



TRICK OR TREAT
OCT 31 (THU, 5PM)

Upcoming Events

**@ 6040 IONA DRIVE,
VANCOUVER, BC, V6T2E8**



**BADMINTON PLAY AND
COFFEE**
OCT 27 (SUN, 2PM)

SIXTY FORTY

EDITOR: NATALIE CHAN



Enjoy your stay at St Andrew's Hall!

Silva Kraal / Sumarme Goble

Trick or Treat for Halloween:

The children living at SAH will be "Trick-or-Treating" on **October 31st, around 5 PM**, on doors with the clearly displayed T-O-T sign, given to you a few days prior to the event.

Pumpkin Carving Event:

Saturday, **October 26th, 2.00-3.30pm**, in the Community Centre — check your e-mail for details!

We hope you have
been settling in
well at SAH, and at
UBC with your
classes!

Meet Your Neighbour - Meishi Haslip

Let's meet Meishi Haslip and get to know her better! She lives in a SAH townhouse with her husband and son!

Q: What did you want to be when you were a child?

A: When I was a child I wanted to be an educator, and I am currently pursuing a doctoral program in the School of Education.

Q: What do you enjoy doing?

A: I enjoy taking my toddler son to attend social events. That's one way we can meet friends from all over the world and enable us to embrace diversity.

Q: My best meal is...

A: When I eat with my husband and my son.

Q: Don't talk to me about...

A: Giving up!

Q: Advice to someone who feels like giving up?

A: Pray, talk to close friends/family, and seek professional help

Q: I could talk forever about...

A: What we can do for young children.

Q: Friends know me as someone...

A: Who takes initiative.

Q: Important words to me are...

A: "The betterment of the world can be accomplished through pure and goodly deeds, and through commendable and seemly conduct."

Q: My first day at university was...

A: My son's birthday

Q: The hardest thing I've done...

A: ...was to let go of what people think of me.

Q: How to overcome other people's opinions of you?

Ongoing Events



SOUP SUPPER NIGHTS

Wednesdays 5.15-6.15pm
Community Centre

SAH BIBLE STUDY

(Philippians) Wednesdays,
6.15-7.45pm, in the library

FAMILY FUN FELLOWSHIP

Fridays, 6.00-7.30pm
Community Centre

A: Pray, change myself for betterment, or validate myself if I know what I do is right and from the heart.

Q: Being connected to a faith tradition is...

A: Important, being part of a faith tradition helps change and transform a person.

Q: I'm at my best when...

A: I meet loving and sincere-hearted friends.

*3 words that could change the world?
See the hearts.*

Q: Someday, I will or I want to...

A: Be able to provide a good education for my child.

Q: When I die...

A: I hope my future generations will continue to serve humanity and carry-forward an ever-advancing civilisation.

Q: Studying at UBC is...

A: A blessing... my supervisor and research team are wonderful.

Q: Living at St. Andrew's Hall is...

A: Great, because of all the community events they provide. It's a great support to me and my whole family.

Q: I'm at my worst when...

A: I have racing thoughts.

Q: A little known fact about myself...

A: I am a Malaysian-born Chinese from the United States. I am a member of the Baha'i Faith.



Introducing ... Karen Tin



Hello St. Andrew's Hall community.
My name is Karen Tin!

I am a theological student at the Vancouver School of Theology. I am from Indonesia. One of the learning processes in my program is to do a studio internship, so I am very excited to be working with Rev. Sumarme Goble this year in observing and learning about her role as a chaplain in SAH. I am also excited to meet and get to know the community in SAH, so you'll be seeing me around!

To let you know a bit about myself, I am an introvert who loves to be around people. Weird right?! Previously, I worked as a counsellor and a character-building teacher in a private school in Jakarta. In my spare time I love traveling, baking, reading, and learning foreign languages. I love good and deep conversations, so let me know if you want to chat! I am so grateful for this opportunity and looking forward to meeting the community at SAH!

Reflections on Thanksgiving

Rev. Sumarme Goble



Thanksgiving is one of my favourite holidays! On this day we celebrate the harvest from this good earth and we remind ourselves that we have much to be grateful for in this life.

