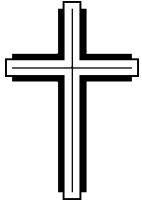
I suggest we need to be prepared to strain ourselves to hear, in person, the stories of survivors from the residential schools. "Survivors" is what they call themselves. It is not a label others have applied to them. And we should not expect residential school survivors to make it easy for us, by offering comforting words of forgiveness along with a depiction of the pain and trauma they have suffered. We need to be prepared to be exhausted by the process.

The question for all of us taking part in the Aboriginal and Church leaders' tour is: Are we responding faithfully, and well, to the work of God, to the Creator's living spirit among us? Are we allowing God to do the work that is needed in Canada to heal the wounds of our past, and to bring about true healing and reconciliation?

The tour itself came together through a process of building new relationships, a process which in and of itself contributes to healing and reconciliation. Members of the Presbyterian, United, Anglican and Roman Catholic Churches and Aboriginal organizations and communities worked in partnership, on both national and local committees, to organize the tour events.

The Moderator of the United Church of Canada, Right Rev. Dr. David Giuliano, said it's not just about remembering the children of residential schools, it is about remembering their children, their children's children, and our own children. "Remembering forward," as he put it. Healing and reconciliation is future-oriented. It's about breathing life into the dry bones of a broken relationship.

There will be opportunities to listen to each other when the Truth and Reconciliation Commission begins its work, and opportunities for churches and Aboriginal communities to work together. We will need to work hard at listening, be prepared to strain ourselves when the sounds of others' voices are difficult to hear, to allow their voices to touch us, right down to the core of our beings.



MARCH 18, 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. The following is a short summary of important information that emerged from the last Session meeting.

The Moderator, Will Ingram, led a discussion on St. Andrew's Fall Retreat. Nora Lever and Will are to be thanked for their work compiling the information gathered at the retreat. On the basis of input received from the congregation at the retreat, the Session made several decisions.

1. A committee has been struck to review the Session's committee structure.
2. A survey of youth and young families in the congregation will be undertaken to improve the Session's understanding of their needs and desires. This will inform the development of programming specific to them.
3. Working with the Board of Managers, consideration will be given to how to make the environment at St. Andrew's more supportive of families with young children.
4. Representatives from the Presbyterian Young Peoples Society and the Synod Camp Board will be invited to speak to the congregation.
5. A small group from Session will work with the Ministers to develop a way to identify and reach out to inactive members.
6. Members of St. Andrew's who work in the downtown area will be invited to work with the Session and the Ministers to find ways to raise the visibility of the Church among others who work downtown.
7. Leadership will be sought from amongst the congregation to establish a book club to provide another opportunity for fellowship, conversation and reflection on topics of interest.
8. The Session will review whether charges for educational and fellowship events are preventing people from participating, and find ways to ensure all those who wish to attend to such events are supported.

The Session and its Committees are grateful for the many thoughts and suggestions received during the Fall retreat. All of the information will continue to be studied as plans and programming are developed for St. Andrew's.

Finally, the Session took note that in accordance with the policy of The Presbyterian Church in Canada, St. Andrew's will need to review the Sexual Harassment and Abuse Policy sometime before the end of the year.

Lori Ransom
Clerk of Session

FOR A RIDE PROGRAMME

By Lorraine Agyemang

Dear Friends:

The "For A Ride" (FAR) programme started because one member of our church "spoke up". We are all glad that she did, because now those members who find it difficult to attend St. Andrew's due to transportation issues will soon have a means to hear the Word.

I was glad when they said to me, "Let us go to the house of the Lord." Psalm 122:1

This programme seeks to match those who are in need of a ride to go to church with members who drive to church and live in the same area. A few members have kindly volunteered to serve

others in this capacity. However, there still remains a need for more drivers to provide this service.

If you are interested, please contact me, Lorraine Agyemang, at 416-351-0415 or email me at sweet_lorraine@hotmail.com with the subject line noting "For a Ride Programme". Please be sure to mention what area you could possibly serve and your contact information.





NEWS FROM THE CHURCH SCHOOL

by Mary Maiden

Once again, the St. Andrews Church School was a beehive of activity over the last 4 months. We kept up with our regular lessons as well as participating in a great many "extra" activities like our bake sale, Palm Sunday and Consecration Sunday to name a few.

