

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 'rinsed out' 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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Sunday Services

10:30 a.m.



The Best "Shared" Secret

My favourite restaurant in the whole world just closed this past month. The Hunan House in downtown Hamilton shut its doors on January 24th after 27 years of culinary excellence. I'm still working though the notion that I won't be able to go there any more for their signature 'Hot Garlic Shrimp'. Sigh! I started going to Hunan almost 20 years ago and I must say that in many ways my dedication to Hunan was of religious proportions. We often talked about 'making disciples' and telling of the 'good news' of their savoury dishes. Devotees to Hunan were like evangelists telling one and all of the good news of this little hole in the wall Chinese restaurant in a once sketchy part of downtown Hamilton. On its last week in business, people packed the place every night of the week. Their take out business skyrocketed and they began to run out of everything each and every day (a first in 27 years). What a tribute to a fantastic restaurant loved by so many and clearly a secret that was best shared with friends and family.

And I must say that I'm struck by how the best restaurants are like a metaphor for the gospel message itself... or what church could be... or at least the members of its body. I believe the Gospel became so far reaching because those who first believed felt so strongly that it wasn't a secret to be kept but one to be shared. They felt so transformed by the message themselves they knew that they needed to share it with others so that they too could experience its life changing message. I wonder if we feel that way about the Gospel... about Jesus... about our church community. Or do we feel like it should be kept secret? Think of your favourite restaurant. Would you want to keep it to yourself? Only go there alone? Or is the experience even better when shared with someone who has never tried it before and watching their expression. It is wonderful, isn't it? Spread the word! John.

Shared Values @ St. Andrew's

These shared values are the soul of St. Andrew's Presbyterian Church reflecting our Christian faith. These values are the cornerstone of our journey as a church community. They express that which we wish to become and how we go about becoming them. All our decisions and collective actions are measured by how such activities embody and bring life to our shared values by God's grace.

Living Faith

We believe that faith is a journey not a destination. We embrace change and meet its challenges with creativity and playfulness. We expect that the Holy Spirit will change us in the process.

Welcoming

We work hard to make our community feel like a place to call home. We see the image of God in all people, everywhere. Differences are valued and safe and open dialogue is honoured.

Joy

Following Jesus is something to celebrate. We believe it is the best way to live. We rejoice that we can express with gratitude and worship our acceptance of God's invitation to this way of life. We happily affirm that God is making everything new and we are a valued part of it.

Love

We believe that we were created to live deeply with one another, to carry each other's burdens, to share our possessions, to pray for and confess our sins to each other, to suffer and to celebrate together. It's in these honest, loving relationships that God transforms us into the people we were meant to be.

Hope

We believe that to be a part of God's work in restoring the world we are to offer hope in whatever way we can. Hope is created when our passion and compassion meets the needs and hurts of those we encounter. We are an oasis of hope in a world that desperately needs to drink deeply of its waters.

Partnership

Jesus modelled that we are not on this journey alone. We believe that we do our best when we work together. We seek to build lasting relationships of mutual respect and trust throughout God's creation.

News and Events

Ash Wednesday

This year we have decided to encourage our community to participate and experience a variety of worship services throughout the season of Lent and Easter. It is hoped that by participating in these ancient traditions that you will discover a deeper meaning to this season and a stronger connection with the journey of Christ as outlined in the Gospels that we are reading. We at St. Andrew's value Partnership so in light of that we are partnering with St. James the Apostle Anglican Church as we walk through Lent. We will host their congregation during Holy Week and we are being invited to experience Ash Wednesday and Holy Saturday with their community this year.

To that end... We are invited to attend **Ash Wednesday services** at **St. James the Apostle Anglican Church** (Paisley Road and Glasgow Street) on **Wednesday February 17th @ 9:30AM and/or 7:30PM** with the Imposition of Ashes and Holy Communion. Young and old, strangers and friends; you are welcome to join us as we mark the beginning of Lent 2010.

Here are the Gospel texts that we will be studying in worship and on our Thursday morning Trail Parties in the coming weeks: **Feb. 14th – Luke 9: 28 – 43**; **Feb. 21st – Luke 4: 1 – 13**; **Feb. 28th – Luke 13: 31 – 35**; **March 7th – Luke 13: 1 – 9**

We meet in the church parlour on Thursdays at 10AM. All are welcome.

