



CATALYST

Advent & Christmas, 2009

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 heart of Toronto.

Keeping the Adventure of Advent

At this time of year, someone will inevitably remind us that we need to “keep the Christ in Christmas” – which is a good reminder in the midst of all of the busyness and commercialism of the coming weeks. However, this call to remember the true focus of Christmas can be equally true in relation to the season of Advent.

The word “Advent” means “coming” or “arrival”. As such, the season of Advent offers a time to prepare for the remembrance and celebration of the coming of Christ over two thousand years ago; but it is also intended to serve as a time of preparation, anticipation and hope about Christ's return. Advent, therefore, invites us both to look to the past and to the future, and in so doing to ponder the call to live in a spirit of remembrance and of expectation.

Throughout this Advent journey, the weekly readings that are suggested for our worship services, and for our own private readings, draw our attention to many diverse dimensions of life and faith. We are invited to read words of dire prophetic warnings of the coming of God's judgement upon injustice and violence; to ponder predictions of apocalyptic calamities; to catch a vision of a time of peace and harmony; to embrace a spirit of repentance and humility; and to prepare our hearts, minds and spirits for the coming of Christ. These readings, as well as the songs and reflections that we are invited to share over the coming weeks, will touch on themes of hope, expectation, fear, love, judgement, faith, despair and anticipation.

The events in our congregation, over the coming weeks, will mirror many of these diverse spiritual themes. We will join together in our second “Jazz Vespers” service with a focus on the music and message of hope; we will see joy reflected in the

faces of the children and young people as they offer the annual Christmas pageant; we will sit in wonder at the beautiful music of our gifted choir; we will be blessed by presentations from three gifted speakers on the theme of “Peace on Earth” during the Wednesday noon-time meditations; we will join together in a service of “Special Christmas Remembrance” in honour of those who find the holidays difficult to face, and particularly for those who have lost loved ones; we will sing joyful Christmas Carols and join together for the Sacraments of Baptism and Communion; we will offer food and companionship to the many whose lives are touched and enriched by the ‘Out of the Cold’ programme and the Boarding Homes Ministries. In sadness and in celebration, in traditional carols and in new forms of music, in service and in study, it is our hope that you will make it a priority to participate in these many activities, and that you will find them to be an enriching and illuminating way to celebrate this spiritual adventure that is the Season of Advent.



And then, a few weeks from now, this Advent season will lead us, once again, to focus our attention on the most unlikely of places – on a tiny manger in an ancient peasant village. As we do so, we will once again sit in peaceful wonder, at the end of this diverse Advent adventure, as we ponder the fact that – “the hopes and fears of all the years are met in thee tonight.”

Will



The Importance of Feedback

One of our ministers, who at the time was serving in one of our city congregations, got up enough nerve to ask a parishioner a question. Of all the people, he picked a psychiatrist. His question to him was – How would you rate my Sunday messages? Do people in the pews understand what I am talking about? Am I successful in communicating the Good News to those who have come to worship? I must give him credit for checking out how people feel about his messages and how they receive them.

This is what the psychiatrist said to him – “You are scratching where people are not itching!” By this time he was probably wishing that he had never raised the question.

Personally, I think it is imperative to canvass people from time to time, if only to determine where they are. What are their concerns? What are their questions? What are their needs? Otherwise, we’ll end up scratching where people are not itching, and you know how frustrating this can be.

Last spring we gave people an opportunity to evaluate our educational programs and offer suggestions for future topics. More than once a number of the respondents expressed an interest in the Muslim religion. A close second was the desire to learn more about our own faith.

“Islam and Present Day Considerations” was the theme of our Fall Supper Seminars. A capacity crowd turned out each Wednesday night in our Great Hall for the lectures and discussions. Obviously there was a need for this topic.

For this year’s annual congregational retreat, we invited Dr. Clyde Ervine to explore “*The Presbyterian Tradition*”: *Why and what Presbyterian Congregations sing; The importance of preaching; Why Presbyterians care so much about written Confessions of Faith.* By the time this Catalyst is out, the Retreat will have taken place. I trust that many of you have taken advantage of this offering.

We encourage you to give us your feedback. and we’ll try to do our best to incorporate your suggestions in future programs. This way “*we shall become mature people, reaching to the very height of Christ’s full stature.*” [Ephesians 4:13].

Sincerely

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 February issue and the deadline for submitting articles is Sunday, January 10, 2010. If possible, articles should be submitted by email to both editors in Microsoft Word format.

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Rev. Rodger Hunter, Minister in Association

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Rev. Dr. Iain Nicol, Minister in Association

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Dear Friends:

I welcome you to another Season of Advent!

During this Holy Season, we are celebrating the birth of the Prince of Peace. Our prayer is that you will take advantage of this opportunity to explore that various avenues of peace that are open to you during this joyful time.

What kind of peace is needed? How can we experience this peace in our lives? How can we share that peace that passes all understanding with those around us?

We have invited three leaders in our community to explore this all important subject and help us to do some reflecting on it.

2009 Advent Meditations

Wednesday, December 2, 2009

Peace is Desired

The Rev. A. Harvey Self,
Moderator of the 135th General Assembly
The Presbyterian Church in Canada

Wednesday, December 9, 2009

Peace is Needed

The Rev. Dr. Anne Simmonds,
Adjunct Faculty at Emmanuel College

Wednesday, December 16, 2009

Peace is Offered

The Rev. Dr. Malcolm Sinclair,
Metropolitan United Church, Toronto

We encourage you to set aside these dates, plan to attend and why not invite someone to come with you.

Grace and Peace to you!

