

# THIS WEEK AT ST. ANDREW'S



ISSUE # 300 March 5, 2026

## Open Church: Sanctuary

Wednesdays at 12:00 - 1:30 pm

## Meditation Hour: Sanctuary

Wednesdays at 4:00 - 5:30 pm

## Activity Group: The Gathering Room

Thursdays at 10:30 am - 12:30 pm

## Worship Service: Sanctuary

Sundays at 10:30 am - 12:00 pm

## Lenten Study

You are warmly invited to join a short Lenten study - for just 2 afternoons.

You might be familiar with the meditation practice of [Lectio Divina](#) in which a scripture is read together, we answer some reflective questions and share answers (often just one word or two). It is a gentle way of listening to the passage.

Come and experience a similar practice called Visio Divina, focusing on a painting (often well known), and using scripture go through a similar process to Lectio Divina.

For some of us this will be a new way to meditate on scripture. Come and join us: Lent is a time to allow God to speak to us in a new way!

Dates: Friday March 20 @3.30  
Monday March 30 @3.30

Location: 1740 Patly Place  
Home of Jack and Dorothy Reimer

If you have questions please call Colina (250 418 0730) or email [colina.titus@gmail.com](mailto:colina.titus@gmail.com)

## Letter to the Congregation

St. Andrew's 2025 Annual General Meeting to be held on Sunday, March 8, 2026, in the Sanctuary following Worship.

Dear Friends,

This is an important meeting for St. Andrew's; we value your input regarding Church decisions and hope that you will be able to attend the meeting in person.

If you have questions but are unable to attend in person, please phone the Church Office and we will make sure that someone calls you to answer your question.

Following Worship, please take a few minutes to get a coffee in The Gathering Room and return to the Sanctuary for the important Annual General Meeting (AGM).

Annual Report: You have received a copy of the Annual Report 2025 starting February 19<sup>th</sup> via our Thursday e-Communications; the Annual Report can also be accessed on the St. Andrew's website from February 19, 2026 on. Hard copies will be available on February 22<sup>nd</sup> and March 1<sup>st</sup> as well as the day of the AGM. We encourage you to ask questions prior to the meeting by either:

- phoning the Church Office (250 384 5734) and speaking with our Church Administrator, Shannon.
- emailing the Session Clerk at [session.clerk@standrewsvictoria.ca](mailto:session.clerk@standrewsvictoria.ca) so they can find someone to answer your question and make sure you get a reply.

## AGENDA

### Constitution

1. Memorial Minute
2. Nomination of Secretary (**Motion**)
3. Approval of the Agenda as presented (**Motion**)
4. Review and approval of the Minutes of '2025 Budget Meeting' – January 26, 2025. (**Motion**)
5. Review and approval of the Minutes of '2024 Annual Meeting' – March 9, 2025 (**Motion**)

6. Review and approval of Committee Reports as presented (**Motion**)
7. Approval Trustees (**Motion**) see Appendix for Names of Trustees.
8. New Business
  - a. Motion for Approval for Mark Alchuk to Become Assistant Treasurer and to be Given Signing Authority.
  - b. The Congregation of St. Andrew's Presbyterian Church, Victoria affirm The Future of The Link (see Appendix below)
9. Closing Prayer

## **APPENDIX**

### **Trustees**

The Congregation of St. Andrew's Presbyterian Church, Victoria affirm the appointment of the following persons as Trustees for the Congregation:

- Arthur Marcellus
- David McLean
- Dirk Ryneveld
- Jack Reimer

### **FOR YOUR INFORMATION:**

- The Property Committee** would like to draw to your attention that the Motion made at the October 27, 2024 Congregational Meeting, still stands:

#### **Application for Heritage Fund for Tower Work:**

**MOTION** from October 27, 2024: The Congregation of St. Andrew's Presbyterian, Victoria, made an application to the Civic Trust for an amount of up to \$107,500.00, for the purpose of support for engaging consultants to assist in the scope of the work proposed and of support of the work undertaken within the guidelines of the heritage incentive program and the parapet improvement program.

### **The Future of The Link**

Please be advised that the software used to create the Link will no longer be supported by Microsoft come October 2026.

The Editors of The Link have advised Session at their February 2026 meeting that they are resigning as of June 2026.

Unless there are new volunteers with new software, there will be no Link in the future.

Session is seeking suggestions on how to move forward with The Link in a new way, with new software and a new group of volunteers.


