

Sixty-Forty

Editor: Natalie Chan



Welcome to the final edition of the 2019-2020 year. Stay safe and well!



Sharing a Poem

Karen Tin

This time of slowing down and social distancing has been very sobering for me personally. While I've heard lots of news that breaks my heart and makes me anxious, I've also been able to sit and reflect upon what really matters in life and the kind of world that I want to see in the future. I would like to share with you a poem that speaks deeply to my soul. I pray that it will speak to you and nourish your soul as well. Stay safe and healthy!

Pandemic

Lynn Ungar

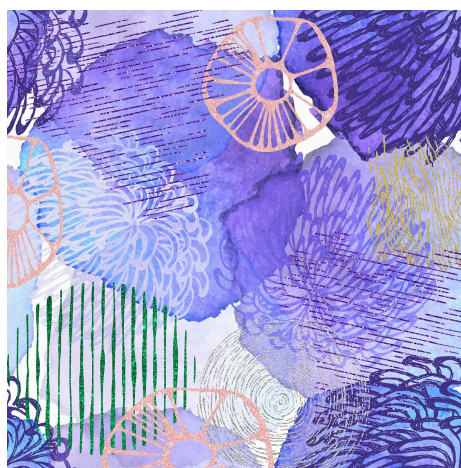
What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?

Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.
Center down.
And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)



Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love --
for better or for worse,
in sickness and in health,
so long as we all shall live.

You can read more of Lynn's poetry, or purchase
her book, *Bread and Other Miracles*, at
lynnungar.com.

Joffre Lakes Provincial Park

Yanfen An (Comco)

After a very long winter, spring is here. I can't wait to hike in the forest, smell fresh air and enjoy the beautiful nature. While I was searching some kids friendly hiking options, I found the Joffre Lakes Provincial park is a good hiking destination not only for family but also for all different level hikers. I would like to give some information about this park to our residents. I hope that after the pandemic some of you will choose to explore there.

Joffre Lakes Provincial Park is about 180 km from Vancouver and 60 km from Whistler. The parking is free.

The park consists of a trail that leads to 3 glacial lakes with mesmerizing blue and turquoise water. The first lake, Lower Joffre Lake, is located just steps from the parking lot. It takes a couple of minutes to reach it. From there the trail starts to gradually gain elevation, but the hike is not very difficult. The trail to the second lake offers commanding views of the valleys and jagged peaks around.

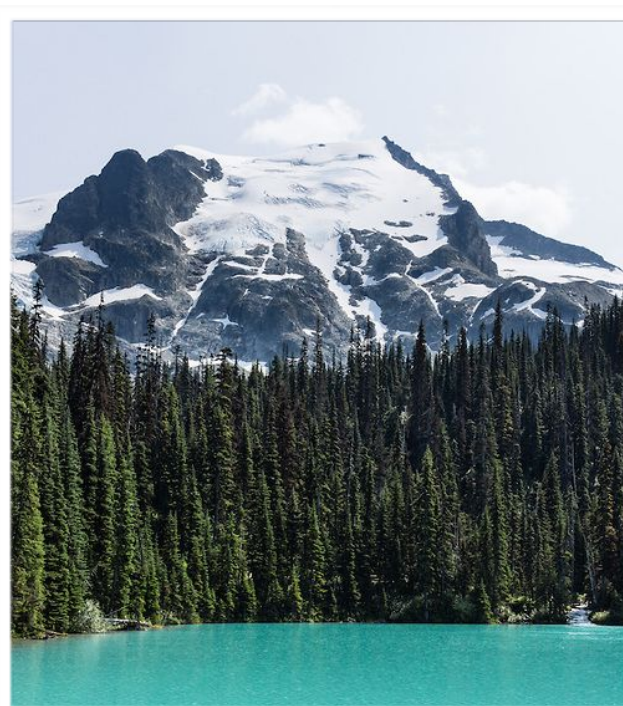
It takes about an hour of relaxed hiking to reach the second lake, Middle Joffre Lake. From there you need another 30-40 minutes of an easy hike, with little elevation gain, to reach the third lake. This section of the trail is more of a boulder hopping because it consists mostly of rocks on which you walk to advance.

Between the Middle and Upper Lakes, there is a pretty impressive roaring waterfall. There is



also quite a bit of climbing over rocks and roots toward the end. The third lake, Upper Joffre Lake, is probably the most beautiful as it offers stunning views of the glacier. The entire hike is about 10-11 km and takes 3-4 hours to complete.