Associate Minister for Adult Ministries

12 Noon: Organ Recital

12:15 Meditation

12:45 Sandwiches



St. Andrew's

180th Anniversary Dinner

Saturday, March 6, 2010

A banquet will be held at the Delta Chelsea Hotel

Further details will follow

Our guest speaker will be the Rev. Dr. Cameron Brett



Please plan to celebrate with us!

St. Andrew's Photo Album

As part of our 180th Anniversary celebrations, St. Andrew's is producing a congregational photo album that will help us better acquaint ourselves with one another and strengthen the bonds of community within our congregation. The photo album will be a wonderful and historic way to celebrate our life together as a community of faith at St. Andrew's.

A small group of St. Andrew's members are hard at work. Our tables are covered with colourful pictures of diligent volunteers: Out of the Cold; St. Andrew's Book Club; Wine, Cheeses and Jesus; our wonderful choir; and members of the Session – just to name a few. How can we narrow down the selection of all these terrific activities?

Photographs of individuals and families were taken during sittings at the church from November 19th to November 22nd. Meanwhile, we are making every effort to ensure that any who couldn't make it to the church because of ill health or other reasons are included in the collection too. Give us a call to help us arrange for any missed photo. *(See our phone numbers below.)*

We are working toward the deadline of our March weekend celebration of the 180th Anniversary. We think it will be a splendid booklet to add to the festivities.

Cynthia Humphries 416-762-2085
 Karen Ingram 416-769-1330
 Nora Lever 416-922-2756

Nancy Mathewson 416-298-1650
 Rosemary Riley 416-461-5208



Join us for the second "Jazz Vespers" service at St. Andrew's, which will be held on Sunday, November 29 at 4:30 pm. A freewill offering will be taken to support the life and work of St. Andrew's.

As well as participation from the ministers and members of St. Andrew's Church, this concert will feature an all-star group of Canadian jazz stars including vocalist **Julie Michels**, bassist **Jack Zorawski**, and percussionist **Glenn Anderson** under the direction of pianist **Jordan Klapman** at the helm of a spectacular new 9' 2" concert grand Schimmel, provided courtesy of Robert Lowrey's Piano Experts.



A Moveable Feast Silent Auction in Support of Out of the Cold

On Tuesday, December 8, 2009 from 7-10 pm, we will be celebrating the third annual "A Moveable Feast" fundraiser and silent auction in support of the "Out of the Cold" programme at St. Andrew's Church. It promises to be another great event, and you are welcome to come! More details can be found below.

SUPPORTING OUT OF THE COLD **DRINKS & ENTERTAINMENT** **SUPPORTING OUT OF THE COLD**

SILENT AUCTION **HOUS D'OEUVRES**

A MOVEABLE FEAST

Please join us for an evening of winter-warming cocktails, food from the city's top gastronomes, entertainment, and a silent auction spilling over with just-in-time for Christmas bargains.

WHEN: DEC 8 7-10PM **WHERE:** THE RICHMOND 477 RICHMOND ST W SUITE 104 **TICKETS:** \$50 **RSVP:** AMOVEABLEFEAST08@GMAIL.COM

BUY TICKETS / DONATE
PayPal

YOUR HOSTS:

CRYSTAL ASHER	TASSIE CAMERON	CATHIE JAMES	SAMANTHA LINTON	JUDY NEAL
NICOLE BERGOT	LEIGH GRAVENOR	GRAZYNA KRUPER	BARB MARGETTS	MARGARET SIMS
STEVIE CAMERON	MICHELLE GUERRERO	LIZA LAWSON	SHANNON MCKINNON	VICTORIA TAYLOR
				JOANNE WINKELAAR

PROCEEDS FROM A MOVEABLE FEAST GO TOWARDS BUYING FOOD FOR THE OUT OF THE COLD PROGRAM AT ST. ANDREW'S CHURCH. LAST YEAR THE PROGRAM SERVED OVER 10,000 HOT MEALS TO THOSE IN NEED.



St. Andrew's Welcomes New Members



Heather and Darren Richardson

by Nora Lever

In 2007, Darren came to Canada from his native Australia to set up the Toronto branch of Canadian Forex, an Australian owned foreign exchange firm. The move was intended to be a one year posting....but he met Heather! Heather grew up in Oakville. After attending York University, she joined the Bank of Montreal in 2008 where she is a Business Analyst. Since they were working and living in the downtown core, Darren and Heather decided to marry in a Church that was close at hand, and their search started and finished at St. Andrew's.

After hearing one of Will's sermons, Darren and Heather decided to make St. Andrew's their Church to develop their faith and celebrate their Wedding ceremony. Heather and Darren were married in St. Andrew's on Sept. 19th, 2009. Darren and Heather will be volunteering in the Out of the Cold Program this winter. Welcome to St. Andrew's, Darren & Heather!



Deborah Loo

by Deborah Loo

I visited St. Andrew's Church as a result of the recommendation of a professor at Knox College. It turned out to be the church that I was looking for, so I stayed. My first involvement at the church was to help run Coffee Hour once a month after service for a few months before I took on the responsibility of co-teaching the senior class of Sunday school.

Currently, I am in my second year of the Master of Divinity program at Knox College. My previous experience at other churches included leading small (cell) groups, being a mentor/disciple to other participants, and taking part in outreach ministries in Toronto and Ottawa. I led small groups and Bible studies at both the People's Church and the Malaysian-Singaporean Bible Church. I was the prayer co-coordinator and assisted with the Alpha program at the People's Church, and I did street evangelism with the Open Air Campaigner at the Metropolitan Bible Church in Ottawa. My passion is evangelism, church growth and the Word of God!