## **Announcements**

**✝ LENTEN DEVOTIONAL GUIDE:** "The season of Lent is not about striving harder or proving ourselves worthy, but rather allowing God to create something new within us—a softened heart, a clearer vision, a renewed spirit. As you read these daily reflections, may you find space to breathe, listen, and encounter the God revealed as Father, Son, and Holy Spirit, who meets us with compassion and calls us toward new life." This is from the introduction to The St Andrew's Hall Lenten Devotional Guide, available for you to download and view [HERE](#). Please contact the church office for a printed copy.

**👤 ACTIVITY GROUP:** Thank you to those who have already brought in their contributions to the Activity Group's Spring collection for [Compassionate Resource Warehouse](#) overseas shipments. That's a great start. The collection will continue for February and March. In case you've lost the list of needed items here it is again:


- Men's neckties
- Men's dress shirts
- Belts
- Wallets, change purses
- Bars of soap, small containers lotion
- Towels - big or small
- Washcloths, dishcloths
- Spools of thread
- Toothpaste, toothbrushes
- Small scissors, nailclippers
- Coloring books, activity books


Bring your donations on Sundays, there's a basket inside at the front door, drop off at the office, or join us on Thursday mornings and share a coffee and a chat.

 **EMERGENCY FOOD RELIEF:** PWS&D, in partnership with the Canadian Foodgrains Bank, Development and Peace and local partners in Sudan and Somalia are supporting an emergency nutrition project. Both Sudan and Somalia are facing a severe humanitarian crisis with children especially in need of urgent aid. We continue to pray for peace in both of these countries and for our global brothers and sisters who struggle with daily basic needs such as shelter, food, basic medical care and food. [Each and every donation is greatly appreciated.](#)


-Patti Jackson, Mission & Outreach

 **THE ELIXIR OF SONG:** A mini-spa afternoon for the aging voice presented by St. Andrew's Music Outreach program and the [RCCO](#). All are welcome for a time of vocal pampering to help improve tuning, breath control, and vocal production. **Saturday** March 7 from 1 - 4 pm at St. Andrew's Presbyterian Church. The event is free, however, registration is required by March 4th! For more information please contact [rcco.victoria.news@gmail.com](mailto:rcco.victoria.news@gmail.com)


 **DAYLIGHT SAVINGS:** Daylight savings begins on Sunday, March 8th! Make sure you 'spring ahead' by one hour in the evening on March 7th so you aren't late for church!


 **ANNUAL GENERAL MEETING:** The AGM for our congregation will be held on Sunday, March 8th after Worship Service. *Reports are due on March 4th.* If you have questions please phone the church office to be put in touch with someone, or email the Session Clerk at [session.clerk@standrewsvictoria.ca](mailto:session.clerk@standrewsvictoria.ca).

 **SESSION MEETING:** In person on March 9th at 7:00 pm in The Gathering Room.


 **SPRING CONCERTS:** Presented by St. Andrew's Music Outreach program in partnership with UVic School of Music. Donations are appreciated, and support our music program, and our musicians! Everyone is welcome to attend.


- **CELLO CONCERT:** On Sunday, March 8th at 3 pm in the Sanctuary. Cello students from the studio of Pamela Highbaugh Aloni, Associate Professor, UVIC School of Music.
- **GUITAR CONCERT:** On Sunday, March 15th at 2 pm in the Sanctuary. Guitar students from the classes of Simon Farintosh, Instructor, UVIC School of Music
- **CHAMBER & VIOLA CONCERT:** On Sunday, March 22th at 2 pm in the Sanctuary. Chamber and Viola music from the studio of Joanna Hood, Associate Professor, UVIC School of Music.
- **VIOLIN CONCERT:** On Sunday, March 29th at 2 pm in the Sanctuary: Various violin selections from the classes of Ann Elliott-Goldschmid, Associate Professor, UVIC School of Music.

 **THE LINK:** Contribute to St. Andrew's monthly newsletter! **April's** deadline for submissions is **Sunday, March 29th.** To contact the editor or make submissions please email: [thelink@standrewsvictoria.ca](mailto:thelink@standrewsvictoria.ca).


 **HOLY WEEK:** Join us in commemorating the final, sacred week of Jesus' life with these special services.


- **Palm Sunday**
  - Sunday, March 29 at 10:30 am
  - With Rev. Wes Denyer
- **Good Friday**
  - Friday, April 3 at 10:30 am
  - With Rev. Wes Denyer
- **Easter Sunday**
  - Sunday, April 5 at 10:30 am
  - Communion Service
  - With Rev. Wes Denyer


 **SEQUOIA ENSEMBLE CONCERT:** Presented by St. Andrew's Music Outreach program on April 19th in the Sanctuary. More information will be available soon!


