



St Andrew's Ramblings

June, 2024 Edition

A vacation is having nothing to do and all day to do it in!
Robert Orben

Here's hoping that every one of us can take some time off from our busy lives. No meetings, little or no commitments, and to the weary teachers and students....NO SCHOOL!

But first, let's enjoy June and her beautiful weather!

Welcome to the **forty-third** edition of our newsletter! Enjoy...and maybe take it with you on your vacation or staycation!

What's Been Happening

The merry month of May was full of excitement at St. Andrew's Richmond. We were grateful to have Rev Shaun Seaman back with us on the 5th to provide his special brand of music and messages. We also welcomed Tony and Sally to the pulpit and the hall.

May 19th:

On Pentecost Sunday we were joined by Grace Assembly with Pastor Dan and Kerry leading worship and music. The energy was certainly apparent, the music was uplifting, and we look forward to future events with these friends!

May 5th:



This was our first Food Bank Sunday. Thanks to all who donated non-perishables and cash to help out the Richmond Food Bank. We plan on holding this the first Sunday of every month, including the summer. Many thanks to Willie and her

volunteers who connect with St. Paul's to ensure all donations are delivered.

Our **Wednesday Night Bible Study** held its first session **Wednesday, May 8th**. The attendees either met at the Gourmet beforehand for dinner and fellowship or joined at the hall. The last session was held on June 12th. Sessions will resume in September.

Many thanks to Shirley and Brenda T for providing us with a delicious **Strawberry Shortcake Sunday on June 2nd**.



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

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

June 26:



A friendly reminder that St Andrew's Stittsville will be holding their annual Strawberry Social on **Wednesday, June 26th**. Tickets are still available for the 4:30 and 6 pm sittings. Come enjoy a delicious supper followed by local strawberries and ice cream.

June 30:

Our annual combined Sunday service will be held at St Andrew's Stittsville on **Sunday, June 30th at 10 am**. We are asked to provide either appetizers, salads, or desserts.

A graphic with a green and blue watercolor background. The words 'COMBINED WORSHIP SERVICE' are written in white, bold, capital letters.



Rev Doug will be taking a much-needed, much-deserved vacation for two months this summer. We wish him and his family a wonderful time together. Any pastoral concerns can be forwarded to any one of the elders who will contact Doug if necessary.

Photo Directory



Session is hoping to update the Instant Directory in the near future. Terri-Lyn Love has agreed to take on the task again. Information needs to be updated as well as new photos taken for anyone not already there. In the meantime, you can still log onto the directory.



Life and Mission:

The **Life and Mission Group** has taken a rest from fun and fundraising but will be back in the fall!

Any ideas for events are always welcome.

We have already booked:

- a “special” service in October,
- another Kids-service in November,
- a community supper of some kind
- Christmas Carol Sing and dinner with Leslie for Friday, December 6th,
- and planning another Trivia night in the winter.



Stay tuned!

On the Lighter Side

On the lighter side

Three boys are in the schoolyard bragging about their fathers. The first boy says: “My dad scribbles a few words on a piece of paper, calls it a poem, and they give him \$50!”

The second boy says: “That’s nothing! My dad scribbles a few words on a piece of paper, calls it a song, and they give him \$100!”

The third boy says: “I got you both beat! My dad scribbles a few words on a piece of paper, calls it a sermon, and it takes eight people to collect all the money!”

–Tony B

A Senior’s Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists –

I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom.

I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town. having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, give them “thumbs up” and tell them I “like” them.

AND IT WORKS JUST LIKE FACEBOOK!!!

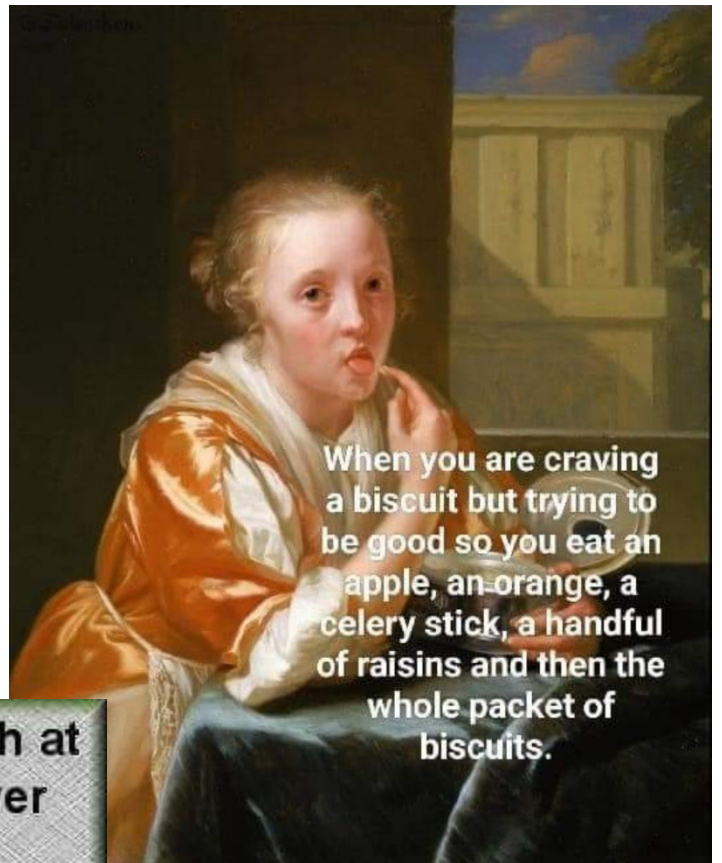
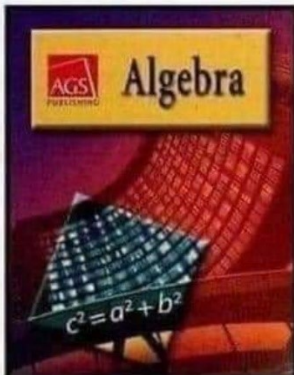
I already have 4 people following me:

2 police officers, a private investigator, and a psychiatrist.

