



ST. ANDREW'S  
HALL

November 2022



# SIXTY FORTY

Monthly Newsletter of St. Andrew's Hall

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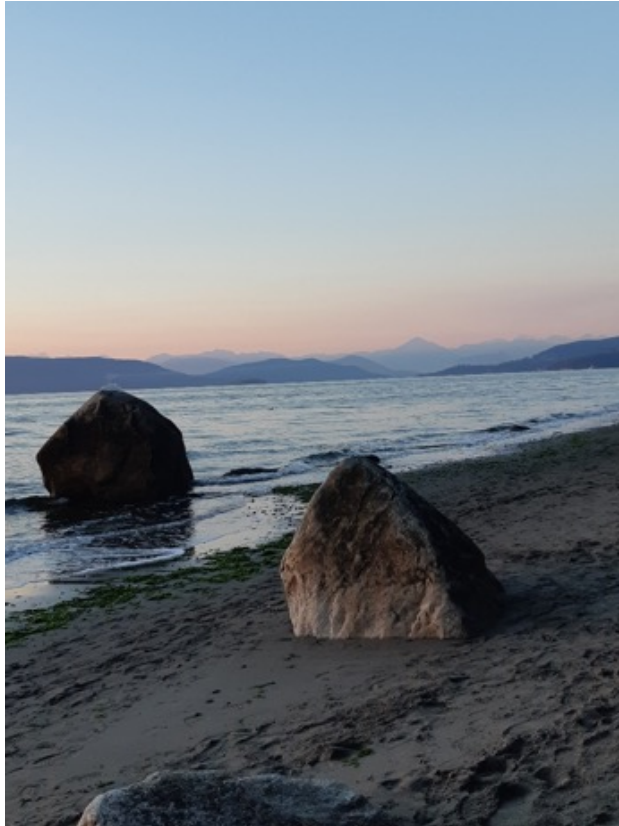
# From Your Comco

Hannah

## Self-care and mental wellbeing checkup

Hi everyone! What a wonderful late and extended summer we've had for all of September and the first three weeks of October! I think we had two rainy days in total! It brought us many warm and sunny days and so many opportunities to spend time outside and enjoy the beauty of Vancouver! However, it looks like "Raincouver" is not disappointing us and coming back in full swing. Even though the rain is so important for nature, it can be really hard to get through this gloomy period.

Ever since moving to Vancouver, I have realized that the weather really influences my mood and mental wellbeing. Last year definitely proved to be an unusually rainy fall. Thankfully so far, we've been really lucky with the weather but as it starts to change for the worse I would like to use this opportunity to talk about a phenomenon called seasonal depression. This is something that is triggered by the changing of the seasons when the weather starts to get worse and the days get shorter. Symptoms include sadness, extreme fatigue, feelings of hopelessness and a loss of interest in usually pleasurable or social activities. I do find myself experiencing some of these symptoms when it rains for days on end in Vancouver.



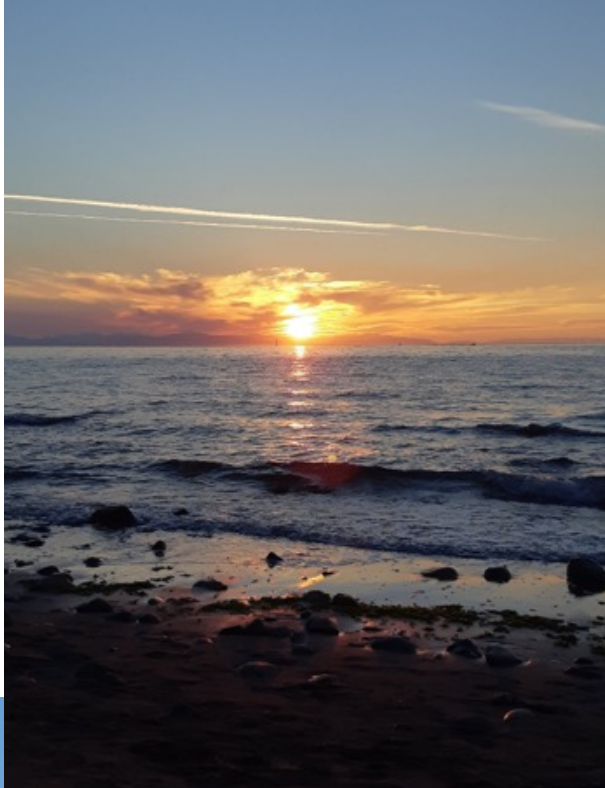
*Credit to Hannah*

I would like to offer a couple tips and resources on how to overcome seasonal depression: The easiest solution is simply going outside. Vancouver is beautiful on a sunny day. If you put on a rain jacket or bring an umbrella it's just as beautiful on a rainy day. Go get some fresh air!