 **CHOIRBURST PERFORMANCES:** Presented by St. Andrew's Music Outreach program in partnership with [Podium 2026](#). In the St. Andrew's Sanctuary from 10 am - 5 pm on May 15th & 16th. These are short and informal performances given by choirs from across the country! More information will be available soon.


## Community Events

 **AROUND THE TABLE:** Join 'Inclusive Christians' on Wednesdays, from 5 - 6 pm, at the UVic Multifaith Center, for a simple Christian service of prayer, song, scripture, and contemplation. Our worship is centered around a gospel reading for which we take time to discuss and listen to student interpretations of the text. All are welcome. A free simple dinner is provided following the service. Hosted by the Anglican, Lutheran, Presbyterian, and United Spiritual Care Providers. For more information contact the [Rev. Laura Kavanagh](#).

 **WORLD DAY OF PRAYER:** on Tuesday March 10th at 1:00pm at Broad View United. Your denomination is part of the Women's Inter-Church Council of Canada, which is involved in this program. This year, we are learning and praying for Women & Children in Nigeria, a country suffering much and yet resilient people live. Please join us for learning and praying for Nigeria with the worldwide community.

 **TEA FOR TUTU 'RITE OF SPRING':** March 10, 11, 12 at 2:00 pm in the Kirk Hall. Reserve your free seats! Email: [tea4tutu@balletvictoria.ca](mailto:tea4tutu@balletvictoria.ca) Phone: 250-380-6063. The performance includes an introduction to the dancers, the story of the work to be performed, a 45 minute dance performance, the opportunity for seniors, parents, and young children to enjoy the friendly, intimate atmosphere of the theatre, tea, coffee, and cookies offered while mingling with the dancers after the show.

 **THE VILLAGE WORKSHOP SERIES:** On **Saturday, March 14**, from 9 am - 4pm, Oak Bay United Church and St Mary's Anglican Church will host Kathi Camilleri's [Building Bridges Through Understanding the Village](#). Cost is \$30. Lunch and refreshments included. To register, please contact the Oak Bay United Church office by email at [admin@oakbayunitedchurch.ca](mailto:admin@oakbayunitedchurch.ca) or phone at 250-598-502.

 **PCC WEBINAR:** Wednesday, March 25th 6:00 p.m. (Eastern). Anti-Jewish sentiment is an ongoing global issue and a force that generations of Christian churches have grappled with. And, much to our dismay, the church at times has been complicit in perpetuating this sentiment, with devastating results. In light of the PCC's commitment to address and dismantle anti-Judaism we explore one vein of the complicated history of Judaism and Christianity with invited speaker Dr. Patricia Ahearne-Kroll, noted Judaism scholar. Her lecture will expose the role of biblical scholars whose misinformed interpretation of New Testament passages stoked the flames of anti-Judaism. [REGISTER HERE](#).

 **VIP WOMEN'S RETREAT 2026:** At Camp Imadene, Mesachie Lake, Cowichan on April 24 - 26, 2026. Join us for a variety of workshops and worship throughout the weekend! Register before March 16 for \$230 by filling out [THIS FORM](#). For other information please contact [vipladiesretreat@gmail.com](mailto:vipladiesretreat@gmail.com) or 250-668-3299.

 **VIP SUMMER CAMP 2026:** A program of the Presbyterian Church in Canada. This year's locations and dates are as follows: Little Qualicum Falls Provincial Park (June 8-12), Rath Trevor Provincial Park (July 25 - 30), and Rath Trevor Provincial Park (July 30 - August 3). *Some details have changed!* For more information go to our [website](#) or contact the registrar at [jermareng@gmail.com](mailto:jermareng@gmail.com).



## International Women's Day 2026

"Rights. Justice. Action. For ALL Women and Girls"

Join us on March 8 – International Women's Day, as we celebrate the incredible achievements of women and girls around the world, but also call for renewed commitment to advancing rights, justice and equality.

This year's International Women's Day theme is "Rights. Justice. Action. For ALL Women and Girls." The theme calls for equal rights and justice to be effectively enforced, exercised and enjoyed. According to UN Women, women currently possess only 64 percent of the legal rights that men have globally. If progress persists at the current rate, it will take approximately 286 years to fully close these legal protection gaps – a timeline that is unacceptable. This year's theme urges action to remove the structural barriers to equal justice.

