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Monthly Newsletter of St. Andrew's Hall

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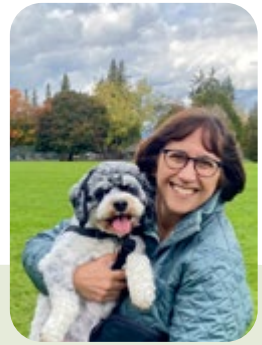
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+ Upcoming Events and More!

HOLIDAY WORDS

SUMARME GOBLE CHAPLAIN



Credit to Sumarme

In December, many people celebrate the virtues of hope, peace, joy, and love. We hear them as themes in the Christmas carols that are piped into malls and played on some radio stations. We read about them in holiday cards we receive and on social media. We long to see evidence of them in our society, where instant gratification, frenzied activity, and self-absorption seem to be the norm.

While waiting for something good to come into your life, the question that usually arises is When? In their early years, my daughters asked longing questions: "When can we put up the tree and make our special cookies? ... When are we going to grandma's house? ... When will it be Christmas?" As adults, our longing questions might be: "When will the hurt be over? ... When will we stop fighting with each other? ... When will I find meaningful work? ... When will there be more good news than bad in the world? ... When will I find the love I'm looking for?"

Trouble seems to be everywhere in the world, in our communities, in our souls. We can try to deal with our longing by ignoring it, or by putting up walls, or by distracting ourselves as we buy more, consume more, party more, or work harder. But, in the long run, we don't find lasting comfort on these paths.

During the seasons of Advent and Christmas, Christians remember that God entered into this world – a place that is often dark, broken, complicated, and messy – through Jesus, who brought light into the darkness. The news of Jesus' birth came to the shepherds in the dark (Luke 2). We are often most aware of our need for God to be with us in the darkness of night ... at those times when our doubts and fears are at their greatest.

In times of joy or hardship, we can wait with a sense of hopeful expectation, wait for the God who meets us in Jesus. And, to this day, you will find that, if you are watchful and still enough to listen, God will bend down low, remember you, and startle you with evidence of hope, peace, joy, and love, where you least expect it.

"The people who walked in darkness have seen a great light. Those who lived in a land of deep darkness – on them a light has shined. For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

Isaiah 9:2,6

Resident Interview

Carys

Let's meet Carys! She's a second year UBC student from Abbotsford, BC hoping to major in International Relations.

I enjoy... hiking (especially multi-day) because it brings me so much joy! I also love camping, swimming, and piano.

The meal I like the best right now is... roasted butternut squash (and I'm not sure why). It's my current food obsession!

Don't talk to me about... rising grocery prices (I know, and I'll cry).

One of my favourite books is... The Glass Castle by Jeannette Walls because it's an autobiography, where the author brings a really cool perspective on a tough, nomadic upbringing.

Important words to me are... JOY! Joy means a lot more than happiness to me. I'm also currently overusing: lovely, hoot, cursed, sick, and oh dear.

The thing I like best (+ least) about university is... all of the fun and exciting opportunities, and meeting new people! I do NOT like lectures longer than 1 hour because I can't sit down for that long.

Someday, I would like to... go to Vienna at Christmas time (while listening to Billy Joel).

A little-known fact about me... I was bald until I was 4.

The most beautiful place I've been to so far... Church Mountain at Mt. Baker Park! It's the coolest hike with the best 360 views at the top!!

If I could domesticate any animal I would... have a pet squirrel and / or raccoon.



Credit to Carys

Living in the Heart

By Xiuzhi Huang

Before I came to Canada, a good friend told me, "Xiuzhi, you will definitely love living at UBC, the scenery and humanity there will last you a lifetime." It is true, but it is because of staying at St. Andrew's Hall that Danny and I are able to live in the scenery and humanity every single day.

St. Andrew's Hall is surrounded by all kinds of wonderful things, with magnificent snow-capped mountains and the vast ocean to the north, three seminaries to the east, a rose garden, library and various art venues to the west, and various sports and transportation centers to the south. As a result, St. Andrew's Hall is filled with a rich religious atmosphere and a wonderful humanistic ambiance, simply living in the heart of UBC or even Vancouver. In other words, St. Andrew's Hall is like the heart itself.

Living in the heart, the daily routine is to be close to the nature and the starry sky. Danny and I live in a house with a grassy field in front of our house, where Danny goes out to play soccer with children from different countries, and I often sit on the grass in the daytime to feel the breeze and the sunshine, look up at the passing clouds and the airplanes, and sometimes see hummingbirds flying swiftly through the foliage and flowers. At night, Danny and I set up the telescope to observe the halo of stars and the

mountains on the moon. The ancient Chinese said, "All people are my brothers and sisters, and all things are my friends." Look, these trees and those stars, like us, are made up of atoms, so they are our fellows too.

