



Welcome to St Andrew's Ramblings September's, 2024 Edition

By all these lovely tokens September days are here.
With summer's best of weather and autumn's best of cheer.

– Helen Hunt Jackson

And so it is! Summer is waning, the children are returning to school, and routine is the word of the month!

Welcome to the **forty-fourth** edition of our newsletter! As you will note, your editors have taken a vacation this summer and are bringing you news from July and August. Thank you to all who continue to contribute. We love to hear from you!

What's Been Happening



St Andrew's Richmond began its summer with a wonderful, combined service hosted by St Andrew's Stittsville. Seventeen of our congregation joined theirs for worship followed by a delicious BBQ lunch.

The youngest Rutherford kept everyone entertained as he strolled around the sanctuary, stuffed sheep in hand.

That day marked the start of a much-deserved two-month vacation for Rev Doug. We hope he was rested and will be energized for the work ahead.

Many thanks to Larry Monuk and Laura Tupper who each led worship two Sundays. The support from the congregation and those that viewed online was tremendous. It is such a pleasure to watch our own lay people serve us in this way. You both know what happens if you do too good a job!

We are pleased to note that there was never a drop in attendance over the summer months, in fact we welcomed new friends to our services.

We do hope that everyone had time to rest during the weekdays!



Pastoral Care Team



Pastoral care has been and will always be there when the needs arise. Many thanks to Brenda Traversy, Helen Slack, and Mary Gemmell for the calls and visits, and to Lorna Glennie for sending out correspondence. Please let Brenda or any of the elders know if care is required.

Remember, Food Bank Sunday continues the first Sunday of every month.



We have a happy and growing Sunday School. Many thanks to our dedicated volunteers. If you think this is something you might enjoy volunteering for, please speak with Nancy Pinck.

Upcoming

The Session will resume its regular monthly meetings on the second Tuesday of the month. **The Board** meets with Session bi-monthly.

The agenda for September is filling up; please bring any ideas for discussion to the clerk of Session prior to September 10th.

Grace Assembly, who share our sanctuary on Sunday afternoons, is holding another ***Women of Grace*** event **Saturday, September 21st**, **10 am** in the hall. All ladies are invited to attend a morning of devotions, crafts, and refreshments. Freewill donation only.

The Life and Mission Group plans to meet shortly to discuss other events such as a musical concert and another Trivia Night in March/April 2025. If you feel that you would like to be part of the discussion, please contact Sharon Stewart or Helen Slack.

Stay tuned!

Sunday, October 6th

Planning is underway for a **First Responders' Sunday Worship Service**,

We would like to take the time to honour our past and present members who have volunteered or are regular force as firefighters, police officers, paramedics, 9-1-1 operators, doctors, nurses or anyone serving in a vital role as emergency responders.

Please think about who you could invite and spread the word. This is a community event so all are welcome.



The worship service will be led by Rev Bruce Peterkin, himself a chaplain who has worked in many aspects of pastoral work and is a member of the Ottawa Police Chorus. There will be a Piper to pipe in the guests!

Refreshments will be served. Any loose donations will be given to the Richmond Food Bank. For further details please contact Bruce Moffitt, Laura Tupper, or Larry Monuk.

Please note that this is also **World Communion Sunday** however Session has decided to defer communion until the celebration of our Anniversary on **Sunday, October 20th**. Rev Andrew Johnston will celebrate with us at that time.

Sunday, November 17th

It is hoped that we will have a second Kids-of-all-ages worship led by Rev Shaun Seaman. Details to follow for this fun event!

Friday, December 6th

Save the date (it's way in advance!) St Andrew's will host another community supper and Carol Sing. Here's hoping this year's event will be as successful as it was last year!

