



# Welcome to St Andrew's Ramblings November's, 2024 Edition

*October's poplars are flaming torches that light our way to winter  
November teaches us that even the darkest times can be beautiful.*  
Unknown

Hello all you faithful (and patient) readers!  
Your editors are well aware how time slips past us!  
As I write this I'm asking myself "Is it really Monday again"?  
How can the months go by so fast? Never fear, we are back with all the news and fun!

Welcome to the **forty-fifth** edition of our newsletter! During this busy season, make yourself a cup of your favourite hot drink and enjoy reading!

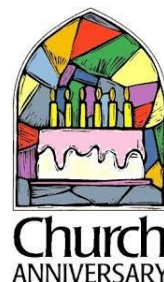
## What's Been Happening

**St Andrew's Richmond has been busy!**

Thank you to our faithful Interim Moderator Rev Doug Kendall who has continued over the past 18 months to be a strong, helpful, and kind leader and friend. Many thanks to our supply ministers and lay people who lead worship (and bring variety of style each Sunday).

**October 20<sup>th</sup>: We celebrated our 201 Anniversary.**

Our guest minister was the Rev. Andrew Johnston.  
After the service we dined on a delicious pot-luck lunch. Following lunch, with Rev. Doug present, we held a congregational meeting in which we asked for feedback on future ministry options. There were no decisions made that day however Session was tasked to prepare a plan with different options to be ready for the Annual Congregational Meeting in the new year. Work on this plan will start on December 3<sup>rd</sup>.





**The Presbyterian Church in Canada will be celebrating 150 years in Canada in May, 2025.**

Presbytery set up a committee to deal with the upcoming anniversary.

In addition to a Presbytery-wide worship service in May 2025, it is hoped that the two St Andrew's congregations (Stittsville and Richmond) could celebrate the anniversary at our combined service and BBQ on **Sunday, June 29<sup>th</sup>** hosted by our congregation.

On **Sunday, October 6<sup>th</sup>** we invited members of the police, fire, and ambulance services in our community and beyond to a **First Responders' Service** led by Rev Bruce Peterkin. A delicious chili lunch followed. It is hoped to repeat this service and include other "community helpers" in May 2025.



We resumed our monthly **Wednesday Night Study Group** on October 9<sup>th</sup>. Rev Doug led the study on the lectionary readings for the following Sunday. Of course some of us met for dinner at the Gourmet.



On **Wednesday, October 30<sup>th</sup>** 18 members of the church and community attended a presentation by Dr Andre Moreau on "Healthy Aging". We learned how important nutrition and movement is to keep ourselves at optimal health. We are open to have another event in the new year.

**Our church family** gives thanks to the wonderful addition of Isaac, Nana, and the Ngele family to our congregation. Three African backgrounds are represented in our growing congregation: Ghana, Cameroon, and Nigeria! Thanks to all who make these newcomers welcome.



**November 10:** We held our Remembrance Service.

St Andrew's honoured past and present lives who served our country during times of conflict and in peacekeeping. Readings were from Bruce Moffitt with the honour rolls and Wynn and Wren Rutherford with the act of remembrance.

Thank you, Tony, for this beautiful service and music.

**The Life and Mission Group met on Friday, November 15<sup>th</sup>** to plan some fun- and fundraising events. It will be an exciting time for St Andrew's as we move into the Christmas season and the new year with events planned for meals, music, and trivia!



Another **Kids-of-all-ages Service** was led by Rev Shaun Seaman. A fun worship time was shared with great music, wonderful scripture readers, and noise! (Does anyone know what “haughty” means? We had some great responses from the children!) Lunch of hot dogs, chips, ice cream, and dessert was shared by all. Thanks to Nancy for the crafts!



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

As many of you are aware, “Black Friday” is upon us. Related to Black Friday is another event called “Giving Tuesday”. Giving Tuesday is an opportunity for caring individuals to donate to a charity, to assist others, rather than accumulating more possessions for themselves.