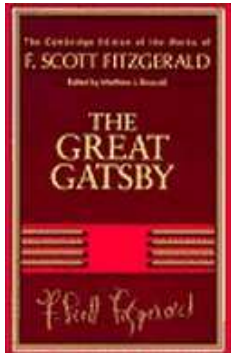


Breakfast @ St. Andrew's

In 2008, we re-launched our Saturday morning breakfast program as "Breakfast @ St. Andrew's" and as you know invited the ladies of our community to join us. It has been a wonderful transition and we continue to enjoy the fellowship of each other and our engaging speakers. Our next Breakfast is **Saturday February 20th at 8:30am** in the church hall. Cost is \$8/person. Our guest speaker will be **Pastor Paul George** from Royal City Christian Life Centre.

His Bio: Pastor Paul George works at Royal City Church (formerly Chalmers United Church) downtown. We look forward to hearing more about him and his call to the work that he does at our breakfast meeting. The mission of Royal City Christian Life Centre is: Through local Christian Outreach Ministry at Royal City Evangelical Missionary Church working with community partners we would narrow the gap between those that are in despair and those who are living healthy normal lives.

Book Clubs (Friday Brown Bag and Good Food, Good Book and Good Nite)



Our book club title this month is The Great Gatsby by F. Scott Fitzgerald.

The book clubs will meet on **Friday February 26th @ 12:15pm** for a brown bag lunch and at 6:30pm for dinner (please sign up for the dinner at the Welcome Centre). All are welcome and even if you haven't read the book we believe that you will find the conversation engaging and interesting. Tangents are a key to

learning.

Upcoming dates and titles:

March 19th (Note date change) – **Good to a Fault** by Marina Endicott

April 23rd (Note date change) – **Things Fall Apart** by Chinua Achebe

Youth Ministry Update (Grades 6 and higher)

Here is a quick look at what is happening in February:

Youth Drop In

Join us on Tuesday, February 9th for our kick off to the Olympics Drop in. Come by the church at 4pm for an afternoon full of games in the gym, whether it is Basketball, Volleyball or Floor Hockey, there will be something for everyone to enjoy. Pick up is 7pm and dinner will be provided.

Join us on Tuesday, February 23rd for our continuing Olympic party. Come by the church at 4pm for an afternoon of video gaming and hanging out. We are going to kick it old school for this event by bringing out the old original gaming systems like Nintendo and SNES. Pick up is 7pm and dinner will be provided.

Snow Tubing

The youth of St. Andrew's and their families are invited to join us for a special family youth event on Friday, February 12th. We will be going to the Chicopee Tube Park in Kitchener for an evening of snow tubing. This is great fun for the entire family. The cost is \$15/person. You must be over 4 years of age to go down the hills and anyone under the age of 8 must wear a CSA approved helmet. If you don't have a CSA helmet one can be rented for \$3 at the site. If you are planning on attending please RSVP to Matt ASAP to reserve your spot. We will meet at the church at 5:45pm and head over in vehicles to Kitchener. We will tube from 7-9 and then return to the church before 10pm. Permission forms will be made available shortly.

Youth Group

Regular youth group will continue on Friday, February 19th and 26th at 6:30pm as we continue through our Thinking Theologically about Pop Culture study.

Youth Class

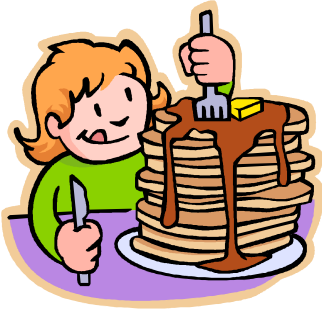
Youth Class will continue to run at 10:30am on Sunday Mornings. This month's topic is on How to Pray.

Shrove Tuesday Pancake Dinner

The youth of St. Andrew's will be putting on a fundraiser to help offset the cost of CY 2012, our denomination's national youth conference. Join us on **Tuesday, February 16th at 5:30pm** for dinner and some fun and games afterwards. Tickets are available at the doors only for a cost of \$5/adult, \$3/Child and free for those 2 and under. If you are able to help out in anyway please let Matt know ASAP.

Shrove Tuesday Pancake Dinner

Tuesday February 16th @ 5:30PM
St. Andrew's Church Hall



Join the Youth of St. Andrew's as they host the congregation and guests for a delicious pancake dinner.

Cost is \$5/adult and \$3/child...
and if you are 2 and under you get in free.

All proceeds go towards sending our youth to Canada Youth 2012, our denomination's national youth conference.

Please sign up at the Welcome Centre as soon as possible. Hurry as it may sell out quickly.



