

Welcome to St Andrew's Ramblings February's, 2025 Edition

What joy is there in winter?

A time for creativity, slow mornings, warmth, good food, spending time with loved ones, and teaching us that even the coldest days can lead to beautiful transformations.

Hello again!

Once again, apologies to all the faithful readers who anxiously(?) await the newsletter. A busy two months just flew by.... but here we are again!

Welcome to the **forty-sixth** edition of our newsletter! According to those in the know, we have made it past the "bleak midwinter" and spring is around the corner. Sit back and enjoy the news!

What's Been Happening



- St Andrew's Richmond has welcomed several new friends into the congregation. The Ngele family have joined us from Nigeria and have been with us since before Christmas. The family has become an integral part of our congregation, attending Sunday School, singing in the choir, and helping in the kitchen.
- We are anxiously awaiting the birth of the fourth child for Isaac and Christiane who came to Canada from Cameroon. Thanks to all who have supported this family in their settling.

- Nana from Ghana has now brought her three children to Canada to attend school. They are a welcome part of the congregation along with Nana's sister-in-law Brigitte.
- We are fortunate to have Melanie and her mom Mimi join us over the last two Sundays. Melanie asked if she could lead our choir (what??) and is now part of the planning for an upcoming concert with the Ottawa Police Chorus!

St Andrew's has enjoyed the supply ministers that we have had over the last 20 months. Esther Ekong was the latest newcomer who brought a wonderful presence to the pulpit. Thanks to Rev Doug who has secured supply until the end of June. Thanks to Larry, Laura, and Sharon, who have provided Lay leadership when a supply minister could not be found.



Our annual Chili Dinner and Carol Sing was held on **Friday, December 6th** to a lively crowd. Thanks to all who helped!



We managed to form a "choir" consisting of both adults and children. Several members sang "Breath of Heaven" accompanied by Victor at Christmas and the Ngele family treated us to "In the Bleak Midwinter" with Chichi Ngele providing a solo. For now, the choirs lead the congregation during worship, but it is hoped with Melanie's offer, we will be able to provide anthems and songs for both the children's choir and the adults. Watch this space!

Our mission to help the Richmond Food Bank continues the first Sunday of every month. Thanks to all who donate and to Willie and Garry Ross who ensures the delivery to St Paul's church.



An early Valentine's Day dinner was held on **Wednesday, February 12th** at the Richmond Gourmet. Twenty-six friends enjoyed a roast beef dinner. Thanks again Nader and Wendy for all you do!





We have a very 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.

Mark Your Calendars



Our annual Shrove Tuesday Pancake Supper will be held Tuesday, March 4th from 4:30 to 6:30 pm. Bring your friends and family for another delicious meal! Check the bulletin board in the church hall for details.

St Andrew's will be holding another **Trivia Night** on **Friday, March 21st** at **Danby's Restaurant in Richmond**. There will be a Silent Auction and a 50/50 draw to aid in our mission of the work of the church in the community. Come and order dinner from 6 pm. Trivia starts at 7! Form a team and enter for an evening of entertainment for \$20 per person.



It is hoped that we will have a simple **Easter breakfast on Sunday, April 20th at 8:30 am** prior to worship and communion.

No details yet as to a Maundy Thursday or Good Friday service. The Richmond churches' ministerial will meet on **February 11th** to discuss these services.

Plans are underway to hold a **Spring Medley concert** featuring the **Ottawa Police Chorus** and others on a **Wednesday evening in May (date to be determined shortly)**. Friends, family, and the community are invited to share this wonderful musical event for a free will donation. Refreshments will be served after the concert.





The Presbyterian Church in Canada is celebrating 150 years this year! There will be a Presbytery-wide worship and celebration event **Sunday, May 4th at 3 pm at St Paul's Church on Woodroffe.**

There will be special guests, music, and light refreshments in the church hall. All churches are invited to send a delegation and will be called on to donate some finger foods. Hope to see you there!

On the Lighter Side

On the lighter side

You know you're growing old when:

- *You sink your teeth into a juicy steak...and they stay there!*
- *The little old lady you are helping across the street is your wife*
- *Your back goes out more often than you do*
- *You go to the barber, and it takes longer to trim the hair in your ears, nose, and eyebrows than it does to cut your hair!*

A man is walking in the woods when suddenly a bear shows up and starts chasing him. The man is terrified and begins to pray frantically, "Lord, please make this bear more Christian!"