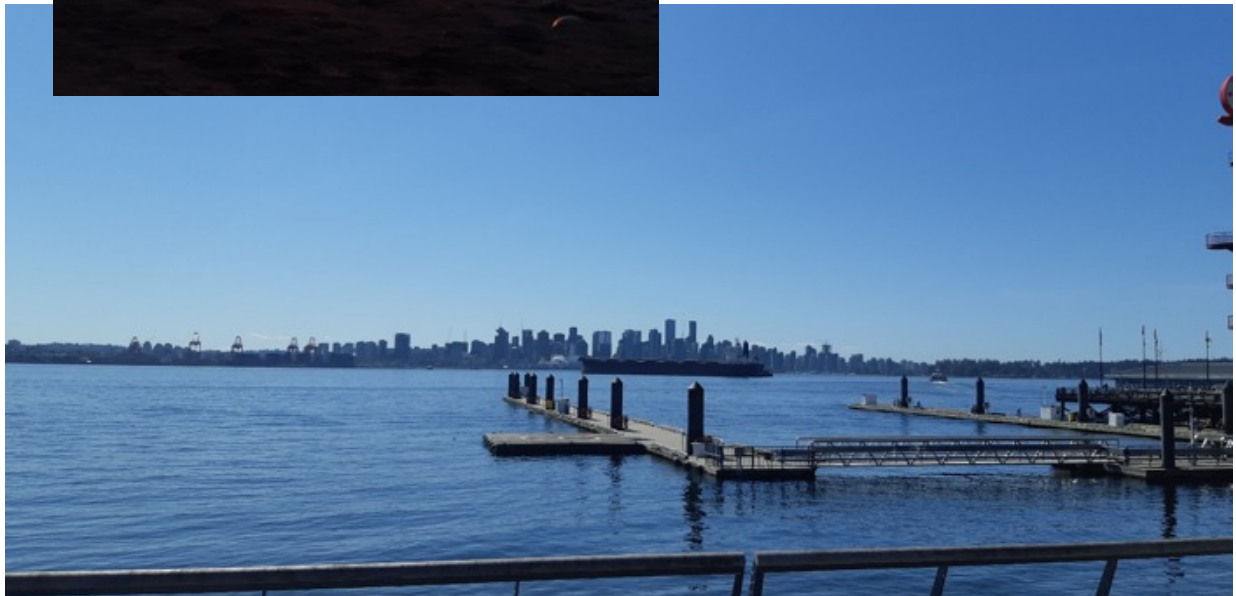
My second recommendation is watching your comfort movie/show or reading a good book – it gets your mind off things! My last and biggest recommendation is finding someone to talk to or hang out with – even if it's just for a little while. This can include your roommates, your friends and family or your fellow residents during one of our events here at St. Andrew's Hall (no, this is not a shameless plug for you guys to come to soup

nights). Talking to someone does not necessarily have to be in-person – if you don't feel like going outside, just call your friends and family on the phone to get the things that are bothering you off your chest. It helps! If that still does not help there are great resources here at SAH and UBC. At SAH feel free to reach out to Sumarme or Dean Ross on the second floor. They are very approachable! UBC also has a lot of resources you can use. Find them under the subsection "Mental health resources" by following this link:

<https://students.ubc.ca/health/counselling-services->



“Please remember that you are not alone. The sunny days will be back sooner than you think!”



*Credit to Hannah*

# Balance

Chaplain  
Sumarme Goble

## Feeling out of balance?

"I feel overwhelmed."

"I'm beyond tired."

"I can't keep up with it all."