Paul Cantlie

by Marc Buist

It gives us great pleasure to welcome Paul officially to the St. Andrew's Congregation. Paul is no stranger to most of us. We see him sitting proudly beside his father, Dr. George Cantlie, elder of this Congregation. On Sunday morning, his friendly hello and bright smile are so uplifting and warm us all. Paul was born in Montreal, the second of three children. He attended Special Education primary school there, and went on to a Special Education boarding school in New York State, where he achieved significant personal growth. By this time, his family had moved to Victoria, B.C. and Paul attended vocational school there, receiving primary training in two trades, food preparation and auto body repair.

On arrival in Toronto with his father in 1990, Paul was fortunate to be accepted into the REENA organization for the developmentally handicapped, where he has lived in a supervised, independent living group home for over 15 years. Paul works daily in a commercially viable sheltered workshop assembling electrical equipment.

We know Paul as a naturally cheerful, gregarious and spiritual person. He loves reading (especially the Harry Potter series), watching movies and playing video games. We can always hear him when we pray the Lord's Prayer and recite the Apostle's Creed. It comes straight from the heart!

Keep smiling Paul! You are a blessing to all of us!

A Session Minute

by Lori Ransom, Clerk of Session



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 an important issue the Session has been considering in its recent meetings.

At its September meeting, the Session discussed two new items which reflect our desire to emphasize the development of new strategies for bringing the mission and ministry of our church to the attention of our community.

For about as long as I can remember, and I have been a member now for 19 years, people at St. Andrew's have dreamed about having better signage outside the church. Many have also suggested attention needs to be paid to what is communicated about our community of faith when people first enter the building, in the narthex. The Session agreed to a proposal from the Ministry of Communications to work with the Board of Managers to develop a suitable plan for improvements in this regard.

Recent concerts at St. Andrew's and the new Jazz Vespers services have demonstrated the opportunities available to St. Andrew's to present new and attractive programming. We know as well that some concert presenters have looked at St. Andrew's as a venue but have opted not to hold events in our sanctuary because we cannot make available to them a concert quality grand piano. The Ministry of Music sought and received approval to explore with the Ministry of Stewardship and Finance a plan to raise funds for purchase of an appropriate concert instrument.

It is exciting that we at St. Andrew's have the capacity to consider such enhancements to our ministry. At the same time, we are mindful that both of these projects involve new expenditures, at a time when there is continuing pressure on our regular operating budget, not to mention the demands of keeping up our beautiful but historic building.

How are we called to share the giftedness of our community as widely as possible with those around us? In what ways are we called to attend to the ongoing health of our community of faith at St. Andrew's? These questions are a blessing in an age when across the country churches are closing, where others can only support ministers half-time or on minimum stipends, and when the national church's budget will have to be reduced by \$1 million over the next four years as *Presbyterians Sharing . . .* revenues decline. The people of St. Andrew's are challenged to be faithful stewards of our resources, to collectively discern how best to use them in God's service. The Session covets the wisdom of the people of our community and prayerful consideration of these matters as we move towards our next congregational meeting in 2010.

Task Force for gathering information regarding congregants' interests and skills

Session has agreed that it would be useful to give members of St. Andrew's community the opportunity to choose the sorts of activities they would like to support. This would be a good way for all of us to think carefully about how we might serve our church. At the same time, it would provide important information to mission leaders and organizers who seek help with their projects.

A small task force of St. Andrew's members have begun to work on this project. They are considering how we can best communicate with everyone, what sorts of information will be useful, how we might put this information together in a useful format, and how to make it accessible to church leaders.

If you have any suggestions, please call Nora Lever (416-922-2756).

Outreach at St. Andrew's

For over 175 years, St. Andrew's Church has been involved in the mission and ministry of the church in downtown Toronto. Today, there are a number of worthy projects and organizations that St. Andrew's supports -- with gifts of time, energy, voluntary leadership and financial contributions.

Presbyterian World Service & Development

by Zuzka Tatierysky, Communications Assistant, PWS&D

Presbyterian World Service & Development is the development and relief agency of The Presbyterian Church in Canada. Through PWS&D, Canadian Presbyterians participate in the mission of Christ by working with partners around the world to support people affected by poverty, injustice, disease and disaster.

For more than 60 years, PWS&D has been working to make positive changes in our global village.

- Communities are learning how to grow new crops and increase yields for more nutrition and food.
- Women are being empowered to start small businesses and improve their families' livelihoods.
- Vulnerable children are receiving an education.
- People living with and affected by HIV and AIDS are being cared for and supported.
- Communities are accessing clean water through programs that dig wells and teach proper sanitation.
- Refugees to Canada are rebuilding their lives through support from Canadian congregations.
- Families are overcoming natural disasters and emergencies through relief efforts that meet both physical and emotional needs.



PWS&D is governed by a committee of dedicated ministers and lay leaders from across Canada, and partner representatives from overseas. Detailed policies and reporting procedures govern our work to ensure accountability, transparency and sustainability.

PWS&D receives support from the Canadian International Development Agency (CIDA) to help donations go a long way. PWS&D does not receive funding from *Presbyterians Sharing* but instead relies on designated contributions from individuals and congregations.

For more information, visit www.presbyterian.ca/pwsd or call PWS&D at 1-800-619-7301 ext. 291.

Photo courtesy of PWS&D of Farmers in Guatemala

Boarding Homes Ministry

by Phyllis Matheson



Our team's ministry with the inhabitants of 42 Harvard Street will be celebrating its 11th Anniversary at the end of November. Each team member continues to be blessed by the relationships that we have nurtured with the residents of that home.

This past summer, we were saddened by the death of one of our friends. M. was consistently present during our bi-weekly, Wednesday evening visits. Several years ago, Elisabeth noticed that M. would be humming along during our singing times, but he was not singing the words. She loaned him her reading glasses! Later, M. acquired glasses of his own, and readily joined in and chose his favourite pieces from our song book. He rarely made a spontaneous contribution to our discussions, but always had a response when asked directly. We noticed that he was failing physically, but we were shocked that his death came so soon. M. was a gentle, kind man. We talk about him sometimes now since we continue to miss his presence among us.