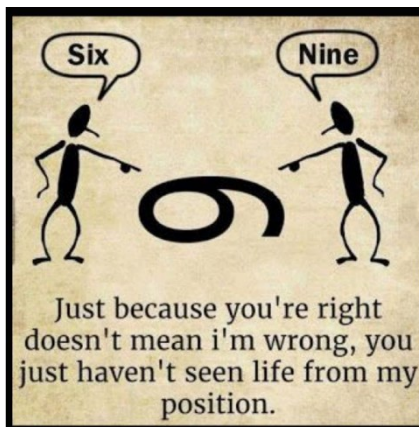
“Where’s my SUNDAY PAPER?” the irate customer calling the newspaper office, loudly demanding to know where her Sunday edition was. “Madam,” said the newspaper employee, “today is Saturday. The Sunday paper is not delivered until tomorrow, **on Sunday.**” There was a long pause on the other end of the phone followed by a ray of recognition as she was heard to mutter, “Well, s***, so that’s why there was no one at church today!”

thanks Mary G

I took my suit to the cleaners who wanted to charge me \$40, so I gave it to the charity shop next door. They cleaned and pressed it and put it in the window. I bought it back for \$15.

My wife and I decided to never go to bed angry. We’ve been awake since Tuesday.

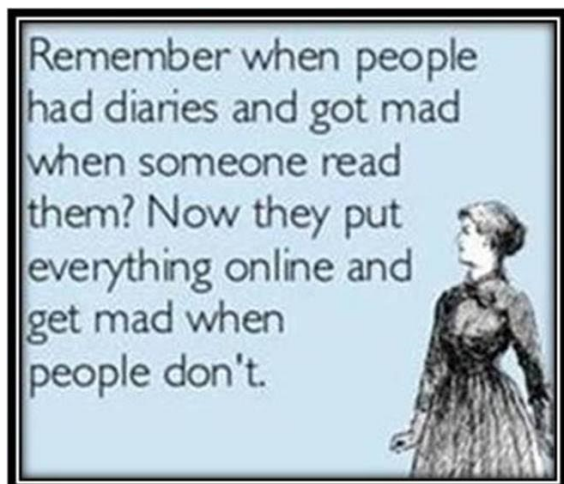
At the buffet, my wife said: “That’s the 4th time you’ve gone back for dessert~ Doesn’t it embarrass you?” I said: “Not at all! I keep telling them it’s for you!”



Thanks Tony for these gems



You come from dust and you will return to dust. That's why I don't dust. It could be someone I know.



**The main function
of the little toe on your foot
is to make sure that
all the furniture in the house
is in place.**

From the Kitchen

Air Fryer recipes

(if you don't have an air fryer I would suggest asking Santa for one!)

Montreal Steak Bites with Mushrooms

Ingredients:

2 lbs beef tenderloin	¼ tsp ground black pepper
2-1/2 Tbsp oil	2 cups white mushrooms, sliced
2 tsp Montreal Steak Spice	2-1/2 Tbsp butter
¾ tsp paprika	
¾ tsp onion powder	



Instructions:

1. Whisk together steak spice, paprika, onion powder, and black pepper. Set aside.
2. Cut beef tenderloin into 1-1/2 in by 1 in pieces. Place steak bites, sliced mushrooms, 2-1/2 Tbsp oil and seasoning mix into a bowl.
3. Mix until meat and mushrooms are well coated. Cover the bowl and marinate for 30 minutes to 1-1/2 hours.
4. Preheat the air fryer to 400 degrees for 5 minutes. Cook in the air fryer (in 2 batches) at 400 degrees for 6-10 minutes (6 mins = rarer, 10 mins = medium well). TIP Beef should be in a single layer with a tiny space between pieces so they don't steam. Place mushrooms in and around steak. Mushrooms may be cooked separately at 400 degrees for 6 minutes.
5. Toss cooked mushrooms and steak pieces in a bowl with butter. Sprinkle with salt and pepper if desired.

Air Fryer Salmon

Ingredients and Instructions:

Mix a tablespoon of Dijon mustard with 2 tsp lemon juice. Add salt and pepper then sprinkle with Everything Bagel seasoning. If you don't have this seasoning, mix ½ tsp onion powder, ½ tsp garlic powder, and 1 tsp sesame seeds. Coat salmon and bake in 400 degree air fryer for 9 mins.



