

Reaching Out

October, November 2011



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Reverend's Ravellings

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Dear Friends,

Just where *did* the summer go? I hope that you all were able to have some time for rest and renewal.

Now we are slowly re-organizing for the fall season. The choir is back, Sunday School has started again, as well as Bible Studies, and committee meetings and various activities such as badminton and volleyball. The church building is also used for a cooking kitchen and for AA.

Please call the church office if you are interested in being a part of any of these activities. In a world that has become more impersonal, one of the benefits that a church family can offer is a sense of community. Having you here and getting to know you is an important part of our life together.

This fall, as we organize, we are exploring various ways of helping you to do that. E.g. Food! Come to our Harvest Supper! It's true; it's a fundraiser, too, but it's also a great opportunity to visit. And then we are also planning some contemporary worship services in Memorial Hall combined with breakfast or lunch. The first one will be October 16th which is World Food Day. We'll be serving soup and bread to remind ourselves of the hungry folks in the world who have very little as daily nourishment. Con't...

Autumn 2011



There will also be other times to eat and mingle throughout the year. (e.g. the Holly Tea in December.)

In a world that has lost meaning, as a Christian Church we seek ways to help people realize there is real meaning in knowing our Creator God Who desires to be in relationship with us. Sunday morning worship is one avenue and Bible studies is another. We are also hoping to start a youth group, plus once again have monthly or twice monthly Sunday evening get-togethers called “The Meeting Place “ where we view a variety of videos/movies and discuss the contents. We hope you’ll be able to join us.

One more thing ... if you know of someone in a hospital/nursing home/elsewhere that you’d like visited, please let us know. Sometimes people slip through the cracks and we feel badly about that.

God bless,
Rev. Alice



Is Christianity still relevant in 2011?

Is Christianity still relevant in 2011?

Has Christianity gone the way of the Do-Do Bird? After all, all religions are headed in the same direction, right? Like, they are all about ways get to God if there is one (basically live right and you’ll make it) so why be fussy about what to believe?

Well, actually, Christianity is definitely not the same thing. As Lee Strobel points out in his book, *God’s Outrageous Claims*, all other religions are basically spelt “D-O.” I.e. “they are based on people doing something, through their struggling and striving, to somehow earn the good favor of God.e.g. perform good deeds, chant the right words, go through a series of reincarnations.... These are the attempts of people to reach out to God.

By contrast, Christianity is spelled “D-O-N-E” because it’s based on what Jesus Christ has done on the cross. The Bible teaches that we’re all spiritual rebels and that nobody can do anything to merit heaven, but that Jesus died as our substitute on the cross and is offering forgiveness and eternal life as a gift of His grace. Christianity then, is God reaching out to us.

Other religious leaders can offer pithy and helpful insights, but only Jesus —because He is the unique and perfect Son of God – is qualified to offer Himself as payment for our wrongdoing. No leader of any other major religion even pretends to be able to do that.”

Con’t...

In a world where people are searching for meaning and purpose, Christianity says the Creator of the universe loves us, seeks us out, and invites us into loving fellowship with Him. This is still relevant good news.

Maybe you can help...

A number of groups are helping to make a difference in the world through simple but effective strategies. You can likely help:

The St. A's Men's Breakfast Group collects **soft drink bottles and cans**. They return them to the store for cash which goes to the Christmas baskets that our church prepares.

Civitan, a very helpful community club, collects **soft drink can tabs**, which are used to purchase wheelchairs for those in need. They are perhaps the only remaining service club in Chateaugay, if you're looking to belong to a volunteer agency that does a lot of good helping out those with limitations.

A Christian couple in Chateaugay collects **empty prescription bottles** and sends them to Africa where certain medical units have great need of them.

The Grannies, helping Grannies of Africa, are still knitting/crocheting squares to be sent to Africa to make into blankets to help with families of Aids victims. **Left over yarn** is welcome.