In his book *A New Earth*, Eckhart Tolle wrote: "Being present is always infinitely more powerful than anything we could say or do, although sometimes being present can give rise to words or actions." Our role at that home is to reach out, to sit and listen and to be a friend.

News from Knox College

by Nancy Mathewson

Knox College will be holding the Annual Advent Service on Wednesday, December 2nd at 7:30 p.m. in the chapel.

This year, as a special treat, there will be a Reunion Choir participating. If you ever sang with the Knox Choir and would like to join this special event, please contact Knox for more information.

Knox College is located at 59 St. George Street in the University of Toronto campus.

For information on any and all of these events, go to the Knox web site www.utoronto.ca/knox or call 416-978-4500.



Health Cabinet

by Sally Martin



October has been a busy month for the Health Cabinet. October 18th was St. Luke Sunday and the Health Cabinet participated as Maggie Kong read the scripture, Sue Goodwin was the greeting Elder and all members of the Health Cabinet were available during Bide-a-Wee, contributing goodies, serving tea and coffee, and joining in conversation.

On Friday, October the 23rd. Richard Isaac and Sally Martin were the speakers at the SAGA meeting. Following a lovely pot-luck-supper Richard spoke about what is available in the Health Care System and tried to demystify some of the confusion around different levels of institutions and what services are available.

Sally spoke about the experience she had on the Steering Committee that City of Toronto Long-Term Care formed to create "a gay positive environment" in their facilities.

Sally was Director of Nursing at Fudger House, Home for the Aged at the time the committee was struck two years ago. Fudger House is located in the Heart of the Gay Village so they lead the way. Working committees were set-up to look at

- Welcoming Environment
- Governance and Administration
- Leisure Activities & Social Programs
- Resident Care and Care Planning
- Human Resources, Staff Education & Volunteers
- Community Engagement

Sally chaired the committee on Resident Care which produced a LGBT Tool Kit (the how-to book) that can be shared with other Long-Term facilities to help them on the journey to creating Lesbian, Gay, Bisexual and Transgendered Culturally Competent Care for seniors.

On the following Sunday, October 25th, the play *I'm Still Here* was performed after the Church Service. This play presented research findings from 5 studies with persons living with Alzheimer's disease or dementia and findings from one study on loss for daughters with mothers diagnosed with AD. The research was conducted by Drs Christine Jonas-Simpson DON Research at Sunnybrook and Women's College and Dr. Gail Mitchell Assoc. Prof. School of Nursing at York University.

We heard in the play the actual words from the research participants as they described experiences of quality of life and loss. The intent of the drama was to help others understand the experience of living with and caring for those with dementia and by so doing diminish unnecessary suffering for persons and families living with dementia, especially suffering resulting from misunderstanding, fear and stigma. It hit a chord with many in the audience who have had a personal experience with family or friends being affected. The play was a good follow-up to the forum presentation in June from the Alzheimer's Association.

We are without a Parish Nurse at present but if there are any topics you are interested in hearing more about please contact one of the members of the Health Cabinet: Susan Goodwin and Sally Martin, Co-Chairs; Richard Isaac, Robert Sheng, Maggie Kong, Deb Baird, Grant Farrow, Sandy Macpherson, Phyllis Matheson, George Vais, Mary Ruth.

Presbyterians Sharing: Offering Hope in the Inner-city

by Karen Plater, Associate Secretary, Stewardship & Education for Mission

Presbyterians Sharing is the national church fund of The Presbyterian Church in Canada which supports the mission and ministries we do together in Canada and around the world. Your gifts to *Presbyterians Sharing* are helping to meet the spiritual and physical needs of families in downtown Hamilton by supporting St. David's Inner City Outreach Ministry.

It's a beautiful fall evening in Hamilton, Ontario. The bright red door at St. David's Presbyterian Church beckons cheerfully. Inside, there is a flurry of activity as Carole and Don MacVicar of St. David's Inner City Outreach Ministry prepare for the evening's Discovery Club. It's half an hour before the program begins, but already there are two young boys knocking at the door, wondering if the pizza has arrived yet for supper. For some of the children who come to the club, it will be their first meal of the day.

St. David's inner city ministry's weekly programs reach out to children, youth and families in need in Hamilton's downtown core. Its Discovery Club offers children between the ages of 6-13 a wide variety of new experiences, including singing, cooking, drama, crafts and exposure to guest speakers. Each summer through the help of area Presbyterian Churches, businesses and individuals, they help send between 120-150 children to Christian camps. They also run spring and summer vacation Bible school, an Annual Community Christmas dinner, clothing and furniture giveaways.

This area of Hamilton is bleak. There are no grocery stores. There are no banks. No schools. Many of the families here do not have a car. There is drug abuse and alcoholism, prostitution, gangs, violence. St. David's inner city ministry provides local children with hope for a better future. It offers a safe space where kids can feel like they are part of a community, share a meal together, and find people who will listen to them and treat them as equals. It also provides an alternative to negative influences in the neighbourhood.

Don MacVicar says, "If we weren't here, if the church wasn't here, these kids would have no lives. There would be no hope for them." Carole adds, "It's good for people to know that their givings are going to something that's really worthwhile, and making a life-changing difference in kids' and their families' lives. We appreciate that so much."



