



ST. ANDREW'S  
HALL

March 2024



# SIXTY FORTY

Monthly Newsletter of St. Andrew's Hall

Have a Blessed Easter!

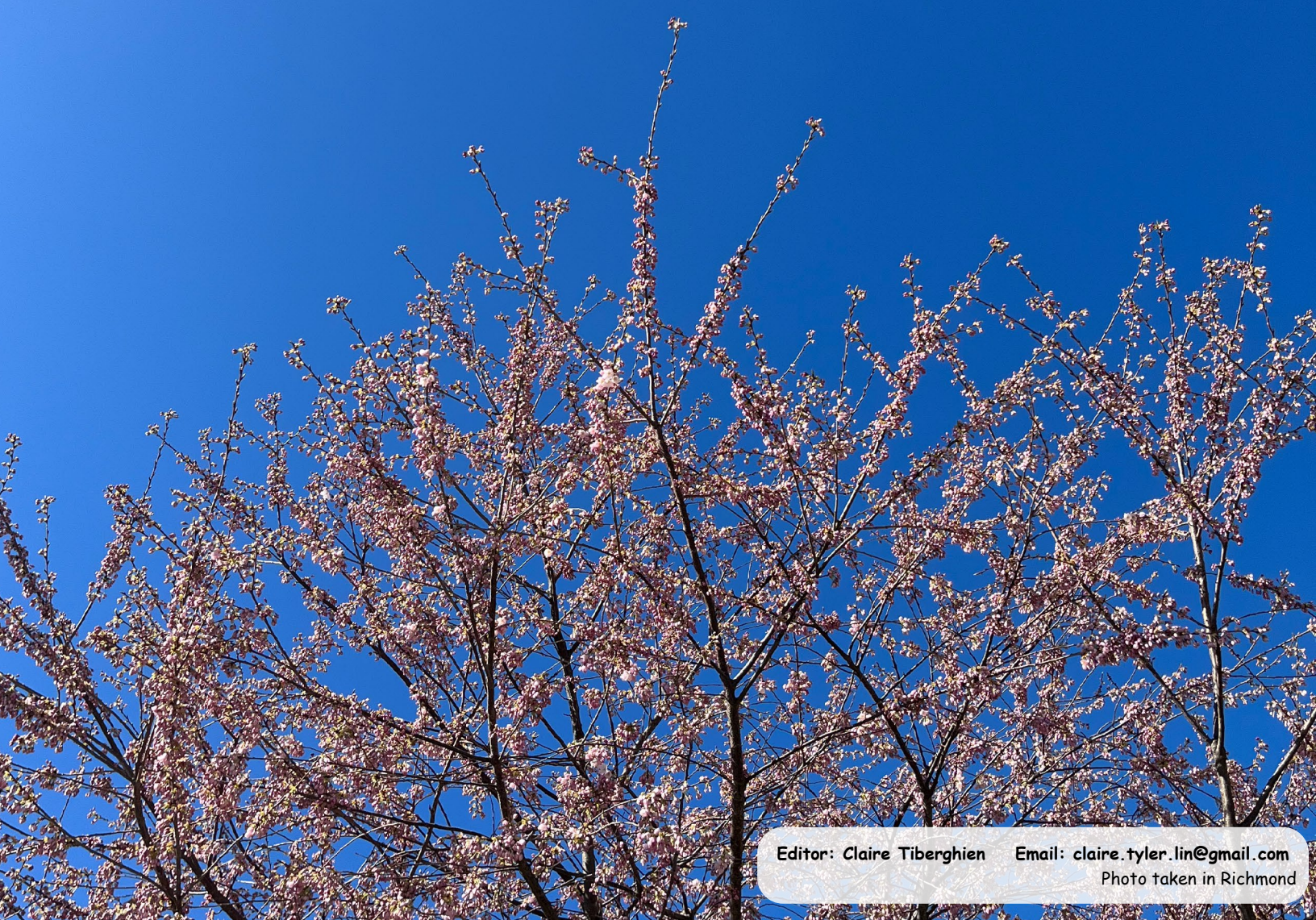
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Photo taken in Richmond



# HAVE A BLESSED EASTER!

## SUMARME GOBLE SAH CHAPLAIN

Today, Christians around the world are almost through marking the 40 days of Lent, which mirror the 40 days Jesus spent fasting and praying in the wilderness. We are preparing for the holy days of Good Friday, Holy Saturday, and Easter Sunday by reflecting on scripture, praying, fasting, and generously serving others. We're asking God to show us the good and challenging parts of who we are at this time so we may give thanks, confess our shortcomings, receive forgiveness, and determine in our hearts to walk in the way of Jesus throughout the rest of the year.