While the Chateaugay Food Bank does a fantastic job of helping the wider community, the **St. A's Benevolent Fund** tries to keep a little food on hand for people that we know are having a tough time coping. Donations of non-perishable goods like hygiene products, cleaning products, and non-expired canned goods are very, very welcome.

We're happy to collect these items and forward them to the various groups that use them for a greater good.

Shoebox Ministry... Once again, St. A's will be part of the Samaritan's Purse Shoebox Ministry where we are invited to take a shoebox (your own or one from the church) and put little gifts inside suitable for a girl/boy of a certain age group.... These boxes will be taken to a depot in Montreal and eventually shipped to a country where poverty is rampant. Imagine some child smiling because of what you gave!

Here are some suggestions for gifts: **School Supplies:** pens, pencils, pencil crayons, note pads, & picture books. **Toys & Other Gifts:** stuffed animals, musical instruments, hair clips, toy jewelry, t-shirts, socks & candy (loose, individually wrapped, hard candy in a sealable bag). **Hygiene Items:** toothbrush, comb & brush, soap (no liquid soap or toothpaste). **Personal Note:** Include a note and/or photo in your shoe box.

No not include toothpaste, food and soft candy (including gum), used items, liquids or breakables or items that can scare or harm a child. No war toys!

UCW

We are back, folks, and happy to be here. We hope that you had a wonderful and relaxing summer and are ready again to be a part of all our events.

The first one will be a **CLOTHING DRIVE** on **THURSDAY, OCTOBER 20, 2011** between the hours of **9 a.m. & 12 noon.**

Please be sure that all the clothing that you donate is clean and in good repair. It may be left in the front hall in front of Memorial Hall.

We then move on to the **HOLLY TEA** that will take place on **SATURDAY, DECEMBER 3, 2011** between **11 a.m. and 3 p.m.**

As everyone knows, there is a great need for donations of all kinds of items for this event. We need....**sewed, knitted, crocheted and craft goods, ATTIC TREASURE items, JEWELLERY donations and small boxes for it if you have extra or don't want the ones you have.**

The **STEWARDS** are already collecting articles to sell at their table so if you have anything to donate they will be very happy and grateful.

The **BAKE TABLE & TEA ROOM** will need plenty of baking when we make our phone calls in late November.

We will be making our **TURKEY POT PIES** so be sure to ask for them early when you come to the **HOLLY TEA** as they sell out very quickly.

Thank you all so very much for your continued support. The **HOLLY TEA** is a success only because of your help and cooperation.



Treasurer's Report

I hope everyone has had a relaxing and restful summer and is looking forward to resuming regular activities. Regular offerings were quite low over the summer but this should correct itself as people get back in the swing of things.

Fundscrip, an ongoing fundraiser, has netted us \$3,247.50 since June 2010 – congratulations to all participating individuals!!! A Fundscrip order form can be found within this newsletter. Once again, thank you for your continued support.

—Nancy Christie

Prayer Fellowship

Prayer Fellowship resumed September 20 at 10 am. Everyone welcome! We will be looking at “*A History of God*” based on theologian Karen Armstrong’s best-selling book (approx. 4 weeks). *A History of God* plays an investigative role in humankind’s timeless and unrelenting struggle for faith, comfort, and understanding. Judaism, Christianity, Islam and how they influenced one another and how their individual histories overlap is looked at.

We will meet until the end of November and then break until the new year. For more information please call Shirley Christie at 450-692-4396.

—Shirley Christie

Sunday School

St. Andrew’s Sunday School started again after the summer break on Sunday, Sept. 18, 2011. We aren’t short on spirit, but we could use a few more younger souls to share it with! We are well aware that different activities and family situations may make it difficult to attend Sunday School every week but don’t be shy to stop by and see what we’re all about. The junior and middle classes are currently using the curriculum “Rock Solid” while the senior class is using “Seasons of the Spirit”.

October 16th, World Food Day will be a Family Sunday with a contemporary service followed by a soup luncheon. November, of course, will find us busy preparing for the White Gift Service on December 11th. We look forward to another productive year.

—Nancy Christie

For those of you who have children and don't know it, we have a nursery downstairs. (Ha-ha!!)