Committees and Groups

Annual Report and Annual Meeting



The Annual meeting will take place immediately following the church service on **Sunday, February 28**. Plan to attend to hear more about our congregation's life and work. There will be a brief presentation about our 2010 staffing model as well as an important discussion on accessibility. You won't want to miss it.

Reception of New Members



If you are interested in "JOINING" our congregation by profession of faith or transfer of membership, we would be happy to welcome you into our church family. Our minister is available to discuss this opportunity more fully with you at your convenience. New members will be received in worship on **Sunday April 18th**.

Opportunities

Update from Margaret Evans, Kenya

Margaret Evans, a member of our congregation who is serving The Presbyterian Church in Canada as a volunteer missionary in Kenya. If you would like to e-mail Margaret directly, here is her address: margaret.m.evans@gmail.com

Here is an excerpt from Margaret's most recent email journal:

"Everywhere I go I will hear my name Wanjiku! or Chiku (pronounced sheeku- the nickname for Wanjiku). As I've come to understand it, Wanjiku is a Kikuyu name and although it does mean friendly visitor many Kikuyu women have the same name. I have to say that I am so glad that

people are now calling by this and not mzungu. I know that mzungu is not a vulgar or rude term to call a white person but I wasn't going around calling them African or Black person. Now that I am known as Wanjiku, I feel much more a part of the community.

Not everything has been happy and cheerful all the time though. Over the past few weeks, I've struggled with adjustment to many cultural issues. It has arrived right on time. I was told at a training I attended that culture shock usually happens around the 6th week. Well, I've been here close to 7 weeks now. I won't go into each and every one but some of the issues have been care and discipline of children (because I live with a 3 year old), and my anonymity. I don't know how people can live overseas without having God because if it weren't for him I am not sure how I would have worked through some of them. Whether the issues are something I have grown patience for or are ones that I've adjusted to OR am still working on I can still say that I know, without a shadow of a doubt, I am where I am supposed to be. Mission work is not always happy but God didn't promise our lives would be. I've been thinking lately that I should be sharing both sides of mission work; the good and the challenging. I think it is important for you to know what life is like and that, like you I have my issues to work on."

An invitation to the guys of St. Andrew's... to join the V

Did you know that a healthy adult Canada Goose can fly the amazing distance of **thirty** kilometres in a single day – absolutely incredible given their bodies are so aerodynamically inefficient. But now for the really amazing part: couple that single goose with a few others, all flying in the classic V formation we see overhead, and that very same bird can travel **two hundred** kilometres in a single day – WOW ! The secret to being able to travel so much further when together with others is in the aerodynamic **relationships** that develop within the small group. It's these

Summarize or condense your paraphrase, using either the first person (singular or plural), or the third person (singular or plural). The outline should be a logical, clear, arrangement into units with simple topics or subheadings.

Write your own title that tells what the whole passage says- the Central truth or main teaching.

Write what you personally going to do about it – the Application - in the form of:

- (a) a prayer of thanks or petition
- (b) a diary: a record of blessings from the reading
- (c) a project: some action you are going to take as a result of this study.

Allow 20 minutes for all this.

2. Share each paraphrase & summary beginning with the title or central truth of the passage, for the next 20 minutes. Try to share why you wrote what you did, and how it relates to your life, (in only as far as you are comfortable to be open in this). Be open & caring toward one another. After each has shared, reconsider your application and plan a specific response to share.



3. Share your application & plan from all this paraphrasing. Consider ways you can help one another.

Toward the end of this 20-minute period, pray for each other, for our group, and for our congregation.

Revised by Dr. Bob Spencer
based on M. Garvin "Bible Study Can Be Exciting"

“In what ways am I the kind of person that is being talked about?”

“What is the most important thing this passage says to me?”
Each should write down what is the heart of the passage for her or him, but only for their own remembering.

HAND – The practical part of this study! (Allow 20- 25 minutes)

We must not just know our shortcomings, failures, sins and needs; we must be willing to do something about them, or let God do something about them. Allow 5 minute for silent reflection.

Ask each person to share what the passage has said to him or her personally and what she or he is going to do about it, as far as they are comfortable to share.

Then ask each to share: “Is there any way the group can help, like by praying for this over the week, providing some personal support, or by inquiring how things went when next you all meet?”

PRAYER TIME - Allow 5-10 minutes for prayer for one another around the circle, that each be enabled to carry out the decisions they have made. Prayers should be brief but specific. After everyone has been prayed for, the servant-leader closes the prayer time.