Suddenly to the man's surprise, the bear bows his head and says, "Dear Lord, thank you for the food I am about to receive".

One day you'll find someone that is obsessed with you. It's probably going to be a dog but hey, it is what it is.

I'D LIKE TO GIVE A SHOUT OUT TO
ALL THE LIBRARIANS....oh, I'm
sorry.

**Me: No more, your dog food
bag says 1 cup.**

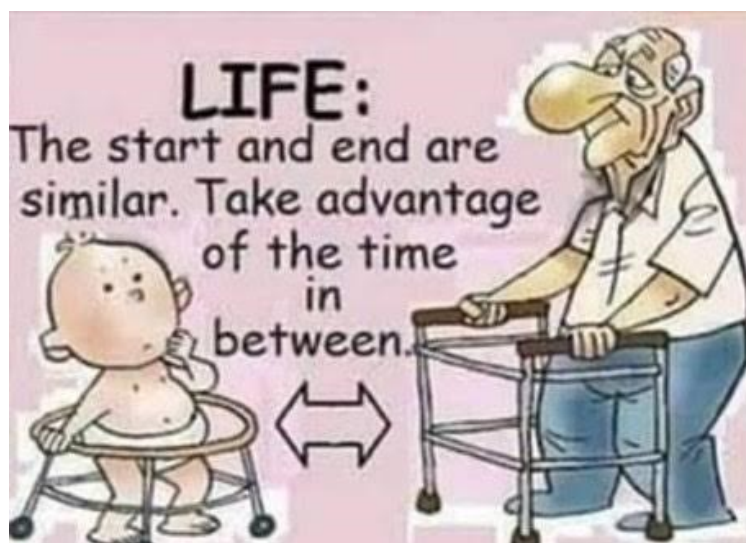
**The Dog: The Oreo box surely
doesn't say 16 Oreos Tricia,
but here we are...**



Rare photo of a shark stepping on a Lego.



IT HAD TO BE SAID



From the Kitchen

Blueberry Cottage Cheese Breakfast Bake

Ingredients:

2 c cottage cheese	1 tsp baking powder
1 c rolled oats	½ tsp cinnamon
1 c fresh or frozen blueberries	¼ tsp salt
¼ c honey or maple syrup	½ c milk (dairy or non-dairy)
2 large eggs	¼ c chopped nuts (optional)
1 tsp vanilla extract	



Instructions:

1. Preheat your oven to 350. Grease a 9x9 baking dish or line it with parchment paper for easy removal.
2. In a large mixing bowl, combine the cottage cheese, rolled oats, honey or maple syrup, eggs, vanilla extract, baking powder, cinnamon, and salt. Mix well until all ingredients are fully incorporated.
3. Gently fold in the blueberries, being careful not to crush them. If you use frozen blueberries, fold them in directly without thawing.
4. Pour the mixture into the prepared baking dish, spreading it evenly. Sprinkle chopped nuts on top, if desired, for extra texture and flavor.
5. Bake in the preheated oven for 30-35 minutes, or until the top is golden brown and a toothpick inserted into the centre comes out clean.
6. Cool for a few minutes before slicing into squares. Serve warm or at room temperature for a wholesome breakfast or snack.

Easy Crockpot Throw-together Dinner

Ingredients:

1 big block of Velveeta cheese	1 can of Rotel tomatoes with chilies
8 oz block of cream cheese	2-1/4 lbs ground beef
1 can cream of chicken soup	1 box bowtie noodles

Instructions:

1. Brown the ground beef as you preheat the crock pot on high.
2. Add the beef to the crockpot along with the cheeses, soup, and tomatoes. Mix altogether.
3. Cook on high for 1-1/2 hours.
4. Meanwhile boil your noodles til al dente and add to the mixture when ready to serve. You can add about a cup of pasta water to thin the sauce if necessary.



