

THE LINK

St. Andrew's Presbyterian Church



From the Minister...

The experience from a day in the life of Jesus and the disciples is familiar. While Jesus was on the lecture circuit, a large group of people gathered to hear his teaching. The disciples were there to listen and learn, to bring items the teacher might need and to control the crowd around Jesus which could often swell to large numbers.

As Jesus finished the teaching one day, he had compassion upon the ones who had listened and learned but at the end of the day were famished. The disciples' idea was to send the people away to find food and rest elsewhere. Jesus had other ideas. Jesus instructed the disciples to find the crowd something to eat. The disciples knew what was available: 2 loaves of bread and 5 fish were all they could find. There is no way that such a meager amount would ever be enough. Jesus asked to hold the bread and the fish. The disciples must have been relieved. Jesus to the rescue. He would solve the problem. The disciples were off the hook. They had pointed out the need and fully expected the problem would be solved by someone else.

Perhaps we can identify. We have lived a difficult two years. So much has been out of our control. I must say that most of us are exhausted. We have done our best to identify the problem and point to others who might solve the problem. If only "they" could find a better solution, the pandemic might be under control, jobs might rebound, and the "normal" we knew and enjoyed pre-pandemic could hopefully return. It all sounds so simple and yet we seem to be out of energy, out of time, and out of patience. Where is the miracle worker?

Jesus took the loaves and fish from the disciples. He neither cooked nor baked them. He offered a prayer and gave them back to the disciples. Were they not as out of ideas as they were before? They counted on Jesus to solve their problem, and all he provided was a prayer! It was up to them to embrace their scarcity. It was not up to them to provide a miracle. Jesus merely told them to begin passing out their meager fare. Give away the food that you have already identified as insufficient! They did just that and the multitude was fed.

When we find ourselves out of money, out of ideas, out of time and out of resources, we feel that we have nothing to contribute. This story helps us to challenge that belief. We enter a new year with incredible challenges. Scarcity abounds but what if we move into the direction of our scarcity, not with the belief that it is up to us to fix it, but up to us to trust that God will always, in every circumstance, provide what we need? It is not up to any of us to become miracle workers, but merely up to us to use what we have, as meager as it may seem to move toward those needs.

Where will you spend most of your time and energy in 2022 – fretting over scarcity or trusting in God's abundance? The end of the story does not say that they lived happily ever after, but it does say, *"They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over."*

May it be so with us and within the world around us because we come to act out of the abundance that is shown in this story. New Year Blessings to us all.

Pastor Mitch

January 2022

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Victoria, BC

The Gift of Christmas Music

A lunch time Christmas concert, “The Gift of Christmas Music” was held on December 16 in the sanctuary of St. Andrew’s Presbyterian Church.

The concert replaced the annual Carol Singalong as a component of the COVID Recovery funding provided to St. Andrew’s from the Victoria Foundation to assist bringing people back to downtown Victoria.

The St Andrews COVID Recovery Music Program is also working with the UVIC School of Music in supporting student musicians to practice weekly in our sanctuary and perform at events.

The Gift of Christmas Music concert featured 5 excellent musicians led by organist, Dr. Adam Con from UVIC: David Barss, trumpet, McKenna Jennings, harp, Jorge Eduardo Flores Carrizales, piano, and Brian Money, accordion.

The concert can be viewed on St. Andrew’s livestream at standrevsvictoria.ca

Thank you to the volunteers who made the concert a success and provided an opportunity for the audience to relax and enjoy music in a beautiful setting. The musicians appreciated being able to perform in front of a live audience again. Thanks to everyone and especially to the musicians for sharing their time and talents.

Dawn McLean, program coordinator



Dr. Adam Con



Brian Money



David Barss



McKenna
Jennings



Jorge Eduardo Flores Carrizales

The Caterpillar Attitude

As I was doing end of year purging, I came across a small poster my father left me titled "Have you a caterpillar attitude?"

Processionary caterpillars feed upon pine needles. They move through the trees in long procession, one leading and the other following – each with his eyes half-closed and his head snugly fitted against the rear extremity of his predecessor.

