



# THIS WEEK AT ST. ANDREW'S

ISSUE # 203 FEBRUARY 27, 2024



## MISSION MOMENT

As part of a Caring Community Initiative, the Presbyterian Music Camp piloted a Mental Health Workshop program during the summer of 2023.

The program included mental health support and workshops run by a qualified health professional on the topics of anxiety, depression, ADHD, self-harm, suicide and other mental health topics.

The opportunity for attendees to express themselves in a caring and safe environment with professional leadership took safety to the next level for the camp, and provided an opportunity for individuals to explore some of their struggles with support.

The program continues to grow by providing Mental Health First Aid training to staff and volunteers as well as exploring ways that art and music therapy can be offered in a camp setting.



## ♪ SUNDAY'S MUSIC ♪

### Prelude

Our Father who art in heaven  
by Georg Bohm

### Choral Anthem

Lord for thy tender mercy's sake  
by Richard Farrant

### Musical Reflection

Gymnopedie #1  
by Erik Satie

### Communion Solo

# 542 Let all mortal flesh keep silence

### Postlude

Be Thou my Vision  
arranged by Christine Purvis

## LECTIONARY READINGS

### SUNDAY MARCH 3

Exodus 20:1-17

Psalms 19

1 Corinthians 1:18-25

John 2:13-22



## NEURODIVERSITY

*It takes all kinds of different minds*

ADHD | Dyslexia | Autism | Dyspraxia

[www.Neurodiversity-Celebration-Week.com](http://www.Neurodiversity-Celebration-Week.com)



## VIP WOMEN'S RETREAT

This year's retreat topic is 'Identity: what is God calling you to be?' with guest speaker Dr. Mona Scrivens.

Rev. Dr. Mona Scrivens has been the Lead Minister at Amberlea Church since October 2012. Mona has a passion for every configuration of family and believes that it is through families that the church extends its reach in nurturing faithful disciples of Jesus Christ. Her doctoral thesis focused on family ministry outreach and nurturing faithful disciples of Jesus Christ with special attention on pregnancy, spirituality, and the faith growth of first-time mothers.

The retreat will be held at Camp Imadene at Mesachie Lake in Cowichan on April 26th, 27th, and 28th.

Camp Imadene offers a serene and natural retreat from the busyness and noise of our day-to-day. Prepare to enjoy the outdoors, eat excellent meals, and fellowship with friends new and old. Rooms are double occupancy (dorm style). Guests will be housed in two large lodges, providing plenty of space to relax.

Space is limited so register early! If you register before March 1, the fee is \$230, if you register afterwards, the fee is \$250. Registration ends on March 22, 2024.

If you would like to attend but may need financial assistance, the Bursary Committee may be able to assist!

To get a registration for, or if you have any other questions, please contact: Meredith Reems, Camp Registrar at (250) 668 3299 or [meredithreems@gmail.com](mailto:meredithreems@gmail.com)



## CAMP VIP 2024

Camp Vancouver Island Presbytery is a program of the Presbyterian Church in Canada. For a registration form, or for more information about this year's camps, please visit <https://vipresbytery.net/>

### LITTLE QUALICUM FALLS PROVINCIAL PARK

*June 10 - 14*

Please book your own campsite through BC Parks near sites U50 - U51. A senior rate is available if applicable! A \$25 donation towards the program and for supplies is appreciated!

BC PARKS: <https://camping.bcparks.ca>.

### GOLDSTREAM PROVINCIAL PARK

*July 4 - 8*

WEEKEND RATE: \$140 (2 adults 2 children)  
DAY RATE: \$40 (2 adults 2 children)  
ADDITIONAL CHILDREN UNDER 16: \$2 (per night)  
ADDITIONAL CHILDREN OVER 16: \$5 (per night)  
E-TRANSFER: [campvipa975@gmail.com](mailto:campvipa975@gmail.com)  
CONTACT: [andrewmccowan@hotmail.com](mailto:andrewmccowan@hotmail.com)

### RATHREVOR PROVINCIAL PARK

*August 5 - 12*

Book early! Limited site availability!  
WEEKEND RATE: \$250 (2 adults 2 children)  
DAY RATE: \$40 (2 adults 2 children)  
ADDITIONAL CHILDREN UNDER 16: \$2 (per night)  
ADDITIONAL CHILDREN OVER 16: \$5 (per night)  
E-TRANSFER: [campvipa975@gmail.com](mailto:campvipa975@gmail.com)  
CONTACT: [andrewmccowan@hotmail.com](mailto:andrewmccowan@hotmail.com)



## GAZA CEASEFIRE PILGRIMAGE

Victoria, BC  
March 16

This Lent, a global movement is walking in prayerful solidarity with the people of Gaza.

Come, walk with us.