Harvest Supper 2011



Harvest Supper 2010



Another year has passed and it's harvest time. Time again for St. Andrew's Annual Harvest Supper. Turkey, stuffing & gravy, ham, turnips & mashed potatoes. Apple & pumpkin pie for dessert. How does that sound? Doesn't get better than this!! All served up by the youth of St. A's with a little help from some friends.

Come join us on Saturday, October 29, 2011 at 6:00 pm in Memorial Hall. Get the family together, invite some friends or just come on over. There's a spot for everyone. Donations are \$10 for adults; \$5 for children 5-12 and a maximum \$30 per family. Advance tickets or reservations are recommended as space is limited. For tickets and info, contact Madeline at 450-692-3687 or Sandra at 450-698-1050.

Also — anyone who would like to help bake pies, help prepare the feast or help the kids serve, please contact Madeline or Sandra. There will also be sign-up sheets on the board in the hall.
—Madeline Stevens



Priceless



The light turned yellow just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection. The tailgating woman was furious and honked her horn, screaming in frustration as she missed her chance to get through the intersection, dropping her cell phone and makeup.



As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up. He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you and cussing a blue streak at him. I noticed the '*What Would Jesus Do*' bumper sticker, the '*Choose Life*' license plate holder, the '*Follow Me to Sunday-School*' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally... I assumed you had stolen the car." —**Jim Meldrum**



Three boys are in the school yard bragging about their mothers. The first boy says, 'My Mom scribbles a few words on a piece of paper, she calls it a poem, they give her \$50.'

The second boy says, 'That's nothing. My Mom scribbles a few words on piece of paper, she calls it a song, they give her \$100.'

The third boy says, 'I got you both beat. My Mom scribbles a few words on a piece of paper, she calls it a sermon, and it takes four people to collect all the money!'



St. Andrew's... only a church?

When you enter St. Andrew's beautiful old building and go up the stairs to the sanctuary, you are met by a friendly member of Session who greets you with a firm handshake. You sit facing the magnificent stained glass windows and more than likely, someone turns to greet you. If you are new to the church, you might not be aware of all the volunteers that work toward making this church a very special one. Let me introduce you...

Let's begin with our minister, **Rev. K. Alice McAlpine**, who offers everyone plenty of smiles, a couple of jokes or stories that provide lots of chuckles, and a sermon that makes us appreciate coming to church. Next, we have an incredible **Choir** whose members offer us their ministry of pure magic for the soul. What a glorious sound they make! **Session** meets once a month with our minister; our elders are responsible for matters of spirituality. And what would we do without our **Stewards** who keep the building safe and sound for us... rushing over when there's an emergency. They also do a wonderful job of fundraising and you'll find them at their table during the Holly Tea, selling old and new treasures while exchanging a story or two.

And talking about the Holly Tea, our hard-working **United Church Women (UCW)** are responsible for this festive event which launches the Christmas Season. During the spring, the UCW hosts a Coffee Party & Bake Sale while their Strawberry Luncheon marks the beginning of summer. The UCW also works on clothing drives; they provide lunches for special events and hot chocolate for the Remembrance Day parade. We love our UCW!

Our **Prayer Fellowship** meets Tuesday morning at 10 am and welcomes newcomers. Everyone who belongs to this group loves it and we hear laughter up and down the hall when they meet.

Our **Sunday School** teaches precious values to our children and makes their Sunday mornings memorable. Our church community looks forward to their special events such as Easter and Christmas plays and we've been delighted with some unique surprises throughout the year. **Con't...**

The **Benevolent Fund** offers aid to the needy in our community. **Audrey Bauer**, chairperson of this committee, organizes the Christmas Baskets. She begins work on this project in early December and the week before Christmas, we have baskets lined up in our hall with groceries and gifts for the children donated by our generous church family and other good people in our community.

Madeline Stevens is the mover behind the Senior Christmas Luncheon. She is also responsible for our Harvest Supper, a delightful event that draws together our church family, their family & friends, and others in our community. This event also brings in precious dollars to help the ministry of the church.

