



ST. ANDREW'S
HALL

April 2024 

SIXTY FORTY

Monthly Newsletter of St. Andrew's Hall

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Photo edited with Pic Collage

WHAT'S NEXT? A GIFT FOR YOURSELF!

SUMARME GOBLE
SAH CHAPLAIN

You're nearing the end of your academic year. What an accomplishment! Final papers and final projects may be yet to come, but you can see the end in sight ... you just have to stretch and endure a bit longer.



Source: www.ou.org

So, what's next for you? Maybe you have an exciting and busy summer planned. You might be going home, traveling the world with friends, starting a new relationship or job, taking summer courses, continuing your professional research, or spending time with children on their summer vacation. Whatever comes next, I hope you will take time to savor your achievements and personal growth. That's a gift of care you can give yourself.

Several years ago, a friend of mine received a gift from a Korean student that was wrapped in a cloth that Koreans call "bojagi." Whether simply or elaborately designed, these re-usable cloths are made to wrap, carry, or store objects ranging from precious items to everyday things, such as clothing or food. Some of them are made from small scraps of cloth stitched together by hand to make a larger shape. The process of patching them together is regarded as a labor of love and a way of wishing or praying for the recipient's well-being and happiness. I don't have a gift for you wrapped in bojagi, but I can gift you with my prayers for your well-being, with the hope that you will care well for yourself.




Source: gualalaarts.org

This past year I co-facilitated a small group of students in an 8-week study called the Sanctuary Mental Health Course that's designed for use in faith communities. The course goal is to raise awareness, reduce stigma, support mental health, and promote mental wellbeing ... believing that followers of Jesus are called to "love one another and help one another recognize God's presence in every circumstance and experience, including the experience of mental health challenges" (www.sanctuarymentalhealth.org).

Psychologist Hillary McBride, one of the course contributors, points out that self-care is a dimension of God's love for all creation: "Instead of seeing self-care as something that is selfish or that takes [us] away from the work that God is doing in the world, we can think of it as an extension of God's desire to bring love into creation." I like that. It's important for us to remember not only that we are stewards of this good earth, but we are also a valuable part of creation. We, too, are worthy of receiving and providing ourselves with loving care because God loves all God has made. Hillary writes, "When we extend grace and compassion towards ourselves, our actions bear witness to the truth that we are deeply loved by God."

So, I hope you will give yourself the gift of being good and kind to yourself this summer. Drop by my office to let me know what's on your mind, receive support and prayer, or have a treat.



"I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell—can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

Romans 8:38-39 (New Living Translation)

Resident Interview

JENNA TAYLOR

Let's meet Jenna! She's a second-year Business – Marketing student from Nanaimo on Vancouver Island.

In this interview, she tells us all about her favourite things to do in Vancouver, her favourite restaurants, books etc.

1. I enjoy... Anything to do with the ocean (swimming, paddle boarding, sailing, kayaking) and spending time with my family and friends.

2. The meal I like best right now is ... Crispy chicken burrito from Tacofino in Kits, the restaurant originated on Vancouver Island (my hometown, which is why I love it).

3. Don't talk to me about... Finals... they are coming way too quickly.

4. I could talk forever about... Disneyland, I did a project on it in middle school that lasted 3 years.

5. Friends know me as ... Hard-working, kind, empathetic.

6. One of my favourite books is ... We were Liars by E. Lockhart because the ending was so shocking.

7. Important words to me are... Integrity, Faith, Family, Friends.

8. The thing I like best (and least) about university is... The thing that I like best about university is the fact that I'm living out my dream of studying business at UBC. However, what I like least is the stress that comes with that dream.

9. The hardest thing I've done so far in life and succeeded was... Winning the Imprint Marketing Case Competition this year.