News From Evangel Hall Mission

by Kristen Stout



Evangel Hall Mission (ehm) is hard at work planning the second annual Compassionate Hearts Gala to benefit the health and dental clinic. Tickets will be on sale soon for \$150/person, a portion of which qualifies for a tax-receipt. The Gala will be held in the Imperial Room of The Royal York Hotel on February 6, 2010.

ehm is also looking to purchase new tables for our drop-in area. The tables will allow for more people to enjoy a cup of coffee, a meal, or fellowship time. The current tables are square and do not have folding legs. The new tables are round so we can seat 6 at each. Any help towards our new tables is gratefully appreciated.

Once again, ehm is open on Tuesday and Wednesday nights for Out of the Cold. From November to March our drop-in centre is transformed into a living room with low lights, comfortable mattresses and warm blankets. We are, however, struggling to provide meals for our guests. We need enthusiastic volunteers who can prepare meals in their own community and then deliver them to ehm on Tuesday or Wednesday evening. If cooking is not your cup of tea, a donation of \$350 will purchase dinner and breakfast for one session of the program.

For more information please visit www.evangelhall.ca or contact Paula Aceto at 416-504-3563 x 231

Introducing Portland Place

by David Wishart

Portland Place is a non-profit housing corporation and a mission of the Presbyterian Church in Canada. It was developed as a sister mission of Evangel Hall. When it opened its doors in 1991 at the corner of Portland Street and Richmond Street West, it was the fulfilment of the vision of the members of the Evangel Hall Board of Directors in the 1980s to create a home for people with mental or physical challenges for whom finding and keeping appropriate housing is extremely difficult.



Portland Place has 46 apartments--two-thirds bachelor, the rest one or two bedroom units – in which are housed men and women and families who pay rent geared to their income level. They are welcomed into a community that offers in-house supports to enable them to stabilize their lives. They learn that they are honoured and valued. More than just housing they find a long-term home. They get to know and enjoy each other at weekly community meals, movies and seasonal social events. Life skills such as budgeting, shopping, laundry and cooking are learned in one on one sessions or in small groups. Some of the most moving events are the memorial services when the tenants share their memories of a neighbour who will be profoundly missed.

The construction of Portland Place was financed by a mortgage being paid off by grants from the Government of Ontario. As a result of “downloading “ several years ago this funding now comes from the City of Toronto as does an operating subsidy which covers the housing costs. Portland Place also receives a city grant which covers a portion of the cost of support programs. For the balance Portland Place depends on donations from congregations, individuals and corporations.

The Board of Directors of Portland Place consists of nine members, three of whom are tenants elected by the tenants and six are nominated by the Presbytery of East Toronto of the Presbyterian Church in Canada. Over the years the Board has included members of St. Andrew’s Church. Stevie Cameron is a current board member and David Wishart has been the Treasurer for the past eight years. The Reverend Will Ingram is a former board member as is David Cameron who is also a past President.

Portland Place recently held a highly successful silent auction on November 19th.

Those who wish to contribute or seek further information should contact the General Manager of Portland Place, Norma McLure, by phone 416-703-0652 or e-mail portlandplace@bellnet.ca.

Out of the Cold Sunday Crew Hard at Work



People of all ages help prepare the large quantity of vegetables needed for Monday’s dinner.

St. Andrew's Book Club

by Kristen Stout



On Thursday, September 24, the St. Andrew's Literary Society met to discuss *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrow. The book is written as letters between Juliet, a former correspondent for one of the London papers during WWII, and various other people both on the island of Guernsey and in England. The correspondence between Juliet and the people of Guernsey begins because one of her old books somehow made its way into the hands of a Guernsey man who writes to her (thanks to the address in the book) to ask for any other books by the same author.

Most of us were able to suspend our disbelief on a few of the more obviously contrived parts of the book and rather enjoyed it. We appreciated the lightness of a very heavy subject (the occupation of Guernsey by the Germans) and were swept up by the story of one woman's journey to figure out what she wanted to do after the war.

Discussion ranged from whether having two authors made a difference (not much that we could tell) to the validity of mentioning the trials at Nuremburg (held in Nuremburg, Germany from November 21, 1945 to October 1, 1946).

Our next book is Joseph Boyden's *Through Black Spruce*, to be discussed Thursday, December 3 at 7 PM. We'd love to have you join us!

St. Andrew's Church Library

by Elizabeth Paradis



Ever since Jesus came to this world to be with us and for us we have felt moved and compelled to deepen our understanding of His life and being. Throughout history, a number of those who struggled with faith and whose eyes were opened through grace put pen to paper to share their thoughts, doubts, challenges and conclusions with us.

Two such, centuries apart, are St. Augustine and C. S. Lewis. Take the time to read one or more of their books over the next few months, think about what they came to believe, determine where you agree or disagree with them and through it all allow the Holy Spirit to work in your mind and heart.

Books by C. S. Lewis available in the library include: *Christian Reflections*, *The Great Divorce*, *Mere Christianity*, *Miracles*, *The Problem of Pain* and *The Weight of Glory*.

From St. Augustine, try: *The City of God* and *Confessions*.

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 reflect on God and on His word revealed in his Son, in scripture and in the created world.

To sign out a book, remove the card from the pocket in the back cover, write your name and telephone number on the card and leave it in the small box on the top shelf of the bookcase. If you find an interesting book on the table during the reception after church, simply leave the card on the table.

Also – if you have borrowed library materials in the past, please check your bookshelves at home and return any you find there, so that others may enjoy and benefit from them as well.

Travels with Candy

by Candy Grant

It's always interesting to visit other places of worship to discover new and different perspectives. I love to travel at Christmastime to see how other communities prepare for the Christmas season—Christmas markets in Norway, the petting zoo crèche in Barcelona, the myriad of Christmas concerts in London.

