

The Salt Newsletter

Special Advent & Christmas Edition

Coming up in December

Dec. 1 - Holy Communion

Dec. 4 - 7:30p.m. Choir Rehearsal

Dec. 8 - 10 a.m. Choir Rehearsal

- White Gift Sunday
for Christmas Cheer

- 3 p.m. Drew Service

- 5:30 p.m.
Congregational potluck
at St. Ann's

Christmas Eve

5:00 p.m. Family Service

11:00 p.m. Holy Communion

Christmas Day

11:00 a.m. Worship

1st Sunday after Christmas & In the New Year

Jan. 5 - Epiphany Sunday
Holy Communion



"Sleepers, wake"



Nativity by Lorenzo Costa the Elder

"Wake up! Wake up!" are the words many children say on Christmas morning to slumbering parents. I was that kid when I was growing up and now it is pay back. My attempts at negotiating a sleep in always fails!!

While I greatly desire more sleep on Christmas morning, there is something "biblical" about a child's call "wake up!" As we read in Romans on the first Sunday of Advent "it is now the moment for you to wake from sleep."

The season of Advent invites us to wake up and be ready in anticipation that Christ is coming.

There is also a Christmas Hymn (an unfamiliar one) that calls us to worship:

"Christians, awake! Salute the happy morn, whereon the Saviour of the world was born; raise to adore the mystery of love which hosts of angels chanted from above; with them the joyful tidings first begun of God Incarnate and the virgin's son."

Happy Christmas and Blessings to you in the New Year!

Rev. Jeffrey M. Murray

AMS Christmas Craft & Bake Sale



The Atlantic Mission Society and Ladies Aid held their annual Craft and Bake Sale on Sunday November 24th following the worship service.

Proceeds from the sale are going to be divided evenly between the Sackville Refugee Response Coalition (SRRC) and the TRHS Culinary Department's *Food for Thought* program.

\$400 was made from the sale to support the work of these organizations.

Flowers

Flowers with faces
Filling the vases
Sharing the joy in each day

Both in and out
There is no doubt
Their displays spread good feeling each day

Celebrating a loved one
An event or things done
Flowers tell all in a beautiful way

So contact the members
Give details from senders
And enjoy God's gifts, as we say

*Flower committee members
Carol Sheehan, Eileen Smith,
Linda Trentini, Mona Meldrum*

The Sackville Refugee Response Coalition (SRRC)

Back in the Fall of 2016 St. Andrew's in cooperation with the SRRC submitted an application to privately sponsor Syrian Refugee, Abdel Jabbar Hussein. He is Nizar's brother who was sponsored along with his family by our church and the SRRC. It was the next day after Nizar and his family arrived that we became aware that they had left their brother back in Beirut.

The wait for the application to be approved has been long and frustrating.

[CBC article by Reporter Tori Weldon](#)

Toward the end of November we finally received the long awaited "NAT" - Notice of Arrival Transmission. Abdel Jabbar is scheduled to arrive during the first week of December just shy of three years, when our application was received by immigration on December 9, 2016.

With Abdel Jabbar's arrival, St. Andrew's with the SRRC has welcomed four refugees to Sackville!



Nezar Hussein and Soze Ibrahim with twin daughters born in Canada. Photo Credit: CBC

St. Andrew's Presbyterian Church

Income Statement Overview: January 1-October 31, 2019

Budget Revenue, all accounts:	\$83,176
Budget Expenditures, all accounts:	<u>\$88,373</u>
Net gain/loss:	(\$5,197)
Total Budget, all accounts:	\$118,264
% of Total Budget spent:	74.73%
% of Year gone by:	83.33%

Expenses are (as ever?) running slightly ahead of revenue at 5/6 of the year gone by, even though we have not yet spent 5/6 (83.33%) of the budget. See below for breakdown by account. Please note that this statement does not include unbudgeted "pass through" amounts, such as PWS&D and Foodbank.

