

# St Andrew's Ramblings

March, 2024 Edition

*Wait on the Lord; be of good courage*

*And God shall strengthen your heart*

*Wait, I say, wait on the Lord*

*Ps 27:14*

And we “wait and see”

Welcome to the **forty-first** edition of our newsletter! Enjoy!

## What's Been Happening

As always, thanks to Rev Doug for his ongoing Interim Moderatorship. He has been working closely with Session and Board to ensure that St Andrew's Richmond is running smoothly during our vacancy. Rev Doug, you are always in our prayers.

### New Elders:



After a lengthy process of discernment, nominating, and voting we are pleased to welcome our four new elders to the Session. Nancy Pinck and Neil Lillico are already ordained elders; they will be inducted to the Session of St Andrew's Richmond along with the ordination and induction of Laura Tupper and David Brown.

This special service will take place on **Sunday, April 7<sup>th</sup> at 10:00 am** followed by a social event. We will also be recognizing four new members to the church family at that time. Please plan to attend as support.

## **Saturday, February 3<sup>rd</sup>,**

some ladies of our congregation and friends joined Grace Assembly's "Women of Grace" event in the church hall. Fifty-five gift bags with a Valentine's theme were prepared and delivered to the folks at the Richmond Lodge. Stay tuned for more of these events.



## **Pancake Supper on Tuesday, February 13<sup>th</sup>:**

Many thanks to Shirley and her intrepid team of "Things" and other helpers as they shopped, prepared, and served the community at our annual Pancake Supper. Many thanks to Peter and Craig who entertained us with music in the sanctuary after dinner. This fundraiser netted over \$1560.



**On February 18<sup>th</sup>** we were invited by St Andrew's Stittsville to their Family Day weekend church service for Children and Youth. Although the weather prevented a few from attending, we heard that the birthday cakes were delicious!

**Tuesday, February 27<sup>th</sup>** seven members of the Life and Mission group met to lay plans for upcoming events such as Trivia, food for Easter services, and the upcoming kid-friendly service in April. Please feel free to join us or offer up any ideas for fun(d)raising events!

**Sunday, March 3<sup>rd</sup>** we held probably the shortest (or most efficient lol) **Annual Congregational Meeting** in the 200-year history of St Andrew's. Perhaps it was the scent of the scrumptious potluck that helped.

**Friday, March 8<sup>th</sup>:** Ten teams from the church, community, and beyond delved into their wells of useless information at "Trivia Night" held at Danby's Roadhouse. It was a resounding success!



Many thanks to Deb at Danby's with her crew, Steve the Trivia master, Nancy, Alan, Sharon, and Len for the Silent Auction setup, and Jenny and Brenda McConnell who took care of the 50/50 draw.

St Andrew's raised a total of \$1,333 (minus the \$225 deposit plus \$75 back from Danby's) for a grand profit of \$1,183 for the work of the church in the community!



## **Looking for volunteers:**

It has been such a delight to have the Rutherford family in the congregation each Sunday. We hear that it is the highlight of the children's week!

And then last week we welcomed Kim and her children.

Many thanks to the volunteers: Nancy, Eileen, Willie, Neil, Helen, and Brenda Traversy who have kept the children happy while they are learning and enjoying their time together.

While we look for more people who would like to help, let me say in my words what Nancy has said:

*“Can we wait and see what people God will bring forward  
who have a desire to work with these little ones?”*

Anyone who is even willing to teach a craft or read a story (such as Neil has been doing over the past few weeks) is more than welcome. By various members of the church family caring for the littles they begin to feel more comfortable with us as we become for them ‘bonus grandparents’.

---

## **Upcoming**

We are so fortunate to be part of a vital faith community. There are many events going on at the various churches in the village. Please see Sharon or Helen for more info. Let's support each other!

May we take this time to say Ramadan Mubarak to our Muslim friends worshipping at St Andrew's.

**March 24<sup>th</sup> – Palm Sunday.**



**March 29<sup>th</sup> – A reminder, we are once again hosting the community-wide ecumenical Good Friday service at 10 am.**

All are welcome to attend.

There will be a simple soup, sandwich, and dessert meal following.



**March 31<sup>st</sup> – Easter Sunday** will begin with a light breakfast at **8:30 am** followed by worship and communion.

Parents and teachers are reminded that children are invited to participate in communion with the partaking of bread and juice.

Feel free to share with the children the meaning of this sacrament or ask any elder to help. Children will attend Sunday school until such time as communion is celebrated.



**April 28<sup>th</sup> – Kid-friendly Sunday Service**



Plans are in full swing for our “Kid Friendly Service” led by Rev. Shaun Seaman. We hope to see many families as we have been missing you. Grandparents and parents, bring the young ones! Invite your friends from the community. All are welcome.