And behind the scenes we have **Christian Education, Ministry & Personnel, Board of Trustees**, and our **Treasurer**, who gives an incredible number of hours on our behalf. She dons many other hats in our church and our community; but best of all, she and her husband have produced 6 of our lovely young church members who never fail to charm us. **Well done Nancy & Serge Bergeron... and all the little Bergerons!**

We continue to be involved in the community as mentioned in last year's winter newsletter with many outreach programs such as La Rencontre Châteauguois' Collective Cooking Kitchen, AA, Options, Station 7, Grandmothers to Grandmothers — (a campaign of the Stephen Lewis Foundation), Samaritan's Purse Christmas Shoe Boxes, Christmas Baskets, Châteauguay Food Bank, clothing drives for St. Columba House and many of us support the Mission and Service Fund that helps needy people throughout the world.

We also have a badminton and a volleyball group. In fact, we have something for everyone! Care to join us? If any of these groups, events, or activities interest you, please give us a call at 450-698-1050. We'd love to hear from you!

"The sole meaning of life is to serve humanity."

—Leo Tolstoy

And we have fun doing this!



Tips for a Better Life

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did last year.
7. Make time to practice meditation, yoga, tai chi, and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class *but* the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more.
18. Life isn't fair, but it's still good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.



21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. GOD heals everything.
27. However good or bad a situation is, it will change.
28. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
29. Get rid of anything that isn't useful, beautiful or joyful.
30. Envy is a waste of time. You already have all you need.
31. The best is yet to come.
32. *No matter how you feel*, get up, dress up and show up.
33. Do the right thing!
34. Call your family often.
35. Each night before you go to bed complete the following statements: I am thankful for _____. Today I accomplished _____.
36. Remember that you are too blessed to be stressed.
37. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.
38. Please pass this to everyone you care about.



Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

There is always, always, always something to be thankful for.

~DEATH~
WHAT A WONDERFUL WAY TO EXPLAIN IT.

A sick man turned to his doctor as he was preparing to leave the examination room and said, 'Doctor, I am afraid to die. Tell me what lies on the other side.'

Very quietly, the doctor said, 'I don't know.'

'You don't know? You, a Christian man, do not know what is on the other side?'

The doctor was holding the handle of the door; on the other side came a sound of scratching and whining. As he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness. Turning to the patient, the doctor said, 'Did you notice my dog? He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here and when the door opened, he sprang in without fear. I know little of what is on the other side of death, but I do know one thing... I know my Master is there and that is enough.'

May today there be peace within you.

May you trust God that you are exactly
where you are meant to be.

I believe that friends are quiet angels
Who lift us to our feet when our wings
Have trouble remembering how to fly.

Doreen Gilbert

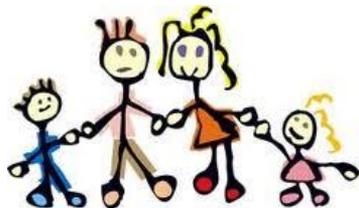


Jim Edwards

This summer we've said goodbye to a dear friend, Jim Edwards. Our deepest sympathy goes to his wife, Elizabeth Edwards and their family.

Our sympathies also go out to the families of Pat Moore, Tony & Barbara Toth on the passing of Tony's mother, and Danielle & Clifford Henderson on the passing of his step-mother.





Family Faith

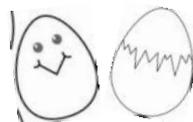
My mother was a person of extraordinary faith. If I were to list all the lessons my mother taught me, the list would fill many pages. However, teaching me to pray the Lord's Prayer daily and to read the scriptures were simple yet profound ways to plant the first seeds that brought me closer to God. I am grateful that through the spiritual discipline she taught me, I learned to love and follow Christ. I wonder how many children today are taught the important lessons of praying and reading the scripture. Today many children seem to learn how to use the computer and to play video games before they learn how to speak to God.