In this season, when I contemplate the reality of Christ's sacrifice on the cross, I can't help but think about the circumstances of others near and far who are suffering too – all the pain and sadness they are feeling. I am reminded of Mary's tears of grief and confusion when she thought that someone had stolen Jesus' body from the tomb (John 20:11-18). Before he was crucified, Jesus had said, "I am the resurrection and the life," (John 11:25), yet she wasn't experiencing that reality. Not until she heard Jesus call her by her name and turned to see him standing right in front of her, looking at her tenderly, did she believe it.

The way Jesus said her name not only comforted her and filled her with joy, but also gave her assurance that he fully recognized her and loved her. We each want to be known, understood, and accepted for who we are, not keeping hidden the deepest parts of ourselves that we're afraid for others to see. The beautiful news of Easter -- Resurrection Day -- is that God, the Creator of all, fully knows and fully loves you, and that he sent Jesus, who has risen from death, to assure you of that life-changing reality.

Mary's deep joy and delight at once again being in the presence of her resurrected teacher and Lord fueled her for the job he gave her to do: to tell Jesus' disciples what she had witnessed and heard... that, because Jesus was raised from death, Love, not death, has the last word! His life gave her hope that there



Christ Appearing to Mary Magdalene at the Resurrection by Eri Fragiadaki

is a future and a new way of life ahead... and that she was a part of it, a part of God's unfolding story of love for the whole world. And now, all those who follow in the way of Jesus are commissioned to tell and live this good news, too. Thank God we get to do this together!

Here is a prayer from the 2024 [Lenten Devotion Guide](#) that The Rev. Dr. Ross Lockhart (Dean of SAH) wrote for Easter Sunday:

*God of resurrection joy,  
we praise you for the gift of Jesus Christ,  
for his life and ministry,  
his suffering and crucifixion,  
his resurrection and defeat of sin and death.  
Help us to be bold in our sharing through words and works,  
of the goodness of the gospel we know  
through our relationship with Jesus Christ. Amen.*



# It Takes a Whole Village to Raise a Child

By Kye Won Park

Townhouse resident



Growing up in the mega-city of Seoul, the concept of neighbourhood was not something I had ever prioritised in my life. In the jam-packed apartment building where I lived, I never really knew who lived next door. Whenever more than one family was in the elevator, there would be awkward silences without any warm greetings.

It was amidst the COVID-19 pandemic when a life-changing event occurred for our family. Our beloved first son, Taemin, was born. A few days after the delivery, I was admitted to a 'Sanhujoriwon,' much like any other Korean new mother. Sanhujoriwon refers to a unique postpartum care culture in Korea that provides private rooms for mothers, along with catering services and on-hand staff care for newborns. It aims to allow mothers to fully rest without having to do household chores so that they can focus on recovering their bodies, which have been through

nine months of strain. Although it sounds reasonable enough, some mothers regret admitting themselves to a sanhujorwon - I was one of them. Being separated from my newborn, only allowed to meet him twice a day, seemed bizarre and unnatural to me. No matter how luxurious the room and catering were, being confined in an unfamiliar room for two weeks without any visitors due to the pandemic, surrounded by staff who were complete strangers, made things worse. Every day, I spent hours gazing out of the window. It was indeed the familiar scenery of Seoul city, but suddenly it felt unfamiliar and strange. My whole world had been shaken with the arrival of a baby, but the world outside seemed full of dangers, oblivious to my shaken life. I felt isolated and unsafe. Even after discharge, utter loneliness and endless guilt for not being a good mother ensued. There is a famous African proverb, "It takes a whole village to raise a child", but I didn't have a village. In the city where I was born and raised, surrounded by 10 million Seoulites, I felt as if Taemin and I were left alone on a drifting raft. I was postpartum depressed.