I have a favourite haunt in London—a one-time local parish church—that in many ways reminds me of St. Andrews in Toronto. Southwark Cathedral is London's other cathedral, on the south side of the River Thames across London Bridge from the City. It is overshadowed in many ways by its Sister Cathedral, St. Paul's, and yet it provides a vibrant place of worship to a different community.

I share this story with you....

It was early December. I had been to the Tate Modern and was reminiscing with “old friends” as I walked along the South Bank to London Bridge. It seemed in keeping with the season to pay my respects to Southwark Cathedral, a parish church I had frequented during my stay at Tower Bridge several years ago. But on arriving at the church, I found it full—600 people were ready for the noon hour Christmas concert. Many were members of the congregation, many residents from the surrounding community and many from the offices in the City across the water. It clearly was the annual tradition. The choir was made up of voices who had come together in the previous month to rehearse for the main event. The service was led by the Dean of the cathedral and that seemed to be the extent of the organization!

At the beginning of the service, the Dean asked the congregation for volunteers to do the three readings and he readily got them. More to my surprise, he asked for three voices to sing the solos for each of the kings in “We Three Kings” and he got those too. And he indicated that they were a little short of sleigh bells for “Let's Hear Those Sleigh Bells Ring-a-Ling” (the well known Christmas Carol!) and would we accommodate with jingling our keys or loose change in time to the music.

It was apparently an annual Christmas event – not only for the congregation, but local residents and those from the surrounding offices. The choir was an enthusiastic set of voices who were willing to practice and provide some leadership in singing the Christmas melodies.

As Christians, we're disappointed that Christmas has moved off the public agenda – Christmas trees disappearing from public spaces, Christmas concerts replaced by Winter festivals. Perhaps the church is where it should be and given the numbers of worshipers who “dropped in” to the Ash Wednesday service, maybe there is a need.

Photo of Southwark Cathedral courtesy of Eric Whiteacre



A Trip to “The Hat”

by Fiona Smith

In late September Fiona Smith and her father, Dr. Donald Smith, visited her childhood church, St. John's Presbyterian in Medicine Hat, Alberta. The weekend was especially interesting because St. John's hosted the Church of Scotland minister and hymn-writer John Bell, from the Iona Community in Scotland. The weekend was a chance to attend the special events, visit with friends and see how much the city has changed over many years. Dr. Smith was minister at St. John's in the late 60's and 70's before becoming Professor of Church and Ministry at Knox College. "I have very fond memories of St. John's. Like most PK's (preacher's kids) I spent a lot of time at the church - I was in the junior choir, went to Brownies and Girl Guides and took organ lessons for several years."

Fiona and her father, the Rev. Dr. Don Smith, are standing in front of the church and a carved brick mural by local artist James Marshall.



Nursery News

by Barbara Sargent, Nursery Co-ordinator



We are very grateful to Jessie Cooke, Sarah Klapman and Leslie Maiden for volunteering to help out as assistants in the nursery each Sunday on a rotational basis. The children love to have the younger set around!!!!

If other members of the senior class (male or female) would like to give the nursery a "trial run" anytime, they can be assured of a very warm welcome.

A note re the Christmas Pageant. The pageant is scheduled for December 6th this year. As in the past, the nursery will be closed during the performance in order that everyone can enjoy this annual highlight in the life of St. Andrew's. Hopefully, again as in the past, all of the nursery children will play a role in the pageant. If this is not possible, this is a reminder to parents to arrange appropriate care for their offspring during the pageant performance.

Church School News

by Irene Faiz and Mary Maiden



“ Dropping, dropping, dropping, dropping – hear the money fall. Everyone for Jesus, he cares for us all” - as sung by the St. Andrew's Church School.

Did you know that a few years ago, the children of St. Andrew's *changed* the word “pennies” to “money” on the suggestion of one of our astute students? How things have changed over the years. When I was “dropping” my Sunday School collection in the box it was pennies – now it is dimes, quarters, loonies and even toonies.

Each Sunday the children sing this song at assembly while passing the wooden church (with a hole in the roof) around to drop their “money” in. Most of the time, they do this with smiles and enthusiasm.

In the past, we have supported Boarding Homes Ministry, Sleeping Children Around the World, World Vision gifts and Presbyterian Corn Share.

From this September to January, the Sunday School will put “the collection” towards Presbyterian World Service and Development, specifically addressing the refugee situation around the world. The students soon will be given their Advent calendars, which is a fictional story of a little girl, Amira, based on the experiences of refugees sponsored by Presbyterian churches in Canada. We will talk about refugees in Canada and in other parts of the world and what they, as children, can do to help. If you have a story to tell the children, please let Irene Faiz know – we would welcome any contribution during our assembly time.



If you are interested in seeing the Dead Sea Scrolls exhibit at the Royal Ontario Museum on Saturday, December 12, 2009 at 11:30 for a self-guided tour please let Kristen Stout know by November 30. Since there are more than 10 people interested, Kristen will call the ROM to order for the group. Tickets prices are as follows—Adults \$22, Child \$10.50, Senior/Student \$19. Although Kristen will be pleased to order the tickets for the group, she requires payment in full before she can place the order.

Sunday Morning Bible Study Group

by Cynthia Humphries

Last term the Sunday adult Bible Study Group studied the book of Romans with Olive Anstice as our leader. Olive spends many hours researching the scriptures and other texts to give us a deeper and clearer understanding of the message of the passages.



The following is a summary of the main ideas in Romans. God gives us the gift of righteousness through faith. God's righteousness is a gift that is the outcome of salvation. Salvation is freely given to all that call upon God believing in their hearts and confessing with their lips that Jesus is Lord.

The Jews were considering themselves as the only chosen of God and were struggling to accept the idea that the Gentiles could become the sons and daughters of God and joint heirs. Through Christ's redemptive work on the cross we are all adopted into the family of God. We are promised resurrection and eternal life.

