

UPCOMING EVENTS

**SAH COMMUNITY
CENTRE**
More details below



SOUP SUPPER NIGHT
WEDNESDAYS
5.15PM - 6.15PM



JONAH & JAVA
WEDNESDAYS
6.15PM - 7.30PM



INT'L FOOD NIGHT
FRIDAY, FEB 7
5.30PM

SIXTY FORTY



Making a Better Story

Rev. Sumarme Goble

“Every life has a story. Whether it is a story worth talking and telling about is up to you.”

Donald Miller, “A Million Miles in a Thousand Years: What I Learned While Editing My Life”

This statement reminded me of Jesus, who regularly encountered people who were living sad or damaging life stories. Perhaps you remember hearing stories of Jesus meeting people like Zacchaeus the dishonest tax collector, the Samaritan woman at the well, and the woman caught in adultery. Jesus opened a way for each of them to be changed so they could create a different story... a story better for their lives.

Has there ever been a time when someone came alongside you when you were in need and inspired you to make a change? Right off, I can think of two times in my life.

First, when I was in high school, I was not in good physical shape. I felt bad about myself. I wanted to change my habits, but I didn't know how to get motivated. My friend Nancy, a strong athlete, came to my rescue. She took me running and swimming with her, showed me better eating habits, and challenged me with her words. She showed me how I could live differently. I might have turned into a couch potato without her!

Second, my mentor friend Trish entered my life while I was aching inside and needing to make a difficult decision about whether to continue an unhealthy relationship with my boyfriend. I was afraid to let him go, but she helped me to face my fear and to end the relationship. In a way these two friends "saved" my life, helping me not only to live a better life story, but to be a better character in that story.

In the Bible, salvation has to do with encountering God's goodness and mercy in a way that changes you ... transforms your heart and changes your direction. You see who you are more clearly and who God has made you to be all along. You realise you have a place in God's story. You matter.

As a Christian, making a better life story involves being willing to abandon one's old ways of doing things and choosing another way that is centred in Jesus, his teachings, and relying on the Holy Spirit's help and energy. Claude Nikondeha, an East African Christian, speaker, and activist for the poor, said, "The story God calls us to is much bigger than our personal stories, our careers, or our pay cheques. It is not about my salvation only, but about my family, my community, my church, my city" ... the whole world God loves.

Are you creating space in your life for God to launch a bigger and better story for you? Consider these words of Jesus:

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill fitting on you. Keep company with me and you'll learn to live freely and lightly. (Matthew 11:28-30, The Message translation of the Bible)

As always, if you ever want to speak with me about a life issue you're facing, or need a listening ear about an idea or project you want to take on, or if you'd like me to pray with you, just send me an email (chaplains@standrews.edu) or text me (604-782-2228) and we'll set up a time to meet.

JONAH & JAVA WEDNESDAY NIGHTS 6:15 - 7:30 PM



JONAH: A Prophet on the Run ... and the Mystery of God's Mercy

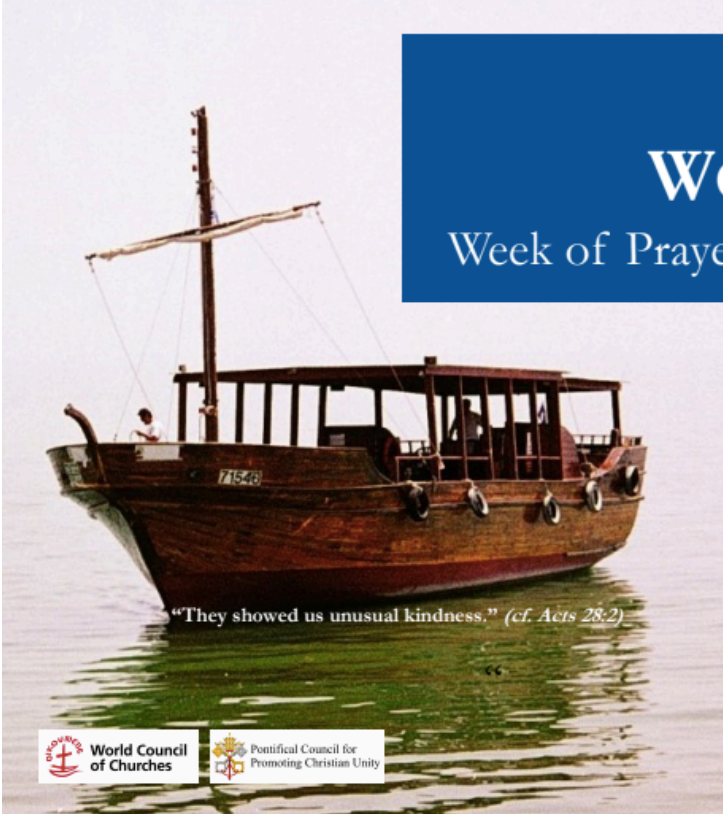
What: Bible Study, Conversation, Coffee:

Jonah was a rebel prophet who ran in the opposite direction when God called him to bring a message of hope to Israel's enemies. His story of failure shows God's mercy - both to the prophet and to a people who didn't deserve it. The story calls us to reflect on God's mercy to us and challenges us to be ambassadors of mercy.

