



Waves, Ripples & Hellos

St. Andrew's United Church

Spring 2009

newsletter@standrewsunitied.org

Editor's Note:

Hello Everyone!

I used that word 'Hello' as part of the title for this newsletter at its inception. Now I have been reading that this everyday word that we take for granted has an arsenal of meanings within it!

It is an introduction to new beginnings and with every beginning there are inherent goodbyes. It is a challenge for hope and change!

Well, I hope so. My dead-line from our technical editor, Susan 'she-who-is-to-be obeyed' was March 31st. With a track record of one pneumonia per month in 2009, I am now aiming at April 30th.

Waves, Ripples, & Hellos for this Spring 2009 might look like the AdBag, for we have enclosed:

- 1) a PAR brochure to sell you on the idea of committing to regular contributions to your church
- 2) the Pastoral Care Team's brochure to introduce you to the members and to their work on our behalf

Canada Post will give us four pages for the price of one stamp – this means that if I receive very few news items, my work may thankfully be shortened.

On such a positive note, here are some notes of inspiration that have been passed on to me.

Recession, swine flu, Glengarry pneumonia, serious illnesses in friends and neighbours give cause to read an e-mail sent out to those

of the business world from an organization with the impressive name, McLuhan & Davies Communications. It is titled: **Keep Calm and Carry On.**

You may be old enough or know your social history of World War 2 to recognize this slogan.



A British company has recently reprinted the slogan on t-shirts for our challenging times. The communication includes a list of how we might help ourselves and our world. I picked a couple that might work for me.

Muck in and get the job done whatever that means.

Be flexible. The world is changing. If you can change and adapt, you will thrive.

Select a day when you don't watch or read about the news. Take a day away from the Internet. Cut yourself free of the negativity. Stay unconnected. Take time for yourself.

And of course: **Keep Calm and Carry On**

There is something in the tone of all the above that I am smiling as I read it over. Is it because it sounds like Mrs. Bouquet in the British comedy, "Keeping Up Appearances"?

Carol Edwards
Editor

Important Dates:

May 1: Centennial Choir's Spring Concert

See Pat Durin for tickets. Plan to attend for the great music and appreciate our Pat Hamilton as the Emcee. Pat adds sparkle and humour in this role.

May 2: The Great St. Andrew's Plant & Bake Sale

Please bring your precious plants and favourite confections to Irvine Hall, Friday May 1st between 3 and 6 pm

Not to be missed – even if you are on a diet and have too many plants already. Come and feast your eyes! Read more about it! See following article by Tina Cairncross.

May 3: Holy Humour Sunday

Lorna McKendry

Wear your clown costume or your Easter bonnet. Tell your best "religious" joke. Read more about this ancient custom that is coming new again.

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May 9: Telling It Like It Is”

We are asked to send teams of three or more to Williamsburg United Church so that we can discover our church personality, and our strengths through some tools for understanding provided by the leadership of Elisabeth Jones and Sharon Moon. Elisabeth Jones is Director of Studies at United Theological College. Sharon Moon is Minister of Cedar Park United on the West Island.

Make a picnic lunch or a brown bag lunch and bring your team to Williamsburg between 9:30 and 3pm.

May 10: Mother’s Day

Rev.Andrea Harrison

May 10 – May 18 Quilt of Belonging.

“A stunning collaborative textile art project that shows there is a place for all in the fabric of society”

Don’t miss the Quilt’s return home for its display at the Cornwall Civic Complex.

May 17: Worship

Rev.Andrea Harrison

May 23: The 2009 Irvine Hall Ceilidh

An evening of fun and musical sharing. Keep tuned for further details. (I know a “gut-bucket” player!)

May 24: Lectionary Reading:

John 17:6-19

Jesus prays that “they may be one, as we are one”

May 31: Pentecost: Lectionary Reading: Acts 2:1-21

June 7: Church Parade: SD&G Highlanders Regiment



Even Plant Sales Have Roots!

As I sifted the final load of soil to be used to pot up the last of the 350 perennials for this year’s sale, I started thinking back on how Edwina and I got ourselves into such a Church fundraising endeavour!