The primary class is having a wonderful time learning more stories from the Old Testament and reviewing the Easter Story. Our teachers have been very creative with activities: painting or singing or dancing to help them learn the story.

The junior class (Daniel, Evan, Owen and Adela) have also continued the stories in the Old Testament. The new curriculum has provided great handouts and worksheets to keep this clever group occupied.

The senior class is following the lectionary or joining the teen group in their discussions. They have also been reviewing the history of the Bible when there is time.

The teen class meets in the boardroom during the entire service so, although we don't see them, they continue to learn and participate.

The Klapman Family treated our students to a lesson on Passover this month, with a story and matzo and mortar mixture. What a great addition to our Old Testament lessons!

Our Valentine's Bake Sale was, yet again, a huge success raising \$600 for *Sleeping Children Around the World*. The church school was able to provide 20 bed kits for children in Africa.

The senior class is preparing their power point presentation to share with the students of the Cariboo Presbyterian House Church Mission. The presentation will show how our kids live in the big city and participate at church.

To compliment the presentation, the Church School is selling Fair Trade chocolate bars and hot chocolate. The profits will go towards buying books for the students in the BC community. Look out for this at the Bide-A-Wee.

Our main focus this year has been on PRAYER. We have discovered the many different ways to pray and what it means to pray. In our assembly we have "built" a "We are thankful for..." prayer and a "help us care for the earth by..." prayer. Each student is asked to add to the sentence and then we say the whole prayer together. We will continue to participate in different prayers every Assembly. The children are also learning *The Lord's Prayer* and its history and meaning.

How does all of this activity happen? The teachers and volunteers of the church school have been a source of great energy and inspiration to our students and each other. Two new teachers, Stewart Moracen and Irene Faiz have brought their own particular talents to the school this term and we have all benefited greatly. I would like to take this opportunity to thank them all for their enthusiasm and dedication. I would invite anyone interested in helping out to speak to any one of the teachers – we would appreciate your participation.





BOARDING HOMES MINISTRY

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

The wonder of the Boarding Homes Ministry is always present each time we visit. The men are always outside watching and waiting for our arrival, in order to welcome us.

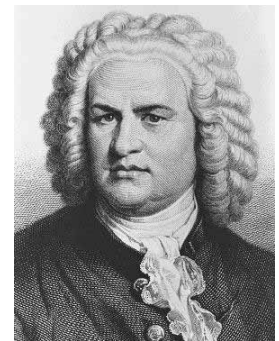
While we get ourselves settled in their dining room they wait with patience. As we sit around their table sharing food and pleasantries we are always made to feel at ease and comfortable. We are always asked if all is well with us. When Rodger Hunter is able to come, there is an even deeper awareness of being together in kindness and caring, not to mention perception and understanding.

Rodger has written a new teaching guide for his ministry. When the leading volunteer begins, the discussion can be centered around daily life, past events, special times in the church, specific Bible passages or specific questions with deep undertones such as "Where Does God Live?" The discussion between us all is gentle; and always with unexpected insight from the men. Before and after we talk, we sing, with or without music, in or out of tune, it does not matter. Everyone wants to sing. When it is time to leave we each are thanked for being able to come in a way that is real and truly caring. Each time we visit, all our lives come together and it is mainly because the people we visit receive and help us. For me and for all the volunteers it is wonder filled.

SPRING SUPPER SEMINARS

In April St. Andrew's hosted a very successful series of lectures by Dr. John Derksen of Knox College, *A Church Musician in Leipzig: The Music and Message of J.S. Bach*. Dr. Derksen illustrated his lectures with selections from the works of Bach and on the third evening treated his audience to a portion of a Bach Cantata on St. Andrew's organ.

The dinners were 'sold out' and many attended for the lectures only. If you were unable to attend one or more lectures, all three are available on CD's which you can order from the office. Call 416-593-5600 or email Judy Neal at info@standrewstoronto.org.



Left: St. Andrew's Director of Music, Dan Bickle and speaker Dr. John Derksen.

Right: It was standing room only for the very well-attended Bach seminars!

