

# This Week At St. Andrew's

## How to be a Great Pride Ally

An ally is someone who stands up for, supports, and encourages people in the LGBTQ+ community but are not themselves a member of that community. Many allies have friends or family members who are part of the community, some allies have faced similar forms of discrimination and want to help, while others simply want to support a good cause. If you're wondering where to get started, here are five ways you can be a great ally:

**ACTIVE LISTENING:** Listen to what marginalised people are saying in person, on your social media feed, in the shows that you watch, or in the articles you read. Let their feelings and opinions be heard **before** you add your own to the conversation.


**SIT WITH DISCOMFORT:** When you encounter something that makes you feel uncomfortable, don't dismiss it. Sit with it, feel it and ask yourself "why?" Your answer should welcome an opportunity to grow and learn. It's okay to make a mistake if you learn from it!

**LEARNING:** Seek out books, articles etc. about the history and current issues facing the LGBTQ+ community. Librarians are a great resource to use if you aren't sure where to start. Don't rely on members of the community to educate you - take the initiative to educate yourself.

**SPEAKING UP:** When a friend, family member, co-worker or stranger says something hateful or ignorant, call them out. If you are asked for help when someone is being targeted – physically or verbally – intervene! Focus on supporting the targeted person, rather than engaging the aggressor, and ensuring that you are both safe.

**PARTICIPATING:** Join local LGBTQ+ groups. Subscribe to their email lists, follow them on social media and show up and support their work. If you are able, show up to marches and rallies. You can also sign petitions, make donations, and do volunteer work. In light of current events, it is incredibly important to show your support this year, in any way you can!

March with Rev. Laura Kavanagh from Knox Presbyterian Church, and the Inclusive Christians at UVic club, at the Victoria Pride Parade on July 9th! Anyone who would like to join would be most welcome. Email Laura for more details at [ltkknox@telus.net](mailto:ltkknox@telus.net)

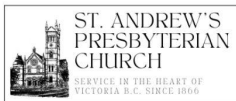


**FEST WEST**  
WESTERN STRING STUDENTS  
**CONCERT**

STRING STUDENTS FROM ACROSS WESTERN CANADA, INCLUDING LOCAL UVIC STUDENTS, WILL PERFORM SOLOS, DUETS, QUARTETS IN A FINAL PERFORMANCE AS PART OF FEST WEST!

**July 2 at St. Andrew's Presbyterian Church**  
**Corner of Broughton and Douglas**  
**Broughton Street Accessibility Entrance**  
**Free Parking at Library Parkade**  
**Doors at 1:30pm / Concert at 2:00pm**  
**Donation Boxes**

FOR MORE INFORMATION CONTACT THE CHURCH OFFICE  
PHONE: 250-384-5734  
EMAIL: OFFICE@STANDREWSVICTORIA.CA



## Vancouver Island Presbytery Summer Camp

Space Limited!  
Reserve your space today.

*Rathtrevor Provincial Park*  
*July 31 - August 7*

Email: [campvip@outlook.com](mailto:campvip@outlook.com)  
<https://vipresbytery.net/>

## A Celebration of Life



## Betty Cowper

1923 - 2023

*Saturday, June 24 at 2:00 PM*  
*St. Andrew's Presbyterian Church*  
*Victoria, British Columbia*



*Ryan Qu, Kiara Hosie & Lauren Debeljak*

**CATHEDRAL  
TUNES**

**JULY 15 | 2PM**

ST. ANDREW'S  
PRESBYTERIAN CHURCH,  
680 COURTNEY ST.

ADMISSION BY  
DONATION



EVERYONE WELCOME!

# PICNIC IN THE PARK

Join members of Knox, Trinity, and St. Andrew's  
Presbyterian Church for an afternoon of visiting  
with old friends and making new ones!



SUNDAY AUGUST 27 2023  
WORSHIP AT REGULAR TIMES  
PICNIC AT 11:45-1:45PM

ESQUIMALT/GORGE PARK, KINSMEN PAVILION  
(ENTRANCE OFF TILlicum ROAD)

Please bring your own picnic lunch, items to  
share, place settings, and chairs!

## KNOX CAFÉ

Back to Swing Street

Thursday, June 15, 7pm

DANCING!  
DANCING!

Knox Presbyterian Church  
2964 Richmond Road



The Swing Street Band

Steve Sturges - guitar and vocals  
Corrine Painter - trumpet and vocals  
Barry Carlson - guitar and vocals  
Jack Funk - drums  
with Ryan Tandy - bass

Donations also accepted to support humanitarian work of PWS+D

Admission \$10  
includes: beverage, snack,  
and music



## TRINITY'S COMMUNITY PANTRY PROJECT



Are you a carpenter or  
handyman? We need your  
help to build a community  
pantry!

If you or someone you know  
might be able to help,  
please contact Rev. Cathy  
at [themeemur@gmail.com](mailto:themeemur@gmail.com)



## SUMMER SOCIAL

EVERYONE WELCOME!

THURSDAYS  
2:00 TO 4:00 PM

ICE TEA SERVED IN THE LANEWAY

Drop by anytime to meet new  
people & visit with friends!

# CHURCH CALENDAR

<b>KITCHEN MEETING</b>	<b>June 14</b> Wednesday 10:00 am	Discuss what the role of the Kitchen should be in the coming months and how to make it easier for folks to coordinate with each other as events are planned.
<b>SUMMER SOCIAL</b>	<b>Starts June 15</b> Every Thursday 2 pm - 4pm	Drop by the laneway for a visit, have an iced tea and chat with friends. All are welcome. Come by yourself or bring a friend or spouse!
<b>LECTURE HALL PLANNING MEETING</b>	<b>June 21</b> Wednesday 10 am - 12pm	Discuss the Lecture Hall renovations happening fall. All are welcome to attend. Email the office with comments if you are unable to attend.
<b>SERVICE FOR BETTY COWPER</b>	<b>June 24</b> Saturday 2 - 4 pm	Celebrate the life of Betty Cowper with friends and family. A reception will follow.
<b>FEST WEST CONCERT</b>	<b>July 2</b> Sunday 2:00 - 3:00 pm	Strings students from across western Canada will perform solos, duets, and quartets at St. Andrew's. Admittance by donation. Everyone welcome.
<b>CATHEDRAL TUNES</b>	<b>July 15</b> Saturday 7:00 pm	The Royal Canadian College of Organists brings you the talents of Ryan Qu, Kiara Hosie, and Lauren Debeljak at St. Andrew's church. Entrance by donation.
<b>NEW ZEALAND STRING QUARTET CONCERT</b>	<b>July 31</b> Monday 7:00 - 9:00 pm	The New Zealand String Quartet will be playing works by Haydn, Cresswell, Shostakovich, and Schubert at St. Andrew's as part of their North American tour. More details to follow.
<b>PICNIC IN THE PARK</b>	<b>August 27</b> Sunday 11:45 - 1:45 pm	Picnic in the Park with our friends from Knox and Trinity churches at Esquimalt Gorge Park. More details to follow. Please bring your own picnic lunch, items to share, place settings, and chairs!

**St. Andrew's Presbyterian Church acknowledges and thanks the Lekwungen People – WSÁNEĆ, Songhees and Esquimalt First Nations – on whose traditional land we meet and worship.**