Paul shows us that salvation and its resulting life of righteousness comes through belief in Christ and His righteousness. We can never achieve holiness on our own.

This is Paul's whole point. The book of Romans portrays a wonderful, loving, fatherly, (motherly) magnanimous God that allows us to be in relationship. He has reached out to the whole creation, initiating a relationship with us through God's Son, Jesus Christ.

Through Christ's righteousness we are blessed to call God "Abba," Father.

This term Marc Buist has devotedly lead the group through the book of Ruth.

Marc says, "The Sunday morning Bible Study Group recently decided to study the Old Testament books of Ruth and Esther. We finished the book of Ruth and everybody found it very interesting and discovered the connection with the New Testament in this story. In these Old Testament books we read God's word as it was spoken to the people of Israel. Today, thousands of years later, we hear in these books God's inspired and authoritative message to us. Ruth is a profoundly human book. It is a Hebrew short story, told with consummate skill.

"Among historical narratives in Scripture, its compactness, warmth, beauty and dramatic effectiveness are an exquisite jewel of Hebrew narrative art. Ruth's unswerving and selfless devotion to desolate Naomi and Boaz's kindness to these two widows, God's love is so reflected in this story, a marvellous joining of human and divine actions. These lives were blessed and were made a blessing even for us all today. Redemption is the key concept through out this story. We know that in the history of salvation this book plays an important part because Ruth marries Boaz. David is a descendant and forms the House of David. Eventually a Star is born, our great redeemer Jesus Christ. We had great discussions and discoveries."

Now that Olive has returned from her trip to England the group will study the book of Isaiah.

The members of the Bible Study class are very appreciative of the extensive preparation, knowledge and guidance of our leaders, Olive Anstice, David Olenic, and Marc Buist. We encourage many of you to join us in our lively and informative discussion. Sunday morning adult Bible Study begins at 9:30 a.m. We meet in the Board Room.

A Vision for Music at St. Andrew's

by Dan Bickle



Music at St. Andrew's has long been synonymous with highest quality. For many years, under the distinguished direction of Douglas Bodle, one of the country's foremost musicians, all vocal and instrumental music was carefully selected, rehearsed, and presented to the glory of God and to enhance and serve the St. Andrew's liturgy. As if to encapsulate his inspirational leadership, Douglas had an inscription on the organ case that read, "Make every note beautiful". The results of that motivation have made this congregation renowned in musical circles across both the city and the country.

It was a great privilege to inherit this rich tradition upon Douglas' retirement, and I have dedicated myself to honouring the work of my teacher and mentor by maintaining and building upon this heritage. The ingredients for musical excellence are readily available: a professional choir, a world-class organ, and a beautiful sanctuary with a fine acoustic. Week by week, music ranging from Gregorian Chant to the 20th century is offered to lead the congregation in worship and in praise. We are most blessed.

But the challenge remains, if we continue to maintain and build upon a tradition of excellence, what do we want our music program to look like in ten or twenty years? The Music and Worship Committee, under the guidance of John Darling, has been grappling with this question in several recent meetings, attempting to shape a vision for music that would guide and motivate our future work.

The discussions have been wide ranging, stimulating, and challenging. What do we value in our current program? Do we wish to offer more musical possibilities and musical outreach to our community, and if so, what infrastructure is required? What can we learn from our recent forays into choral concerts (St. Giles Cathedral and Welsh Male Choirs), the addition of a Jazz Vespers Service, and our rental and use of a grand piano? What other options exist that might draw a wider group of people into our worshipping community?

In order for a vision to have significance, it needs to be collectively shared and owned by our church family. It will be important to hear many voices and viewpoints. What would you like to see in our music program in the future? How would you complete the statement, "In ten or twenty years, music at St. Andrew's should include....."? Please consider sharing your thoughts and responses to this issue by speaking to me directly or by sending them to me at daniel.bickle006@sympatico.ca. I look forward to hearing from you!



Recent Sunday Forums



Left: On November 22nd L Col Geordie Beal gave us a wonderful summary of the relationship between St. Andrew's Church and the 48th Highlanders. For even more information, you can buy Geordie's book *Family of Volunteers* at the Museum downstairs.

Right: Some of the cast of *I'm Still Here!*--a play about coping with dementia that was presented on October 25th.

Congregational Retreat—November 7, 2009

by Robert Sheng, with pictures by Sue Goodwin

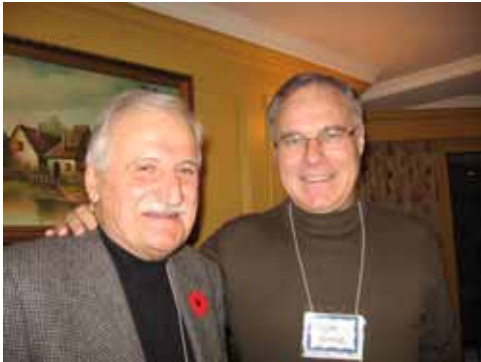
The Rev. Dr. Clyde Ervine, who completed a doctorate in nineteenth century church history at the University of Cambridge, was the speaker at our retreat at The Old Mill Inn on November 7th. The topic was *“The Presbyterian Tradition”*. It came as no surprise that we had to trace everything to John Calvin in 1541 when he was invited back to Geneva where he was given the complete power to reform the church there.

Calvin believed that in order to make the church on earth, the visible church, more like the Perfect God’s church, the invisible church, the pastor must teach/preach God’s Word. The early day reform church’s sermons were actually lectures on the Bible. As time went by, some pastors’ personalities came into play because the main attraction was the sermon and at other times, pastors tried to preach at the listeners’ level and the sermons became listener oriented. It is still a challenge for modern day ministers to find a balance when preaching.