Photos: Judy Neal



NEWS FROM OUT OF THE COLD

STEVIE CAMERON RETIRING AS COORDINATOR



Since its inception 16 years ago, Stevie has been the co-ordinator of the Out of the Cold programme. As Cameron Brett said in part in his letter, read in church on Sunday, April 20, 2008, "You were one of the very first to step up to the plate when, 16 years ago, I invited St. Andrew's to consider such an outreach. You taught me that good food is even more important than good theology - or rather I should say, perhaps, that you can't have good theology without good food. Your commitment to treating the hungry and the homeless no differently than we ourselves would want to be treated has provided the defining characteristic of this programme. *Well done, thou good and faithful servant!*"

The good news is that while Stevie will not be in charge, she will be with us. She still plans to cook!



VOLUNTEER APPRECIATION SERVICE

A Volunteer Appreciation Service to honour the volunteers for the Out of the Cold programme was held on Sunday, April 20, 2008. Will Ingram paid tribute to all those who make this programme possible.

In an e-mail to volunteers, outgoing coordinator, Stevie Cameron, said: "I want to thank every single one of you for your time, hard work, friendship, kindness and devotion to the programme. Some of you came every week; some only came when you could. But for whatever time you gave, we are so grateful. You are an amazing crowd of volunteers - close to 200 of you altogether. A special thanks is due to Liz Hodgson and her group of women for putting on a fundraiser at Ritchies that raised over \$ 15,000. Thanks to this effort, we will start next year in good financial condition."



ST. ANDREW'S WELCOMES A NEW MEMBER

In the last issue of Catalyst, we introduced five of the six new members admitted to membership on Sunday, December 16, 2007. We are pleased now to introduce Richard Wallace.

RICHARD WALLACE

Richard joined St. Andrew's last year, by transfer from Richmond Hill, where his father ministered for twenty five years.

Richard is a graduate of the University of British Columbia, University of Toronto and Knox College, and spent his summers with the Naval Reserve. His interest in outreach grew during a placement year with the congregation at Victoria-Royce. His activities have included working with prisoners, street people, troubled teens and the mentally ill. Just after 9/11 he spent two years with CSIS in Toronto.

Recently Richard set up a Presbyterian Church in Canada website on Facebook, which presently has about 150 members.

As a downtown resident Richard is very aware of the need for church outreach in our area, and reminds us that we are the closest church to the Harbourfront area.

Welcome, Richard!



KNOX COLLEGE BESTOWS HONORARY DOCTORATE ON THE REV. LYNDA REID

Many in St. Andrew's congregation remember Lynda Hoffos Reid who served us for several years as Deaconess and Secretary under the leadership of the late Dr. Douglas Stewart.

Lynda was much loved in her work here with us as Deaconess and was ever helpful in her office duties. After leaving St. Andrew's, Lynda became a member of the Order of Diaconal Ministers and subsequently was ordained Minister of Word and Sacrament. She is now Education Consultant for the Synod and Synodical of Central, North-eastern Ontario and Bermuda.

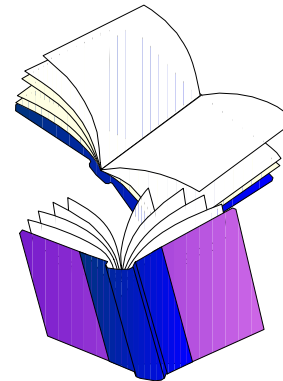
Her leadership is valued in her work with the World Council of Diakonia and she will be the Program Director for the next World Conference in 2009.

Lynda will receive her Honorary Doctorate at Convocation Hall at the University of Toronto on Wednesday, May 14, 2008 at 7:30 p.m.



ST. ANDREW'S CHURCH LIBRARY

By Elisabeth Paradis



Are you thinking ahead to the summer months and planning to do some reading during those long quiet evenings at the cottage?

Looking for something which will give you food for thought and guide you as you grow and mature in your faith? Or books to share with your children or grandchildren on rainy days?

You are sure to find an appropriate book in the church library. If you are looking for a specific book and cannot find it, please write the name of the book on the 'wish list' sheet posted in the library.

Or choose another book ...take a look at the selection on the tables in the hall while enjoying your tea or coffee after the Sunday morning church service, or visit the library in the boardroom to browse through the books, CDs and videos in the library.

To sign out a book, tape or CD, simply remove the card from the pocket inside the back cover, write your name and the date on it and leave the card in the small box on the top shelf.

2008 DOORS OPEN TORONTO*by David Wishart*

On Saturday, May 24, 2008, St. Andrew's Church will be a part of the 2008 *Doors Open Toronto* event, which offers people the opportunity to tour a number of famous—and infamous—Toronto landmarks and buildings. The theme for this year's event is *Sacred Spaces and Sacred Circles* and we are looking forward to the opportunity to show our sanctuary to many visitors.