Do you ever say these things to yourself or others? We study hard and work smart, but there's always more to do, so we feel dissatisfied and disheartened ... maybe even plain worn out. People who feel weary often tell me they wish they led a more balanced life. But

I wonder if obtaining balance is a realistic goal since we often can't control the outward circumstances that throw us off balance. It's frustrating, constantly trying get the balancing act "just right."

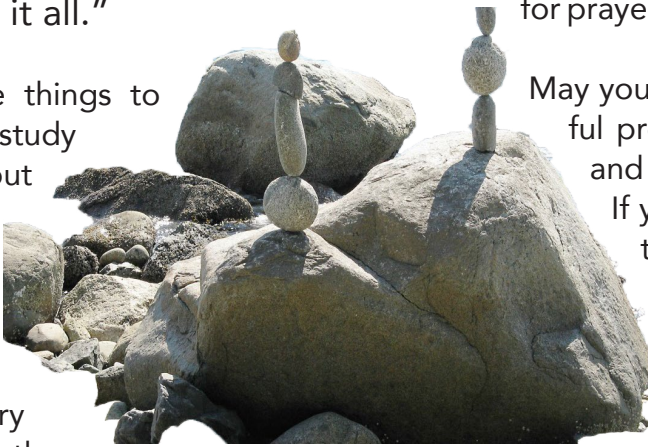
Perhaps balance is more of an inner posture or attitude than an outward controlling of the conditions of life. As a Christian, when I look at Jesus' life in the New Testament, I see that he faced busy and tiring days, along with many difficulties, as he engaged fully with people who loved and hated him. Through it all, he never tried to escape from the world with all its pressures and demands. He had an inner strength and steadiness because he lived from his center ... from his relationship with God, who he called Father.

Whenever people or circumstances tried to knock him off balance, he returned to his centre quickly through prayer and the understanding that he lived within the bounds of God's enduring and faithful love.

I have a sense that balance comes from a growing ability to return quickly to that which is central to our lives - our spiritual core - whenever life pushes and pulls us away from that center. Making space daily for prayer and meditation is a way to do this.

May you know the strength of God's faithful presence in your life, centering you and giving you courage to carry on. If you would like to have a conversation with me, you can reach me at [sgoble@standrews.edu](mailto:sgoble@standrews.edu); 604-782-2228 text or call). I'll gladly treat you to a drink at Great Dane Coffee Shop across the street.

Credit to Sumarme



## Five tips for building a better week

1. Spend quality time with a friend who energizes and encourages you.
2. Find a place to contribute your gifts and volunteer your time.
3. Be kind, especially to yourself. This is a sign of strength, not weakness.
4. Look up and around. Find small things to be grateful for ... like the smell of fresh baked bread/cookies, the smile of a friend, the laughter of children at play, or the changing colors of leaves.
5. Lessen the amount of negative news you consume each day. Balance it with something else that is positive and inspiring.

# Resident Interview

## Alia Al-Ani

**Let's meet Alia! She's a third-year student majoring in Psychology and minoring in Political Science at UBC. Alia is an international student from Vienna, Austria. She moved to Vancouver last**

**year after doing her first year online from home. That was a 9-hour time difference! In this interview, Alia shares her favourite books, Taylor Swift songs and places in Vancouver with us.**

**I enjoy** ... reading, playing the piano, and journaling.

**The meal I like best right now is** ... home-made summer rolls with fresh vegetables, tofu and peanut butter sauce. My roommate and I make them together when we have time.

**Don't talk to me about** ... Marvel movies.

**I could talk forever about** ... my ranking of Taylor Swift's albums and songs.

Ok, now you have to tell me what your favourite song and album is! My favourite album is surely Evermore! It's hard to pick one favourite song but from that album it's Champagne Problems and Tolerated.

**Friends know me as** ... the "therapist" friend. I feel like I'm pretty good at giving advice in any situation.



*Credit to Alia*

**Continue on next page**

Every month we hope to introduce you to some SAH residents through interviews.

If you would like to participate, email [silva24@hotmail.com](mailto:silva24@hotmail.com) or [anyanfen@hotmail.com](mailto:anyanfen@hotmail.com) or [hanna.forsythe@gmx.at](mailto:hanna.forsythe@gmx.at) and they will send you phrases to complete like the ones above.

The more submissions the merrier!!



# Resident Interview

Continued...