2nd – Reading the Bible Method: PARAPHRASE
(Useful for almost any type of Bible passage but mainly for short selections)

1. Pray for God’s Spirit to bless our reading and restating of God’s Word.

Read the portion through together, and then ask people to read it again twice, reflectively on their own. Paraphrase each verse putting your own words on the work sheet. Keep it simple. Try not getting too theological or philosophical. Think about the meanings of words or phrases that you sometimes take for granted. Record any questions or problems.

relationships that generate the lift that enables every goose to fly so much farther in the V than they can on their own.

The neat thing is that the same relationship principle holds for us humans. When a few are gathered together in a small group relationship centred on Christ - doing life together, supporting one another, encouraging one another, celebrating successes, laughing together, journeying alongside one who is weary or hurt, and contributing to the V as their spiritual gifts and energies allow – amazing things happen and each person can travel a great distance in their faith journey.

Two years ago a friend invited me to “join the V of a small group of Guelph men” who meet regularly to support and encourage one another as ordinary guys who want to be Christ followers. They’re a great bunch of guys! And what a difference being in that small group has made for me! Before joining the V, I was largely trying to fly alone in my faith journey, slipping and sliding, struggling with questions and issues, doubts and concerns, in chains to things all us guys struggle with (our egos for example), and not seeming to make great or sustainable progress towards the rich life God intends for each of us. For some reason, the faith journey is not something many of us guys are good at when we fly on our own. Now, thanks to the great guys in my small group, I have a real sense of moving forward towards the life in Christ our awesome God wishes for us.

I’ll admit it – I was intimidated when my friend first invited me to join the group– after all I’m just an ordinary guy, I don’t have the scriptures memorized, I’ve got to use the table of contents to find many of the books in my Bible, and I’ve even been known to sin on occasion – so how could a person like me fit in with these men who want to be Christ followers? But from the very first time I joined them, I knew this was the place for me. They’re warm and welcoming, supportive and encouraging and just plain “good to spend time with”. Now, I wouldn’t miss the group’s weekly gatherings for the world – such is the benefit I’ve received from flying in the V with these guys. Our little V is now joining up with the Mavericks,

a larger group of men from various churches in Guelph who meet Saturday mornings for fellowship and spiritual growth. What I thought was great has become even better! If you'd like to know more, or even come out for a Saturday morning with us MaVericks, please contact me or Fred Ferwerda. Guys, we'd love to have you in the V with us!

Peter McCaskell

Feeling Welcome

As someone who's moved around a lot, I am only too aware of the value of a warm welcome to a newcomer. I've also had the experience more than once, of being ignored while the 'in-group' chatted busily together (but not at St. A's!). It was disconcerting to be so 'invisible' and it totally discouraged any wish to make a return visit.

However, we once had an experience when neither of the folks on each side of us spoke and we were rushing to judge, ready to leave, never to return, when someone came over and welcomed us all as newcomers! A valuable lesson; and perhaps one we all need to remember as we continue to welcome new people to St. Andrew's.

Our Welcome Committee has done a great job, but it's up to us all to follow up and introduce new people sitting side by side in the pews or standing beside each other at coffee hour....they don't know that the person next to them has only been coming for a few weeks or months instead of a lifetime.....but we do! And if you've recently become part of our congregation, please introduce yourself....we want to get to know you.

Janet Dalglish

ENCOUNTERING THE GOSPEL IN FELLOWSHIP WITH OTHERS (Suggestions for Lent) LISTENING TO & TALKING WITH GOD in Small Groups, for any size group, (but groups over seven should be sub-divided). Two Different Methods

1st - Reading the Bible Method: HEAD, HEART & HAND
(Useful for almost any type of Bible passage, especially discourses with Jesus)

HEAD – Deals with the facts of the passage (Allow 20 minutes)

Prayer before Scripture, and then read the passage through together. Ask if there are any difficult words?

Leader should be familiar with the passage before the gathering, such things as: who wrote the passage, to whom, why, what kind of people were they and what their needs were. Cover the pertinent points in your introduction, along with explaining difficult words, facts of the story, or the pattern of the passage, and its context. As a group break the passage up into paragraphs or topics.

Ask each person to write out a brief outline of the passage: start with a title for each paragraph or topic, and add a summary phrase of each thought under that heading in their own words. Next they each study the passage section by section and put it into their own words, and try to discover what the writer is trying to say to the audience.

HEART - Try to discover what the heart of this passage is for each of us as individuals or as a group.

(Allow 20-25 minutes)

Each person reads the passage again silently. Then asks themselves questions like:

What is God saying to me in this reading?"

"What does this mean to me in my personal situation?"

"Is there something specific in my own life that should change?"