Jean Henri Fabre, the great French naturalist, after patiently experimenting with a group of these caterpillars, finally enticed them to the rim of a large flowerpot where he succeeded in getting the first one connected with the last one, thus forming a complete circle which started moving around in a procession which had neither beginning nor end. The naturalist expected that after a while, they would catch on to the joke – get tired of their useless march and start off in some new direction. But not so.

Through sheer force of habit, the living, creeping circle kept moving around the rim of the pot – around and around, keeping the same relentless pace for seven days and seven nights- and would doubtless have continued longer had it not been for sheer exhaustion and ultimate starvation.

Incidentally, an ample supply of food was close at hand, and plainly visible, but it was outside the range of the circle, so they continued along the beaten path.

They were following instinct – habit – custom – tradition – precedent – past experience – they mistook activity for accomplishment. They meant well – but they got no place.

Copied from Sylvania Electronics Systems Value Analysis Poster – Have you a caterpillar attitude



At St. Andrew's, we have time to give some thought to our instinct, habit, past practice and do the same thing (that's the way we have always done it – remember the cutting of the end of the ham story) or do we take this opportunity to give some thought as to what our role might be as a downtown Church moving into the future.

Submitted by **Jim Ferguson**

Property Report

A year ago, Jack and I alerted Session, and the congregation through the Link, about our increasing property insurance premiums. We thought last year's increase was outrageously steep, but clearly not in light of this year's increase.

Our policy year is the calendar year, so January 1st is our renewal date, covering St Andrew's for the 2022 year.

Last year 2021 we paid \$ 31,016 for coverage including earthquake to a value \$12,463,326.

This year's proposed premium is \$ 42,570 for coverage including earthquake to a value of \$14,010,000.

My old math says that is a 33 1/3 % increase.

We have bound the insurance for the coming policy year, on the understanding that we can review and change the coverage and advise the broker before the end of January.

The area of most concern is the cost for earthquake coverage– last year the cost was \$7,600 and this year's proposed is \$14,010.

All the other items covered have a deductible of \$10,000, but for earthquake it is a combination of \$250,000 and/or 15% of the claim.

I have asked the broker for clarification on the deductible issues and whether or not, if we have a serious claim, can we use the coverage money to rebuild on a different location.

Session will have to discuss this issue at the January meeting. Jack and I will have a recommendation for that meeting.

Please talk to Jack or myself, or your elder, and please e-mail me, d.mclean@shaw.ca if you need clarification. Happy New Year, in spite of the Insurance Grinch.

Submitted by David McLean

The Coldest Night of the Year

Last year Ardath Shand organized a small team of walkers to fundraise for the charities below. If you would like to be part of a group of supporters this year, please telephone Ardath at 778-440-0818 and she will captain a team from St. Andrew's Presbyterian Church.



Save the Date: Saturday, February 26th, 2022 You Can Warm hearts on the Coldest Night of the Year!

Our Place Society and **Pacific Centre Family Services Assn (PCFSA)** have once again teamed up for the 2022 Coldest Night of the Year charity 2.5 and 5k walk. Together, we are proud to offer families, faith, work, and community groups the opportunity to walk in solidarity and raise awareness and funds to help serve the hungry, homeless, and hurting people in our community.

An effect of the pandemic has been the increase of people accessing our programs and services. Our Place and PCFSA are here for individuals and families facing extreme challenges – regardless of the reason. Your support will ensure that we can continue to be a beacon for our friends and neighbours experiencing tough times.

Please consider gathering a team together and joining us Saturday,

February 26th either in person or virtual.

Victoria Walk: <https://cnoy.org/location/victoria/Pandora> We will see you out in the cold.

Share the Joy of Christmas 2021 Update

Every year St. Andrew's Presbyterian Church has a Share the Joy of Christmas campaign with the goal of making the holiday season brighter for those who have difficulty making ends meet.

In 2021, we decided to fund Christmas hampers for needy persons in Greater Victoria. The local charity, Mustard Seed Street Church, using its contacts with local food distributors, puts each hamper together for \$147. These hampers, full of good food, also contain a few special gifts for each child in the family that receives the basket. This way we try to touch each person's heart with the joy, peace and hope of the season.



The Share the Joy of Christmas Campaign 2021 received enough money to provide 33 hampers for needy folk in Greater Victoria!