Many reviewers say this hike is the most beautiful one they have ever hiked. Enjoy these beautiful pictures of the glacier lakes.



Importance of Nuance

Thomas Oldreive (Quad ComCo)

If you have been keeping up with the previous newsletters, you would have seen my articles, including “The Importance of Community” and “The Importance of Rest”.

In my first article, I talked about how important community has been for me in remaining sane through life’s challenges. My second article stressed the importance of rest in my everyday life. To complete the trilogy, today I’ll be writing about a third important aspect of my life, nuance. What do I mean by nuance? Well, the Oxford English dictionary defines nuance as, “a very slight difference in meaning, expression, sound, etc.”. In context, I see nuance as the complexity of our stance on an issue or decision after understanding the perspectives of all involved parties.

As I mentioned before, I’ve moved around a lot throughout my life, but the most significant move was moving from Edmonton, Alberta, having never left Canada, to Singapore. I was 10 at the time and really had no idea what I was getting into. I remember when we finally landed in Singapore after 26 hours in the air, my dad asked me before we went outside, how hot I thought it was going to be. I responded with “I don’t know, just like another day in Edmonton I guess.” Boy, was I wrong. But besides the weather, there was no way for me to predict the variety of people and cultures that I was about to encounter, and I think this is where my appreciation for nuance began.

As I continued to grow up I was challenged more and more to appreciate the complexity of every situation I was put in and every question I was asked. After Singapore I moved to California and was enrolled in this fancy, college-prep school. No joke, my 9th grade English class, was my most interesting and most challenging literature course of my entire education career; even English 112 couldn’t live up to it. I remember one particular essay prompt we had to write on was this question: “Is inequality unfair?”

Whoa. What a question, right? My 9th grade mind immediately jumped to an answer but as I explored the literature we were reading, my opinion shifted. You could study this question for years and not find a concrete, overarching answer, other than “it depends on the situation.”

More recently, I’ve been trying to apply my appreciation for nuance more independently. Starting in May, I’ll be moving to Calgary for a year and a half to work with TC Energy on the Coastal Gaslink pipeline. As you probably have seen, there is a lot of tension surrounding this pipeline. Instead of immediately and automatically siding with one side or the other, I wanted to explore the issues surrounding the pipeline and the impact that it may have on the surrounding communities.

I started an extracurricular research project for a competition called Map the System, for which the goal is to pick a social/environmental issue and analyze all of its effects, concluding with

recommendations. The focus of this project is identifying current solution efforts and identifying the gaps in those solutions, to provide a more nuanced, and robust solution for the issue.

As I dive deeper and deeper into the complexities of the issues surrounding me, I become more and more appreciative of nuance in my everyday life. It helps me approach situations with humility regarding information I may not know and intrigue for the subtleties bound up inside of what seems at first to be a fairly black-and-white issue.

So, in summary, it is important to analyze an issue by consulting all of the perspectives involved, and to answer a question by considering every answer. In doing so, we can make a conscious effort toward forming the most robust and nuanced solution to problems we are faced with.



Pandemic Pandemonium

Jacqueline Cleland (SAH Resident)



Good morning, afternoon, and evening on this Blursday! If pandemic life is treating you anything like it is treating me, the days are not filled with the typical cues that tell me what time of day it is, let alone what day it is today. I spend a lot of time in pyjama bottoms and fancy tops when there is a Zoom meeting. Fancy, in this case, means not my pyjama top. But shhh, do not tell anyone! I would hate for the world to know. *wink*

Being serious for a moment, I am SCARED during this pandemic. I feel POWERLESS and I have NEVER lived through something like this before in my life. I don't know what to expect. Trying to focus on papers, exams, and final projects are a struggle. It all feels so disconnected from this new reality. The reality

where if my grandparents catch this, they may die alone. The reality that I have family I love, and they are so far away from me. At the time I am writing this, I have not seen a loaf of bread in the grocery store for, I don't know how long now. I want to put up a missing poster on the milk containers, but milk is hard to find as well.

Employment is either done at home alone, at home while parenting, or it is on hold indefinitely. These things cause tension and sometimes a lack of motivation. I know I am not alone in these feelings. They are valid feelings and worries during this pandemic.

