

## **HELP US BY SAVING YOUR:**

**Used Postage Stamps** – for Leprosy Relief  
**Campbell's Soup Labels** – for Education Programs  
**Zehrs Cash Register Tapes** – to convert to cash  
**Aluminum Cans** – to Habitat for Humanity

*All of the above can be placed in the appropriate slots  
in the container at the Welcome Centre and the Aluminum  
Cans placed in the appropriate holder in the Church Hall*



**The Sacrament of  
Holy Communion  
will be held at St. Andrew's  
on the first Sunday of  
March, June, October and December.**

The **'INSPIRE'** is a monthly communication resource of:

### **ST. ANDREW'S PRESBYTERIAN CHURCH**

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[mailbox@standrewsguelph.com](mailto:mailbox@standrewsguelph.com)

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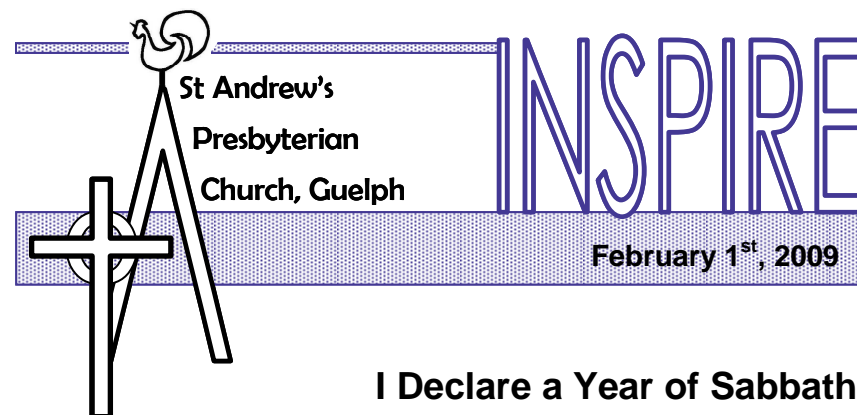
#### **Pastoral Staff**

Rev. John Borthwick  
Jenny Emerson  
Jacqui Foxall  
Matt Foxall  
Fred Gingrich  
Heather Gottscheu  
Margaret Blatherwick  
Ross Rowat  
Jim Rife

[revjohn@standrewsguelph.com](mailto:revjohn@standrewsguelph.com)  
Church School Team Leader  
Student Minister  
Youth Team Leader  
Director of Music  
Executive Ministry Assistant  
Administrative Assistant  
Clerk of Session  
Church Treasurer

#### **Sunday Services**

10:30 a.m.



## **I Declare a Year of Sabbath**

As I reflect on my six years at St. Andrew's, I'm aware that we have spent a significant amount of time on 'looking busy for Jesus'. Don't misunderstand me... in the moment, it seemed like very important work that would dramatically impact the vitality of St. Andrew's. But using hindsight (which is always 20/20), I'm not too sure that what we were up to made much of a difference in our spiritual lives or our relationship with Jesus. This isn't just a phenomenon of St. Andrew's but exists in many churches in North America today. I would like to suggest that the Christian Church's obsession with financial security, numerical growth, and maintaining its 'cathedrals' is pulling its people away from dependence and trust in God. We are so focused on 'surviving' that we think it all depends on us... and that is where we have lost our way. In doing so, we see a continual rise in the burnout of those who put their heads up to provide leadership the church (ministers, youth workers, elders, volunteers, etc). We hear the expression, 'You put your head up and it is going to get chopped off.' The statement is especially true in church circles but can be found today in other volunteer organizations where anxiety over the institution's survival sets the agenda. What is a healthy response to these anxious times for people of faith?

The Bible outlines God's intended rhythm for God's beloved creation and instructed God's people to adhere to this pattern no matter how anxious it might make us. The Torah (the Law of God) called for a year of release for the land every seven years. During *Shmita* (as it was called in Hebrew), the land is left alone and all the business of farming is forbidden including plowing, planting, pruning and harvesting. Activities like watering, fertilizing, weeding, mowing were allowed in order to maintain some sense

## Opportunities

### My Neighbour's House Update

You likely read the most recent Mercury article about My Neighbour's House last month. We continue to be surprised and encouraged by the generation of new support that such articles bring. It is a joy to be in a group of people where the subject of My Neighbour's House and St. Andrew's comes up. People in this community speak very highly of St. Andrew's for its generosity and vision beyond its walls. You are to be commended for your continued support of this fantastic project. A small group of 'builders' is forming at the moment that will provide the final push towards completion of our goal. In the coming months, you will be made aware of opportunities to support My Neighbour's House. Please keep Habitat for Humanity of Guelph Wellington in your prayers as they do the hard work of finding an appropriate site and creating all the logistics around building a house. It is truly a work of faith in action.