Breakdown by Account, January 1-October 31, 2019

Operating Account

Revenue:	\$78,175
Expenses:	<u>\$85,574</u>
Net gain/loss:	(\$7,399)
Budget 2019:	\$111,580
% of Budget raised:	70%

Building & Reserve Account

Revenue:	\$5,001
Expenses:	\$2,799
Net gain/loss:	\$2202
Budget 2019:	\$12,000
% of Budget raised:	41%

The "percent of budget raised" for each of these accounts is less than the "percent of year gone by" (five sixths of the year, or 83.33%). The small gain in B & R does not cover the shortfall in Operating. Thus, we have the overall loss of \$5,197 for the year at this point.

Memorial Account

This account has a balance of about \$5,100, of which \$545 is, at present, the amount reserved for the Benevolent Fund. The rest of the funds in the account are held in trust for Session-sanctioned use.

Anne Miller, Treasurer

Food for Thought

On Oct. 5, 2019, the AMS welcomed Tantramar Regional High School culinary arts and human physiology teacher, Melanie Ball. You may have read the article about her and her TRHS program: "Making sure our students have food," Sackville Tribune Post February 19, 2019.

When she and other staff became aware that there are students who are in great need of help, they and student volunteers established a lunch program which provides sandwich packets and drinks on a daily basis. Their scope has widened, as Marshview Middle School and Salem School have asked them for similar help. Melanie Ball's culinary classes teach simple cooking which students can eat themselves or take home. All food is made available at school so any student can pick it up without being noticed.

We asked how we could help. She said that sandwich makers and cookie bakers, including students, teachers and local volunteers, make and assemble the lunches. More volunteers are needed and welcome.

Also needed: non-perishable sandwich makings such as Wow butter (not peanut butter, as the school is a peanut-free zone) and jam. Flour and other baking ingredients, raisins, seeds and chocolate chips for nutritious cookies are essential.

They also collect nutritious simple-to-prepare or ready-to-eat, non-perishable, light-weight food which students can take home in their backpacks:

- Mr. Noodles packets
- packaged snacks which contain protein (cheese & crackers)
- sunflower or pumpkin seeds, etc.

The program has also begun to respond to important personal needs for which they welcome donations:

- shampoo, soaps, razors and deodorant
- with winter arriving, there is a serious need for good winter jackets, hats, scarves and gloves

The AMS were inspired to help with the program by bringing our donations to church and, since donations must be delivered to the high school, decided that AMS members will take what is collected to the high school on a regular basis.

A labelled basket will be made available at church so that anyone who wishes to donate food or personal items can take part. Bulkier things (coats, hats, scarves, gloves) can be given to an AMS member to deliver, as they would soon fill the basket!

Please note that "Food for thought" is not meant to interfere with collecting for the Sackville Food Bank at St. Andrew's, nor is it in competition, but rather, the program receives advice and support from the food bank.

"Food for Thought" focuses on individual students and their immediate needs.

Melanie Ball can be contacted by phone (227-8812) and email melanie.ball@nbed.nb.ca, in case any of us have further questions or if we want to volunteer.

Sharing food and conversation

Most of us enjoy talking and eating together: at Coffee and Conversation after church (C&C as we abbreviate this light lunch) or at the Christmas Potluck, Church Picnic or Easter Sunrise Breakfast. The commitment for the Social Committee is to have a food event every month, September through June. We can't always predict the dates of each of these events, but most months we have C&C on the second Sunday unless there is a reason to move it: for example, in October we shifted to October 20 (the third Sunday) because that is when our Anniversary Speaker could be with us. The dates for potluck and picnic events are advertised several weeks in advance. This year's Christmas Potluck (as usual, at St. Ann's Anglican Church Hall, Westcock) will be December 8. The sign-up sheet is waiting in the narthex!

For C&C, the committee contacts people on one of the three phone lists to ask them bring food to share on a particular Sunday. In a sense, one group of the congregation is "host" to the rest of us! If your name isn't now on one of our phone lists and you would be willing to join in, please tell one of us: Julie Comeau, Beth Cockburn-Savoie, Debbie Stewart, Linda Trentini, Helen Amos or me, Mary Bogaard. The lists are posted in the narthex.

