

# 60 - Sixty Forty - 40

Editor: Natalie Chan



## Welcome to St Andrew's Hall!

Upcoming and ongoing events – from your Chaplain and Community Life Director (Rev. Sumarme Goble)

I hope you have had a great first week of orientation and classes. As you get into the “swing of things” with your schedule, please look at the events below and consider joining your fellow residents for some of them.

In addition, your Community Coordinator (ComCo) will be planning events as well. Thomas, Yanfen, and Silva will let you know about these happenings each month. More details below.

1

### COMMUNITY CHAPEL

Tuesdays  
12.00 - 1.00 pm  
Community Centre

2

### FREE SOUP SUPPER

Wednesdays  
5.15 - 6.15 pm  
Community Centre

3

### PARENT CONVOS + REFRESHMENTS

Thursdays  
10.00 - 11.00 am  
Community Centre



### Small Group Bible Study

Wednesdays (Oct 2)  
6.30 - 7.45 pm  
Community Centre



### FEAST

Sept 18 (Wed)  
6.00 - 7.30 pm  
6030 Chancellor  
Boulevard



### Family Fun Fellowship

Sept 27 (Fri)  
6.00 - 7.30 pm  
Community Centre

## From your ComCo

### Silva Kraal

Greetings and welcome to SAH! This time of year is always exciting with so many new residents moving in, and some old friends returning. I hope you have had a wonderful summer and are ready for the rain, which, no doubt, will be coming!

My name is Silva, and I live in one of the townhouses with my family. We first arrived at SAH years ago for a post-doctoral position at UBC (not me, I don't have the brains for that), then left for Calgary, but returned here. One could probably say I am part of the furniture by now! I work at UBC and serve as a ComCo for SAH families (townhouses and 2-bedroom apartments).

You have probably noticed what a beautiful area we live in. I love the mountains and the ocean nearby, not to mention our stunning cherry blossom trees! For a couple of years I have thought to myself it would be nice to take a photo of the same spot once a month, to see and remember how it looks throughout the year.

A few months ago, I finally managed to start snapping photos of a tree I could see through my window. I felt quite proud of myself for remembering to take a picture of it several

months in a row, and had big plans of having the photos featured in a future issue of this newsletter.

Then one day everything changed!

It was a dark night with strong winds howling outside, keeping me awake against my will. The windows rattled to the point of me wondering if this was the beginning of The Big One (no, not really. I just wrote that for theatrical effect.)

At the break of dawn, I ventured downstairs for a coffee. Suddenly, I heard a loud snap! I looked out (yes), spit out my coffee in shock (no) and gasped! Half of my tree for the photos was down on the path! The poor tree could not stand the powerful winds that had harassed it all night.

In an instant the landscape of our courtyard had changed. The damage to the tree was so significant that it was deemed unsafe to leave the other half standing. It was a sad moment to watch (and take photos of) the tree completely cut down and removed. So much for my plans to take a year's worth of photos!

On a more serious note, I hope this true story helps illustrate a life lesson for you. You may have arrived here with big plans, and a detailed schedule of how things will roll. That is all well and good and I wish you success, but I also want

### SOUP SUPPER NIGHTS — MEET OUR CHEF! 🍴

I am **Amer Aiyub**, originally from Nazareth and came to Vancouver from Germany, where I finished my Master in Visual Communication and Iconic Research. Now I am doing my Master of Divinity at VST and live at St. Andrew's Hall.

My hobbies are many, but the one which I do everyday is cooking. It is wonderful when you know that people can enjoy your hobby and not only you. My pleasure therefore is when I will see you, every Wednesday, coming in to enjoy what I enjoy doing for you.



to encourage you to take the time to relax and enjoy new friends and (safe) experiences. We ComCos (Yanfen An, Thomas Oldreive, and myself) will organize monthly community events and hope to see you there. If you have any suggestions or ideas, please let us know!

**“Take the time to relax and enjoy new friends and (safe) experiences”**



## Breathe and Lean In

### Rev. Sumarme Goble

Being plunked into this new environment at St. Andrew's Hall (SAH) can be exciting and fun, but also a bit tiring when there are new situations to face and new people to meet. I hope you have settled in well and attended some of the SAH resident get acquainted events.

