

# St Andrew's Ramblings

April, 2024 Edition

**Then He arose and rebuked the wind, and said to the sea,  
“Peace, be still” and the wind ceased and there was a great calm.**

***Mark 3: 39***

The Presbytery of Seaway-Glengarry recently held a Lay Preaching workshop. Our task was to analyze the scripture from Mark and write a one-minute, 120-word sermon on it.

Once many were presented, it was interesting to note that any one of the participants could rightfully lead worship with the resources we were given!

“Peace, be still!” He calmed the waters and can do the same with any rough waters you may encounter.

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

## What's Been Happening

**A blessed Easter season to you all!**

Easter Sunday was well-attended with approximately 48 people enjoying the service and celebration of the Lord's supper led by Tony Boonstra.

**Sunday, April 7<sup>th</sup>:**

Rev Doug had the pleasure of ordinating two new elders (David Brown and Laura Tupper) and inducting these two plus two already-ordained elders (Nancy Pinck and Neil Lillico) into the Session of St Andrew's Richmond. They have since stepped into their roles as ruling elders by attending their first Board/Session meeting and volunteering in various ways.

Laura, as a new elder also attended two workshops!

## **April 28<sup>th</sup>:**

We are still glowing from our *Kids-of-all-ages service* held on **Sunday, April 28<sup>th</sup>**. Many thanks to our worship leader Rev Shaun Seaman and his daughter, Hannah, who provided music and stories to the 36 children in attendance.

Thanks to all the volunteers who helped craft the service:

donated food and musical instruments, blessing cards, treat bag items,  
those who prepared the lunch and bbq'd (thanks Ryan), who cleaned up,  
who served, and who welcomed a total of 81 friends that day!

Thanks also to Victor who had to learn a few new campfire songs!



We are still looking for volunteers who are willing to help out with the children on Sundays.

Many thanks to Nancy, Eileen, Neil, Helen, Willie, and Sharon who have participated and allowed both Nancy and Eileen to take a much-needed vacation.

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'.

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## **Upcoming**

### **Sunday, May 5<sup>th</sup>:**

We are grateful to Shaun Seaman who has offered once again to lead our worship service. Please plan to attend.

## Food Bank Sunday:

Don't forget that we are implementing **Food Bank Sunday** – the first Sunday of each month beginning on **May 5<sup>th</sup>**.

Please donate non-perishables if you can, for the Richmond Food Bank as the need is greater than ever. Speak to Wilhelmina Ross for details.

## Wednesday Night Bible Study:



All are welcome. The first session has been changed to **Wednesday, May 15<sup>th</sup>**.

If you wish to meet at the Gourmet across from the church for a meal and friendly conversation, please come at **5:30 pm**. If not, the study will start at **7:30 pm** in the church hall.

## Sunday, May 19<sup>th</sup>:



**Our 10:00 am worship service** will be led by Pastor Dan Guthier and our friends at Grace Assembly. Pentecost Sunday with the Pentecostal church. We were fortunate to have this congregation join in our Christmas Eve service last December. Please plan to attend as we welcome friends from our afternoon church.

## Save the Dates!

### Wednesday, June 26<sup>th</sup>:

St Andrew's Stittsville will be holding their annual Strawberry Social. Stay tuned for more details.



### Sunday, June 30<sup>th</sup>:



**Our annual combined Sunday** service will be held at St Andrew's Stittsville this year. You will be notified as to what we will be asked to provide for the lunch afterwards.