On Saturday, October 12th, we had a wonderful feast at SAH with 75 residents who gathered in the Centre for a Thanksgiving dinner made by the Community Coordinators and me. When I asked how many of those present were celebrating Thanksgiving for the first time in Canada, about a third raised their hands. We also had a Thanksgiving Tree where many people wrote down on a "leaf" something they were thankful for in their lives.



October 7 - 11 was Kindness Week at UBC. A few students from the Vancouver School of Theology and I were in the UBC Life Building greeting students and handing out chocolates. We also shared encouraging quotes along with specific ideas about ways to show kindness on campus.

One young woman came up to us and said, "We need these kinds of activities on campus more often. Your presence here shows that you care about students." She went on to say that she had seen several students this term hiding in corners with their heads in their hands, crying and despairing because of all the stress they feel. She said, "They need to know there are people like you who care about them and want to help them. Please keep doing things like this."

Her words of thanks encouraged us to be more watchful for students in distress and her words affirmed that what we were doing, small as it was, could make a difference.



At Thanksgiving, Christians extend their thanks not only to the earth for her bounty and to the caring people around us, but also to God as the source of the many blessings we receive. We remember how God has been faithful to us throughout our lives. We also give thanks for Jesus who made God's love visible, giving his life for all people ... so that all may experience life to its fullest and bless others in the world with Jesus's kind of love.

Being grateful is something we can all practice in our everyday lives, whether we are living in a season of joy or struggle. Life is full of demands, deadlines to keep, and disappointments which sometimes make it hard for us to have a heart of thanks. But every day we can choose gratitude.

Gratitude points us toward appreciating what we have, instead of searching for something new in the hopes that it will make us happier. As we choose gratitude, we will experience more laughter, become more generous, and be refuelled with joy ... and we'll receive God's smile upon us.





Importance of Community

Thomas Oldreive

I hope everyone's year is off to a great start! My name is Thomas Oldreive, and if you don't know me yet, I am the Community Coordinator for the Quad residents. I am a third year Chemical Engineering student at UBC and this is my second year living at St. Andrew's Hall.

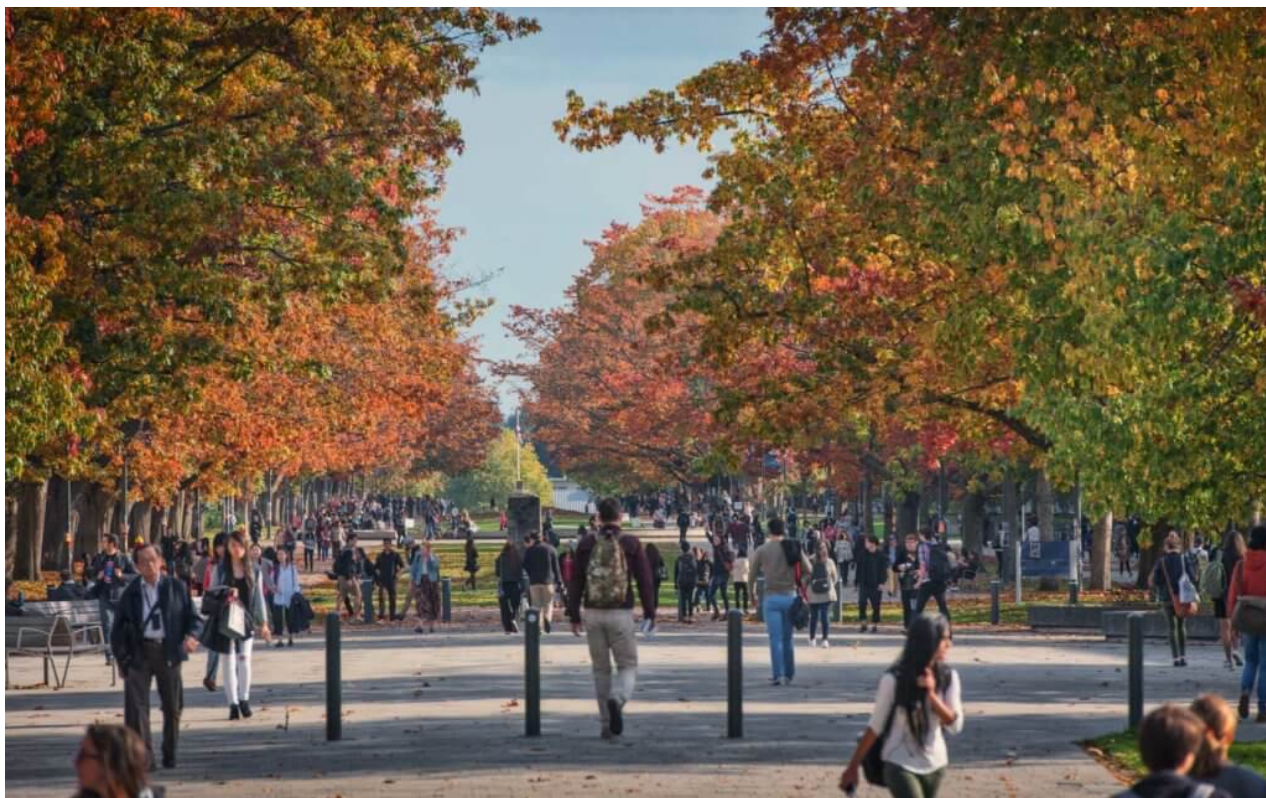
I hope everyone has had the chance to come out to at least one St. Andrew's event and connect with some of the other residents. As daunting and time-consuming as it may sound to reach out and connect with the people around you, I cannot stress enough how important it is.