When Taemin was 21 months old, I moved to Vancouver for a research opportunity at UBC. It was to my surprise that living in the friendly neighbourhood of St Andrews Hall community slowly healed my depression and anxiety. Though I struggled to settle with a not even 2-year-old toddler by then, I felt safe and at ease. I felt safe because all I had to do was ask neighbouring children playing in the yard to watch over Taemin while I used the bathroom or did the laundry. I felt at ease because I realised that asking for help when I really needed it was not a bad or rude thing. The townhouse families would share their meals with me, showing their affectionate concern for the temporary single-parenting mum. When my husband, Hongbum, finally arrived in Vancouver to join us six months later, with his outgoing and cheerful nature, we became more engaged with the community. Under the clear summer sky of Vancouver, we would occasionally have coffee chats, picnics, or barbecues with our neighbours. We flourished. I felt safer than ever.

Then came the next chapter of our family - our second son, Wheemin, came into the world. Throughout the entire pregnancy and birthing journey, the St. Andrew's Hall community had given me its greatest support. I had horrible morning sickness throughout the ten months. The townhouse families would ask me what kind of food my body could take and cook it for us. When I went into active labour, they took care of Taemin for the whole day so that Hongbum and I could go to the hospital without any concerns. After coming home with the new baby, I found my unit 127 flooded with soups, cakes, presents, and cards from the neighbours. I was grateful to God who led me to this community. I felt blessed.

A part of me dreaded that the postpartum depression would kick in again. I was afraid that not getting into the Sanhujoriwon system, like my friends back in Korea, would make things worse. However, to my surprise, coming back to my place that I loved and was familiar with made my recovery very efficient - both physically and mentally. When I looked out of the window this time, I saw the playground that I knew and the neighbouring kids who I adored playing there. Unlike the window of the Sanhujoriwon, it gave me relief. It relieved me because I knew that I was still connected to the community. I am confident that I will be more than welcomed when I walk outside the window with this new baby. I am not postpartum depressed this time. I am happy.

Now I understand the phrase "It takes a whole village to raise a child" by heart. If you have a whole village behind you, child-rearing doesn't have to be the most challenging task of a lifetime. Thank you SAH community for this blissful experience I had.

# Resident Interview

Let's meet Zach Gaouad!

**The meal I like best right now is...** a chicken burrito from Chipotle or a Farmer's wrap from Tim Horton's.

**Don't talk to me about...** Bob Dylan winning the Nobel Prize for literature.

**I could talk forever about...** the New York Knicks, basketball, tennis, poetry, trees, movies (especially Iranian movies).

**Friends know me as...** friendly, energetic, optimistic, clumsy.

**One of my favorite books is...** Exercises in Style by Raymond Queneau because it is the same, simple story told differently 99 times. An easy but thought-provoking read. Also I love that it's about riding the bus!

**Important words to me are...** honesty, virtue, beauty, creativity, gratitude.

**The thing I like best about university is...** getting to talk about interesting things in class and getting assigned an accessible reading that engages me and shifts my perspective on something.

**I'm at my best when...** I am around my family and/or around my significant other.

**Someday, I would like to...** publish a book of poetry.

**The three things I practice for good mental health are...** meditation, poetry, and sports watching/ playing. I know it's supposed to be three but I love going to the beach to skip rocks!

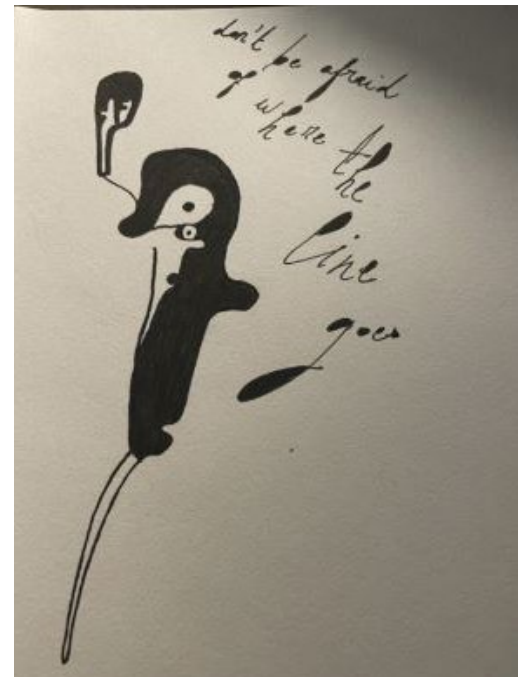
**Living at St. Andrew's Hall is...** fabulous, and I especially love soup nights! But I can't wait until they finish the construction on Walter Gage Road...!