Calvin also recognized the importance of music and thus allowed congregation to sing Psalms while the Roman Catholic Church allowed only choir or monks and nuns to sing. The reformed church sang only Psalms until Isaac Watts in the seventeenth and eighteenth centuries started to write hymns for the congregations to sing as Jesus was totally missed in Psalms. Charles Wesley was the other famous hymn writer at that time. Presbyterians continued to only sing Psalms until 1881.

The importance of reciting creeds was not discussed because we ran out of the time. Time flies when you are having fun!!!

The retreat ended with Holy Communion Service.



George Vais and speaker, Clyde Ervine



One of the discussion groups



Grant Farrow, Karen Ingram and
Bill Adamson



Victoria Thompson, Heather Dalzell
and Rhonda Peebles

Know the Difference between a Cold and H1N1 Flu Symptoms

from Sally Martin, co-convenor of the Health Cabinet

Symptom	Cold	H1N1 Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the H1N1 flu
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the H1N1 flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the H1N1 flu.
Chills	Chills are uncommon with a cold.	60% of people who have the H1N1 flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the H1N1 flu.
Sneezing	Sneezing is commonly present.	Sneezing is not common with the H1N1 flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the H1N1 flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the H1N1 flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the H1N1 flu.

The following advice, given by Dr. Oz, makes a lot of sense and is important for all to know: The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is. While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe.)
3. *Gargle twice a day with warm salt water (use Listerine or Hydrogen Peroxide if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water, or hydrogen peroxide. *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose softly once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.*
5. *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

Transitions

Births

Cameron - Mabbott: Tassie Cameron and Michael Mabbott welcomed a daughter, born November 5, 2009 at Mt. Sinai Hospital. She is the second grandchild for Stevie and David Cameron.

Marriages

Darren Richardson and Heather Murray were married on September 20th.

Shereen Mikhail and Bryan Vaughan were married on October 3rd.

Emma Zhai and Biao Su were married on October 10th.

Baptisms

Madison Kennedy McEwan, daughter of Patricia Kennedy and Robert Scott McEwan was baptized on October 11, 2009.

Charlie Marie Hills, daughter of Michael and Slavka Hills was baptized November 15, 2009.

We also welcomed the following adults into the Body of Christ through baptism:

Biao Su, Yingying (Emma) Zhai, and Ning (Annie) Wang on October 18th.

New Members in 2009

We were very happy to welcome the following people as new members during 2009:

Paul Cantlie
Levi Chikwendu
Don Durno
Julie Gavin
Ritu Guerard
Fraser Lang
Pamela Leitch
Catherine Liu

Deborah Loo
Andrew McCleery
Jillian Monaghan
Mark Monaghan
Noel Ramsey
Darren Richardson
Heather Murray Richardson
Culver Riley

Rosemary Riley
Daryn Salo
Biao Su
Ning (Annie) Wang
Andrea Webster
Gordon Webster
Elizabeth Wilson
Yingying (Emma) Zhai

Behind the Scenes - West Tower Renovations

We are pleased to report that the work on the West Tower is complete. Here are some photos from the work itself.



Left: Metal components on the West Tower, which look like stone from street level.



Right: An inside view of the rubble wall of the corner turret.

Calendar of Events

Weekly Services and Events

- **Sunday Worship** - every Sunday at 10:30 a.m.
- **Senior Church School** - 9:30 a.m.
- **Church School & Nursery** - every Sunday at 10:30 a.m. - Second Floor
- **Coffee Hour ("Bide-a-Wee")** - every Sunday following worship - Great Hall
- **Bible Study** - Sundays at 9:30 a.m. - Board Room
- Wednesdays at 7:30 a.m. - Board Room
- **Chancel Communion** - every Thursday at 12:15 p.m.
- **Alcoholics Anonymous** - Mondays, Wednesdays & Fridays - Great Hall
- **Out of the Cold Dinner** - every Monday from November to April - 6:00 p.m. - Great Hall
- **Out of the Cold Breakfast** - every Tuesday all year - 7:30 a.m. - Great Hall

Fellowship Groups

- **Wine, Cheeses & Jesus** - Thursday, December 17 at 7:00 p.m. - 2nd Floor Meeting Room
- **SAGA** - Saturday, December 19, Friday, January 22/10 - Gather at 5:45 p.m., Pot Luck at 6:30, Program follows - Great Hall
- **St. Andrew's Book Club** - Thursday, December 3 at 7:00 p.m. - Board Room.

Adult Christian Education Events

- **Noon Advent Meditations** - Wednesday, December 2, 9 and 16
(Noon—Organ Recital; 12:15 Meditation; 12:45—Sandwiches)

Meetings

- **Session Meeting** - Tuesday, January 19, 2010 at 7:00 p.m. - Board Room
- **Board of Managers** - Wednesday, January 27, 2010 at 7:00 p.m. - Board Room
- **Health Cabinet** - Tuesday, December 1, 2009 at 5:00 p.m. - Second Floor

Advent and Christmas Season Dates to Remember

December 2	First Advent Noon Meditation
December 3	St. Andrew's Book Club (<i>Through Black Spruce</i> by Joseph Boyden)
December 6	Christmas Pageant during morning worship; White Gift Sunday
December 9	Second Advent Noon Meditation
December 13	Special Choral Service during morning worship
December 13	St. Andrew's Church leading worship at the Belmont Residence
December 16	Third Advent Noon Meditation
December 18	SAC - Rugby Christmas Carol Service
December 20	Special Christmas Remembrance Service
December 24	Christmas Eve Services - 7:00 and 11:00 p.m.

Deadline for next issue of Catalyst - Sunday, January 10, 2010