My mother, Florence Cairncross and her long-time friend, Doris Baldwin, were the duo who invented the plant sale as a fundraiser for the Inkerman United Church. (my baptismal Church!) They did this for many years.

Every year during the winter, they would start slips from favoured plants in preparation for the

Saturday of the long weekend in May, when they ran their very successful plant and bake sale. The work for the day of the sale started at daybreak as they would lug their green treasures and set up shop outside on the church lawn. The day was always long and the weather wasn’t always the best, but they always did it year after year. As they got to be in their 80’s, every year without fail they would say that this was their last one. But the passing of time would always put a new head on their shoulders and come spring they would get that plant sale urge once again.

The last few years, Edwina and I would be there at the crack of dawn to help set up and we always brought about 50 perennials to assist in the cause. Mom and Doris no longer do the plant sale, but they left two trainees in their wake and the idea now seems to have taken root here at St. Andrew’s United.

This year’s sale will be on Saturday, May 2nd inside Irvine Hall from 8am until noon or until sell-out; whichever comes first!

What makes this sale special is that Edwina is a fountain of knowledge when it comes to perennials. There is not much she hasn’t tried to grow. Her aim in life if to try to grow one of everything before she dies! Whether you have sun, shade, moist or dry....there will be a perennial suitable for your garden at this sale, so please spread the word!

The sale features over 400 perennials, of at least 75 different species. The plants are at least two years old with well-established

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roots. Trees, blue bird houses, and a few house plants will also be available, along with some expert gardening advice.



If you have any plants you would like to contribute, please have them at Irvine Hall the day before, (Friday May 1st) between the hours of 3 and 6:30pm, our set-up time. Any extra pots of any size would also be appreciated, as we go through hundreds preparing for each year's sale. Oh yes, and bring a few extra dollars so you can take home some of that wonderful home baking that will also be available on plant sale day!

Tina Cairncross

A Telephone Interview

I had the pleasure of talking to John Hamilton about his time in Pasadena California this past season. John and Pat were in California as John's quartet of barber shoppers had qualified to compete at the Mid-Winter Convention of the Barbershop Harmony Society. The Adirondack Quartet represented the district that encompasses New York State and part of Pennsylvania. The district has the charming name "Seneca Land".

Reminds us that the wide area governed by the Six Nations Confederacy included the Seneca.

John said that performing in a 3000 seat auditorium was a bit frightening, but the experience allowed them to learn and left them with zeal to win at their local district so that they could go again to the "big" competition next winter (to be held in Tampa!)

Other highlights of their time in California included a motor tour on the famous #1 Highway from Los Angeles to San Francisco. After visiting Carmel, Pebble Beach, Hearst Castle and the sights of 'Frisco from Alcatraz, to Fishermen's Wharf and the cable cars, the Hamiltons fell in love with California.

Aah – we missed you here but we join in your joy!!!

Holy Humour Sunday

The following bits of information were gathered from a sermon by the famous Rev. Peter Marshall.

"For centuries a tradition was passed on in the Christian Orthodox churches for the people to gather on the Monday after Easter to be joyful – to tell jokes and stories – sharing laughter."

We have learned in modern times that laughter can be healing. There is hard evidence that laughter works like medicine. It exercises our lungs and stimulates circulation. It improves our muscle tone – researchers calculate that 100 laughs equal 10 minutes on a rowing machine.

Do you remember the scene in Mary Poppins when the sustained laughter caused everyone present to rise to the ceiling? Create a humorous mind image of all of us

floating upwards during worship at St. Andrew's this Sunday.

Velotour 2009

The bike tour is an annual event that takes place in Canada and France, alternating years. It has been going on for almost a decade and gets more and more popular every year. Youth ages 14 to 19 can apply. It's much more than it seems, really a wonderful experience. Biking is only half of it. It's a great way to meet interesting people and make new friends... with a little religion thrown in. Plus it would make even the most tight-fisted person happy. I'm getting to France this year on \$450 tops.