**I'm at my worst when...** I go to Save-on or Urban Fare and see the prices. Or when the bus takes forever to come.

**A little known fact about me...** I have drawn/created my own cartoon character.

**What I'd like to do to make the world a better place in my corner of the world...** is advocate for lower costs of living around Vancouver.

**The most beautiful place I've been to so far is...** Cinque Terre in Italy.



Credit to Zach



# OUR COMMUNITY IN PHOTOS



# Asparagus Pancakes

Shared by Yanfen, ComCo

Prep time: 20 minutes

Cook time: 2x8 minutes

Level: low

Serves: 2

## INGREDIENTS

- 1) 200g asparagus (thick and tender ones are the best);
  - 2) 1-2 Shallots (75g);
  - 3) 2 extra large egg, 1/2 tsp salt, 1/6 tsp chicken broth mix, 1/6 tsp finely ground black pepper,;
  - 4) 1/4 cup all-purpose flour (40 g), water 1/4 cup (60g), 1 tsp sesame oil
- Others:
- 5) 2 x 1 tbsp avocado oil or other cooking oil.



## INSTRUCTIONS

1. Peel the skin of the asparagus and remove hard roots, rinse and chop to fine pieces. Remove skin of shallots, rinse with cold water, then chop to small pieces.
2. In a medium bowl, combine all ingredients of Ingredient 1-4 and beat well with a fork.
3. Heat 1 tbsp oil in a non-stick pan at medium-low heat (3), add half batter at a time and spread evenly. Cook for 3-4 minutes until golden brown.
4. Then turn over. Cook for another 2-3 minutes until golden brown. Take out and keep warm while cooking the other half of the batter. Serve warm.

*Recipe from MaomaoMom Kitchen*



## UPCOMING EVENTS

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

### ~ Weekly Events ~

#### Christian Worship

Every **Tuesday**  
12-12:50 PM  
in the Centre

#### Soup Nights

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

#### Morning Prayer

Every **Friday**  
9 AM  
in the Centre  
More info on p.12!

#### Spaghetti Supper

*for Studio and 1BR residents*

**Friday, Mar 22nd**

**6:30 PM**

More info on p.10!

#### Practicing the Way

**Starting Wednesday, Mar 20th**

**6:30 - 7:30 PM**

More info on p.14!

#### SAH Spring BBQ

*for all SAH residents*

**Wednesday, April 10th**

**5:30 - 6:45 PM**

More info on p.11!

# SPAGHETTI SUPPER

**FRIDAY  
MARCH 22,  
6:30 PM IN  
THE CENTRE**



SPAGHETTI  
WITH MEAT  
SAUCE  
(BEEF)

FOR  
RESIDENTS  
IN STUDIOS  
& 1BED  
SUITES

RSVP TO  
EMAIL  
INVITE

**FREE!**

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# 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



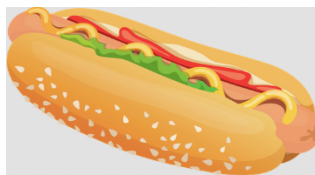
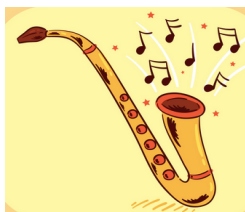
# St. Andrew's Hall Spring BBQ for Residents



**Wed., April 10th, 5:30 - 6:45 PM**  
**SAH Centre**

**JAZZ MUSIC:** *Ben MacRae and friends will entertain us with their lively music!*

**BALLOON TWISTING:** *A Balloon Twister, will make balloon animals and other fun balloon creations for the children & youth.*



