



# THIS WEEK AT ST. ANDREW'S

ISSUE # 198 JANUARY 23, 2024

## PARABLE OF THE PASTOR

A Quaker folk singer in Indiana (Carrie Newcomer) has long spoken to my heart through her songs and poems. Carrie's words seem even more relevant today...

*'Cause leaves don't drop they just let go  
And make a space for seeds to grow  
And every season brings a change  
A tree is what a seed contains  
To die and live is life's refrain*

"To die and live is life's refrain" speaks to us especially this week as we prepare for the funeral of Rev. David Stewart and listen as his family struggles to adequately capture a life "well-lived". Also, I heard yesterday that my brother-in-law, Bill McLeroy, husband of my sister Amber who died in 2018 has died in Alabama. His daughter, April and her partner, Candi express their grief as well as their relief, "Dad is finally with mom again.

David Stewart told me during our last visit, "God is God of this side and the next!" I resonate with Carrie. "Every season brings a change, to die and life is life's refrain."

Sunday we were in a LONG, exhausting, purposeful, energizing, congregational meeting in which we envisioned who we are and who we might become. There were no guarantees, no easy answers, no absolutes as to what or when answers will come...only that making space for seeds to grow is critical. We decided what we needed to decide...that our conversations with one another and with our sister Presbyterian congregations will continue. It is not up to us to create the seed, only to make space for the seeds to grow.

David and Bill's life refrains have ended at least here so that they might be able to experience David's truth that "God is God of this side and the next."

Today and beyond, perhaps we might wonder...what do I need to let go of today so that God's seeds might grow within and around me?

*...finally when my life is through  
And what I am not what I do  
'Cause it comes down to you and your next breath  
This I know is true  
'Cause leaves don't drop they just let go  
And make a space for seeds to grow  
And every season brings a change  
A tree is what a seed contains  
To die and live is life's refrain*

In peace. Mitch

## MUSIC NOTES

**Prelude:** 'Be still for the presence of the Lord' by Ashley Grot

**Musical reflection:** 'O Master let me walk with Thee' by Paul Karvonen

**Postlude:** 'Vom Himmel Hoch' by Johann Pachelbel

**Choral Anthem:** Arise, shine out, your light is come # 179

The choral anthem "Arise, shine out, your light is come" uses the hymn tune Vom Himmel hoch. This hymn tune was probably written by Martin Luther in 1539. Subsequently it was harmonized by Hassler, Praetorius and Bach. In the early 17th century compositions were written using this hymn melody such as the one I am playing for the Postlude. Listen for the melody in the pedals.

## LECTIONARY READINGS

Isaiah 40:21-31  
Psalm 147:1-11, 20c  
1 Corinthians 9:16-23  
Mark 1:29-39

## SUNDAY SCHOOL

*"The session is responsible for providing for the program of Christian education for persons of all ages in order that they may be confronted by the gospel, may grow in faith, participate in the life of the Christian community, and be active witnesses to Christ in the world." - Book of Forms*

Will you be part of children's Christian Education at St. Andrew's? Do you feel joy for Christ and a desire to share it with children? Each week, in order to staff the Nursery and Sunday School we need a total of 6 people. Ideally, we need 2 teams of 6 so that those providing Christian Education for children do not do it every week without attending Sunday services. Sunday School and nursery will not happen if we do not have a full compliment of teachers and helpers. All that is required of you is an enthusiasm for Christ, a firm commitment of your time and attendance at a Leading with Care course and an up-to-date Police Record Check (requirements of the Presbyterian Church in Canada and our insurance). Email Sabine Teetzel at [steetzel@telus.net](mailto:steetzel@telus.net) if you are willing to be part of spreading God's word.



The poster features a light blue background with white snowflake patterns. At the top left is the 'ourplace' logo with the tagline 'Hope and Belonging'. At the top right is the 'PACIFIC CENTRE family services association' logo. In the center, the text 'Coldest Night of the Year' is written in a large, elegant, dark blue script font. Below this, 'February 24, 2024' is written in a smaller, dark blue sans-serif font. At the bottom, there is a block of text: 'Registration begins Thursday, November 2nd. Sign up a team, promote the walk, donate and step up for your neighbours in need. For more info. call 250-940-5064 or go to our website. [www.ourplacesociety.com](http://www.ourplacesociety.com)

## THANKS FROM THE RECOVERY CHRISTMAS DINNER CREW

Another incredible success in 2023 in the spirit of giving!

A huge thank you to St. Andrew's Presbyterian Kirk Hall and their wonderful staff for all of the support for the 2023 Annual Recovery Christmas Dinner! Our team of volunteers worked tirelessly preparing and serving a full sit-down turkey and ham Christmas dinner with all the fixings at the hall on December 25th. Our team's mission is to provide a safe, inclusive environment to the community where folks who may be struggling can enjoy a home cooked meal as well as desserts, stockings, hygiene kits and most importantly, a sense of connection and belonging.

This year, we had an incredible turnout, giving away approximately 300 meals, and the hall was lively and welcoming, full of laughs, music and fun!

A big thank you from our whole team to St. Andrew's Presbyterian Kirk Hall, The Downtown Service Providers, Rainbow Kitchen Islands West, Diamond Delivery, Fernwood Coffee, Soap4Hope and all our individual supporters for their love and grace! We could not have done it without you.

With Gratitude,  
The Recovery Christmas Dinner Volunteer Crew



*The Robert Burns Memorial Concert 2023*

## LENTEN READER

Two brave souls have sent in a submission for the Lenten Reader. One person wrote about the impact of a particular hymn and one wrote about a scripture that came at an important time in life. Perhaps, you have considered something you might share to encourage others.

