



ST. ANDREW'S
HALL

January 2023



SIXTY FORTY

Monthly Newsletter of St. Andrew's Hall

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by Sumarme
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新年快樂



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2023
HAPPY LUNAR NEW YEAR



From Your Comco

Hannah

Happy January and Happy New Year!

January is always an exciting month of the year. It's full of good intentions and resolutions. It's a time of the year when everything feels possible and everyone gets a fresh start. The wrongs of the previous year can be righted, and new and better habits can be started. I like January because I can leave all the negativity of the past year behind me while also looking back at the things that made me happy last year.

At the same time, for students it's the beginning of a new term. This is also a very exciting time where academic goals

can be set, new classes begin and new friendships can be made.

For some of us, the new year can also be stressful because we set our resolutions too high and try to implement too many radical changes at the same time. I encourage you to try to follow your new year's resolutions but also make sure to not stress yourselves out in the process. It's good to have high standards and challenge yourself but only if you don't overdo it!

We have a lot of fun and exciting community events planned for this new term and hope to see as many of you as possible!

Message on Hope

Chaplain
Sumarme Goble



Credit to Sumarme

We're barely into 2023, just beginning a new year that has yet to distinguish itself. We can look forward either with hope and anticipation or with caution and anxiety. There are so many good things to hope for in this world and in our lives, but it's hard to be hopeful when we see heart-breaking situations all around us. Some days I feel anxious, angry, and sad all at once, and sometimes I just want to hide under my bedcovers where it's safe.

But, in order to have well-being in mind, body, and spirit, it's important to frame our lives in ways that nourish hope. Recently, I found a way to think about hope through a piece of artwork.

In 2014, Belgian artist Kris Martin created a sculpture called *Altar*, a structure whose framework represents an ancient worship object from the 15th century called "[The Ghent Altarpiece](#)", also known as "Adoration of the Mystic Lamb" (1432). An altarpiece is usually made up of a series of frames that depict scenes from the Bible or stories from the lives of saints. The paintings served to instruct the faithful and visually reinforce their devotion to God. The sides were hinged and could be closed against the center frame. In that way, one could see the paintings on the back.

But, in looking at the photo, you'll notice that

the frames in the altarpiece are empty. There are no paintings where a viewer can see a story depicted. One sees only a view of the sea through the "windows." The view changes depending on whether you stand close-by or far away. In the way I interpret it, the frames are empty so one can look through them to see the changing tides of the ocean and the varying formations of the clouds. Seeing those things changing in the frames makes me think of how the story of my life, and yours too, is, still being written. As a person who trusts in God, I see a story of hope, a story that is continually revealing and is yet to be fully revealed.

Long ago, the prophet Jeremiah wrote a letter to the people of Israel, whom King Nebuchadnezzar had taken into exile from Jerusalem to Babylon. In the midst of their trauma and uncertainty, they heard these comforting words: "*For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope*" (Jeremiah 29:11). Those words are for you, too. You can walk the journey of hope, no matter what your circumstances are, because you are not alone in life. God is with you. And there is a caring community at St. Andrew's Hall where you can find friendship and support.

May this year be a year of hope and new opportunities for you. Stop by my office for conversation about your hopes or whatever is on your mind.

Prayer:

“O God, in times of uncertainty when we cannot see what lies ahead, help us see the world with eyes of hope. May we recognize your work in our lives and may we turn to Jesus and see the hope you have given us to carry on each day.

”
Amen.

Resident Interview

Sepi

Let's meet our new neighbor and friend Sepi who moved to SAH in December 2022!

What brought you to SAH?

Two of my classmates live in SAH. They talked about the great environment and their peace of mind living in SAH. I used to live off-campus and as a Ph.D-student a peaceful place with a short commute to my office was what I needed. So, I chose SAH!

Name three things you like about living here!

Quietness and peace, considerate neighbors, occasional events to socialize with others

If you had unlimited money for one day, what would you do?