**MENU:** *All beef hot dogs and veggie dogs; two kinds of salad, chips, drinks, and ice cream bars or popsicles.*

***Come enjoy good food, music, and conversation  
with your friends ... old and new!***

# Morning Prayer

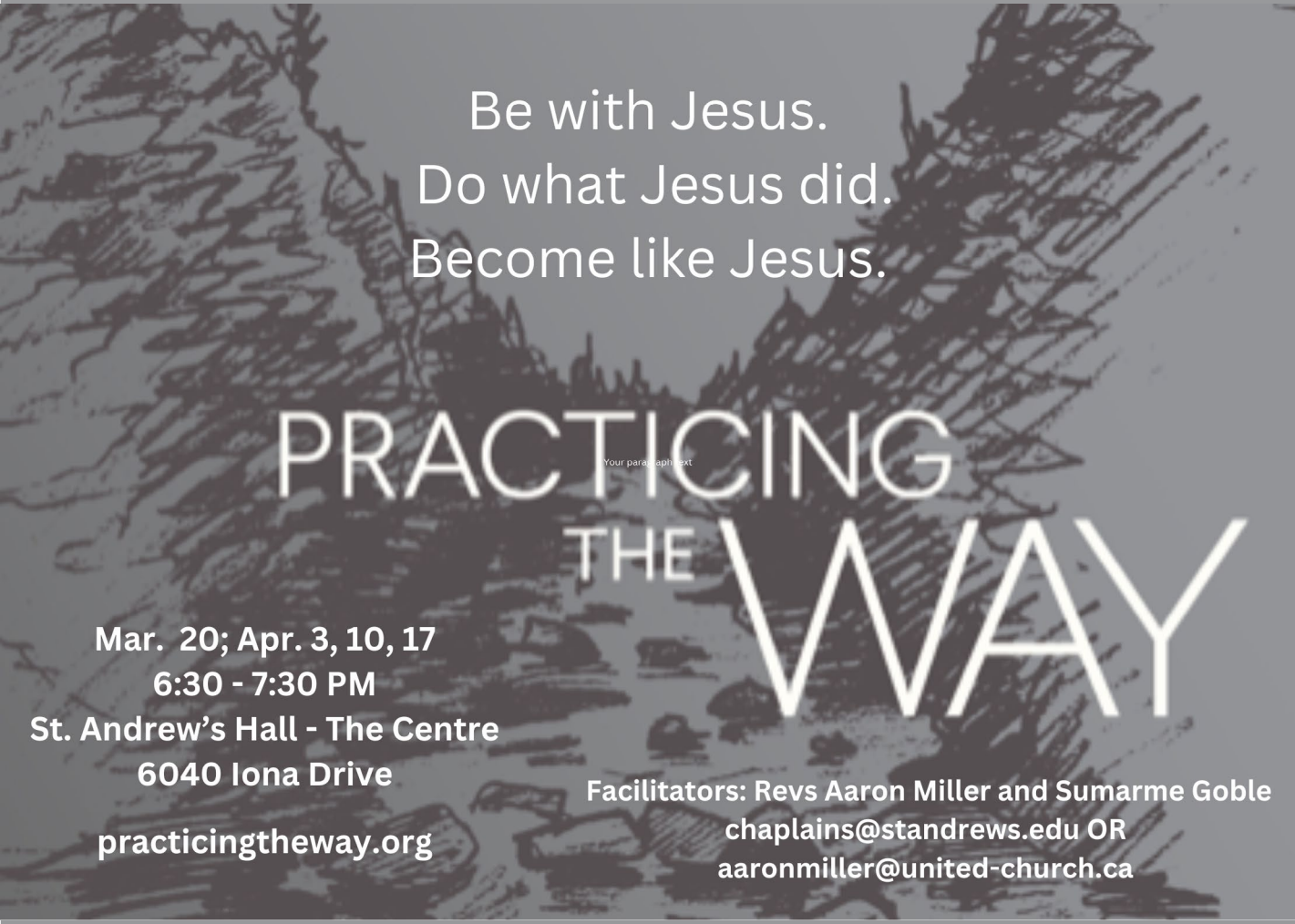


Every Friday at 9:00am in the Chapel

Coffee and tea will be provided







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](http://practicingtheway.org)

Facilitators: Revs Aaron Miller and Sumarme Goble  
[chaplains@standrews.edu](mailto:chaplains@standrews.edu) OR  
[aaronmiller@united-church.ca](mailto:aaronmiller@united-church.ca)