Cheesy Bacon Ranch Chicken

Ingredients:

4 slices thick cut bacon	Freshly ground black pepper
4 boneless skinless chicken breasts	2 tsp dry ranch seasoning
Kosher salt	1-1/2 c shredded mozzarella
Chopped chives, for garnish	

Instructions:

1. In a large skillet over medium heat, cook bacon, flipping once, until crispy, about 8 minutes. Transfer to a paper towel-lined plate. Drain all but 2 Tbsp of bacon fat from the skillet.
2. Season chicken with salt and pepper. Return skillet to medium-high heat; add chicken and cook until golden and just cooked through, about 6 minutes per side.
3. Reduce heat to medium and sprinkle chicken with ranch seasoning and top with mozzarella. Cover the skillet and cook until cheese is melted and bubbly, about 5 minutes.
4. Crumble and sprinkle bacon and chives on top before serving.



Lasagna Soup

1 lb ground beef or ground turkey	½ tsp red pepper flakes (optional)
1 med onion, chopped	8 oz lasagna noodles, broken into pieces
2 cloves garlic, minced	salt and pepper to taste
1 can (16 oz) crushed tomatoes	1-1/2 c ricotta cheese
1 can (6 oz) tomato paste	1-1/2 c shredded mozzarella cheese
4 c beef or chicken broth	½ grated Parmesan cheese(optional)
2 tsp Italian seasoning	Fresh basil for garnish (optional)

Instructions:

1. In a large pot, cook the ground beef over medium heat until browned. Drain any excess fat.
2. Add the chopped onion and garlic to the pot and saute until softened, about 3-4 minutes.
3. Stir in the crushed tomatoes, tomato paste, broth, Italian seasoning, and red pepper flakes (*if using). Bring to a simmer and cook for 10-15 minutes to blend the flavours.
4. Add the broken lasagna noodles to the soup, stirring occasionally. Simmer for 10-12 minutes or until the noodles are tender
5. Season the soup with salt and peer to taste.
6. In a separate bowl, combine the ricotta, mozzarella, and parmesan cheeses.
7. Ladle the soup into bowls and top with a generous spoonful of the cheese mixture. Stir it in to create a creamy texture, or serve it as a topping.
8. Garnish with fresh basil if desired and serve hot.



Orange Fluff

Ingredients:

1 c boiling water

1 c Greek yogurt

1 pkg powdered orange Jell-O

Cool Whip for topping (optional)



Instructions:

1. Add almost one cup of very hot water to the powdered Jell-O and whisk until dissolved.
2. Add the cup of Greek yogurt and blend in a blender until smooth.
3. Pour the mixture into individual serving cups or ramekins
4. Refrigerate for about 2 hours, or until the mixture firms up.
5. Top with Cool Whip, if desired.



Take One dream

Take one dream, dream it in detail.

Put it into your own hands.

See its final outcome clearly in your mind.

Then mix it with a little effort and add a generous portion of ambition.

Stir briskly with confidence until the mixture becomes clear, the doubt separated from the resolution.

Then bake at an even temperature in a moderate mind until the dream rises and is firm to the touch.

Decorate with individuality.

Cut into generous portions and serve with justifiable pride.

Approached in this manner, life is a piece of cake.

Written by Bryce Courtenay

Last Words

Who Owns the Backyard?

Vicki Huffman, in *Plus Living* (Harold Shaw Publishers, 1989), tells about a man who loved to hunt and bought two pedigreed setters that he trained to be fine bird dogs. He kept them in a large, fenced pen in his backyard.

One morning he observed a little bulldog trotting down the alley behind his home. It saw the two dogs and squeezed under the fence. The man thought he should perhaps lock up the setters so they wouldn't hurt the little dog, but changed his mind. Maybe they would 'teach that bulldog a lesson,' he reasoned.

As he predicted, fur began to fly, and all of it was bulldog fur. The feisty intruder soon had enough and squeezed back under the fence to get away.

To the man's surprise, the visitor returned again the next morning. He crawled under the fence and once again took on the tag-team of setters. And like the day before, he soon quit and squeezed out of the pen. The incident was repeated the following day, with the same results.

The man left early the next morning on a business trip and returned after several weeks. He asked his wife what finally became of the bulldog.

'You won't believe it,' she replied. 'At the same time every day that little dog came to the backyard and fought with our setters. He never missed a day! It has come to the point now that when our setters simply hear him snorting down the alley, they start whining and run down into the basement. Then the little bulldog struts around our backyard as if he owns it.'

How do you manage those problems you encounter daily? I don't mean that we must fight with them, but do you persistently take them on until you persevere? Dale Carnegie made this observation: 'Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.'

In the end, it's the persistent bulldog that will own the backyard.

