



ANDREW'S VOICE

St. Andrew's Hespeler Presbyterian Church
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Lent / Easter Edition, 2023

The Journey Thus Far

Scott McAndless

On January 15, 2023, the congregation of St. Andrew's Hespeler began a journey. Working together with a consultancy group called Credence & Co., and specifically with their consultant, Rev. Cathy Stewart, we are doing our best to come to terms with the challenges we face as a congregation in these changing times, and to discover our path forward.

This is not something that can be accomplished quickly. So far we have completed the first phase of this journey together. With the help and enthusiastic participation of many people in the congregation, Credence has prepared for us an interim report that details, "What We Think We Know" about St. Andrew's Hespeler.

We will not include the text of this report in this newsletter, but it is available at the church or, if you request it, we will be happy to email a copy to you.

All of this effort has been preparatory for the upcoming phases in our journey. The next phase is particularly important.

So far, we have made a concerted effort to listen to the people of St Andrew's, their concerns, their aspirations and their fears. This process has elevated certain questions, questions like:

- We know we need to change, but we don't want to. What do we need in order to enter into a renewed future? What would we need to embrace? What would we need to let go?
- If thriving is not about numbers, what is at the heart of our thriving? What would lead us to say, down the road "We are alive"?
- What do we want to learn about handling our differences?
- If St. Andrew's were to deepen its connection with the larger community, what would send the message to Hespeler: "Our deep desire is to be with and for you"?

During the next phase of our journey, our intention is not to seek to jump to easy or simplistic answers to those questions. In the next part, we will rather intentionally seek to listen for what God might be saying to us. We will do this in several ways.

Conversations that Matter

This time of listening will officially begin on Sunday, February 26. Cathy Stewart will join us once again and, following worship, will lead us through an exercise called

“Conversations that matter.” She promises us that we are just going to love this exercise. It will help us to go deeper and prepare our hearts for this listening time.

In order to allow this to take place, we will be having lunch on that Sunday at some point after worship. We would encourage everyone to contribute to the lunch this time. Please bring some finger foods to share on that Sunday if you are able to do so. All are welcome to participate (and eat), whether they're able to bring food or not.

A Journey of Discovery

Meditative Prayer Series

As St. Andrew's enters into a time of prayer and listening we will be posting weekly prayers and devotions for individuals to do at home to prepare our hearts and minds to listen to God and what God is saying to us, individually and as a church. Our Prayer and Listening Journey will take us through the season of Lent.

The first prayer will be posted on **Ash Wednesday, February 22**, the beginning of Lent. On each Sunday during Lent a different prayer will be posted, on our website and social media platforms. There may also be prayers posted in the middle of the week.

On each **Wednesday morning during Lent, beginning with Ash Wednesday** you are warmly invited to join us in a short meditative prayer (there are different forms of meditative prayer that we will explore) at **9:00 am in the sanctuary**. This would be a wonderful way to start your day.



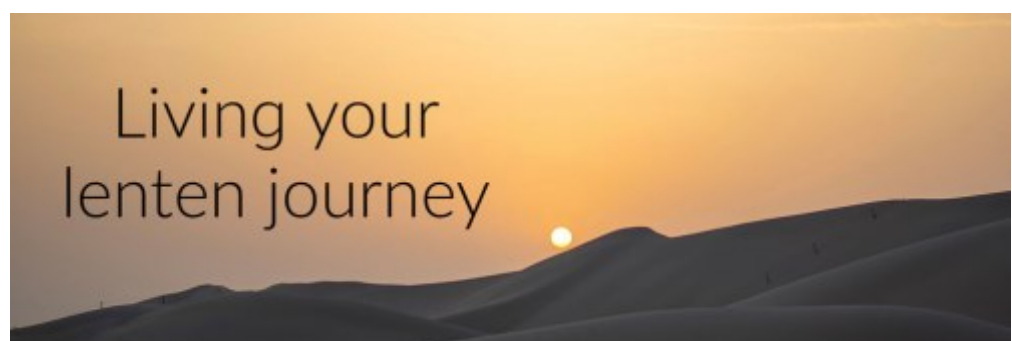
Other Practices

In addition to this Meditative Prayer series, we will engage in other practices during worship with the intention of focusing our hearts to listen for what God is saying to us.

We will engage in a celebration of the timeline and the history of our congregation with a view to understanding better what God may be saying to us through the things that we have lived through collectively.

We will also concentrate on certain questions in our corporate and personal prayers during the season.

Lent will be a listening time for us as a church. We engage in this time with the expectation that God will do some amazing things among us as a result. Please join us in the next part of our journey.



Mark your calendars! **Saturday, May 6th** will be the date for our **Dream Auction**.

This year we are excited to say that we will be in person, with a small portion continuing online. Donations can be dropped off in April. Do you have a talent that you could share? Previous years have included: hand knit and crocheted items, homemade cheesecake, home baked pies, cookies, scones, home canned relishes and jams/jellies, a trip to the dump, a ride to the airport, an hour of time to do yard work, paintings and many more. Please think about how you could participate in our auction! And please plan to attend on the evening of the auction. It has always been a fun night and this year it will be a chance to get together after being apart for so long. Please speak with Donald Paddock or Joni Smith if you have any items to donate or if you would like more information.