Living in the heart, the daily task is to feel the world and be aware of the heart. At each soup night, I meet

people from all over the world, and through each person here, I discover the vastness of the world and the landscape of the soul. At St. Andrew's Hall, no matter who you are, you don't have to be anyone but only need to listen to your ideals and be a better version of yourself. We love reading and traveling so



much, enjoy meeting new friends and helping others, and ultimately it's all about enjoying a peaceful and unhurried life free of worry and fear.

Living in the heart, the daily happiness is enjoying the warm community atmosphere and neighborhood. No matter where you come from any corner on this planet, today we are all in one big house learning together, raising our children together and letting our respective dreams grow naturally. No matter how different we are, we are all human beings, indicating a common humanity and sharing common sentiments.

We respect each other, share the food and customs of our respective hometowns, and the smiles and greetings when we see each other every day are as nourishing as the soft wind and rain of Vancouver, just like the American actress Jane Fonda who said, "When I'm in Canada, I feel like this is what the world should be like."

Our one-year visit to UBC is coming to an end, and Danny and I will soon be leaving this land of the heart. We are grateful for everything and everyone here. Thank all the parents, I wish you health, happiness and success. Thank our lovely children, I wish you grow up happily and have your dreams come true. Thank every teacher and friend, I wish you all a good

study and a happy life. Thank every staff, I wish you all the best in your work. Thank you to every life here, including squirrels, seagulls, dodos, hummingbirds, insects, maple trees, grass and wildflowers, for your silent companionship.

Goodbye, dear friends, goodbye, forever St. Andrew's Hall. The green hills will never change, the river will always flow, the thousands of mountains will not speak, but they all have feelings, because there are heartfelt friends who have lived here. Danny and I look forward to meeting you all again in the future, we are waiting for you in China, please feel free to contact me at huangxiuzhi2006@163.com. Thank you!

OUR COMMUNITY IN PHOTOS







Christmas crackle / white chocolate & almond bars

~ From Silva ~

Many years ago I visited someone around Christmas, and tried a treat they called "Christmas crackle." It was so incredibly yummy I had to get the recipe, and ever since it has been an annual Christmas treat in my family. I don't have a photo of it but the instructions are easy to follow, and I recommend you give it a try!

INSTRUCTIONS

1. Line a pan (covered with a cookie sheet) with whole graham crackers.
2. Sprinkle liberally with slivered almonds (and any other toppings of your choice, such as shredded coconut, cranberries, raisins...)
3. Mix together 1 cup melted butter and $\frac{3}{4}$ cup of brown sugar. Bring to boil and cook for 1 minute, stirring constantly.
4. Pour the brown sugar mix over the crackers.
5. Bake at 350F for approximately 8 minutes, until the top is bubbly.
6. Let cool slightly.
7. Melt white chocolate (as much/little as you want) and spread or drizzle on top.
8. Store in the refrigerator. When chilled, cut or break into pieces. The bars freeze well.

DECEMBER EVENTS

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

~ Weekly Events ~

Soup Nights (Resumes on Jan 10th)

Every **Wednesday**
5:15-6:15 PM
in the Centre

Rule of Life (Resumes in Jan)

Every **Wednesday**
at 6:30 PM
See page 10 for more info!

Christian Worship (Resumes on Jan 16th)

Every **Tuesday**
12-12:45 PM
in the Centre

Movie Night

Friday, Dec 15th
@ 6:30 PM

Open to everyone at SAH!

JOIN US

AS WE GATHER TO FORM AND
PRACTICE OUR

RULE OF LIFE

Hosted by: Campus United & St. Andrews Hall

WHAT IS A RULE OF LIFE?

A rule of life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus and live in alignment with our deepest passions and priorities.

Similar to a vine in the vineyard that needs a trellis to help it grow, so too do we need a rule as a kind of support structure to organize our life around "abiding in the vine," (John 15v1-8) as Jesus imagined.



It's been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to that end. Rather than a rigid, legalistic to-do list, it's a life-giving structure for freedom, growth, and joy

HOW DO I CRAFT A RULE OF LIFE?

that's what we will discuss in small groups together.

WHEN:

WEEKLY WEDNESDAYS 6:30-8 PM:

WHERE:

ST. ANDREWS HALL, 6040 IONA DR. UBC



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!)

Tuesday
Christian worship in
the SAH Chapel
12-12:45 pm



HOW TO GET INVOLVED!

A message from your editor

We would love to have your mark in the 6040 newsletter!

There are many ways to contribute, including:

- being featured in a resident interview
- sharing your photos of life at St. Andrew's Hall
- sharing a favourite recipe

If you would like to contribute, please send your ideas to me (Claire) at claire.tyler.lin@gmail.com or to your ComCo who can pass it along to me. You can always find me at soup nights too if you want to chat!

~ Deadline for January 2024 contributions is Jan 9 ~

Cheers,
Claire



Here's a photo of me so don't be a stranger :)