We will need a number of volunteers to participate as hosts for those who will be visiting our church. We need people for three shifts: 9:30 a.m. to 12 noon, 12 noon to 2:30 p.m. and 2:30 to 5 p.m. There will be a meeting of volunteers before the event to review procedures.

If you would like to volunteer, please contact me at 416-922-6122 or the church office, 416-593-5600.

**MATTHEW RUTTAN
PREACHING FOR A CALL**

*by Will Ingram*

Our prayers and best wishes are extended to Matthew Ruttan, who recently preached for the call to become minister at Westminster Presbyterian Church, Barrie.

Matthew and his wife Laura Hudswell have been active and dedicated members of St. Andrew's for a number of years, and – though we will miss them deeply – we are all thrilled for them, and for the people of Westminster Church, who will be so enriched and blessed by Matthew and Laura's presence and ministry with them.

Matthew will be graduating from Knox College at Convocation Hall, University of Toronto, on Wednesday, May 14, 2008 at 7:30 p.m.

We will miss you Matthew and Laura!

JUNIOR CHOIR PERFORMS

Ruth Darling lead the junior choir on Sunday April 6, 2008, in a lovely rendition of *All Things Bright and Beautiful* to the delight of St. Andrew's congregation.

Members of the junior choir are Evan Phillips, Kate Ingram, Della Alderson, Magnus Hepburn, Adela Hepburn, Jessie Cooke, Daniel Klapman, Oliver Treen, Sarah Klapman and Owen Clute.

ST. ANDREW'S**WEEKLY EMAIL NEWSLETTER**

Our email newsletter is an excellent way to keep up to date on the activities of St. Andrew's Church during the week between Sunday services. Initiated in October, 2007, it has been a great success.

If you would like to receive it and are not yet on the list, please let Judy know. Also if you have any ideas for items you would like included, or events which have come to your attention, please call Will or Judy (416-593-5600) or send an email to info@standrewstoronto.org.

FROM THE TREASURER*by Marc Buist*

About a year ago the Board of Managers set up the Pre-Authorized Remittance Plan, known as PAR, for the convenience of those members who want to ensure regular payments of church contributions through pre-authorized withdrawals from their bank accounts. This plan has worked well and participation is

growing. If you want to make use of this convenient way to contribute, please contact me through St. Andrew's office, or our Church Manager, Doug Pearson, to get started.

A WORD OF THANKS

A heartfelt thanks for your thoughts and prayers concerning my dear granddaughter Shawna. Shawna is a university student and was driving home when she was involved in a terrible car accident last January. Several people have asked me how she is doing. She had numerous injuries and severe brain damage and slipped into a coma. Several operations had to be performed. Her body is starting to heal and she recognizes our voices by responding with hand squeezes, smiles and the occasional eyelid blink. She also hears the music they play for her. She receives excellent care and several treatments from numerous sources. We continue to lay her needs before God's throne of mercy and pray that the great Physician will heal her completely. The family is very grateful for the tremendous outpouring of support.

Marc Buist

**ST. ANDREW'S
AWARDS BURSARIES**

by Lenore Goodwin

St. Andrew's Bursary was established to commemorate the 175th Anniversary of St. Andrew's Church. It is available to students connected to St. Andrew's and enrolled in or embarking on a full or part-time course at a recognized college, university or trade school who have demonstrated participation in the life of St. Andrew's. This year's winners are Brian Birdsell, Levi Chikwendu and Matthew Ruttan.

(Cont'd on pg 10.)

Bursary Winners (Continued from page 9)

CONGRATULATIONS AND BEST WISHES TO ALL OF THE BURSARY RECIPIENTS—WITH THANKS FOR THEIR CONTRIBUTIONS TO THE LIFE OF ST. ANDREW'S!



BRIAN BIRDSELL is well known to St. Andrew's as an elder, a teacher in the Church School, and a participant in adult Bible studies and the supper seminars. He is also a member of the Christian Education Committee. Brian's association with the 48th Highlanders introduced him to St. Andrew's. As a professional musician himself, he was, in his words, "greatly touched" by the music at St. Andrew's. He and his wife, Sarah, he says, "found a church home that provided the sound biblical ideals we believe in and an opportunity to participate in sharing those beliefs."