In many instances the charities are assisted by Benefactors who double or triple the cash donations made by individuals. In this regard we are asking members of the Congregation to consider making a cash donation to the Richmond Food Bank, rather than a contribution of food in a can or box. Not only will your contribution to the Richmond Food Bank assist them to purchase needed food items, but it may also give them additional “purchasing power” to negotiate with their suppliers. Also, your contribution may possibly be doubled or tripled. This means a \$20.00 donation could provide the Food Bank with \$40.00 or \$60.00.

A cheque can also be made to St. Andrew's as a charitable donation and directed to the Food Bank.

Please give this suggestion some consideration should you wish to help families in Richmond who need our assistance.



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.

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## Upcoming



**December 1<sup>st</sup>:**

**The first Sunday of Advent.**

We will celebrate communion at that time.



**December 8 and 15<sup>th</sup>:**



It is hoped that we can form a choir of former and new singers for the two services December 8<sup>th</sup> and December 15<sup>th</sup>. We plan on singing “Breath of Heaven” on the 8<sup>th</sup> with perhaps a solo by Chichi Ngele on the 15<sup>th</sup>.

Please let Sharon Stewart know if you are interested in taking part.

(you do not have to be perfect, just willing!)

Music will be provided. Please check YouTube for Amy Grant’s rendition with lyrics.



**December 6<sup>th</sup>:** St Andrew’s will host another Chili Dinner and Carol Sing.

We anticipate another successful and fun event!

Invite your friends and neighbours. Freewill donation only.



**December 11<sup>th</sup>:** The next proposed **Study Group** will be Wednesday, December 11<sup>th</sup> at 7 pm. Dinner, if you wish, will be at the Gourmet at 5:30 pm. The readings for this study will be sent out in advance.



**Our Christmas Eve Service is at 4:00 pm.** It will be a combined service and will be led by Rev Tony Boostra and Pastor Dan Guthrie of Grace Assembly.

Please plan to attend this time together if you can; however, it will be livestreamed.

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## On the Lighter Side

I've found marriage to be very educational.

For example, I had no idea there was a wrong way to put milk in the fridge.

My dog will eat literally everything until you put a pill in it. Then he's Gordon Ramsay!

*If you can't think of a word say "I forget the English word for it". That way people will think you are bilingual instead of forgetful!*

Things My Mother Should Have Told Me – part two

- For a cool brownie treat, make brownies as directed. Melt Andes mints or After Eights in double boiler and pour over warm brownies.
- Add garlic immediately to a recipe If you want a light taste of garlic and at the end of the recipe if you want a stronger taste.
- Leftover Snickers bars from Hallowe'en make a delicious dessert. Simply chop them up with the food chopper. Peel, core, and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes. Serve alone or with vanilla ice cream



My mind is like  
my Internet browser.

I have 19 tabs open,  
5 are frozen, and I have  
no idea where the music  
is coming from.



That annoying moment  
when you're  
texting someone and  
auto-correct decides to  
join the conversation.



## From the Kitchen

### Slow Cooker Pepper Steak

#### *Ingredients:*

2 lbs beef sirloin, cut into 2-in strips	2 large green peppers, roughly chopped
$\frac{3}{4}$ tsp garlic powder	1 (4.5 oz) can stewed tomatoes, with liquid
3 Tbsp vegetable oil	3 Tbsp soy sauce
1 cube beef bouillon	1 tsp white sugar
$\frac{1}{4}$ c hot water	1 tsp salt
1 Tbsp cornstarch	
$\frac{1}{2}$ c chopped onion	