This is more than twice the goal of 15 hampers that we chose, based on donations to Share the Joy in the past. Each hamper can feed 4 persons during the Christmas season, so we helped to feed at least 132 people who might otherwise be hungry.

Thank you so much for your generosity, St. Andrew's!

Submitted by **Debra Verwey**



Music and Song heard during December included *Love's Pure Light* sung with bells by St. Andrew's Choir.



Alex Chernata, clarinet and Jenny Lu, piano

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Angels' Carol sung by Susie Henderson and Sarah Logan

Soloist
Lauren Steinmann



David Barss, trumpet, and Kyron Basu, soloist



Jorge Carrizales with the tambourine

Greetings from the Kim Family in Seoul, Korea

I am sure everyone at St. Andrew's will remember with great fondness, the Kim family who were with us for three years. I have communicated fairly frequently with Grace Kim, (mom) and the girls and I thought folks at St. Andrew's would enjoy hearing their news.

Grace tells me that it was on December 28, 2018 when they arrived in Victoria in order for Grace and their three daughters, June, Juhye and Juliet, to study English. The very next Sunday they came to our church and were willing and wonderful participants at St. Andrew's and were involved with almost every facet of our church. We all came to love and appreciate them.

After three years, (July 2021), Grace and two daughters returned to Korea in order for their daughters to continue at the University and in elementary school. And their student visa had expired so it was time to go home.

The family watches our live broadcasts every Sunday and also the Music Programs that are taped. Grace recognizes people and feels like she is right there with us. She expressed how deeply she missed each one and often wishes she could be with us. By watching us, she says, she feels that she is with us in spirit.

June Kim is in her last year of Economics at Sookmyung Women's University of Korea and is working as an intern at the Bank of Korea. She feels that her English language skill was beneficial for being chosen for this unique opportunity at the Bank of Korea.

Juhye is taking her 2nd year of Economics towards a Bachelor of Arts at University of

British Columbia. She is taking five subjects each semester and finds it hard but she is doing well. She connected immediately to the University Chapel on the UBC grounds. She attends an English church service in the mornings and a Korean service in the afternoon. She has been able to make some good friends at UBC. She might be coming over to Victoria for a few days in January. Keep an eye out for her!

Juliet is doing very well in school and is growing very fast. We knew her as a young girl but she is now as tall as the other members of her family!

Grace keeps the 'home fires' burning but she has taken on a huge project. First of all, she loves to watch us online. Also, she has decided to keep up her English skills in a very unique and spiritual way. She was aware of how Rev. Mitch is writing out the Psalms and she has decided to write out the whole Korean Bible, first in Korean and then in English. Her Bible shows the two languages on each page. She started writing in Genesis and is now on Deuteronomy, and writes passages out each day, verse by verse. Currently she writes in Korean but she will begin writing in English soon. She finds this to be a spiritual experience and the knowledge she has gained from the Bible is immense. The English learning is an extremely important part of keeping up her English language skills. I told her that we are so proud of her accomplishments.

Mark keeps the family going! What would they do without this very important man!

I know we are all happy that we met the Kim family. As we sit in the church or watch online, know that another family is also watching too and thinking of each one of you.

News from Presbytery

Thank you Mark and Grace! Thank you June,
Juhye and Juliet!
We wish you ALL a very happy and safe 2022.
Thank you for writing to us!
We will stay in touch with you and look
forward to continuing our friendship with you.

Sincerely, **Dorothy Reimer**

The Kim Family



Back row: June, Juliet, Juhye
Front row: Grace, Mark



Grace Kim with daughters, Juhye and Juliet in 2019

Below: June, Juliet, Juhye



Reflection for These Times

*Bless the Lord, O my soul, and all that is within me, bless his holy name;
Bless the Lord, O my soul, and do not forget all his benefits...*

Those words were in my first thoughts when I woke up this morning. I assure you that I am neither a scripture savant nor a saint; the words were in my head because from the time my children were young, I began most days reading these verses from Psalm 103. The assurance continues to be a place of respite and refocuses me when I am worried or generally unsure about something that is also on my mind when I start the day.

Thomas Merton writes that we should not look for a method for meditative prayer but “cultivate an attitude, an outlook with faith, openness, attention, reverence, expectation, supplication, trust, and joy.” Cultivating such an attitude seems improbable for a night worrier like me.