People are climbing mountains & zip lining
& I'm feeling good I got my leg through
my underwear without falling down 🤔😂😂

Teacher: "Name a book that made you cry."

Me:



Blessed are we who can laugh at ourselves... for we shall never cease to be amused!



1. GOING TO BED EARLY
2. NOT LEAVING MY HOUSE
3. NOT GOING TO A PARTY.

MY CHILDHOOD PUNISHMENTS HAVE BECOME MY ADULT GOALS.

From the Kitchen

Easy Crustless Spinach Quiche

Ingredients:

- | | |
|--|------------------------------|
| 1 Tbsp extra virgin olive oil | 8 oz shredded cheddar cheese |
| 1 small, sweet onion, diced | 5 large eggs |
| 4 oz mushrooms, sliced | 1/2 c milk |
| 2 cloves garlic, minced | 1/4 tsp salt |
| 1/4 tsp black pepper | 6 oz crumbled feta cheese |
| 10 oz chopped frozen spinach, thawed and drained | |



Instructions:

1. Preheat oven to 350. And lightly grease a 9-in deep dish pie plate.
2. Heat olive oil in a large skillet over medium-high heat. Add in onion and mushrooms and sauté until softened, about 5 to 7 minutes. Add in garlic and cook 1 minute more. Turn off heat and stir in spinach, feta, and cheddar cheese. Spoon mixture into the prepared pie plate.
3. In a mixing bowl whisk together eggs, milk, salt, and pepper. Pour over the spinach mixture in the prepared pie plate.
4. Bake in the preheated oven for 40-45 minutes, until eggs are set. Let cool 10 minutes before slicing and serving.

Want to add a crust? Use frozen, pre-made, or make your own. Instead of spooning the pie filling into an empty pie plate you'll spoon it directly into the crust. No pre-baking required!

Three Sisters' Garden

Try this if it is not too late to plant! Needed are corn, pole bean, and squash seeds

- Start with a mound of soil, roughly 10 cm high, that gets plenty of sun
- The corn is planted first in the centre of the mound once the danger of frost has passed
- Once the corn is 15 cm tall, plant four bean seeds evenly spaced around the stalk.
- About a week later, plant the squash seeds around the perimeter of the mound. ...



The corn grows upright, providing a pole for pole beans to use as a trellis and grow on. Pole beans put nitrogen into the soil, feeding the heavy feeders, corn and squash. The squash covers the ground with her big leaves to keep moisture in the soil and her prickles protect her sisters from rabbits.

Stay tuned for a 3 sisters soup recipe for after the harvest!

Blueberry Lemon Scones

Ingredients:

2 c flour	1 c Greek yogurt
½ c sugar	¼ c melted butter
2 tsp baking powder	1 tsp grated lemon zest
½ tsp baking soda	1 large egg, room temperature
¼ tsp salt	1 c fresh or frozen fruit of your choice (blueberries, cranberries, mixed fruit)



Glaze:

- ½ c icing sugar
- 1 Tbsp lemon juice
- ½ tsp grated lemon zest

Instructions:

1. Preheat oven to 400 degrees
2. Grease a large baking sheet.
3. In a large bowl whisk flour, baking powder, baking soda, salt, and sugar.
4. In another bowl add yogurt, melted butter, egg, and lemon zest. Add yogurt mixture to flour mixture. Mix well.
5. Fold in blueberries.
6. Drop 1/3 cups of batter on to baking sheet.
7. Bake 15-18 mins or until golden brown.
8. In a small bowl mix glaze ingredients.
9. Drizzle glaze on warm scones.

Protein-packed Chicken Salad

Ingredients:

1 lb cooked chicken breast, diced	¼ c chopped red onion
½ c Greek yogurt	2 Tbsp honey
¼ c chopped walnuts	1 Tbsp Dijon mustard
¼ c dried cranberries	¼ tsp salt
¼ c crumbled feta cheese	¼ tsp black pepper



Instructions:

1. In a large bowl, combine the chicken, yogurt, walnuts, cranberries, feta cheese, and red onion.
2. In a small bowl, whisk together the honey, Dijon mustard, salt, and pepper.
3. Pour the dressing over the chicken mixture and stir until everything is well-coated.
4. Serve on top of a bed of greens or as a sandwich filling.

(This salad is packed with protein from the chicken, Greek yogurt and feta cheese. The walnuts and cranberries add some healthy fats and fibre, while the honey and Dijon give it a sweet and tangy flavour)



Our Volunteers for June

	<u>Minister</u>	<u>Duty Elder</u>	<u>Reader</u>	<u>Coffee</u>
June 2	Rev. Boonstra	Nancy Pinck	Bruce Moffitt	Shirley & Brenda
June 9	Rev. Sally Gadd	Helen Slack	Garry Ross	Kaye Cox
June 16	Rev. Boonstra	Sharon Stewart	Larry Monuk	Nancy Pinck
June 23	Bruce Peterkin	Laura Tupper	Brenda Moffitt	Rob & Jennifer
June 30	Rev. Doug Kendall – Combined service in Stittsville			

Last Words

The History of 'APRONS'

- author unknown

I don't think our kids know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.



It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER:

Grandma used to set her hot baked apple pies on the windowsill to cool. Her granddaughters set theirs on the windowsill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love