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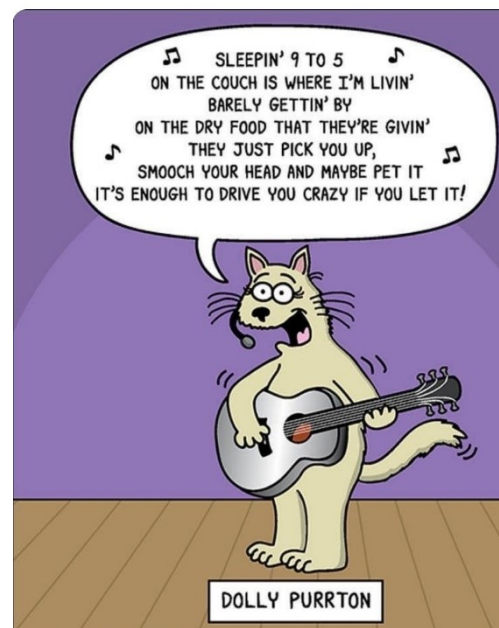
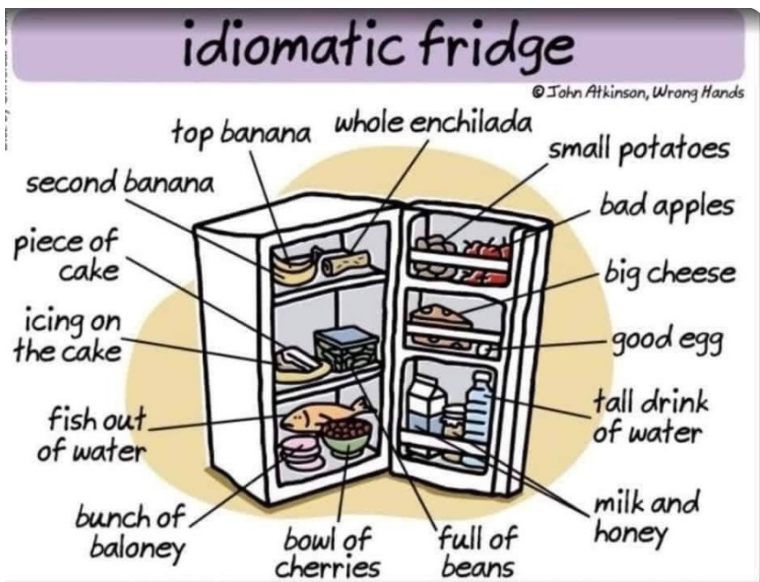
## On the Lighter Side

When you're a parent of teenagers, it is important to know when to **stop arguing with your kids** and just let them be wrong.

*My mechanic told me, "I couldn't repair your bakes, so I made your horn louder."*

Why do psychics have to ask you for your name?

I signed up for an exercise class and was told to wear loose-fitting clothing...if I had any loose-fitting clothing, I wouldn't have signed up to begin with.



## From the Kitchen

### Primavera Stuffed Chicken

#### *Ingredients:*

- 4 boneless, skinless chicken breasts
- 1 zucchini, halved lengthwise and thinly sliced into half-moons
- 3 med tomatoes, halved and thinly sliced into half-moons
- 2 yellow peppers, thinly sliced
- ½ red onion, thinly sliced
- Freshly ground black pepper
- Kosher salt
- 1 tsp Italian seasoning
- 1 c shredded mozzarella
- 2 Tbsp extra-virgin olive oil
- Kosher salt
- Freshly chopped parsley, for garnish



#### *Instructions:*

- Preheat oven to 400 degrees.
- Make slits in each chicken breast, being careful not to cut through completely, and stuff with zucchini, tomatoes, bell peppers and red onion.
- Drizzle with oil and season with Italian seasoning, salt and pepper. Sprinkle with mozzarella.
- Bake until chicken is cooked through and no longer pink inside. (25 minutes)
- Garnish with parsley before serving.

### No Bake Lemon Pie – just leave this in the fridge for a bit if you can!

#### *Ingredients:*

- 1 baked pie crust
- 2 cans (14 oz) sweetened condensed milk
- ¾ c lemon juice

#### *Instructions:*

1. Pour two cans of sweetened condensed milk into a mixing bowl.
2. Add lemon juice and stir.
3. Pour into the pie crust and refrigerate for a couple hours.
4. Whipped cream for garnish.