Child rearing isn't easy. We can show our gratitude for the people — often our parents — who have been our models of faith by living a life of prayer grounded in scripture. Praying and reading God's word are powerful tools that serve us not only in childhood but throughout our lives. And they are a legacy we are called to pass on to others.

Prayer: Creator God, thank you for watching over our first steps and for inviting us to follow your path of peace and justice. Amen.
(Taken from *The Upper Room* — September 22, 2011)

Activity — Gentleness

Take an uncooked egg for each of your children, and write his or her name on it. Then place the egg in its own Ziploc bag. Assign each child's egg to a sibling. Explain that these eggs are fragile and must be handled gently. The children should carry their assigned egg with them during the next hour or two. They can carry it in their hands, a shirt or coat pocket or in another way, but they must not set the egg down.



Let life go on as usual. Don't remind anyone about his or her egg. As the children carry the eggs, at first they will probably be careful, but they may eventually forget about their eggs and get careless. Even if the eggs do not crack, your children will find it difficult to be mindful of their eggs for the entire time.

Afterward, check on the eggs. Explain that these fragile eggs are like people's feelings. Sometimes we can accidentally say something that hurts a sibling's feelings. Or we can be reckless with our words and crush others. Gentleness means treating each person with care, similar to how we needed to care for the eggs. Explain that when we get busy with everyday life, we may find it hard to be careful with our words all the time. But we can ask God to help us be gentle and mindful of others.

—Jeannie Vogel (Thriving Family August/September 2011)



Family Devotion Idea

Your Church Prayer List

A typical Sunday finds us getting home from church around 11:30am, where we prepare a nice lunch and afterwards my husband will pull out the Prayer List we received that morning. Down the list we'll go, looking for new people on the list. Then, as a family, we pray over these people, asking for God's strength, His intervention where it's His will, His provision for those who serve Him on the mission field and protection for those serving in the armed forces. It's really a very simple thing, not taking more than a few minutes to do. I have found, however, that doing this simple thing has produced some good results:

- Our children learned that prayer involves more than praying for yourself. By praying for others we've taken the focus off of God doing for us and put it on being intercessory people for the sake of others in need.
- Our church became a place of real people. It made the praying more personal when we realized we'd seen the person we were praying for. For those of you who have a teen who hasn't invested in the church experience yet, it can also create a greater sense of family instead of the list of names being just, well, a list of names.
- It's given us a chance to discuss the meaning of certain things, to help our children realize when some situations call for dire prayer. There's a difference in prayer intensity for someone getting rotator cuff surgery and someone who's asked for prayers for a loved one in end-stage terminal cancer.
- It's allowed our children to learn to communicate with people at church about their prayer needs. Although we're still working on this one, we will try to get updates on someone's condition/situation so we can pray more specifically, letting the person/family know we've been praying as a family over their request.
- Our children see how our praying for others has an impact. Frequently we will send out a note of encouragement to let a person know they have a family praying over their need. Sometimes on the following Sunday that person will come up to us to personally, and sometimes tearfully, thank us for praying. Our children learn that praying for others is vital to loving the family of Christ that we belong to.

This has become such a regular thing around our Sunday table that the children turn to the prayer list page first thing before Sunday morning service starts to see what changes have been made.

These bulletin inserts are often tossed aside by many people — never looked at or considered. However, they can be a wonderful ministry and devotion idea that you can share with your children. Your family can have an amazing impact on the world just by praying for those people in need right in front of you.

Please remember the following people on our prayer list...