Sometimes it can be hard to show up at events by yourself, push yourself to say "hi", and strike up a conversation. It may not seem natural, especially if you're more of an introvert than an extrovert. When I'm feeling uncomfortable about being in a new environment with new people, I remember an expression in yoga, "Breathe into the stretch." This means that you take your body to the point of discomfort (not to the point of pain), and then breathe into that discomfort.

Rather than resisting what feels uncomfortable, one moves toward it. In this way your muscles grow. Our natural instinct is the opposite. Our initial reaction is to move away, shy away, or straight out run away from any discomfort. But somehow when we lean into the discomfort, and breath into it, the discomfort is lessened. I hope you will find this to be true for you as you reach out and make new friends at SAH and beyond.

At St. Andrew's Hall, even though we have core Christian convictions, we are respectful of the various religious traditions from which our community members come. Each of us comes with our own unique stories and life experiences. We welcome each of you to join us when we gather for worship and other community events -- regardless of your religious or cultural background, race, sexual orientation, or physical ability. Your presence will add to our lives and make us a more vibrant community.

UBC is a large university campus. I hope that after a long hard day of study and/or work you'll find SAH to be a welcoming place where you are known and where you are given space to be who you are.

I look forward to meeting you and hearing your stories. Please contact me if you want to find a faith community, discuss questions about the intersections of life and faith, or want a way to serve in this place. I'm also available if you need a listening ear, want someone to pray with you, or you just need a snack. 😊

My office is located on the **2nd floor**, opposite the elevator.

**E-mail: [chaplain@standrews.edu](mailto:chaplain@standrews.edu)**

**Office: 604-822-0231**

**Cell: 604-782-2228**



## Outdoor Rules for Kids

### Yanfen An

Please take a moment to talk to your kids about these rules. Even though most of the kids know the rules, it is good to remind them as kids are easy to forget things.

The rules are listed below:

1. Outdoor quiet hours start at 8 PM so babies can sleep and students study (during the summer it's okay to play outside until 9 PM);
2. "Outdoor voices" are great, but screaming is not;
3. Kids are not allowed to collect rocks or stones from the white high-rise neighbour building (i.e. Axis). The rocks belong to Axis and are not safe to play with;
4. Kids are not allowed to remove the stones outside the Quads by the parking lot;
5. Do not dig in the soil/flowerbeds;

6. Do not play with or remove the tiles on the path in the playground;
7. For safety reasons children should not ride bikes in the SAH parking lot;
8. Do not play in the garbage bin area. This could be very dangerous for several reasons!
9. Do not leave toys or bikes on pathways as they are a hazard in the dark;
10. Sideway chalk should not be used on walls or fences
11. Parents are responsible for supervising their children at all times.

Please note that children should not play in these areas:

1. Axis Apartments property
2. Stirling House property
3. North of the Centre
4. West and East of the Quads

If you have any questions or thoughts you are always welcome to contact me or the housing office.



# Welcome Barbecue





# Upcoming Events

## Small Group Bible Study

Would you like to participate in a 6-week small group Bible study this term?

We will study the brief letter to the Philippians, where the apostle Paul teaches us about living from a place of deep joy, no matter what our circumstances.

Email Sumarme at [chaplains@standrews.edu](mailto:chaplains@standrews.edu) if you are interested or just drop-in starting Wednesday, Oct. 2nd, 6:30 - 7:45 pm, in the SAH Community Centre.

## SAH Families Events - Family Fun Fellowship

This will be a play night with games for families living in SAH!

Friday, Sept. 27th, 6:00 - 7:30 pm in the SAH Community Centre

## United Chapel

Registration for all the fall events for Campus Ministry are now open! This fall we're excited for:

1. Feast (catered by NUBA)
2. Yoga Chapel + Brunch
3. Drop-In Choir
4. Mending 101
5. Plant-Based Cooking

Find all the details here:

<https://mailchi.mp/b5248d1d525f/you-are-invited-to-the-feast-418763>

You can register here:

<https://www.unitedchapel.ca/events>



The events are FREE for all STUDENTS! Talk to Sumarme if you would like more details.

Grace, thanks + cheers,

Rev. Bethel Lee, Campus Minister

David Namkung, Campus Ministry Coordinator