#GCPilgrimages

## GAZA CEASEFIRE PILGRIMAGE

Greetings to Greater Victoria Communities of Faith,

Many people in Victoria from various groups and as individuals have expressed anguish with the suffering in Gaza and Israel since October 7, 2023. A small group within Broad View United, a congregation of the United Church of Canada, has struggled with ways to respond when our hearts feel broken as members of the global family.

Along with other United Church congregations, we have decided to accept a global invitation by a network of Christian organizations and churches with shared convictions who are engaging in a prayerful show of solidarity around the world. During Lent (Feb. 14- March 28) people have been asked to walk the 'length of the Gaza strip'. On this Gaza Ceasefire Pilgrimage, participants will, with their own bodies, prayerfully map Gaza onto their towns and cities.

We invite you and others of your faith to join us in this global action by participating in a pilgrimage walk for a ceasefire in Gaza here in Victoria on Saturday March 16th. For more information about this global invitation to walk, please check out the website: <https://www.gazaceasefirepilgrimage.com/> We are looking for your support and involvement so that we might offer the wider community of Victoria a show of solidarity and leadership by people of all faiths for the people of Gaza.

An event such as this one has many moving parts and it would be good to know if your faith community would like to take part in this potentially heart-opening initiative for peace. If you are interested in helping beyond promoting and walking, please let us know. Your involvement on March 16th could take many forms: many hands make light the work! We welcome any questions you may have by email. (Send to [graceful@shaw.ca](mailto:graceful@shaw.ca))

And finally, our thanks in advance for all you can do to lift up the Gaza Ceasefire Pilgrimage in your community and network.

In peace, shalom and salaam,

Rev. Barbara Hansen, Janet Gray, and Susan Grace Draper, on behalf of The Organizing Team for Gaza Ceasefire Pilgrimage Walk in Victoria, BC

Hosted by: Broad View United, a congregation of The United Church of Canada and KAIROS Victoria

Facebook Event Page: <https://bit.ly/3unrWpX>

## KNOX CAFÉ

SONGS OF HEARTH AND HOME

Thursday, March 21, 7pm

Knox Presbyterian Church  
2964 Richmond Road

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

### The Cafe Trio

STEVE STURGESS - guitar and vocals  
MIKE SAMPSON - guitar  
RYAN TANDY - bass



Donations also accepted to support humanitarian work of PWS+D

# ST. ANDREW'S CALENDAR

OPEN CHURCH WED. AT 12:00 PM

MEDITATION HOUR WED. AT 4:30 PM

WORSHIP SERVICE SUN. AT 10:30 AM

LENTEN LUNCH & LECTIO	KNOX February 27, March 5, 12, 19, and 26. Tuesdays 11:30 am - 1:00 pm	Members of St. Andrew's and Trinity are welcome! Each Tuesday we will use the ancient spiritual practice of lectio divina to listen to each of the Lenten passages for the coming Sunday. Bring a bag lunch and engage in spiritual listening to scripture as we prepare for the Sundays in Lent.
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!
TEA FOR TUTU	KIRK HALL March 5 - 7 2:00 pm	Ballet Victoria presents highlights of 'Dracula' followed by light refreshments. To reserve your free seat <a href="mailto:tea4tutu@balletvictoria.ca">tea4tutu@balletvictoria.ca</a> or call 250-380-6063
SUNDAY CLASSICAL MUSIC SERIES	SANCTUARY March 10 Sunday 2:00 pm	Presented by St. Andrew's Music Outreach, The Victoria Foundation, and The University of Victoria's Music Department. Everyone is welcome to enjoy an afternoon of classical music! Free parking Sundays at 745 Broughton library parkade and admission is by donation!
SUNDAY NIGHT DINNER	KNOX CHURCH March 11 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 on the second Sunday of every month. Plan to be part of this community experience in the lovely Knox kitchen and lounge!
KNOX CAFE	KNOX CHURCH March 21 Thursday 7:00 pm	Join 'The Cafe Trio' for an evening of songs of hearth and home! Admission is \$10 which includes light refreshments. Donations are accepted to support the work of PWS&D.
VIP WOMEN'S RETREAT	REGISTRATION DEADLINE March 22	Register early for the retreat on April 26-28 at Camp Imadene! Contact Meredith Reems, Camp Registrar at 250-668-3299 or <a href="mailto:meredithreems@gmail.com">meredithreems@gmail.com</a>
THE LINK	DEADLINE March 24 Sunday	Please send your submission to <a href="mailto:theLink@shaw.ca">theLink@shaw.ca</a> .
MAUNDY THURSDAY	KNOX CHURCH March 28 7:30 pm	St. Andrew's and Trinity Church members are invited to to attend the Maundy Thursday service at Knox church. Led by Rev. Mitch Coggin.

*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.*