At PWS&D, we are committed to a world where every woman and girl has rights and is empowered. Through our projects:

In [Guatemala](#), PWS&D works with local partners to support Indigenous women as they fight prejudices about their leadership abilities. Through workshops, women gain greater self-esteem and strengthen their voices to participate at community and municipal levels.

With our local partner in [India](#), PWS&D supports outreach to women and girls to provide them with the tools they need to access appropriate health care, address issues of gender, empowerment and sexual and reproductive rights, and address child marriage.

In [Malawi](#), PWS&D provides scholarships for girls to attend Neno Girls Secondary School. These scholarships enable girls to stay in school and access a quality education. According to the United Nations, every additional year of school a

girl attains increases her eventual wages by 10-20%. Greater educational outcomes encourage girls to marry later and have fewer children, increasing opportunities for gender equity to be realized.

In [Pakistan](#), PWS&D is supporting a project to improve girls' access to education. This initiative incentivizes school enrollment and retention by providing nutritious meals in regions heavily impacted by food insecurity. The project also engages communities and local leaders to highlight the critical importance of girls' education and its impact on families and societies.

Discover how PWS&D is bringing this year's theme to life and turning it into action. [Meet Debora from Malawi](#). [Read about Ankhu from Nepal](#). [Learn about Raunak from India](#). As we continue to work towards an equitable world, we must remember that progress for one must also mean progress for all. [Respond with us!](#)

## Lenten Liturgies

### Earning a Good Income in Nepal

"Even with a small piece of land, it's possible to earn a good income with little cash investment." These words from Ankhu Jaishi, a 30-year-old mother of four from Nepal's Kalikot district, reflect the determination of farmers worldwide who participate in self-help groups. Through these groups, farmers share knowledge about conservation agriculture, learning techniques that help maximize productivity on small plots of land despite changing climate conditions. Before joining the program, Ankhu and her husband struggled to provide enough food for their children and his mother, who they also support. In 2023 though, with support from PWS&D and the International Nepal Fellowship, Ankhu joined a self-help group that gave her resources to start growing vegetables. Her farm now serves as a model for others in the community, where she teaches neighbours the skills she has learned. Reflecting on her journey, Ankhu proudly says, "Joining the self-help group changed my life." This Lenten season, faithfully respond with PWS&D to help communities adapt to and mitigate the effects of a rapidly changing climate.



## Lentil Soup for Lent

### Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 medium carrots, peeled and chopped
- 2 celery ribs, chopped
- 14 ounce can crushed or diced tomatoes
- 2 cups dry green or brown lentils
- 7 cups vegetable broth
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon salt, or to taste
- 3 cups spinach, sliced into ribbons
- 1 lemon, juiced (about 2 tablespoons)

### Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onions, garlic, carrots and celery. Cook, stirring frequently for about 4-5 minutes.
2. Now add the can of tomatoes (with juices), lentils, vegetable broth, cumin, coriander and smoked paprika. Stir to incorporate everything.
3. Bring to a boil, then lower heat to a simmer and cook for about 30 minutes, until the lentils are tender and the soup has thickened. For a creamier texture, use an immersion blender to blend a few times in the pot. Alternatively, add 1-2 cups of the soup to a regular blender, blend until smooth and then return to the pot.
4. Stir in the spinach and lemon juice. It will only take a minute for the spinach to wilt. Season with salt to taste.



## To Keep a True Lent

Is this a fast, to keep  
The larder lean?  
And clean  
From fat of veals and sheep ?

Is it to quit the dish  
Of flesh, yet still  
To fill  
The platter high with fish ?

Is it to fast an hour,  
Or ragg'd to go,  
Or show  
A downcast look and sour ?

No ; 'tis a fast to dole  
Thy sheaf of wheat,  
And meat,  
Unto the hungry soul.

It is to fast from strife,  
From old debate  
And hate ;  
To circumcise thy life.

To show a heart grief-rent ;  
To starve thy sin,  
Not bin ;  
And that's to keep thy Lent.

- Robert Herrick 1648

*Although Herrick was not Scottish, this poem is foundational to the Protestant/Presbyterian understanding of Lent. It redefines fasting not as a diet change but as a spiritual discipline to "starve thy sin" and "dole thy sheaf of wheat... unto the hungry soul".*