## Thanksgivings & Concerns

We also celebrate with the families of those who were baptised last month and beyond:

**Emersyn Quinn Runions.**

We mourn with family and friends of those who passed away over the last month:

**Elizabeth Hare**

**Doug McPhee**

*'Blessed are those who mourn for they will be comforted.'*

*Continued from the cover...*

of order. Everything that grew naturally was allowed to be picked by anyone, not just the farmer. It was an invitation to rest, to slow down and to allow God to do what God will do.

Since this is my 'seventh' year of ministry at St. Andrew's, I am inviting us to consider a year of Sabbath. This is not a new idea. Certainly, it is rooted in our Biblical narrative. And it was something that just a few years ago, the General Assembly of The Presbyterian Church in Canada invited us to consider. Sadly, I don't believe it caught on because folks saw 'Sabbath' as doing nothing. And that will be the challenge for us as I invite you into Sabbath.

According to theologian and writer Eugene Peterson, Sabbath is a time for prayer and play. He believes that the Bible has two versions of keeping the Sabbath commandment. The first comes from Exodus 20:11, and recounts how God worked for six days and rested on the seventh. And so should we. The second version of Sabbath is found in Deuteronomy 5:15. It states that the Israelites toiled in Egypt for four hundred years without a break. In consequence, they were no longer regarded as human beings but as slaves. They were not seen as people created in the image of God, but merely work implements. According to Peterson, the two biblical reasons for keeping the Sabbath result in parallel activities of praying and playing. We can honour God both in our prayer and in our play. The Exodus passage directs us to the contemplation of God, which becomes prayer. The Deuteronomy verse directs us to social leisure, which becomes play. Prayer and play are deeply connected. Prayerfulness and playfulness are life enhancing – they help to reverse the soul fatiguing effects of living a misdirected life. Keeping the Sabbath involves both playing and praying.

So what will this Sabbath year look like at St. Andrew's? I can guarantee for myself that it won't involve task forces, surveys, or restructuring. It will see us engaged in more opportunities for prayer, study and dialogue. We will play together growing in relationship with one another with food, fellowship and service. And together we will build a home (literally and figuratively) this year where one's spirit can be renewed and rejuvenated. The horn has been sounded... let the Sabbath begin!

John

## News and Events



### St. Andrew's Forum on Mission and Outreach Sat. January 17<sup>th</sup> HIGHLIGHTS

On a Saturday in January following a fantastic breakfast gathering with Margaret Evans who spoke so passionately about Israel/Palestine, several of the congregation gathered together to talk about mission and outreach at St. Andrew's. While it started out as a discussion on mission directions, it soon became apparent that our ability to be effective missionally is deeply connected to prayer, communication and personal relationships. The group spoke at length about their desire to see the people of St. Andrew's more connected relationally. The hope would be that the better we know each other then the more we would be in prayer for one another and work together towards common goals and interests including mission and outreach. In the end, some of those gathered committed to look into the feasibility of placing projection screens in our sanctuary to facilitate better and more effective communication of events and plans. They will bring a report to the Session at a later date. Also, in the absence of a Missions or Outreach committee it was agreed to create a coordinating committee for both missions and outreach in order to continue educating the congregation about opportunities to reach out, to assist our members in finding opportunities to best use their gifts and passions in mission and outreach, and to continue coming up with foci for mission/outreach projects in the future.

Finally, at the same meeting Session also looked at the possibility of expanding the role of the Youth Team Leader into a new full time position for ministry to youth and families. After much consideration, the Session determined not to expand the position at this time.

Scriptures say that there is a time and a season for everything. The news from Session may seem disheartening for those who were hoping for some new initiatives regarding our staffing. It is important to celebrate what we already have at St. Andrew's: a wonderful staff of devoted people who work tirelessly for our community and have a heart for sharing the good news of God in their own particular way, and a gathering of people at St. Andrew's who have a heart for Jesus and a passion for reaching out with love and concern both within these walls and beyond them. We remain committed to be 'a place to call home.'



"Tomorrow will be 40 years I've been carrying you through the wilderness. Now you have to carry me the next 40 like we agreed."

## Committees and Groups

### From the Session...

It has been a busy year for the Session especially with regard to our 'Human Resources' and the opportunities that have come our way to potentially expand them. First, a word about the changes in our Church Office for 2009. As you know, Angie VanWingerden, our first Executive Ministry Assistant, went on Maternity leave in May of 2008 and will be advising us of her future plans in the coming months. In the meantime, the position of Executive Ministry Assistant has been filled by Heather Gottscheu whom many of you have met or talked to over the past several months. Margaret Blatherwick has held the position of Administrative Assistant over the past year and has provided for the smooth transition of both Angie and Heather. We are very thankful for all that Margaret has done in 2008 to keep things together in the office. In 2009, Margaret will not be around as much but will still be available when needed in order to make our church office run efficiently.