When: Wednesdays, January 15, 29; February 5, 12, 19, 26

Where: St. Andrew's Hall Community Centre

Image by [Jeff Jacobs](#) from [Pixabay](#)




ECUMENICAL WORSHIP SERVICE



Week of Prayer for Christian Unity 2020

Wednesday, January 22nd, 5:30pm
St. Mark's Chapel, UBC
5935 Iona Dr.

"They showed us unusual kindness." (cf. Acts 28:2)



Sermon to be delivered by
Rev. Dr. Jason Byassee
Butler Chair in Homiletics
& Biblical Interpretation
Vancouver School of Theology



Family Fun Fellowship

Friday January 17th 6-8 PM in the Centre

Please join us for games, toys, snacks

Parents must accompany their children

The Importance of Rest

Thomas Oldreive

I hope the semester is off to a good start! I always find that I do a better job of managing my time and stress in the spring semester compared to the fall. In first year I thought it was just a fluke, maybe my courses were easier, or I maybe finally settled in enough to be comfortable. And while those factors may have had a choice, I've noticed a pattern now that I'm in my third year. Looking back at my university experience so far, I've noticed that semesters where I set aside time to rest, were the ones that ended more positively.

The start of the semester is a dangerous time when it comes to organization. For many people, myself included, this is where time management and focus go out the window. Without assignments and midterms to keep us on track, we can lose concentration, which carries throughout the semester.

Researchers at the University of London noted that while many causes of stress are out of our control (workload, high responsibility/demands, and poor communication), there are many effective ways for us to intervene individually to mitigate as many adverse effects as possible.

Respondents mentioned that the most common way to deal with stress in daily life is through "cognitive interventions". These include optimism, self-reflection, learning from past performance, and self-motivation. From my personal experience, the most effective of these is "learning from past performance". If we avoid our previous academic shortfalls, we can never truly grow past these issues, moving forward. While this is much easier said than done, there are some simple and concrete ways to implement this. When studying for major assessments, as discouraging as it may feel, it is essential to focus on what you did incorrectly, so you can learn how to tackle similar problems in the future effectively. Another good way of getting feedback is meeting with your professor. Not only does this help the professor get to know you, but they can be specific about what you need to improve on. You'll find that as you take proactive steps to ensure your academic success, your stress levels will decrease.

Giving yourself this stress "wiggle-room" allows for rest throughout the semester, an essential ingredient to remaining sane through midterm season. Other forms of personal intervention include support from friends and family, healthy lifestyle habits, setting boundaries, and exploring hobbies/interests. I encourage you to experiment and find which is most effective for you. Another point mentioned in their research is the importance and impact that organisational interventions can have. UBC has an extensive array of student services ranging from academic advising, to counselling, to health services, if you are ever in need of organisational assistance. Some important links are listed down below.

Going into the next semester, I hope you all find time to effectively rest from school, work, or whatever is causing stress in your life.

Research:

Bhui, Kamaldeep, et al. "Perceptions of Work Stress Causes and Effective Interventions in Employees Working in Public, Private and Non-Governmental Organisations: a Qualitative Study." *BJPsych Bulletin*, vol. 40, no. 6, 2016, pp. 318–325., doi:10.1192/pb.bp.115.050823.

UBC Services Links:

<https://students.ubc.ca/health/student-health-service> / <https://students.ubc.ca/health> / <https://students.ubc.ca/campus-life/safety-campus/who-contact-help>

International Food Night



**FRIDAY, FEBRUARY 7, 2020
5:30 PM IN THE SAH CENTRE**

ADMISSION:

**\$5 per person, \$15 per family of 4+
FREE if you bring an international dish
(ideally from your culture) that serves
8 people**

PROGRAM:

***Wear something from your culture if
you can**

***Would you like to perform something from your culture or share artefacts for us to look at?**

***There will be a few questions for people to respond to during dinner.**

**Sign up at the Housing
Office by Wednesday, Feb.
5, 2020**