Dick Ables	Gladys	Linda Robinson
Agnes	Beryl Grant	Bernice Rodger
Amber	Gwen &	Jeffrey Ruck
Angelica	Albert Griffiths	Kevin Ryan
Hector Arsenault	Kay Greenwood	Lou Sarka
Pat Ashworth	Ron Hopkins	Debbie &
Joseph Astorino	Jenn	Nelson Sheppard
Shelley Baumann	Eleanor Arthur Jiles &	Reynold Skeete
Bernice	Lyn Arthur	Kathy Smith
Jason B.	Joan	Terry Smith
Jean Birch	Patricia, Paulette, &	Vivian St. Jean
Ian Brewster	Susanna Langevin	Dylan Stanamir
Carolyn	Phyllis	Marilyn Stewart
Laura Cuthbertson	Winnie Marsman	Madeline Stevens
Hugh Davidson	Michael	Angus Tackoor
Dianah	Ross Murdoch	Tom
Ken Donaldson	Ted Murphy	David Townshend
Heather Downs	Nalie	Bruce Truesdale
Nicole Duval	Terry Normando	Judy Tweedie
Emilie	Julie Patterson	Barbara Tyler
Aurele &	Audrey Poff	Ian Wiedow
Gloria Gadoury	Matthew Regimballe	John Wiwcharyk
Madeline Gagnon	Eleanor Robertson	Eleanor Williams
Linda Gallant	Robert Robertson	Ethel Yarnell
George		

Peacekeepers & their families.

Please keep us updated — it would be nice to hear how our friends are doing, what is afflicting them so that we can pray more appropriately, and if they no longer need to be on our list. Thanks for helping out.

EDITOR OF ' REACHING OUT' Newsletter RETIRES

I started working on the newsletter in 1993 to help Dave Cessford who had agreed to be editor of the paper at the time. Dave did it for a couple of years and then retired and I continued on alone in the days considered BC (before computer) when cutting and pasting included paper, scissors and glue.

Thankfully, I learned to type and use a computer and I moved forward into the 21st century where things became somewhat 'high tech'; at least for me they did.

It has been a challenge over these last 16 years but I have learned so much and I am grateful. The congregation of St. Andrew's is a very special and unique group of people. They are friendly, helpful, supportive and most of all appreciative of all that you do.

I have thoroughly enjoyed working on REACHING OUT and I thank each and every one of you for the information, submissions, the reading of the newsletter and the feedback. Communication in life is truly important amongst all of us in this world where 'texting' is the thing to do and life becomes so impersonal.

So...thank you all for the pleasure of communicating through the REACHING OUT that enters your home four times a year. Please continue to read it and know about the St. Andrew's United Church family.

Sandra Fortier, our church secretary, is taking over as editor of the REACHING OUT and I implore you to give her the support that I have enjoyed.

I thank you once again.
Sincerely, Carol Epp



Happy Retirement
Carol

Welcome Back B-B-Q...
Sept. 18, 2011

The weather was perfect, the company great, and the food was delicious! The music, supplied by Robert Robertson, was an added pleasure. Thanks to all who prepared this happy event and to all who participated. It's a blessing when family & friends meet to enjoy the pleasures of our social events. We hope you'll join us for the next one!



Time to start planning for ***Operation Christmas Child*** (***Samaritan's Purse.***) This is an excellent time to start collecting little treasures for the shoeboxes that go out to children who have probably never owned a thing in their lives. What joy to bring a little light to shine upon them.

This is also a good time to start collecting a few special items to put into our **Christmas Baskets** for needy families. We like to fill the baskets with festive treats to bring a little cheer for those in need. There are often sales before December... good time to take advantage and set aside some goodies.

May God bless you for your generosity!

October days...

It's autumn in the country now, the leaves are red and gold,
And beauty lies in flaming guise
On oak trees staunch and old.
The frost has blighted everything
That in the garden grew,
But chestnuts brown are falling down,
And autumn skies are blue.



It's autumn in the country now,
It's autumn in the town.
October trips with scarlet lips,
In blue and amber gown!
The cornfields soon will lie knee-deep
In snow's white mystery,
But autumn's in the country now,
Right where I long to be!
—Anne Campbell

November days....

After the first heavy frost of the year I often think of our feathered friends and the long winter to come. We always keep our feeders full of seed but here's a recipe for a special treat that will keep the birds returning again and again.

- 3 parts melted fat (suet preferred)
- 1 part cornmeal or finely cracked corn
- 1 part peanut butter
- 1 part sunflower kernels (or chopped nuts)
- 1 part brown sugar
- 1 part chopped dried fruit (raisins, etc.)