10. I'm at my best when... I'm surrounded by my support system of family and friends.

11. When I have free time, I like to ... Go to the movies with my friends, go hiking and bake cookies.



Photo credit to Jenna

12. Someday, I would like to ... Visit Costa Rica and stay at the Sloth Sanctuary - sloths are my favourite animal.

13. A little-known fact about me... I'm left-handed.

14. The most beautiful place I've been to so far ... Princess Louisa Inlet, specifically the hike called Trapper's Cabin. (photo attached)

OUR COMMUNITY IN PHOTOS

Spring BBQ



Easter Craft Event



OUR COMMUNITY IN PHOTOS

Bird photography by Hojin Eun

Hojin is from South Korea and is a grade 8 student at University Hill Secondary. She enjoys taking pictures of birds and watching them. She writes, "Canada is a beautiful country with nice people and clean air and sky. And also a country that has beautiful nature and diverse animals. I hope my pictures can deliver the joy of nature to our SAH community."

Thank you Hojin!



Bald eagle (*Haliaeetus leucocephalus*)
Spanish Banks Beach



Fox sparrow (*Passerella iliaca*)
Beaver Lake in Stanley Park



Wood duck (*Aix sponsa*)
Burnaby Lake Regional Park



Sandhill crane (*Grus canadensis*)
Burnaby Lake Regional Park

Spaghetti Supper



I forgot to take a picture with everyone

Games night with neighbours



Berry Crumble in a Cup

Shared by Silva, ComCo

Berry crumble with custard or ice-cream is definitely one of my favorite treats. I usually bake it in the oven but I came across this single serve recipe for baking it in the microwave – perfect for those moments when you suddenly crave something yummy and want it quickly!

INGREDIENTS

Crumble

- 1 tablespoon butter
- ½ tablespoon sugar or maple syrup
- 2 tablespoons oats
- 2 tablespoons flour
- 1 teaspoon cinnamon

Berry filling

- 1 cup berries
- ¼ cup chopped walnuts
- ½ tablespoon soft butter
- ½ teaspoon cinnamon
- 1 teaspoon corn starch

INSTRUCTIONS

1. Mix together the crumble topping ingredients
2. Mix together berry filling ingredients in a cup that can go in the microwave
3. Add the crumble to the cup, spreading it over the berries
4. Bake in the microwave for approximately 3 minutes
5. Top with custard or ice-cream

Your editor trying the recipe out while making this newsletter :)



UPCOMING EVENTS

Watch your email box for more detailed information on these events!

~ Weekly Events ~

Christian Worship

Resuming in the fall!

Soup Nights

Resuming in the fall!

Morning Prayer

Resuming in May

Every **Friday** @ 9 AM

More info on p.10!

Practicing the Way

Wednesdays (ending Apr 24)

6:30 - 7:30 PM

More info on p.9!

Be with Jesus.
Do what Jesus did.
Become like Jesus.

PRACTICING THE WAY

Mar. 20; Apr. 3, 10, 17
6:30 - 7:30 PM
St. Andrew's Hall - The Centre
6040 Iona Drive
practicingtheway.org

Facilitators: Revs Aaron Miller and Sumarme Goble
chaplains@standrews.edu OR
aaronmiller@united-church.ca

****Note:** The April 17 session has been rescheduled to April 24



DOUG DAY CAMP

PUBLIC SPEAKING • INVENTION • FUN!

SCAN TO REGISTER



CAMP 1
hosted by Richmond Presbyterian Church
9:30-4:30PM, each Saturday in April
(April 6, 13, 20 & 27)
Registration Price: \$175

CAMP 2
hosted by St Andrew's & St Stephen's North Van
Sat May 18, Sun May 19, Sat June 1, Sun June 2
1-5PM
Registration Price: \$120