Please note the following about providing food:

For "a C&C," you don't need to bring food unless you are contacted by the Social Committee, but if you wish to, please tell a member of the committee so they will be aware and make it part of their plan.

For the Christmas Potluck, the Easter Sunrise Breakfast and the June Church Picnic, everyone who comes brings food to share. Occasionally, we are asked to provide food after the funeral service of one from our congregation, and then all of the people on the three phone lists are contacted to contribute, if they can. The heartfelt expressions of thanks we receive from the families and friends reveal how deeply this hospitality is appreciated. Another example of this is the November 27 lunch for the Presbytery as they meet at St. Andrew's. Truly, we have a ministry of organized hospitality.



Greeting and Reading for a worship service

If you are able to arrive 30 minutes before a service, help get the sanctuary ready and make people welcome at the doors, then you might like to take a turn at "greeting." Two people are needed for each Sunday morning service. Other duties include taking up the collection, carrying in the Bible and ringing the bell (it's strangely satisfying). The list of greeters' tasks is under the sign-up sheet in the narthex.

Perhaps you enjoy reading aloud and bravely pronouncing Hebrew names and places, but also wish to provide the voice for the scriptures during a worship service. If so, please consider taking a turn at reading scripture.

Some people like to greet and read, but others choose to do one or the other. It's up to you!

If you're interested in helping with either of these ministries, please mention it to me, Mary Bogaard, and you can sign up for a date convenient to you.

The sign-up schedule is kept at the church, and email and telephone contact are used to be sure there are greeters and a reader at each service.

Christmas Word Find

G	C	P	M	E	H	E	F	F	N	Y	Y	A	S	E
V	F	I	O	G	K	N	O	C	Y	R	R	I	L	B
Z	H	S	J	Z	X	U	H	E	G	A	B	Z	N	B
H	A	T	I	D	U	R	X	S	Z	M	E	I	P	E
R	P	L	R	S	I	L	E	N	T	N	I	G	H	T
R	K	O	Q	S	N	E	M	E	S	I	W	A	J	H
Y	L	X	T	Y	Z	S	W	C	Z	S	P	E	P	L
M	I	M	F	H	F	N	P	N	S	J	V	E	K	E
J	A	B	T	T	B	A	R	I	O	R	S	X	Z	H
S	A	I	Y	L	Y	T	E	K	V	O	F	L	W	E
H	A	Y	E	Y	T	I	G	N	J	I	O	E	E	M
F	A	M	K	R	H	V	N	A	E	V	U	G	P	E
M	A	A	N	W	A	I	A	R	S	A	S	N	O	E
C	I	H	O	T	C	T	M	F	U	S	O	A	H	F
D	J	E	D	K	Q	Y	S	V	S	W	T	E	K	Q

JESUS

MARY

JOSEPH

WISEMEN

MANGER

NATIVITY

BETHLEHEM

CAMEL

DONKEY

STAR

HAY

ANGEL

FAITH

HOPE

FRANKINCENSE

MYRRH

SILENTNIGHT

LORD

SAVIOR

CHRISTMAS



Choral Worship

If you like to sing, you probably join in for the hymns, which, along with the playing of the organ, piano and sometimes other instruments, make up the "ministry of music" at St. Andrew's. If you enjoy putting more concentrated effort into singing, and occasionally would be able to attend one-hour evening rehearsals from September through April, please consider our choir.

Showing interest doesn't mean you must feel obligated to sing each anthem. Singers are contacted each month to ask if they can sing for a particular anthem date and the two rehearsal dates that go with it. Then the director, with the minister's advice, chooses an anthem that fits the nature of that worship service and the voices available, either upper voices only or upper and lower voices together. Only then can the "choir" of available singers meet for two rehearsals and prepare the anthem for that month.

