

Events

SAH Community Chapel - Tuesdays Feb. 19th – Apr. 9th. 2019, 12:00 - 13:00 in the SAH Centre

Whether you are a Christian looking for a place of worship mid-week or someone curious about Christian faith and spirituality, you are welcome here.

Soup Night - Wednesdays Feb. 20th – Apr. 17th, 2019, 17.15 - 18.15 in the SAH Chapel

Join your fellow residents each week to meet and connect with other residents over soup, bread and conversation. Don't forget your bowl and spoon.

Bible Studies - Book of Philippians - Wednesdays Feb. 27th, Mar. 13th, Apr. 10th and Apr. 24th 10.30 - 11.00 in Sumarme's office (2nd floor opposite the elevator)

A key message of this book is that true joy and contentment are not based on circumstances, but in centering one's life on Jesus and his patterns of humility, sacrifice, self-giving love. Come discuss this book with us over refreshments.



Parents & Tots Refreshments and Conversation - Thursdays Feb. 21st - Apr. 25th. 2019, 10:00 - 11:00 in the SAH Centre

Join us for tea/coffee, pastries, and conversation. Bring your children too, if they stay with you during the day.

Yoga Chapel - Saturdays

Mar. 2nd, Mar. 30th, 2019, 11.00 - 12.30 in the Chapel of Epiphany (across Iona Drive from SAH)

Yoga classes for Adults AND delicious treats catered by The Juice Truck. Yoga Chapel weaves together Christian reflection, meditation and prayer with the yoga practice. All levels are welcome, and classes are FREE, but you must register at www.unitedchapel.ca

Pancake Breakfast - Feb. 20th 10.00 - 11.00 in the SAH Chapel

Join us for breakfast with pancakes, hot drinks and good companies!

The Taste of Co-existence Program - Free Lunch for all students Feb. 27th, 11.45 - 13.45 in the UBC Nest (2nd floor in the Great Hall)

The Aleph (Palestinian owned restaurant) and Chickpea (Israeli owned restaurant) will be serving a hot lunch to about 1,000 students that day. Join us for great food and hear what is happening in this program. The Multi-faith Chaplains at UBC will assist with serving this delicious food.



Interview with *Brielle*

Contributor: Townhouse Comco - Silva

Brielle grew up in Abbottsford B.C. and is currently studying Business at UBC. She says that "Studying at UBC is a BEAUTIFUL CHALLENGE. It's worth all the opportunities and growth. If I want to help people in the future, I need to take on experiences that give depth to my character." Let's get to know Brielle a bit better!

S: Tell us what you enjoy doing? **B:** I enjoy hot yoga and going to the gym! Exercise helps me to clear my mind. I also love singing.

S: What is your favourite song? What is your favourite song to sing and why? B: I don't have a favourite song! Right now, I really like the song Henny in the Hamptons. I listen to a variety of music: alternative, acoustic covers, Christian, R&B, pop, 2000's, country, and rap. My favourite song to sing lately has been Wild Love by James Bay and Found Love by Amber Run.

S: What is the best meal you've eaten? **B:** The best meal is anything with avocado in it.

S: How would your friends describe you? **B:** Friends know me as a person who loves God and loves people. If they could describe me in 5 words, they'd probably say: motivated, encouraging, intentional, funny, and caring.

S: Tell us what you enjoy reading? **B:** I'm reading my Bible daily, and the book Common Good (It's about businesses partnering with social enterprises.)

S: When are you at your best? **B:** I'm at my best when I've spent quality time with God and community, and when I'm fed, rested, and I've been exercising.



S: Tell us how you feel about living at SAH? **B:** Living at St. Andrew's Hall is a game changer. I love living here so much that I wrote Mihye a letter about it. Three things I love the most: the kind community (talking to people at Soup Night is wonderful!), living close to school – it makes group meetings and getting involved 100 times more convenient, and living close to the gym – I go 3 times a week!

A little known fact about me: I brew my own kombucha.

S: How did you start that?! **B:** I started brewing when I lived in East Van last year as a fun project with my roommates!



from your chaplain

The greatest glory in living lies not in falling, but in rising every time we fall.

Nelson Mandela

There's a song called "Tubthumping," released by the British group Chumbawamba back in 1997, that has a catchy and memorable refrain: "I get knocked down, but I get up again; you're never going to keep me down!"

"Getting knocked down" is a universal experience, but "getting up again" is a choice. Recently, I talked with some students from different religious traditions who all acknowledged that their faith in God or a higher power didn't take them out of their problems, it helped them live through those problems and come out stronger on the other side.

Whether students had suffered a trauma like the death of a parent or a close friend, their parents' divorce, the end of a relationship, a chronic physical or mental illness, or the loss of a dream they had for their lives, they acknowledged that their faith in a power greater than themselves had helped to sustain them. Faith didn't take them out of the storm, it calmed their minds, helped them to stay authentic in the midst of their pain, and kept them on a positive path.