I am studying business so I would not spend it. I would buy endless stocks from different valuable companies and then invest them to make unlimited money later, not only for one day.

What is your favorite food or beverage?

My favorite beverage is bubble tea. I am obsessed with Chatime bubble tea!

All foods are my favorites except Octopus J

Wow, have you actually eaten octopus?

I tried octopus in a traditional Japanese restaurant downtown, in addition to sushi. I did not like the taste of it at all because I could really sense the smell and taste of the sea while I was eating the octopus and it was not delicious.

What do you hope to accomplish in this next year?

My perspective for next year is to publish at least one paper in my third year of my Ph.D. program and go on an internship at a well-known company such as Microsoft.



Credit to Sepi

We welcome Sepi to our community and look forward to getting to know her better!

Pancake Breakfast



Continued



Credit to YanFan

Did you know?!

In 2021, North America's first bunny café opened in Vancouver to find loving homes for abandoned rabbits. The Bunny Café partners with Rabbitats Rescue Society - 100% volunteer run charity – to create a therapeutic space to interact with adoptable bunnies. All of the bunnies have been spayed/neutered and vaccinated. Tickets are required in order to visit with the bunnies in the “bunny lounge” section of the café. Shopping in the retail section (cute rabbit-themed merchandise) and/or hanging out in the vegan café overlooking the bunny lounge is FREE!

Admission includes snack cups of lettuce and herbs to feed the bunnies and all proceeds are split equally with Rabbitats to support their rescue mission. Space is limited, so it is strongly recommended to book in advance. Walk-ins are accepted if space is available.

**Cost:**

55 minutes (CA \$16.75)

30 minutes (CA \$8.35); during select times on weekdays only

For more information:

www.bunnycafe.ca

hello.bunnycafe@gmail.com

604-428-0688

1696 Venables St., Vancouver, BC V5L 2H2

(Located at the southwest corner of Commercial Drive)



I rode the 99 bus to the Commercial-Broadway Station. Then, it was a nice walk along Commercial Drive to the café to meet the bunnies!

Vegan Potato Soup – serves 4

This vegan potato soup is delicious and comforting on cold days! It's creamy, rich tasting, and easy to make! It only takes 35 minutes (10 minutes prep; 25 minutes to cook)

- 1 onion, chopped
- 2 leeks (if don't have leeks, use 1 more onion)
- 2 cloves of garlic, minced
- 4 large russet potatoes (about 28 oz) – or use whatever potatoes you have
- 1/2 cup full fat canned coconut milk
- 4 cups vegetable broth (you can use boxed or bouillon)
- 1 teaspoon dried thyme
- 1 teaspoon fresh lemon juice (omit if you don't have it)
- 1 bay leaf
- Oil – a little to cook the potatoes and onions
- salt, to taste
- black pepper, to taste

Condiment ideas: shredded cheese, sour cream, hot sauce, croutons, parsley, green onions, bacon bits (if you eat non-vegan food, too)

Instructions:

1. Peel the potatoes and cut them into medium-sized cubes. Slice the white and light green parts of the leek and rinse them well. Set both aside.
2. Finely chop the onion. Then heat some oil in a large pot and sauté the onion for about 3 minutes. Add the garlic and cook it for another minute.
3. Add the potatoes and the leek and cook for 5 minutes. Then add the vegetable broth and the bay leaf. Simmer for 15 minutes or until the vegetables are very soft.
4. Fish out the bay leaf and discard. Reserve some of the cooked potatoes and leek for later if you want your soup to be a bit chunky. Purée the soup with a hand-held immersion blender until smooth. Alternatively you could also use a standard blender to purée the soup (see instructions in the recipe notes).
5. Stir in the coconut milk, the dried thyme, the lemon juice, and season with salt and pepper.
6. Note: If the potato soup is properly stored in an air-tight container, it will last about 3-4 days in the fridge.

Sina's recipe -- <https://veganheaven.org/recipe/vegan-potato-soup/#recipe>