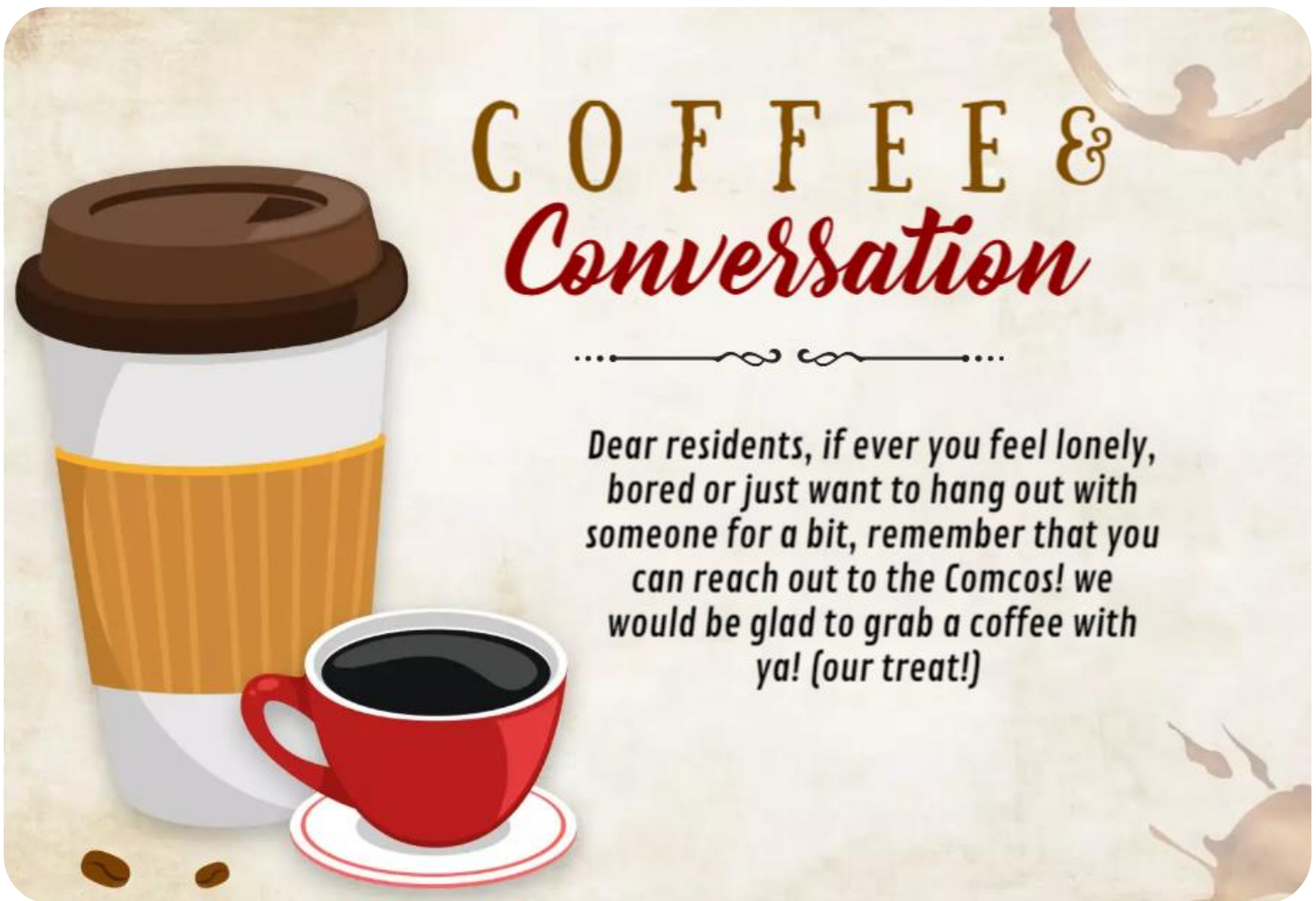




# calling all book lovers!

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





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



+ Community lunch every first Tuesday of the month following the service!

# HOW TO GET INVOLVED!

*A message from your editor*

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

Maybe this could be your first publication :) 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](mailto: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 April 2024 contributions is April 12 ~**

Cheers,  
Claire



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