Air Fryer Bagels

Ingredients:

1 c cottage cheese

1 c flour with 1 tsp baking powder, ¼ tsp baking soda, ½ tsp salt

1 egg for egg wash

Everything Bagel seasoning



Instructions:

1. Blend cottage cheese by placing it in a food processor or blender. Pulse on high or blend until smooth.
2. Transfer the cottage cheese to a bowl and add the flour mixture.
3. Mix until completely combined and the dough starts to pull away from the sides of the bowl
4. Transfer the dough to a generously floured work surface and knead the dough 8-10 times until smooth. Add more flour to the work surface as needed until the dough is no longer sticky.
5. Shape and season. Roll the dough into a ball and divide it into 4 equal balls. Roll each ball out into a 6-7 in rope about 1 in thick. Join the ends to make a circle and pinch the seam tightly to seal.
6. Brush the tops with a beaten egg and top with Everything bagel, sesame seeds, poppy seeds, or cinnamon sugar.
7. NOTE: If you don't have Everything Bagel Seasoning use ½ tsp onion powder, ½ tsp garlic powder, and 1 tsp sesame seeds.
8. Preheat the air fryer to 350 for 5 minutes. Spray the air fryer basket with non-stick spray and air fry for 10-12 minutes until golden brown.

Things My Mother Should Have Told Me – part one

- Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking
- To really make scrambled eggs or omelets rich, add a couple of spoonful's of sour cream, cream cheese or heavy cream in and then beat them up

Cheesecake Dump Cake with Lemon Cream – A 4-Ingredient Recipe

Ingredients:

1 can lemon pie filling (16 oz) or prepared from box
4 oz cream cheese, cubed 1 box yellow cake mix
½ c or 1 stick unsalted butter, thinly sliced



Instructions:

1. Butter or non-stick spray a square baking dish and set oven temperature to 350 degrees.
2. Pour the lemon pie filling into the bottom of the greased baking dish and spread it out to cover the edges.
3. Distribute half of the cake mix equally over the top, followed by the cubed cream cheese.
4. Top with the remaining cake mix.
5. In a single layer, top the cake batter with thinly cut butter pats, being sure to cover most of the cake's surface.
6. Bake at 350 for 35-40 minutes. The cake is done when a toothpick inserted in the middle comes out clean.
7. Let cool 15-20 minutes before eating.



Our Volunteers for September

	<u>Minister</u>	<u>Duty Elder</u>	<u>Reader</u>	<u>Coffee</u>
Sept.8	Rev. Sally Gadd	Neil Lillico	Victor Toma	Rob & Jennifer
Sept.15	Rev. Boonstra	Nancy Pinck	Laura Tupper	Nancy Pinck
Sept.22	Ecumenical Service will be held at the Richmond Fair Grounds			
Sept.29	Bruce Peterkin	Helen Slack	Brenda Moffitt	Helen Slack

Last Words

A Leader in Friendliness

- author unknown

A student assigned to write an essay about an effective leader wrote this story . . .

I've been taking a bus to school for years. Most passengers keep to themselves and no one ever talks to anyone else.

About a year ago, an elderly man got on the bus and said loudly to the driver, 'Good morning!' Most people looked up, annoyed, and the bus driver just grunted. The next day the man got on at the same stop and again he said loudly, 'Good morning!' to the driver. Another grunt.

By the fifth day, the driver relented and greeted the man with a semi-cheerful 'Good morning!' The man announced, 'My name is Benny,' and asked the driver, 'What's yours?' The driver said his name was Ralph.

That was the first time any of us heard the driver's name and soon people began to talk to each other and say hello to Ralph and Benny. Soon Benny extended his cheerful 'Good morning!' to the whole bus. Within a few days his 'Good morning!' was returned by a whole bunch of 'Good mornings' and the entire bus seemed to be friendlier. People got to know each other.

If a leader is someone who makes something happen, Benny was our leader in friendliness.

A month ago, Benny didn't get on the bus, and we haven't seen him since. Everyone began to ask about Benny and lots of people said he may have died. No one knew what to do and the bus got awful quiet again.

So last week, I started to act like Benny and say, 'Good morning!' to everyone and they cheered up again. I guess I'm the leader now. I hope Benny comes back to see what he started.