Yet we are not struggling alone. We are making history. Together. Sometimes the steps we need to take are not the glorious tasks of saving the world, of finding a cure, or ending world hunger. All are worthwhile goals, and yet that may not be your path right now. This thought reminded me a lot about the story of Naaman being Healed of Leprosy in 2 Kings 5. The soldier had leprosy and wanted desperately to be healthy. So desperate, he gathered up riches the likes of which I have never seen. And Elisha offered a cure for no visible cost. Bathe seven times in the River Jordan. And Naaman

left angry. Why would someone get angry and frustrated at being offered a simple cure?

In this pandemic, I can almost understand, who wants to keep repeating the same simple task over and over again, when we will only see the results at the very end? Could there not be something better to do? Yet eventually, Naaman did bathe in the river. And Naaman was healed.

In this pandemic, we are doing the monotonous and yet vital task of staying separate, of washing our hands like it is our job and of continuing life as best we can. It is not easy, but the reward will be great. It is okay for survival to be your significant achievement.

Below, I have a few songs, links, and ideas that have helped me keep sane. Maybe they can help you as well. Before I type them, please let me share the prayer that is on my heart for you:

Dear God,

Today is a day where struggles are taking place, either in my heart or in the heart of my neighbour. Let our stresses be massaged away by your loving hands; let your broad shoulders carry our anxieties. May your arms encircle and protect all those we care for, and all those we don't. Let us breathe out our worries and breathe in your calm presence. Let the Holy Spirit fill all beings with your healing love.

In Jesus's name, amen.

Fun Ideas:

Don't know what to make for dinner? Do it MasterChef mystery box style! Look up MasterChef online.

Gratitude journal! <https://diaryofajournalplanner.com/daily-gratitude-journal-prompts/>

The best dancing song: <https://www.youtube.com/watch?v=KBfnACUIDWA>

A Mindfulness based stress reduction online course: <https://palousemindfulness.com/>

What about Church resources for home? <https://www.illustratedministry.com/>

If you can stream an image how about trying jackbox.tv?

Rescue Pet Photos! https://www.boredpanda.com/rescue-adopted-pets/?utm_source=facebook&utm_medium=social&utm_campaign=BPFacebook&fbclid=IwAR2FOtIKlmxMIVnh79Dd_sYLqb-SQzFXjJWgvbkinXIB_4vYeLMbuuA9OuU

Broadway at home: https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR0-iCdE-EaVhNDJvqKAzFHVw7FrseYWaJ_n75BJsGbLReRt_K_UvNAESzE

Put your teddy bear in your window for your neighbours to spot.

What about a flashback to that old pinball game: <https://toytheater.com/space-pinball/>

Maybe colouring is more your thing: <https://www.mombooks.com/mom/online-activities/>

<https://colormandala.com/>

Try the Bored Jar: put a list of all things to do from colouring, to homework, Lego, to cleaning the fridge. If you are bored, you get to pull an item from the Jar.

Empower Me is available 24/7, taking care of your mental health and other concerns is necessary and can be fun!

<https://students.ubc.ca/health/counselling-services> Call 1 844 741 6389

Online Yoga from Bethel Lee: <http://www.yogachapel.com/online-classes>

To keep healthy and active: <https://students.ubc.ca/health/student-health-service> or call 604 822 7011

Maybe, try some new to you classic movies: <http://www.openculture.com/freemoviesonline>



This tree can be found along the Lily of the Valley Trail in Pacific Spirit Park. Let me know if you see it. Snap a picture of it and send it to me and I'll put a small treat into your mailbox. :)
chaplains@standerews.edu

Resilience, Lament, and Hope

Rev. Sumarme Goble (SAH Chaplain)

These days I have more quiet time than I'm used to having. While I live with two teenaged girls (and my husband), they don't need my constant attention since they work independently on their schoolwork and online socializing. In my work at St. Andrew's Hall, each day brings new situations and opportunities, but now with no face-to-face gatherings there is an imposed quietness that gives me more time to think about life and what matters most.

I'm finding that I need to draw physical, emotional, and spiritual resources from within me to tolerate the discomfort I'm feeling around the reality of the pandemic. We feel the discomfort of sorrow and loss as we collectively seek to "slow the spread" and "flatten the curve" through physical distancing. We have human longings to be present with each other as we face hardship, which cannot happen now. We also feel the strain on mental health from the unsettledness of life. To deal with all that comes our way – and overcome our fear, hurt, and losses – we need to nurture resilience.

One definition of resilience, according to Merriam-Webster's dictionary, is "an ability to recover from or adjust easily to distressing events or change." Resilience doesn't mean "bouncing back" and returning to who or what we were before. Rather, it involves finding healthy ways to move through and integrate into our lives the difficulties we have experienced. This definitely takes courage and an open heart and mind — to reflect on our life



stories, learn from them, and use them to help us be more resilient and thus stronger the next time.