#### *Instructions:*

1. Sear the beef by first sprinkling the strips with garlic powder. Heat the vegetable oil in a large skillet over medium heat. Sear the beef strips for about 5 minutes on each side until they are browned. This step helps to lock in the juices and adds a depth of flavour.
2. In a separate container, dissolve the beef bouillon cube in the hot water. Once dissolved, mix in the cornstarch until it forms a smooth mixture; this will act as a thickener for the sauce, ensuring it coats the beef and vegetables well.
3. Transfer the seared beef strips to the slow cooker. Pour the bouillon and cornstarch mixture over the beef. Add the chopped onion, green peppers, stewed tomatoes with their liquid, soy sauce, sugar, and salt. Stir to combine all the ingredients evenly.
4. Slow Cook to Perfection: Cover the crock pot and cook on High for 3-4 hours or Low for 6-8 hours. Cooking on Low allow the flavours to develop more fully and ensures the beef becomes tender. However, either is good.
5. Serve with rice or noodles.



## Cheesy Chicken Soup

### *Ingredients:*

1 c bacon, diced	2 tsp parsley
2 Tbsp butter	4 c cooked shredded chicken
1 yellow onion, diced	1 c sour cream
2 ribs celery, diced	8 oz cream cheese, cubed
2 large carrots, diced	2 c cheddar cheese, shredded, plus extra
2 cloves garlic, minced	for garnish
6 c chicken broth	2 c baby spinach
1 packet dry ranch dressing	Chopped green onion for garnish
1 tsp black pepper	



### *Instructions:*

1. Grab a big pot and heat it over medium-high. Let it get nice and hot then toss in the diced bacon and cook it until it's nice and crispy. Once done, scoop the bacon out and set it aside for later, keeping all that bacon grease in the pot!
2. Add the butter to the pot, along with the diced onion, celery, and carrots. Saute everything for about 5 minutes, just until the veggies soften up a bit. Throw in the minced garlic and cook for another minute until it smells amazing.
3. Pour in the chicken broth and stir in the ranch seasoning, black pepper, parsley, shredded chicken, sour cream, and cream cheese. Add the cooked bacon back in. Stir constantly to make sure the cream cheese melts smoothly into the soup.
4. Mix in the shredded cheddar and spinach. Let the soup cook for a few more minutes until the spinach wilts and the cheese is fully melted.
5. Ladle the soup into bowls and top off with some extra cheddar and a sprinkle of chopped green onions. Taste and adjust with salt and pepper if needed.



## Cranberry Pistachio Shortbread Cookies

### *Ingredients:*

1 c (2 sticks) unsalted butter, softened	½ c dried cranberries,
¾ c powdered sugar	chopped
1 tsp vanilla extract	½ c shelled pistachios,
2 c flour	chopped
½ tsp salt	

### *Instructions:*

1. In a large bowl, beat the softened butter and powdered sugar until light and fluffy, about 2-3 minutes. Add the vanilla extract and mix until combined.
2. Gradually add the flour and salt to the butter mixture, mixing until just combined.
3. Gently fold in the chopped dried cranberries and pistachios until evenly distributed throughout the dough.
4. Divide the dough in half and shape each portion into a log about 2 inches in diameter. Wrap each log tightly in plastic wrap and refrigerate for at least 1 hour or until firm,
5. Preheat the oven to 350. Line a baking sheet with parchment. Remove the dough logs from the refrigerator and slice them into ¼ in thick rounds.
6. Place the cookies on the prepared baking sheet, about 1 in apart. Bake for 12-15 minutes or until the edges are lightly golden.
7. Let the cookies cool on the baking sheet for a few minutes, then transfer them to a wire rack to cool completely.