Brian and Sarah have two children, a son Andrew who is a Church School student, and seven-month-old daughter, Erin, who attends the Nursery, where Sarah helps out. You might have recognized Brian, Sarah and baby Erin in the recent Christmas Pageant where they portrayed Joseph, Mary and Jesus.

Brian is enrolled at Knox College, pursuing his masters in Religious Education—a degree for those who wish to acquire knowledge and skills for ministry with adults, youth and children. His educational intent is to use his degree from Knox College to enhance his teaching abilities both at St. Andrew's as well as his vocation as a teacher in a Christian high school. His long-term plan is to pursue a Master of Education degree at the University of Toronto as well as an ARCT from the Royal Conservatory of Music. **CONTRATULATIONS, BRIAN!**

LEVI CHIKWENDU came to Toronto in 2007 from a village in the State of Lagos, Nigeria, where he attended **St.**



Andrew's Church. While residing in a hotel on King Street here in Toronto, he noticed and was drawn to **our** St. Andrew's, whose services he began to attend. Impressed and grateful for the friendly welcome from everyone, he quickly made this his church home, and immediately entered into the life of St. Andrew's by devoting his time and energy to helping to paint the Church School classrooms last summer as well as helping with the Out of the Cold program.

Levi has completed a Career Directions and Computer Literacy program at the Fred Victor Centre, and as part of the same program, is currently enrolled in the Computer Skills and Applications program at George Brown College, where he is receiving excellent grades. He is also enrolled in an Industrial Skills and Logistics program at George Brown College. Levi hopes eventually to secure a position with the Canadian Transport Industry.

Levi also hopes to bring his family from Nigeria to Toronto—his wife, Chinyere, three daughters: Adaeze, Ijeoma and Akuyoma, and a son, Charles. We wish you success, Levi! **CONGRATULATIONS!**



MATTHEW RUTTAN is also a familiar presence at St. Andrew's. Matthew has preached from our pulpit, presided over a forum in the boardroom following a Sunday service, participated as a visitor in the Boarding Homes Ministry, served on the search committee whose efforts resulted in the call to our new Senior Minister, and helps with the Tuesday morning Out of the Cold breakfasts. As well, he and his wife, Laura, lead the *Wines, Cheeses and Jesus* adult group within the congregation whose program combines Bible study with a varied and stimulating program of events and activities. At the same time, Matthew continues with his studies at Knox College (ten courses this year) leading to a Master of Divinity degree and eventually ordained ministry in the Presbyterian Church in Canada.

St. Andrew's is Matthew's sponsoring congregation throughout his certification process, having recommended and approved him as a candidate for ministry in 2005.

St. Andrew's has been Matthew's and Laura's home congregation since 2001. Matthew says that "St. Andrew's has nurtured [their] faith and discipleship and [that they] are enthusiastic about its present and future ministry." **CONGRATULATIONS, MATTHEW!**

HEALTH CABINET - PARISH NURSING

Pandemic Flu 101

by Maureen McNeish

The *Ottawa Citizen* reported recently that *Environics Research Group* surveyed 4,463 Canadians on their knowledge of the pandemic. Only 14% of Canadian's understand the pandemic flu will involve a new strain of virus for which there is no vaccine. This low percentage suggests most Canadians lack a basic understanding of the differences between seasonal flu and the pandemic. It is important to become familiar with this information, as health experts, including the World Health Organization, are communicating that it is certain the pandemic *will* occur; what we do not know is *when* it will happen.



Pandemic flu occurs when several things happen simultaneously:

- A new flu virus occurs. It is a virus that has not been seen before.
- The new virus transmits easily from one person to another person.
- This new virus causes serious illness and death.
- The population has either minimal immunity or none at all.

Influenza or flu as we know it, is different from the pandemic.

- It is a common respiratory infection, which circulates on a seasonal basis. It may affect between 10 and 20 % of the population each season.
- Different strains of seasonal flu emerge frequently and continuously.
- Death from flu can and does occur, but most people recover from it.

Good health habits, which enhance the immune system, are worth adopting. Do not overlook the importance of practicing effective hand washing habits. This will help reduce the transmission of any virus. Speak to the parish nurse for more information on the pandemic, or for suggested web sites with relevant information. Be a partner in

MILEPOSTS

Peter Gooderham died on February 4, 2008 in Toronto. Peter was a long time member of St. Andrew's Church. He is survived by three children and four grandchildren.