Holy Week 2023

Holy Week is the week just before Easter and also the last week of Lent. It begins on Palm Sunday and ends on Holy Saturday. Holy Week is always a very special time at St. Andrew's. Please remember these special services and times:

Palm Sunday (April 2) — we will gather on Sunday Morning to remember Jesus' entry into Jerusalem

Maundy Thursday (April 6) — we will gather on Thursday evening at 7:30 pm to celebrate a simple communion service

Good Friday (April 7) — We gather Friday Morning at 10 am to mark the passion and death of our Lord.

Easter Sunday (April 10) — join us for a joyous celebration of Jesus' triumph over death. We will celebrate communion.



Dealing with Harassment in the Church

Scott McAndless

One thing that has been highlighted through the process with Credence & Co. has been the knowledge that sometimes people have experienced various forms of harassment in the church. This is not new information, but something that came out through the visitation process with Presbytery.

I would just like to highlight the fact that it is the duty of the session to deal with any such incidents. They must always be taken seriously. Though we cannot divulge any details of incidents and we can always do better at responding, we have not failed and will not fail to take such matters seriously.

The workshop that Presbytery called for and that we have not yet held has to do with addressing any environment in the church that allows anyone to feel as if they can behave in some threatening or harassing ways towards staff, volunteers or individuals in the church.

Don't forget that Fundscrip is an easy and fun way to support the work of the church. Card orders should be submitted outside the office by the last Sunday of each month and look out for monthly specials that give back super high percentages to the church.

Did you know that each card you order you get the full value of it and St. Andrew's receives a percentage of the value. It really doesn't cost anyone anything!



Spring Fling 2023

By: Joni Smith






Join us for 4 weeks of creativity and conversations!

Beginning on Tuesday, April 11, 2023 we have many opportunities to explore our creativity and mindfulness. We have a full calendar of workshops to offer St. Andrew's and the Hespeler community. We have partnered with Debbie Ellis Watercolours, My Sister's Idea Wall Scripts and Home Décor, Journey with Jane, the Hespeler Horticultural Society, Le Jardin and Crafty Creatures to bring a variety of workshops, for a variety of age groups.

Sat April 15	Sat April 22	Sat April 29
		
Northern Lights	Summertime Blues	Birch Grove


Debbie Ellis Watercolour workshops will be offered on **Saturday, April 15, 22 and 29th.**

To find out pricing, what we will be learning to paint and to register, please go to: [Debbie Ellis Watercolours](#)

My Sister's Idea Wall Scripts and Home Décor will be offering a small group workshop on **Saturday, April 29, 9:00—11:30 am.**

To find out pricing and to register please go to this [Facebook](#) page. If you don't have Facebook, please speak with Joni to register.




The Hespeler Horticultural Society

is presenting a Native Plants/Bees talk with a fun hands on experience on **Tuesday, April 25, from 7:00—8:30 pm**

Please register with Joni. All ages are welcome. No charge.


Check out their [Facebook](#) page!

Crafty Creatures is coming to St. Andrew's on **Saturdays, April 15 and 22; 9:00 –11:30 am.**



We will learn how to make Bath Bombs on **April 15**, for all ages.

To find out pricing and to register please go [here](#).



On **April 22** we will learn how to paint a Llama.

To find out about pricing and to register please go [here](#).

For ages 5+

Parents are welcome to stay as we will have a social room where they can wait while their child paints.



Le Jardin will be coming to St. Andrew's on **Tuesday, April 18; 7:00—8:30 pm** to teach us how to make a beautiful floral arrangement in a teacup! Cost is \$30 +

HST. Payments can be made to Joni

To register, please email:

lejardinfreshdesign@gmail.com



May not be exactly as shown.



Mindfulness, Meditation & YOU

Did you know there are approximately 65 references to mindfulness in the Bible – and approximately 100 references to meditation? That's interesting, but I bet you're also wondering what that is, and how it can be meaningful in your life. First, the 'What'. Mindfulness is focusing your full attention only on the present, experiencing thoughts, feelings and sensations, but not judging them. Meditation is about finding the still point. It is making time in your day to quiet the noise from outside and the chatter within. Join mindfulness and meditation coach Jane Bennett in the church foyer to begin a new journey of learning in three sessions. In our first session, receive an overview of mindfulness and meditation, and try a sample meditation. In the second session, we'll dig a little deeper into mindfulness and how it can truly make a difference in your life. In our third and final session, we'll take meditation for a test drive and find various ways to do it as there are many, and one size doesn't fit all. Are you intrigued or perhaps doubtful? Come with an open mind and lots of questions and be prepared to be amazed!

Health benefits of mindfulness and meditation:

- Relieves stress, including tension headaches, ulcers, muscle and joint problems
- Relieves anxiety and depression
- Lowers blood pressure, anxiety attacks
- Treats insomnia
- Aids weight loss
- Boosts memory
- Increases immunity and fights disease
- Increases serotonin production that improves mood and behaviour
- Aids in pain management



Join Jane as she leads us through 3 Mindfulness Sessions on Tuesdays, April 11, 18 and 25.

Two times will be offered: 9:30—11:00 am and 7:00—8:30 pm.

Please register with Joni to save a spot (there is no cost to these workshops)

The Back Page

Well, you have now read through this entire newsletter. Now let's see how much of it you remember. Can you fill out this whole crossword puzzle without looking back?



Across
4. They consult with churches
6. A society that loves plants
8. Spring Fling is a series of these

Down
1. The Thursday of Holy Week
2. The kinds of prayers we will do on Wednesday mornings
3. Focusing your full attention only on the present moment
4. _____ that matter
5. Painting using water-based paints
7. Will happen May 6

An answer key to this puzzle will be placed in the bulletin on February 26