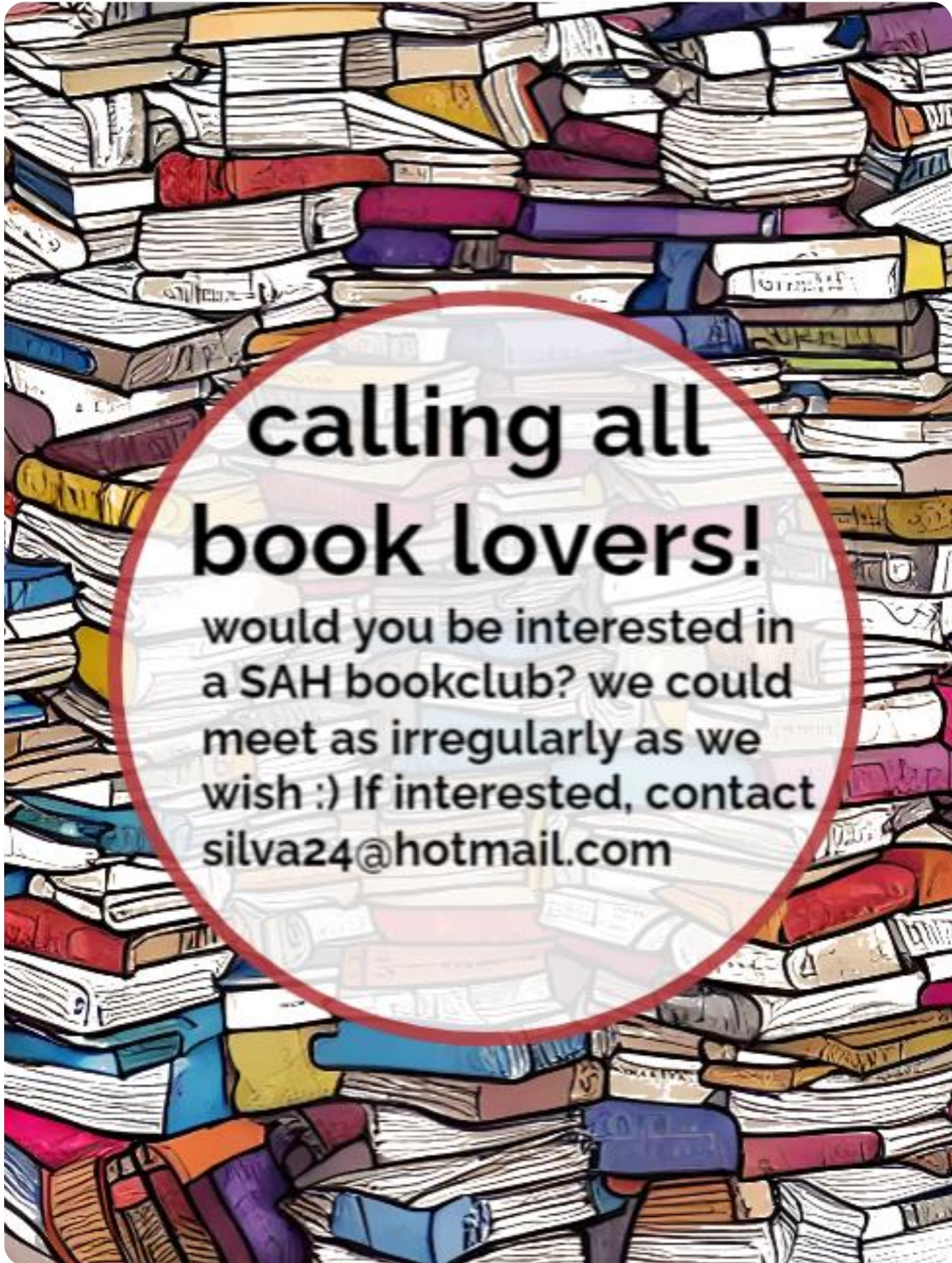
Morning Prayer



Every Friday at 9:00am in the Chapel

Coffee and tea will be provided

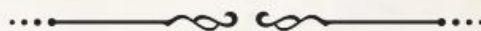




calling all book lovers!

would you be interested in
a SAH bookclub? we could
meet as irregularly as we
wish :) If interested, contact
silva24@hotmail.com

COFFEE & *Conversation*



*Dear residents, if ever you feel lonely,
bored or just want to hang out with
someone for a bit, remember that you
can reach out to the Comcos! we
would be glad to grab a coffee with
ya! (our treat!)*



HAVE A GREAT SUMMER!

A message from your editor

Thank you SAH neighbours and friends for all the ways you made our community better this year! I hope you felt supported here and that you enjoyed reading the monthly newsletters! Congratulations to those graduating, and for those staying around for next year, I look forward to seeing you!

The newsletter will be on break until September but if you have any questions or ideas in the meantime, feel free to email me (Claire) at claire.tyler.lin@gmail.com.

Cheers,
Claire



Photo taken at Granville Island