I, too, have thought about what I would write and then I have moments of doubt and even fear that what I have to share isn't good enough or wouldn't be encouraging to other people. I believe that God asks us to be "Christ to one another," to share the everydayness of our lives.

Frederick Buechner writes that "my story and your story are all part of each other too if only because we have sung together and prayed together and seen each other's faces...all our stories are in the end one story, one vast story about being human, being together, being here."

So, each of our stories do matter. When we share from our experience, we strengthen the body of Christ. We aren't asking for your perfection, we are asking you to take a risk and share a bit of your unique life as a person of faith.

Describe your experience in any way that you choose: a description, an example, a story, a song, poem, or artwork (photo or drawing). There is not a specific format, just a few guidelines:

- Suggested length for the submission is ½ to 1 typed page (handwritten is accepted!)
- PLEASE SUBMIT by **Sunday, February 4, 2024**
- Send by email to [lindacoggin@gmail.com](mailto:lindacoggin@gmail.com) or [office@standrewsvictoria.ca](mailto:office@standrewsvictoria.ca) with "for Lenten Reader" or bring your submission to your church.

If you have a question or just want to think out-loud about what you might share, Linda Coggin will be honoured to help in any way by email or phone.

## CURIOUS ABOUT JOY

*Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves. - Psalm 126:6*

By now most of us are familiar with Jan Richardson, one of Reverend Coggin's favourite devotional authors. Each year she offers a Women's Christmas Retreat rooted in the Irish custom of celebrating Epiphany as Women's Christmas.

Women's Christmas offers an opportunity to pause and step back from whatever has kept us busy and hurried in the past weeks or months. This is an occasion both to celebrate with friends and to spend time in reflection before diving into what this new year will hold. This year's retreat is entitled, Curious About Joy.

*Jan asks, "In a time when the anguish of the world can flatten it right out of us, how might we become intent on joy instead of giving up on it? How might it be to approach joy as a practice—one that does not hinge on ignorance of circumstances but staying present in the midst of them?"*

Through this retreat Jan invites us to contemplate how joy shows up for us or might want to find its way into our life. This year we will "retreat" in our own homes and come together to share our experience. Are you interested? Go to <https://sanctuaryofwomen.com/WomensChristmasRetreat2024.pdf>. When reading the retreat refer to the questions she asks throughout, what sections spoke to you?

On Monday February 5<sup>th</sup> at 7:00 pm we will meet via Zoom and discuss and reflect on the retreat. Stay tuned for more details. Any questions email Sabine at [steetzel@telus.net](mailto:steetzel@telus.net)

Zoom Meeting:  
<https://us02web.zoom.us/j/85219246364>

# ST. ANDREW'S EVENT CALENDAR

OPEN CHURCH WED. AT 12:00 PM

MEDITATION HOUR WED. AT 4:30 PM

WORSHIP SERVICE SUN. AT 10:30 AM

THE BALTIMORE CONSORT CONCERT	SANCTUARY January 27 Saturday 7:30 pm	Presented by The Early Music Society of the Islands. For more information and tickets please go to: <a href="https://earlymusicsocietyoftheislands.ca/concert/the-baltimore-consort/">https://earlymusicsocietyoftheislands.ca/concert/the-baltimore-consort/</a>
THE LINK	DEADLINE January 28 Sunday	Please send your submission to <a href="mailto:theLink@shaw.ca">theLink@shaw.ca</a> .
MEMORIAL FOR DAVID STEWART	SANCTUARY January 28 Sunday 2:30	It is with sadness that we announce the death of Rev David Stewart on Monday, January 1st. Join his family and our church community in celebrating his life and giving thanks for his for his ministry, gifts, and warm pastoral abilities.
AROUND THE TABLE	UVIC MULTIFAITH January 31 Wednesday 5:00 pm	Presented by UVic's Inclusive Christians, Knox, St. Andrew's, and other local churches. A simple service centered on students but all are welcome to attend. After worship everyone is invited to enjoy a simple meal together. Contact <a href="mailto:ltknox@telus.net">ltknox@telus.net</a> if you can volunteer to help with meal prep for March 13 & 27.
LENTEN READER	DEADLINE Sunday, February 4	Send by email to <a href="mailto:lindacoggin@gmail.com">lindacoggin@gmail.com</a> or <a href="mailto:office@standrewsvictoria.ca">office@standrewsvictoria.ca</a> with "for Lenten Reader" or bring your submission to your church.
CURIOUS ABOUT JOY	ZOOM February 5 Monday 7:00 pm	Discuss and reflect on the Women's Christmas retreat. Zoom Link: <a href="https://us02web.zoom.us/j/85219246364">https://us02web.zoom.us/j/85219246364</a>
SUNDAY NIGHT DINNER	KNOX CHURCH February 14 Sunday 5:00-7:30 pm	This is an opportunity for participants from St. Andrew's, Trinity, and Knox congregations to cook and eat together with students from UVic Multifaith. Plan to be part of this community experience in the Knox kitchen and lounge!
ANNUAL GENERAL MEETING	SANCTUARY February 25 Sunday 12:00 pm	Details to be announced...
CUORE PIANO TRIO	SANCTUARY February 27 Tuesday 2:30 pm	Presented by the St. Andrew's Music Outreach program, Cuore Piano Trio is one of the leading Polish chamber music groups of the young generation. Admission by donation and everyone is welcome!

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