Many of our student residents are or will be getting into midterm season soon, and that is when I personally learned the importance of having a community. My first midterm was for ECON 101, my elective — it can't be that bad right? I studied for a few hours, telling myself, "You got this! This is going to be easy!". Then I took the exam. I was in denial about how hard it was as I told myself, "You know what? You may not have gotten 100%, but you couldn't have gotten lower than an 80%." And I continued on with my life.

I had a couple more midterms that week and I approached them with the exact same attitude. The next week, I got my mark back -- "52". The first thought that popped into my head was "please be 52 out of 52". But of course, I was wrong. It was out of 100. Obviously, anyone would be upset when their GPA starting in university is more than 40% lower than their high school average. But I was quickly consoled by the fact that my friends had also done poorly. I know it sounds bad, but it's true! We bonded over our disappointment and it helped all of us to proactively tackle the next midterm.

Moral of the story? University life can be difficult, but it's less difficult with friends. That's why I love staying at St. Andrew's! So, I encourage everyone, whether you are having a rough start or are cruising through university life, to make sure you reach out to those around you. Whether you are hanging out with your roommates or participating in a St. Andrew's event, the relationships you make can have a drastically positive impact on your university experience.



More details on upcoming events...

Silva Kraal / Yanfen An

Trick or treat for Halloween:

October 31 each year is Halloween, widely celebrated in North America as well as other parts of the world.

The origins of Halloween are debated, with several different ideas of how the tradition started. Some people have religious reasons against Halloween thinking all the scary and spooky stuff is a form of occultism, but the mainstream idea is that Halloween is just a fun day to wear a costume, eat candy and have lots of fun.

Please note that the events planned at SAH are only a time for family fun and a chance to be together in a positive and safe environment. We do not put any spiritual meaning into any of it.

Traditionally children (and some adults...) go door to door saying, "trick or treat", asking for candy. I am planning a Trick-or-Treat event at SAH on October 31st at 5.00 PM. More information about this will be e-mailed to you closer to the date so watch for it in your box!

Costumes: the stores will be full of expensive costumes of all kinds, but remember you can easily make your own by being creative and using things you already have, it doesn't have to be a full body-size costume either. If you look up Halloween costumes on the Internet you will find lots of different ideas. Enjoy!

Badminton Play and Coffee:

You are invited for Badminton Play and Coffee with your fellow neighbours on **Sunday, October 27**. We will play Badminton at the **Student Recreation Centre** for about an hour. Then we will head to Starbucks in the next building. SAH will buy you a cup of coffee/ drink or a bakery item.

You may bring your own rackets or use the rackets at SRC. We will meet in the lobby at 2:00 PM on Sunday. Please bring your student ID. Badminton play is free for students.

Please don't feel shy if you don't know how to play badminton. You are not alone. I am a beginner too.

😊 I look forward to see many of you joining this event! —Yanfen

Studio/1BR residents

BADMINTON & COFFEE

Oct 27, 2019
Sunday, 2:00 PM

Meet at SAH's lobby. Please bring your student ID



FEATHER RELIEVES IN MOTION

pngtree.com