Over 30 years ago, my friend Sharon shared her plan for “daily quiet time.” She instructed me to simply read and pray the verses back to God each day. Reading and praying the scriptures she provided in the presence of God have been formative. However, I must tell you that my “attitude” and relationship with God is ever evolving and I seem to wrestle with the same fears and joys over and over.

And yet, God comes into my confusion and doubt and uncertainty with an invitation to open to another way of seeing. Taking time to ponder, reflect, and listen, even when I’m not sure what I am doing, changes me.

Day after day, my quiet time, even when my mind isn’t quiet, does something. For those few minutes, I am lifted above the fray of what is going on in my life and I catch a glimpse of God’s grace and goodness. As I read, I began to notice verses that seem to speak some truth or comfort into what is actually happening to me. I do not always get easy answers or make drastic changes but little by little these moments of insight and calm seep into other parts of my day.

I encourage you to be open to trying out the “plan” whether you have a reflective practice or not. Choose a time that works best for you and when you miss a day or a week, keep going. I take solace in what Henri Nouwen writes about “useless prayer” in his Toronto diary, *The Road to Daybreak*.

Why should I spend an hour in prayer when I do nothing during that time but think...about silly things that happen to grab my mind for a moment? The answer is: because God is greater than my mind and heart, and what is really happening ...is not measurable in terms of human success and failure.

The remarkable thing is that sitting in the presence of God ...—day after day, week after week, month after month—in total confusion and with myriad distractions radically changes my life. God, who loves me so much that he sent his only son not to condemn me but to save me, does not leave me waiting in the dark too long. I might think that each hour is useless, but after thirty or sixty or ninety such useless hours, I gradually realize

that I was not as alone as I thought; a very small, gentle voice has been speaking in me far beyond my noisy place.

Daily Prayer and Reflection

PRAISE God's greatness, goodness & love.

Bless the Lord, O my soul, and all that is within me. Bless His Holy name.

Bless the Lord, O my soul, and forget not all his benefits. Psalm 103:1-2

THANKS- Give thanks for whatever is going on in your life right now.

Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you. 1 Thessalonians 3:16-18

Confession- clear your relationship with God for this day

Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him and he will make straight your paths. Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body. Proverbs 3:5-8

Tell God what is most on your heart today.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Jesus Christ. Philippians 4:6-7

Listen. Read a few verses (may be Psalms or choose a book to work through). Listen to what each phrase is saying to you. Write down a verse that speaks to you. Pray this verse back to God.

Pray for others

For this reason I bow my knees before the Father from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Submitted by **Linda Coggin**





Greetings from the KRAVES in California

Hello from your friends south of the border!

Holiday greetings to you all! Hope this finds you well and in good spirits!

It's been almost two years since we left Victoria and still miss it a lot. Attending the worship services every Sunday makes us feel we're still there and belong to St. Andrew's church family! I love seeing and recognizing those like Sheelagh, Moira, Dirk, Jim, Dorothy R. Laura R. (And others I can't recall off hand) who lead the worship services in the sanctuary. Sometimes, the camera shows a glimpse of the congregation too. We keep track of the goings on over there and I do appreciate that the services are live streamed like the Gifts of Christmas.

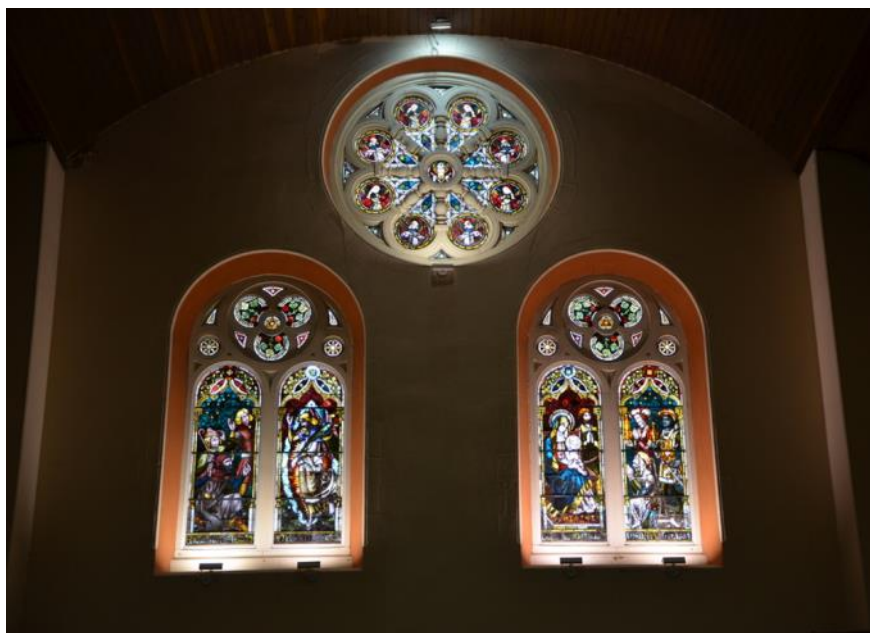
Kevin and I are doing fine. We've had a couple of health issues that really scared us, but we're coping well. We're both vaccinated and have had booster shots and are trying to follow the strict Covid guidelines. For now, we're keeping socially distant and hoping to be able to go back to Victoria. Our plan is to be there in mid-May so we hope to see everyone then.