## Alia Al-Ani

**Someday, I would like to ...** see the Northern lights.

**Some of my favourite books are ...** The Bell Jar by Sylvia Plath, East of Eden by John Steinbeck and Giovanni's Room by James Baldwin. They're all very different but I consider them timeless classics.

**The three things I practice for good mental health are ...** patience, reflection and spending time in nature.

**A little-known fact about me is ...** that I love watching quiz shows.

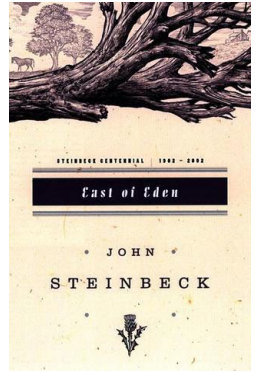
**My favourite thing to do in Vancouver is ...** trying out all the different restaurants! Vancouver has so many different cuisines!

**My perfect day includes ...** sleeping in, warm weather and having amazing food with friends.

**I chose UBC because ...** of its excellent academic reputation, the international background and the great location next to the ocean.

**My favourite Canadian thing/tradition ...** is pumpkin pie and going to ice hockey games.

**The most beautiful place I've been to so far is ...** [Sunshine Coast, BC.](#)



# Ongoing Events at SAH

**Tuesday Chapel Service:** Every Tuesday Oct 4 – Nov 29 from 12:00-12:50 PM in the SAH Centre AND Online - Come join your fellow residents, staff, and faculty for a time of mid-week worship in the Christian tradition. The first Tuesday of the month a free community lunch is served after the service. A Zoom link will be sent out to residents each Monday.

**Wednesday Soup Nights:** Every Wednesday Nov 2<sup>nd</sup> – Dec 7<sup>th</sup> at 5:15 PM in the SAH Centre

**Vocational Discernment for Young Adults:** Wednesdays, Nov 2<sup>nd</sup> – Nov. 16, in the Centre, from 3:30 – 4:45 PM. We gather for conversations around the practice of vocational discernment and use the book, *My Daily Discoverment*, as a resource. Together we will think through your questions around vocation, encouraging you to dream about the kind of life God has made you for. The books are provided, free of charge. Facilitators: Rev. Aaron Miller and Rev. Sumarme Goble. Questions? Email [chaplains@standrews.edu](mailto:chaplains@standrews.edu).

**Studios & 1 Bedroom Residents:** Friday, Nov. 18<sup>th</sup>, Open Mic Social – evening event – watch for more details in your email. Host: ComCo Silva

**Moms and Tots Conversation Corner:** Thursdays, Nov. 3, 10, 17 and 24 from 10 – 11 AM in the Centre. Do you have young children or children in preschool or elementary school? Then come to the Community Centre for warm drinks, pastries/fruit, and conversations around issues of parenting and motherhood. If you have children at home with you, bring them too. There are blocks, puzzles, coloring pages and other toys in the Centre. Host: Chaplain Sumarme Goble

**Bible Study for all residents:** Mondays, Nov. 7, 14, 21, and 28 from 1 – 2 PM in the Chaplain's Office (2<sup>nd</sup> floor across from the elevator). We will be discussing selected stories and parables from the Gospel of Luke and reflecting on the intersections of Christian faith and life. Facilitator: Rev. Sumarme; [chaplains@standrews.edu](mailto:chaplains@standrews.edu)

## Would you like to contribute to this newsletter?

\*Share with residents an essay, poem, or song

\*Pass on to us a kitchen tested recipe you love

\*Provide a photo, painting, sketch, or another piece of art you have made

Email [sgoble@standrews.edu](mailto:sgoble@standrews.edu) with your contribution to the newsletter.