Graham Stout, husband of Kristen and son-in-law of Nancy Mathewson, died suddenly on February 22, 2008 at the age of 38. He is also survived by his mother, sister and many family members.

WEDDINGS

Congratulations to two couples who were married in St. Andrew's Church - **Christopher Syme** and **Melissa Greiner** on January 26, 2008, and **Ashley Caldwell** and **Christopher Llewellyn** on February 9, 2008.

BIRTH

Susan and Paul Graham are the delighted parents of a baby boy, **Samuel Timothy**, born on March 15, 2008 in Vancouver and weighing 8 lb. 15 oz. **Sam** is the sixth grandchild for **Pat** and **Eric Reynolds**.

OTHER NEWS

Marc Buist has been named by the Session as the designated elder/commissioner to the 133rd General Assembly being held in Ottawa beginning June 1, 2008.

Rick Fee, well known and loved by the people of St. Andrew's, is recovering well after heart surgery on April 16, 2008. Rick is general secretary of the Life and Mission Agency of the Presbyterian Church in Canada. We offer our prayers for a speedy recovery for Rick.

DAVID CAMERON TO SPEAK AT SUNDAY FORUM

David Cameron, member and elder of St. Andrew's Church, will be the speaker at the Sunday Forum on Sunday, May 25, 2008 to be held in the Boardroom at 12 noon.



David is Chairman of the Political Science Department at the University of Toronto and a much sought after consultant on constitutional matters and federal government systems for emerging democracies. He has travelled widely, most recently in Israel, Sri Lanka and Iraq. In Israel he is working on a plan for the city of Jerusalem with Michael Bell and John de Chastelain.

Plan to attend this forum - you will find it very interesting and rewarding.

CALENDAR OF EVENTS

Morning Worship: Pentecost Sunday, Christian Family Day and Holy Communion Church School Spring Open House	Sunday, May 11 at 10:30 a.m. Following worship	Church Sanctuary Great Hall
Session Meeting	Tuesday, May 20 at 7:00 p.m.	Boardroom - Refreshments at 6:30 p.m.
SAGA Meeting	Friday, May 23 at 7:00 p.m.	Great Hall - Pot Luck supper at 6 p.m.
Doors Open Toronto	Saturday, May 24th 10:00 a.m. to 5:00 p.m.	Church Sanctuary
Morning Worship Sunday Forum	Sunday, May 25 at 10:30 a.m. 12 Noon	Church Sanctuary Boardroom - David Cameron
Board of Managers Meeting	Wednesday, May 28 at 6:00 p.m.	Boardroom
Morning Worship - 48 th Highlanders	Sunday, June 1 at 10:30 a.m.	Church Sanctuary
Morning Worship - Sacrament of Bap- tism Church School Recognition Sunday, Church School closes for the summer, Church School Picnic	Sunday, June 15 at 10:30 a.m.	Church Sanctuary Church Sanctuary Church School Bev & Jack Reynolds' home
Session Meeting	Tuesday, June 17 at 7:00 p.m.	Boardroom - Refreshments at 6:30 p.m.
Church School Summer Programme	Sunday, June 22 to Sun., Sept. 7	Church School
Board of Managers Meeting	Wednesday, June 25 at 6:00 p.m.	Boardroom
SAGA Meeting	Friday, June 27 at 7:00 p.m.	Great Hall - Pot Luck supper at 6 p.m.
SAGA Meeting	Saturday, July 19, at 7:00 p.m.	Great Hall - Pot Luck supper at 6 p.m.
SAGA Meeting	Saturday, August 16, at 7:00 p.m.	Great Hall - Pot Luck supper at 6 p.m.
Morning Worship Catalyst Autumn Issue - deadline	Sunday, September 7 at 10:30 a.m.	Church Sanctuary Church office or Pat Reynolds
Morning Worship Church School opens	Sunday, Sept. 14 at 10:30 a.m.	Church Sanctuary Church School
Morning Worship Congregational Barbeque	Sunday Sept. 21 at 10:30 a.m. Following Worship	Church Sanctuary Simcoe Street Patio
Board of Managers Meeting	Wednesday, Sept. 24 at 6:00 p.m.	Boardroom
SAGA Meeting	Friday, Sept. 26 at 7:00 p.m.	Great Hall - Pot Luck supper at 6 p.m.