We subscribe to Capital Daily so we more or less know what's happening in Victoria, both good and bad. We miss the Xmas activities that we've had the chance to see and experience. It seems that winter in Victoria and the whole

island has been abysmal with constant rain and flooding. We've been having a beautiful mild winter compared to other areas. Although it's been a bit colder than usual, we are grateful and contented with what we've got.

Merry Christmas and our best wishes for the New Year!!! God bless you all! Looking forward to seeing you in May!

Grace and Peace,
Sonja and Kevin



Our rose stained-glass windows, donated by the family of Robert Dunsmuir, are now fully illuminated. Jerry Verwey replaced the topmost light bulb which had been burnt out for many years.

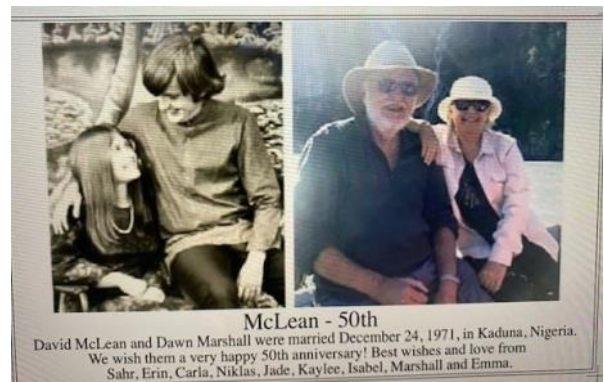


How did our church sanctuary wall go from looking like this.....



.....to this? Turn the page to find out!

50th Wedding Anniversary



Recently, there were two photos in the Times-Colonist newspaper telling the story of two members of St. Andrew's Church who were celebrating their 50th wedding anniversary. Congratulations to Dawn and David McLean on this auspicious occasion!

David and Dawn met at the University of Victoria both taking a Sociology of Religion class! They re-met again as CUSO volunteers in West Africa, first in Sierra Leone, and then again in northern Nigeria. Dawn was a teacher and David a CUSO Director. Their wedding was a civil ceremony performed by Alhaji Mohammed, Nigerian and CUSO friends attended the ceremony and the reception including our Presbyterian Minister Glenn Inglis (CUSO volunteer). Our honeymoon was 2 weeks enjoying the history of Egypt. Telegrams were sent to Canada to family!



Thank you to Jerry Verwey (on the ladder) for refreshing the paint on the northeast and south-west corners of the balcony.

Images from December



The Jones Family sharing the Advent Reading



Our Own Nativity Scene



David McLean
Lighting the
Candle of Love

Is Christmas Really Over?

Complete the sentences by filling in the blanks with the correct words from the word bank at the bottom of the page. You can check your answers in John 1:10-18 (NIV)



He was in the _____, and though the world was made through him, the world did not _____ him. He came to that which was his own, but his own did not _____ him. Yet to all who received him, to those who believed in his _____, he gave the right to become _____ of God -- children born not of natural descent, nor of human decision or a husband's will, but born of God.

The _____ became _____ and made his _____ among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of _____ and _____.

John 10:10-18 (NIV)

children name	recognize Word	world dwelling	truth grace	flesh receive
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