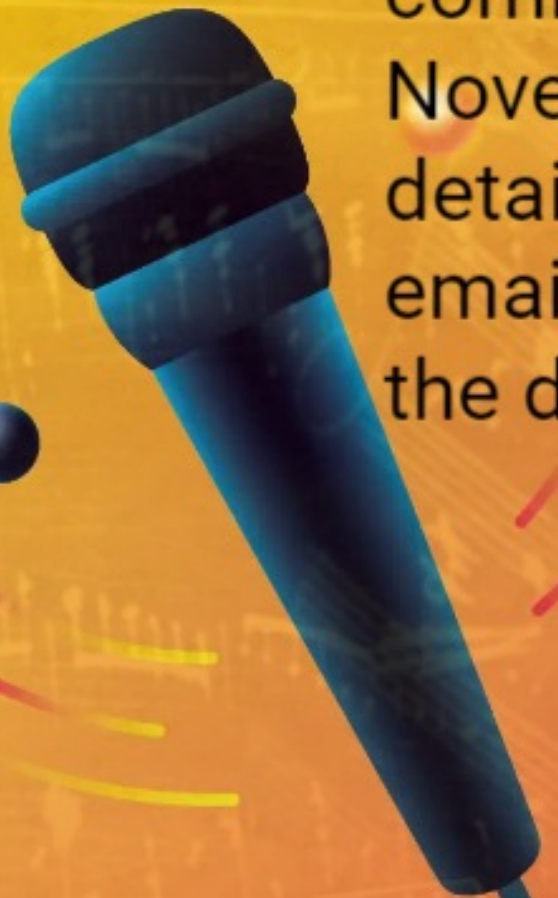
The deadline for December's newsletter is Monday, December 5, 2022



Studios &  
1beds

# Open Mic social

coming up  
November 18th.  
details will be  
emailed closer to  
the date





# Pumpkin Carving Photos



Credit to YanFan



# Continued



Credit to YanFan

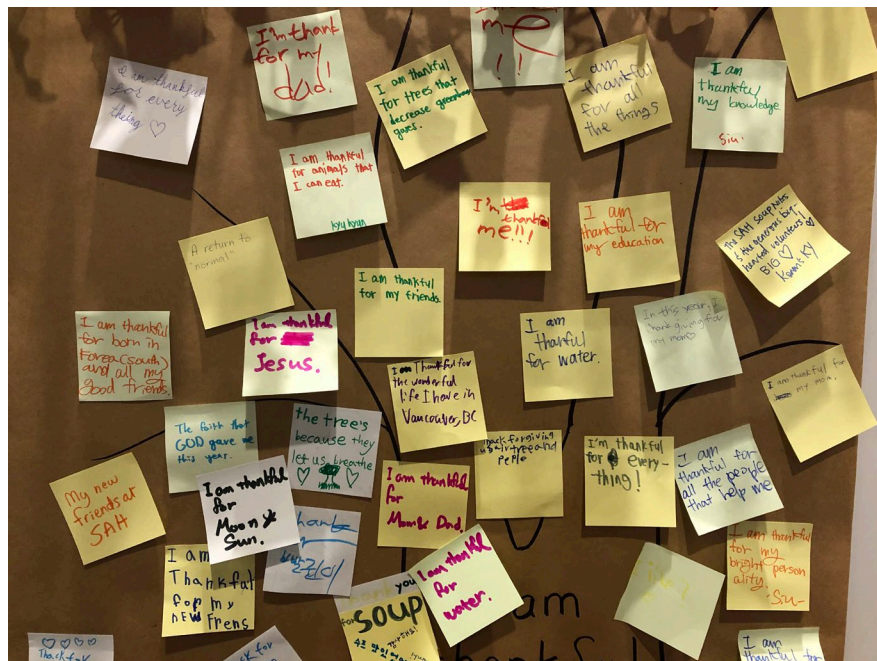
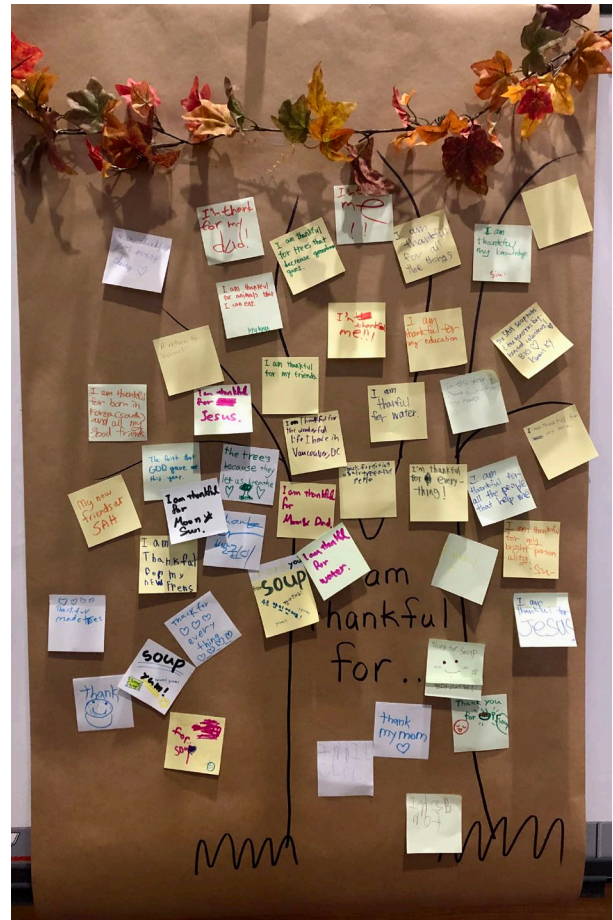
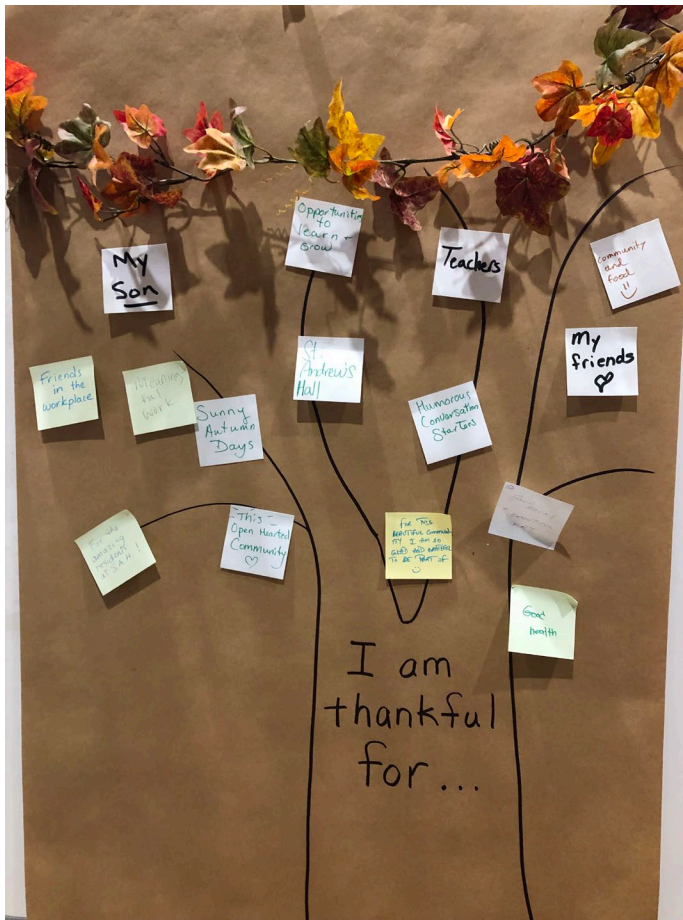