As miraculous as that sounds, there's more to it. A fundraising campaign goes on every year to pay for the tour, beginning almost immediately after the previous bike tour ends. I'm doing my part by having a bake sale on Wednesday, April 29th at Irvine hall during the spaghetti dinner. My friend, Marissa, and I will be selling baked goods and tickets for a draw (the grand prize being one of 4 bikes used in last year's tour + panniers and a bottle). We hope that everything will sell. Also, all donations will be gratefully received.

Kerianne MacNaughton-Seguin

Editor's Note: Kerianne sent some pictures of this wonderful event. . Since they don't fit our tiny space, please check them out on our church web-site
www.standrewsunitied.org

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Earth Day

Celebrated every April 22, Earth Day is the largest, most celebrated environmental event worldwide.

More than 6 million Canadians join 1 billion people in over 170 countries in staging events and projects to address local environmental issues. Nearly every school child in Canada takes part in an Earth Day activity.

Environmental challenges abound as our daily actions pollute and degrade the fragile environment that humans and wildlife depend on to survive

A grassroots “Green Team” at Innovapost (where Susan works) challenged colleagues to win a Greenie award. We had teams taking the tire pressure in people’s tires, employees showed off their hybrid and bio-diesel cars, and information sessions on solar energy to name a few. If you want to learn about how one person converted their VW Diesel into a bio-diesel car – search for Smells Like Fried on Google and you will find a blog that talks about this as well as the geo-thermal furnace he installed.

(smellslikefries.blogspot.com)

Some cool facts:

- 🌱 When a gallon of gasoline is burned, it combines with oxygen to produce nearly 20 pounds of carbon dioxide.
- 🌱 Make sure to keep your tires inflated to the proper pressure. If just one tire is underinflated by 20% you will use an additional 74 litres of fuel annually.
- 🌱 Use cold water to wash your

clothes. If every household in Canada did this, it would reduce approximately 1.5 billion kg of greenhouse gas emissions yearly.

- 🌱 Green soothes the eyes and produces a calming effect when seen. It also symbolizes hope, spirit, renewal, and life.
- 🌱 Phantom carriers” are products that draw power 24 hours a day. Appliances that have a clock or programming displays such as coffee makers, DVD players, computers, printers, and stereos are considered phantom load carriers. 75% of the electricity used to power home electronics is consumed while the products are turned off.

What did you do on Earth Day or every day?

A Book Review:

This headline in the Citizen caught my eye: **A dark tale, told with joy**. The author, Sheree Fitch provided fun time for many of us with her children’s books such as “There Were Monkey’s In My Kitchen”. Now her book for adults titled **Kiss the Joy As It Flies** has been nominated for the Leacock Medal for humour. “Fitch has created a book that seamlessly combines humour, and pathos, energy and contemplation”

The title sent me off on an exploration. The title from a poem by William Blake – where was it? I could only recall “Tiger, Tiger Burning Bright”

Thanks to ‘surfing’, I found the rest of the four lines published long after Blake’s death.

**“he who binds to himself a joy
does the winged life destroy;
but he who kisses the joy as it
flies lives in eternity’s sun”**

I discovered a sermon where the minister used these lines to emphasize “the danger of possessiveness and the significance of both change and continuity – namely endings and beginnings affect all of life”

An interpretation of Blake’s lines by the same Unitarian minister:

Live life in the Spirit. Live boldly with gracious abandon, daring to risk much, willing to give oneself the hope always to “kiss the joy as it flies”

I found Blake’s lines again in the Stanford Business Magazine in an article by a woman who was looking after her dying mother. She exhorted her readers to “Kiss the Joy As It Flies” and to see themselves as “facilitators of experiences” rather than only caregivers.

Essential Services:

I just received a note from the faithful provider of an essential service for our church. Cathy McKay writes: It has been brought to my attention that some may not realize we have a nursery during church. We generally go out with the children after their story, but we could certainly have the nursery available from the beginning of the service if required.

Cathy gently reminds us that the children would love to see some new faces helping in the nursery. Now isn’t that an appealing way to phrase a call for help!