This year we sing under the direction of Adelle Elwood, accompanied on the piano by Caitlin Strong, both Mount Allison music students. They take us in hand with good humoured and inspiring encouragement in our 60 minute rehearsals, applying their excellent musical and teaching skills.

If you join in, you'll find out that a hodge-podge of messages, consultations, decisions, mistakes, laughter and camaraderie is behind each anthem that we offer up, one Sunday a month. Those of us on the roster find it a joyful and compelling way to worship. If you'd like to give it a try, please speak to one of the members of the Music Committee: Rev. Murray, Laura Snyder, Carol Sheehan or Mary Bogaard. You'll receive a warm welcome. In the meantime, be ready to join in Christmas carols and songs at the December 8 Christmas Pot Luck, accompanied by "the strings" of Elizabeth Craig and company.

Help Wanted

Would you like to share your gifts?

Can you help with our internet/web site?

Can you guide our children while they learn about the goodness of Christ's teaching?

Can you connect with greeting worshipers?

Would you enjoy organizing events after Sunday worship?

Sometimes we want to help but feel uncertain just how it can be achieved.

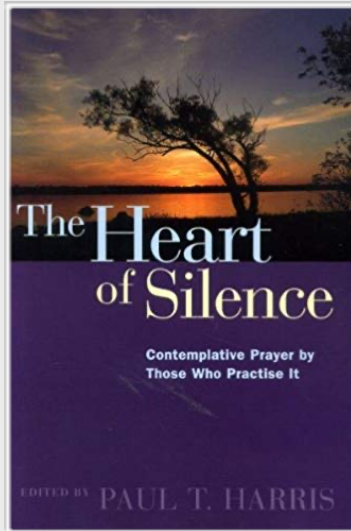
This edition of The Salt includes interesting articles about a few of the activities occurring here at St. Andrew's. Perhaps there is something which sparks your special talent and interest.

It may seem unfulfilling at times, but staying connected and supportive in our Christian family makes us stronger.

So please take a moment to re-read The Salt articles and look deep into your heart and pray for God's guidance in your decision to add a few minutes of your talents and gifts to the needs of St. Andrew's.

You can contact Jeff or your elder for more information.





Last year's General Assembly made some significant decisions about the inclusion of LGBTQI in the Presbyterian Church in Canada with respect to marriage and ordination.

In order for these decisions to become the law and practice of the church "remits" are sent down to Presbyteries to vote either in favour or against. The outcome of those votes will determine if the changes are adopted.

To read more about these decisions you may read the pastoral letter from the Moderator of the Presbyterian Church.

<https://presbyterian.ca/2019/09/03/moderator-letter-2019/>

Copies of the Letter are available in the Narthex.

Featured book from the St. Andrew's Library

The Heart of Silence: Contemplative Prayer by Those that Practice It

Edited by Paul T. Harris

In November, the library committee met to discuss how we can bring awareness to the wonderful books in our St. Andrew's Library. Full of variety and scope, our library is a great resource with several resources well suited for building our spiritual practices. One such book, *The Heart of Silence*, is a collaboration of 60 different meditators who speak about paths to prayers. During the holidays, when life can become overwhelming, strengthening our spiritual practices, quieting our minds and balancing our spirits can be just what we need!

What the sixty contributors all have in common is they follow the key teachings of Benedictine monk, John Main (1926-1982). "John Main says that meditation is a way to enter the living stream of love within our own hearts, and that the silence each of us is summoned to enter is the eternal silence of God". Finding that silence within ourselves through daily practice, may take discipline and commitment, but the results can be transformative and life-giving. In the hustle and bustle of the season, may you find those moments of stillness and opportunities to spiritually reconnect.

Winter Weather Cancellation Policy

To find out if a service is cancelled on a Sunday morning with inclement weather you may:

- 1) check the website - a notice will be posted on the main page
- 2) call the church (536-1952) - notice will be given as part of the standard greeting on the answering service.

Notices of cancellation will be made by 9:30a.m. for both website and phone answering service.