# Continued





# Thankfulness



Credit to Sumarme



# Potato Leek Soup

**Serves 6 people**

By Jennifer Segal: <https://www.onceuponachef.com/recipes/potato-leek-soup.html>

This soup is very similar to the one made at Soup Night this month.

You can add bacon bits for more flavour.

**Prep Time: 25 Minutes**

**Cook Time: 40 Minutes**

**Total: 1 Hour 5 Minutes**

## Ingredients

- 3 tablespoons unsalted butter (or vegan butter)
- 4 large leeks, white and light green parts only, roughly chopped (about 5 cups) – or use 3 large onions
- 3 cloves garlic, peeled and smashed
- 2 pounds Yukon Gold potatoes, peeled and roughly chopped into ½-inch pieces
- 7 cups vegetable broth
- 2 bay leaves
- 3 sprigs fresh thyme
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup half-and-half cream (or leave it out if you are vegan)
- ½ cup bacon bits (optional)
- Chives, finely chopped, for serving



## Instructions

1. Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.
2. Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
3. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the bacon bits (optional) and heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.
4. Note: If using a standard blender to purée the soup, be sure not to fill the jar more than halfway; leave the hole in the lid open and cover loosely with a dishtowel to allow the heat to escape; and pour blended soup into a clean pot.
5. Freezer-Friendly Instructions: The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. Once heated through, add the cream and bring to a simmer before serving.