---

## On the Lighter Side

### ***Girlfriends:***

*Eve's vertigo has never been worse  
Kay can't recall where she's left her purse  
Rhonda's about to replace her knees  
Linda's breathing is tinged with a wheeze  
Lorraine's husband can't remember a thing  
Nine years a widow, Marge still wears her ring  
Marie has decided she can't drive at night  
Sharon still wears clothes two sizes too tight  
They've been through divorces and babies and wakes  
They do for each other whatever it takes  
So whenever they can they get out to eat  
Open bottles of wine and forget their sore feet  
There's laughing and crying and letting down guards  
And when the bill comes there's 10 credit cards  
So here's to the waiters who keep orders straight  
And to the places that let lunches run three hours late  
And here's to the girlfriends, from near and afar  
Here's to the girlfriends, you know who you are!*

***(and to the menfolk who are happy  
to have this happen!)***

**Being a parent is like jumping out of an airplane with a bunch of people who don't know how to open their own chutes.**

**So, you fly around doing it for them...**

**Then you hit the ground. But you don't die. You get up and cook dinner.**

*I always say, if a ham can spiral, so can I!*





## The Person in a Different Skin

A woman shopping for groceries noticed an employee, a teenager, staring at her and her two small children. She was used to the attention, as both of her children were adopted and looked vastly different from each other. One had the dark chocolate skin of her Haitian parents and the other, a boy who hailed from Russia, was lightly complected with blonde hair.

'Those your kids?' the youth eventually asked.

The proud mother answered, 'Yes, they are!'

'They adopted?' he continued.

'Yes.' she replied.

'I thought so,' he surmised. 'I figured you're too old to have kids that small.'

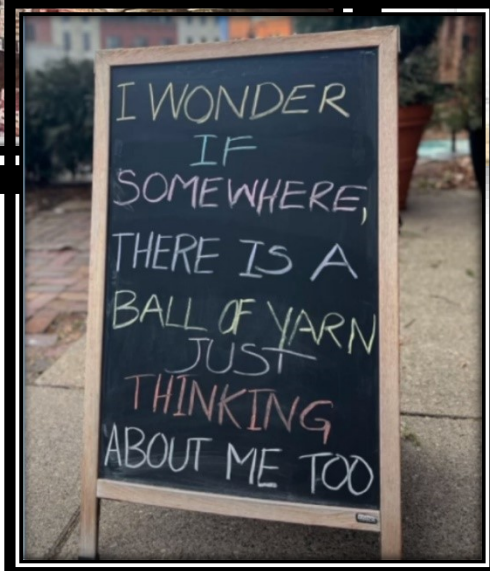
I stood there for 30 minutes -  
NOTHING



Same for me plant, same.



I WONDER  
IF  
SOMEWHERE,  
THERE IS A  
BALL OF YARN  
JUST  
THINKING  
ABOUT ME TOO



## From the Kitchen

### Crockpot Chicken and Stuffing

#### *Ingredients:*

- |   |                         |
|---|-------------------------|
| 4 large boneless skinless chicken breasts | ¼ c milk                |
| 1 c chicken broth                         | 4 slices of cheese      |
| 1 can cream of mushroom soup              | 1 box Stovetop stuffing |
| 1 can cream of chicken soup               |                         |



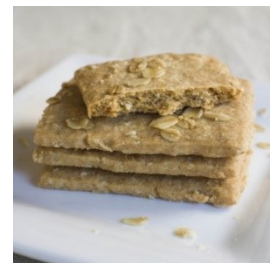
#### *Instructions:*

1. In a 6-quart crockpot place the chicken breasts along the bottom in a single layer. Add chicken broth and then top each chicken breast with one slice of cheese.
2. In a small bowl, whisk together cream soups and milk. Add on top of chicken and cheese.
3. Top with stuffing mix.
4. Cook on low for 6-8 hrs. or high for 5 hrs. (or until chicken is completely cooked)
5. Serve with your choice of side such as mashed potatoes and a vegetable such as green beans or broccoli. You can get 8 servings out of this meal.

### Inverary Oatcakes

#### *Ingredients:*

- |                   |                           |
|-------------------|---------------------------|
| 6 c rolled oats   | 2 tsp baking soda         |
| 4 c flour         | 1 lb shortening (or lard) |
| 1-1/2 c sugar     | 1/2 c butter              |
| 2 tsp brown sugar | ½ c water                 |
| 2 tsp salt        |                           |



#### *Instructions:*

1. Preheat oven to 350.
2. Grease a square pan.
3. Mix ingredients and flatten out in pan.
4. Bake until golden brown (approximately 30 minutes)
5. Slice when cooled.