Combine all ingredients with enough water to get the consistency of cooked oatmeal. Cook in a double boiler until well blended. Pour into small containers like tuna fish cans that can be securely attached to feeders or trees. Starting early to attract birds will ensure their good health and your bird-watching pleasure.



-19-

~Thanks Carol and Welcome Sandra ~

After fourteen years of dedicated service, our Newsletter Editor, Carol Epps, has retired. We are so grateful for all the time she put in — collecting, sorting and printing peoples' submissions into a readable and interesting format. Thank you so much, Carol!

The next question was — who would fill this huge hole? Fortunately, we did not have far to look. She sits regularly at a computer on behalf of the church community already. So welcome, Sandra Fortier, (our church administrative assistant for those who don't know) and thank you for being willing to put on yet another hat.

If you have items you would like to have in our newsletter, Sandra is the one to receive them at the church office or by email at —

sandrewsunitedchurch@bellnet.ca or sandra_richard@sympatico.ca

The newsletter is printed 4 times a year:

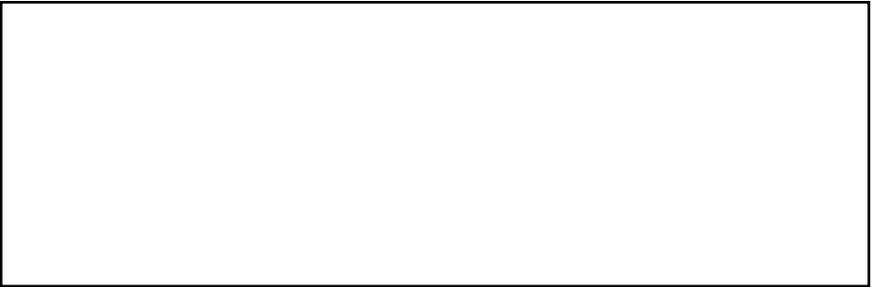
- Winter / December, January, & February
(Deadline for submissions: November 20, 2011)
- Spring / March, April, & May
(Deadline for submissions: February 19, 2012)
- Summer / June, July, August, & September
(Deadline for submissions: May 20, 2012)
- Fall / Oct. & November
(Deadline for submissions: September 23, 2012)

I hope to hear from you... although the deadline for each newsletter is printed above, please send in your submissions anytime indicating in which issue you would like your article to be printed. I'll also be happy to receive your comments, constructive criticisms, or any suggestions for future issues.

—Sandra Fortier, editor

Call me!





Please mark your calendar for the following events...

Calendar of Events: October, November 2011

October~

- 1st (Sat) 9am-4pm, Chateauguay Food Bank Drive
- 2nd (Sun) 10:30 am, Worship — World-Wide Communion Sunday
- 9th (Sun) 10:30 am, Worship — Thanksgiving Sunday
- 12th (Wed) 7:30 pm, Session Meeting
- 16th (Sun) 10:30 am, World Food Day, Contemporary Service in Memorial Hall followed by Soup Luncheon
- 18th (Tues) 7:30 pm, Stewards Meeting
- 20th (Thurs) 9am-12pm, UCW Clothing Drive / Meeting
- 29th (Sat) 6:00 pm, Harvest Supper
- 30th (Sun) 10:30 am, Worship, E.H. Gospel Sound (musical group from Eastern Ontario)

November~

- 6th (Sun) 10:30, Worship, Remembrance Day Service
- 9th (Wed) 7:30 pm, Session Meeting
- 15th (Tues) 7:30 pm, Stewards Meeting
- 15th (Tues) 1:30 UCW Meeting
- 20th (Sun) 10:30 am, Worship, Dedication of Christmas shoeboxes
- 21st (Mon) 7:30 pm, Official Board Meeting
- 27th (Sun) 10:30 am Worship — Advent 1

December~

- 3rd (Sat) 11:00 am-3pm, Holly Tea
- 11th (Sun) 10:30 am, White Gift Sunday