## Christmas Fudge

### *Ingredients:*

- 3 c white chocolate chips
- 1 (14 oz can sweetened condensed milk
- ½ tsp vanilla extract
- Red and green food colouring
- ¼ c holiday sprinkles (optional, for decorating)




### *Instructions:*

1. Line an 8x8 in baking dish with parchment, leaving extra paper hanging over the sides for easy removal.
2. In a medium saucepan, combine the white chocolate chips and sweetened condensed milk. Stir over low heat until the chocolate is completely melted, and the mixture is smooth. Remove from heat and stir in the vanilla extract.
3. Divide the melted mixture evenly into three bowls. Tint one bowl with red food colouring and another with green, leaving the third one plain.
4. Pour the red fudge mixture into the prepared pan, spreading it evenly. Next layer the plain fudge on top of the red. Follow with the green fudge. Gently swirl the layers together using a knife for a marbled effect.
5. If using, sprinkle the holiday sprinkles on top while the fudge is still warm. Once set, lift the fudge out of the pan using the parchment paper,
6. and cut it into small squares.
7. Store the fudge in an airtight container in the refrigerator.



## Our Volunteers for December

*(subject to change)*

	<u>Leader</u>	<u>Duty Elder</u>	<u>Reader</u>	<u>Coffee</u>
<b>Dec. 1</b>	Rev. Boonstra	Neil Lillico	Neil Lillico	Rob & Jennifer
<b>Dec. 8</b>	Rev. Sally Gadd	Mary Gemmell	Brenda Moffitt	Nancy Pinck
<b>Dec. 15</b>	Rev. Boonstra	Neil Lillico	Bruce Moffitt	Shirley & Brenda T.
<b>Dec. 22</b>	Larry Monuck	Bruce Moffitt	Sharon Stewart	Helen Slack
<b>Dec. 24</b>	Rev. Boonstra	Sharon Stewart		
<b>Dec. 29</b>	Laura Tupper	Sharon Stewart	Neil Lillico	Mary Gemmell

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## A Healing Prescription

I gathered a thousand kisses and into this bottle they flew.  
Then I wrapped it in some loving hugs - prescribed especially for you.  
No moving parts, no batteries; no monthly payments and no fees.  
Inflation proof, non-taxable, in fact, it's quite relaxable.  
It can't be stolen, won't pollute, one size fits all, do not dilute.  
It uses little energy, but yields results enormously.  
Relieves your tension and your stress; invigorates your happiness.  
Combats depression, makes you beam and elevates your self-esteem!  
Your circulation it corrects without unpleasant side effects.  
It is, I think, the perfect drug - may I prescribe, my friend . . . the hug!  
(And, of course it is fully returnable)

*Henry Matthew Ward*



# **Last Words**

## **Listening to the Sound of Silence**

There once was a farmer who discovered that he had lost his watch in his barn. You see, it was no ordinary watch because it had great sentimental value for him. The watch had been passed down to him through the generations and it broke his heart knowing that he lost the watch.

He searched and searched but he could not find the treasured heirloom. After much thought and contemplation, the farmer decided to enlist the help of a group of children that were playing outside the barn. The children looked and looked for the watch, but they just couldn't find it.

The farmer was heartbroken...it seemed like the watch was lost forever. But just when the farmer was about to give up, a little boy came up to him and the farmer, "Mr. Farmer, can I look for the watch one more time?" The farmer looked at him and thought, "why not?" "It certainly wouldn't hurt...after all your friends looked for a few hours and couldn't find it," the farmer said.

So, the farmer told the little boy to go back into the barn and continue his search. To his complete surprise and astonishment, the boy came out, face beaming with pride, with the farmer's watch in his hand!

The farmer was so happy and surprised! He asked the boy, "How did you find the watch? There were so many other people searching for it and they couldn't find it, how did you discover it so quickly?"

The boy simply replied, "I did nothing but sit quietly on the ground and listen...in silence. Then I heard the ticking of the watch and just looked for it in the direction the sound was coming from."

You see folks, in the hustle and bustle of today's world, we all need to take some time for ourselves to be quiet and allow ourselves to enjoy the gift of relaxing, re-energizing silence. A peaceful mind will allow us to think better and more clearly than a mind full of turmoil, anxiety, and stress.

Allow yourself to take some time each day to silence your mind and discover how it will help your day run a little smoother and happier when you quiet your soul!

- From "Good Time Stories" by Coach Muller