## Fresh Pickled Cucumber Salad –

can stay in the fridge up to 2 months

### *Ingredients:*

- |   |                                      |
|---|--------------------------------------|
| 7 c unpeeled pickling cucumbers,<br>sliced thin | 1 c white vinegar                    |
| 1 c sliced onion (red or white)                 | 2 c sugar (or stevia for lower carb) |
| 1 c sliced bell pepper                          | 1 tsp celery seed                    |
| 1 Tbsp salt                                     | 1 tsp mustard seed                   |



### *Instructions*

1. Mix cucumbers, onions, pepper, and salt; set aside.
2. Put vinegar, sugar, celery seed and mustard seed in a pot and bring to a boil.
3. Remove from heat and let cool for one hour.
4. Pour mixture over cucumbers.
5. Put in jars and store in refrigerator.
6. Will keep up to 2 months.

## Hi-Protein Egg Muffins

### *Ingredients:*

- |   |   |
|---|---|
| 8 large eggs                              | ¼ c diced red onion                         |
| ½ c diced ham                             | ¼ c chopped spinach                         |
| ½ c shredded cheddar cheese               | Salt and pepper to taste and/or other herbs |
| ½ c diced bell peppers (assorted colours) | ½ c chopped cherry tomatoes                 |
- Cooking spray or olive oil for greasing



### *Instructions:*

1. Preheat your oven to 350F.
2. Prepare Muffin Tin: grease a 12-cup muffin tin with cooking spray or olive oil.
3. Whisk eggs in a large bowl until well-beaten. Stir in diced ham, shredded cheddar cheese, diced bell peppers, tomato, red onion, and chopped spinach into the beaten eggs.
4. Season the mixture with salt and pepper and herbs. Mix everything thoroughly.
5. Fill the muffin tins and bake at 350 for 24 to 28 minutes until set.



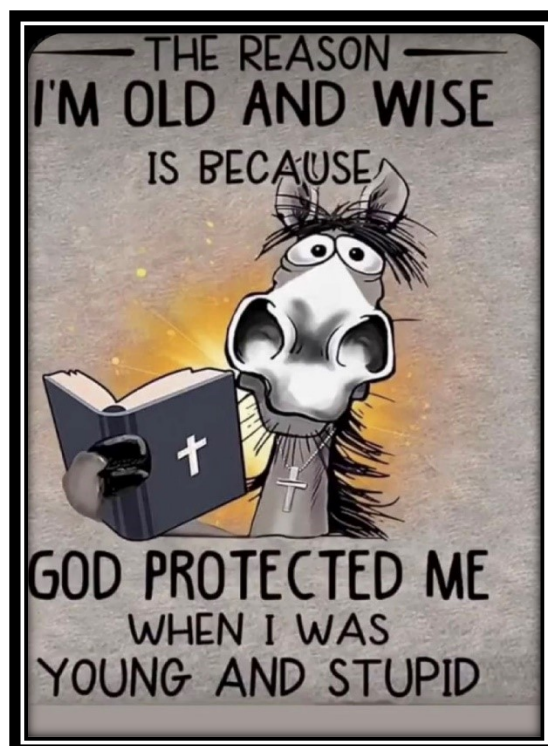
6. Let cool, then use a butter knife to loosen the outside of the muffins. Serve hot or store for later.



### Our Volunteers for April

	<u>Minister</u>	<u>Duty Elder</u>	<u>Reader</u>	<u>Coffee</u>
<b>Apr. 7</b>	Rev. Kendall	Helen Slack	Garry Ross	The Stewarts
<b>Apr. 14</b>	Rev. Sally Gadd	Bruce Moffitt	Helen Slack	Helen Slack
<b>Apr. 21</b>	Rev. Boonstra	Sharon Stewart	Jean Stewart	Mary Gemmell
<b>Apr. 28</b>	Rev. Seaman	Mary Gemmell	Sharon Stewart	Lorna Glennie

---



# **Last Words**

## **Some Important Don'ts**

Don't determine your worth by comparing yourself with others, it is because we are different that each of us is special.

Don't set your goals by what other people deem important, only you know what is best for you.

Don't take for granted the things closest to your heart, cling to them as you would your life, for without them life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future, by living your life one day at a time you live all the days of your life.

Don't give up when you still have something to give, nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect; it is this fragile thread that binds us to each other.

Don't be afraid to encounter risks, it is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give love, the fastest way to lose love is to hold it too tightly, and the best way to keep love is to give it wings.

Don't dismiss your dreams. To be without dreams is to be without hope; to be without hope is to be without purpose.

Don't run through life so fast that you forget not only where you've been, but also where you're going.

Life is not a race, but a journey - to be savoured each step of the way.

Author Unknown