Something that is helpful for me in nurturing resilience is practicing the prayer of lament. This is not a formulaic kind of prayer, but a candid thinking-things-through-with-God-and-others as I lean into my feelings of being horrified, sad, and silenced by this global threat and the many heart-breaking tragedies unfolding in the world.

Lament is a major theme in the Bible. One third of the book of Psalms is composed of poetic laments expressing sorrow, grief, fear, or regret to God over human struggles. This type of psalm lays out a complaint to God that things are not as they should be. Then it asks God to do something about the problem at hand (e.g., Rescue me. Heal me. Be merciful. Bring joy.)

Finally, a lament ends with an expression of trust in God. Psalms of lament can help bring life into focus, reminding you that God is waiting to hear your prayers and that you are not alone in your suffering. Psalm 22 is often read during Holy Week. It may be a good one for you to read to help you voice your own struggles, requests, and trust in God's faithfulness.

Prayers of lament invite you to allow the personal and shared global grief of this time to come to the surface. You may be saying goodbye and putting things on hold a lot these days. Through lament, you are invited to name the loneliness, suffering, and distress, recalling that Jesus did so as he willingly prepared to sacrifice his life for the sake of those he loved. But grief and loss surprisingly go together with vision and hope, because they are the story of the cross and resurrection. Even as you name the struggles of this present moment, you are invited to remember that Jesus' suffering and death on the cross in the end brought life, salvation, and newness. The unchanging truth of Easter remains unaffected by the virus and offers us renewed hope in the middle of this pandemic: The risen Christ is with us in all of this. May you and I focus on hope, not despair, in this difficult time and gain resilience each time we do so.

As always, if you would like to speak with me about anything that is on your mind, please email me (chaplains@standrews.edu), or text me (604-782-2228) and we can set up a time to visit online. If you or someone you know is feeling overwhelmed, scared or depressed, please reach out and talk with someone. We're all in this together.



Activity Ideas for Children and Youth!

Rev. Sumarme Goble

1. Choose a photo theme every week (like “red,” “birds,” or “water”) and challenge children to think creatively about how to capture the theme in different ways.
<https://kids.nationalgeographic.com/videos/photo-tips-with-hilary/>
2. For beginning readers, place stickie notes with letters on the alphabet throughout your home (e.g. the letter “b” on a stuffed bear). Challenge your child to find all stickies and place them in order on the fridge.
3. Do shadow drawing, in which a child traces the outline of a silhouette. Use action figures, stuffed animals, or something that would make an interesting shape, like a coffee cup.
4. Take kids on a shape walk. Give them each a clipboard with paper that you’ve drawn eight shapes on. Challenge them to find the shapes on your walk and write down what the real item is.
5. Start a pen pal project. Choose a friend at SAH or any friend and send emails full of drawings, stories, and news about kindness around the world.
6. Start a small container garden with a mix of strawberries, blueberries, spring onions, spinach, radishes, lettuces, tomatoes, etc. (They’re easy to grow in recycled plastic containers.) This teaches children about life, responsibility, science, patience, nutrition, and sustainability.
<https://kids.nationalgeographic.com/explore/books/indoor-herb-garden/>
7. Watch the Smithsonian’s National Zoo live webcams and ask kids to write a short report on what the animals are doing. <https://nationalzoo.si.edu/webcams>
8. Tour museums around the world virtually. Google Arts & Culture has created a website to “visit” famous art museums, from the Georgia O’Keeffe Museum in Santa Fe to the Van Gogh Museum in Amsterdam. <https://artsandculture.google.com/partner?hl=en>
9. Take advantage of online educational resources for kids of all ages, including Khan Academy, Belouga, National Geographic Kids (which many of these ideas come from), and Learning Ladders. Also, Nir Eyal’s free schedule building tool is very helpful. <https://www.nirandfar.com/schedule-maker/>
10. Keep a weekday schedule that’s relatively similar to the one they have at school, according to Time Magazine’s writer Susie Allison. If they’re getting up at the same time they usually do, and having lunch at the same time they usually do, it will feel more like their regular school life.
<https://time.com/5803373/coronavirus-kids-at-home-activities/>

See more ideas from parents in this helpful article:
<https://www.nationalgeographic.com/family/in-the-news/coronavirus/crowd-sourced-ideas/>