The word that comes to mind for this kind of faith that helps one to hold on and even thrive in hard times is resilience. This is the ability to bounce back, keep going, and learn from one's failures and mistakes. Brené Brown, research professor in the Graduate College of Social Work at the University of Houston, lists the five factors resilient people have in common:

- 1. They are resourceful and have good problem-solving skills.
- 2. They are more likely to seek help.
- 3. They hold the belief that they can do something that will help them to manage their feelings and cope.
- 4. They have social support available to them.
- 5. They are connected with others, such as family or friends.

Dr. Brown also writes that, in addition to these factors, "practicing spirituality brings a sense of perspective, meaning, and purpose to our lives." (Brené Brown, The Gifts of Imperfection, 2010)



We all have pain, problems, and pressures; we fail and make mistakes. These challenges are part of being human, but beautiful things come from working through the muck and mess. We arrive on the other side with more awareness, more compassion, and more hope that helps us move from surviving to thriving.

There are times when I feel like quitting, when I want to pull the covers over my face and say, "I'm done. I have too much responsibility. I don't have enough courage. I can't overcome this obstacle." But then something inside my mind whispers, "Keep going." As I move forward, help comes to me in different ways.

Sometimes help comes from my husband or a friend who says to me, "You can get through this." Sometimes it comes from the Bible: God's Spirit gives me hope and strength to take the next faithful step in facing my difficulty. Other times, my Christian community helps me to hear words of hope in my life and reminds me of God's good purposes for me. These gifts give me courage and I get back up again.

Where do you find the resilience to keep going when life knocks you down?



"We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." 2 Corinthians 4:8-9

Sumarme.





Hidden Gems Around You



No doubt you noticed the few flurries of snow and below zero degrees temperature we had earlier in the month. It never ceases to amaze me how this city enters a state of panic as soon as it's a bit too cold to wear shorts (for everyone except our SAH custodian Rick, who wears shorts all the time). At the mere possibility of snowfall my co-workers at UBC start talking about Plan B and C for how to get to and from work, as if a little bit of snow is almost as bad as, or possibly even worse than!, "the Big One"! (But let's not even think about "The Big One" as that most definitely makes me panic.)

Let's hope we get an early spring with nice, dry weather. A lot of people love spring and the "spring is in the air"-feeling so I would like to invite you to snap photos of the first signs of spring you see. Then send them to one of the Comcos in order to have them published in a future issue of this newsletter. Don't miss the gorgeous Cherry blossom trees around SAH. They are stunning!

Do you know any other hidden gems nearby? One of my personal favorites is the UBC Rose Garden. It has some beautiful roses and an amazing view of the ocean and mountains. If you haven't checked it out yet, please do!

The roses aren't blooming yet, but the view is there year -round. (The Rose Garden is located behind the Chan Centre for Performing Arts. It's just a few minutes walk from SAH.)





During my lunch break I enjoy going for a walk up and down the Main Mall. One day last summer as I was walking there a sign for "Rock, Paper, Scissors Gift Shop" caught my eye, so I decided to check it out. Turns out there is a whole museum there called Pacific Museum of Earth (http://pme.sites.olt.ubc.ca/hours/directions/) and the gift shop has some interesting rocks of different kinds. If you ask my daughter and her friends, they are not rocks; rather they are gemstones, crystals and treasures! I have to admit, I too think some of them look really neat! The prices there are reasonable so you can buy yourself some fancy rocks.

Another interesting place nearby is the "echo

bench" at W. Robert Wyman Plaza (1880 Main Mall). If you stand on top of the square monument, you can hear your voice echo back at you but nobody else can hear it. It is a fun, interesting and free place to check out!

Happy exploring!





Soup Recipes from Taylor

French Lentil Soup

6 TBSP Oil

1 Large Onion, chopped

1 Bay Leaf

2 Garlic cloves, minced

1 Large Carrot, Finely cut

1 Bunch Sorrel or Spinach

1 1/2 cups french lentils

1 Large Potato, Diced

3 quarts water (more if needed) 1 Cup Tomato Sauce

1 Celery Stalk, cut fine

ITBSP Tomato Paste

1 Turnip, Diced

1/2 Cup cooked rice (optional)

Saute onion and garlic for 2 minutes.

Wash and Rinse Lentils

Add Lentils, water and all other ingredients except salt, pepper and rice.

Bring to Boil then Lower heat to Medium and cook slowly, covered for 1 hour.

Season and remove Bay leaf. Add salt and pepper to taste.

Add cooked rice. (optional)







6 TBSP Oil 1 Large Onion, Sliced 1/2 Pound Mushrooms, Sliced 2 Celery Stalks, Sliced

2 Carrots, Sliced 2 Quarts Water 2 Bouillon Cubes Chopped Parsley

Saute Vegetables for 2-3 min. Add Water and Bouillon Cubes. Cook soup slowly in covered pot over low heat for 30 minutes. Season with salt and Pepper. Add Parsley and simmer for 10 more minutes.