## Mongolian Beef

### *Ingredients:*

1-1/2 lb 1-in thick sirloin steak  
1/2 c cornstarch  
1/4 c canola oil  
1/4 tsp salt  
4 Tbsp garlic, minced  
1/2 c water  
8 stalks scallions, green parts only, cut into 2" pieces

1 Tbsp fresh grated ginger  
red pepper flakes or chili oil  
1/3 c reduced sodium soy sauce  
1/3 c brown sugar



### *Instructions:*

1. Slice the steak into 1/4-in slices. Lay the slices flat; cover with plastic wrap and use a meat pounder to flatten the meat. Put the meat in a Ziploc bag and add the cornstarch. Massage the steak and cornstarch together to make sure each piece is fully coated.
2. Pour the canola oil into a large frying pan, and heat on medium high heat.
3. Add the steak to the pan in a single layer and cook for 30 seconds per side (1 minute total!) Cook the steak in batches rather than over-crowding the pan. Remove the steak from the pan as it finishes cooking; set aside on a plate, then sprinkle with salt.
4. Next, add the ginger, garlic and chili oil or red pepper flakes to the pan and saute for 10-15 seconds.
5. Stir in soy sauce, water, and brown sugar and bring the mixture to a boil.
6. Fold the steak back into the sauce and let the sauce thicken for 20-30 seconds. (The cornstarch used on the steak should thicken the sauce)
7. Turn off the heat; add the green onions, and stir to combine.
8. Serve over white rice, rice noodles, or lettuce wraps.

## Orange Honey Rainbow Fruit Salad

### *Ingredients:*

1 lb strawberries, quartered	2 kiwi, sliced
6 oz raspberries	3 oz blackberries
4 oz green grapes, halved	6 oz blueberries
4-5 Mandarin oranges, divided	¼ fresh pineapple, cut into bite size pieces
¼ cantaloupe, cut into bite-size pieces	
1 med banana, sliced and dipped in lemon juice	



### Fruit Salad Dressing:

1/4 c fresh orange juice	2 Tbsp honey
2 Tbsp fresh lemon juice	4-10 mint leaves, roughly chopped

### *Instructions:*

1. Combine fruit in a large serving bowl (except bananas). Set aside. Combine dressing ingredients in a mason jar. Shake vigorously to combine (shaking helps get the best flavour out of the mint).
2. Pour the dressing over the salad shortly before serving. Gently toss fruit to coat in dressing. Garnish with bananas. Serve and enjoy!



## Our Volunteers for May

	<u>Minister</u>	<u>Duty Elder</u>	<u>Reader</u>	<u>Coffee</u>
<b>May 5</b>	Rev. Seaman	David Brown	Neil Lillico	David Brown
<b>May 12</b>	Rev. Sally Gadd	Mary Gemmell	Charles Glennie	Brenda Moffitt
<b>May 19</b>	Dan Guther	Neil Lillico	Neil Lillico	Laura Hartin
<b>May 26</b>	Rev. Seaman	Bruce Moffitt	Brenda Moffitt	Elaine Love

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# Last Words

## Pausing to Say WOW!

I recall a story about Noah Webster (of dictionary fame), who suddenly found himself one day in an embarrassing situation. He was caught kissing the maid in the kitchen pantry by none other than his wife.

“Why Noah!” she exclaimed. “I’m surprised!”

Always the semanticist, Noah replied, “No, my dear, you’re amazed. I’m surprised!”

No, I don’t know how they ever resolved that situation. And we all know that not every surprise is a happy incident. But I also know that I enjoy my life more when it’s punctuated by little surprises and, even more importantly, by happy moments of genuine amazement (*like our Kid’s Service April 28<sup>th</sup>*).

The poet Rumi once said, “Sell your cleverness and buy bewilderment.” Yes, bewilderment. Or buy wonder. Or an occasional dose of awe.

One parent told about moving from a farmhouse into a new house in town. The children were delighted. Early the next morning, the 3 ½ -year-old ran into his parent’s bedroom to wake them up. He couldn’t wait to explore. Mommy dressed him and told him to play in the yard.

About 20 minutes later, he came running back. “Mommy, Mommy, everybody has doorbells - and they all work!”

Welcome to town. And as amazing as it seems, most of those doorbells really do work.

I’d like to get hold of some of his bewilderment and wonder. Life really can be amazing when we slow down enough to consider it.

Have you noticed? People are aching to enjoy life more. But it’s not too much to hope for to imagine that they can actually look forward to each day with genuine anticipation. Especially if they form the habit of looking for wonders everywhere they are. The world is full of amazing people and wondrous spectacles.

I don’t want a day to pass without pausing at least once to say WOW.

--Steve Goodier