Secondly, as many of you are aware, the Session was exploring parish nursing as an opportunity for St. Andrew's. Session had a presentation by representatives from Inter Church Health Ministries in October. After much discussion, it was determined to create a task group on parish nursing in order to explore the opportunity more fully. Several members of the congregation worked very hard to determine the need and potential effectiveness of this ministry. We thank them for their time and efforts. At the January meeting of Session, members discussed a Task Force report they had received in advance. After a great deal of discussion and debate, it was decided that while parish nursing can be a valuable ministry in a congregation, it was not the direction that St. Andrew's should pursue at this time.

### Keep on The Trail

The Bible Trail is slowly coming to an end... but you are not too late to get on The Trail. We meet on Thursday morning at 10:00am for conversation and dialogue. In February, we will be meeting until February 19<sup>th</sup> and then we will take an extended rest stop through the seasons of Lent and Easter. We look forward to seeing you on The Bible Trail.



### Breakfast @ St. Andrew's

You are welcome to **Breakfast @ St. Andrew's**, an inclusive breakfast program for all ages, genders, and people. Breakfast will be served at 8:30am in the Church Hall. Our guest speakers will begin just after 9:00am and we try to conclude around 10:15am. The cost for a catered traditional breakfast is \$8/person. Suggestions for topics or guest speakers are always welcome. Please contact Rev. John if you know of someone or would like to suggest a topic for discussion. Won't you join us and bring a friend too.



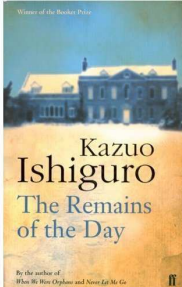
### Upcoming Speakers:

On Saturday **February 21<sup>st</sup>**, we will have **Robin Smart**, Education Coordinator with the Alzheimer Society with us. Her Bio: Robin Smart has been the Public Education Coordinator with the Alzheimer Society of Guelph-Wellington since 2005. Previous to that she worked in LTC since age 16, when she started as a nursing aid. Over the years she has worked in a variety of departments including dietary, recreation, activation and for many years as the admission coordinator for a local Long Term Care home. Robin's degrees are from the university of Guelph. Her Masters Degree focused on helping people adapt to institutional living. Robin has also worked with

developmentally delayed individuals at the Kiwanis Camp at Bellwood. Robin sometimes describes herself as the single mother of two, her husband and her teenage daughter. She enjoys theatre, travel (so far Italy is her favourite country) and really really enjoys chocolate.

**Next Month:** Professor Kerry Daly from the University of Guelph on Father Involvement.

## Friday Brown Bag... & Good Food, Good Book and Good Nite



### THE REMAINS OF THE DAY by Kazuo Ishiguro

On **Friday February 27<sup>th</sup>**, our book clubs continue at their usual times. **The Brown Bag** starts at 12:15pm in the Parlour and all you are required to bring is yourself and a bag lunch. Rev. John provides the engaging conversation.

**Good Food, Good Book, and Good Nite** begins at 6:30pm in the Parlour. Seating is limited and reservations are necessary. Dinner is provided at cost. There is always a space available for newcomers. As with FBB, reading the book is not a requirement. Rev. John offers leadership at this group too. Please reserve your spot at the table by calling the Church Office (519.822.4772) or for more information, contact Rev. John.

**Upcoming Title for the Book Clubs:** The Shack by William Young (March 27<sup>th</sup>)

## Thanks from Presbyterian World Service & Development

On behalf of PWS&D and our partners overseas, thank you for your generous donation of \$1,085.00. In December we

received cards from our partners, wishing everyone in Canada a Merry Christmas and Happy New Year and thanking you for bringing hope to people who have so much poverty and hardship. Thank you for your support of this important work through your prayers and gift.

Kenneth Kim, Director of PWS&D

## 2<sup>nd</sup> Annual Women's Retreat Weekend

The Women's Retreat will be held this year at the Swanton cottage in Tobermory on **April 3, 4 and 5**. The Theme is

"Behold I am about to do a new thing", the leader will be Rev. Susan Shantz. Come and join us for a weekend away in a beautiful, natural setting on the shore of Lake Huron. Relax and come to know what new thing the Lord has in store for you. Approximate cost is \$85.00 including food, accomodation, program and car pool to the cottage. There



is a sign up sheet in the 'Welcome Centre' with space for eight people. Please contact Mary Rife (519.822.7858) or Clarence Swanton (519.822.5557) or Knolly Toolsie (519.821.7359) for more details.

## Prayer Seminar... Igniting a Passion to Pray

On **May 2**, we will be hosting a Prayer Seminar from 9:00am until 3:15pm. The guest speaker will be Major Sandra Ryan – Salvation Army Regent Park '614 Corps'. We hope that you'll mark your calendars and plan to attend. More information to follow.

