
SIXTY-FORTY RESIDENT NEWSLETTER



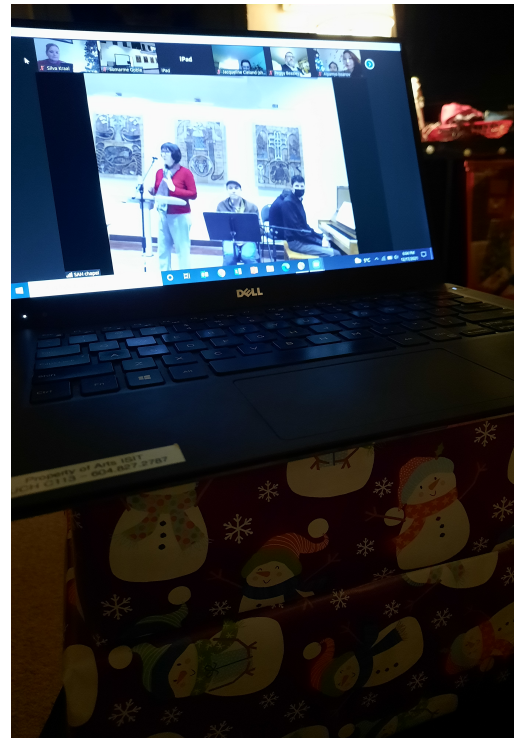
Message from your Community Coordinator

Happy New Year!

Welcome to 2022. Despite the somewhat frightening pronunciation (2020-too) I feel excited about the year ahead and what it might bring. Let's hope for lots of good things!

I'm still living off of the joy and peace I gathered during the Christmas season. We had a delightful online & in person carol service and a fun visit from Santa here at SAH. There were goodies in abundance and lots of happy faces (hidden behind masks.)

My absolute favorite was to wake up to a white Christmas after so many years of not having one! What great joy! It has been so much fun to have several real snow days. I love hearing the sound of snow crunching under my boots as I'm outside, and seeing trees with snow covered branches. It is so beautiful!



Soon it is time for yet another new year – the Lunar one. Keep an eye out for a little treat that might be coming your way. After those celebrations I hope we can fast forward to spring blossoms and summer sunshine. What are you most excited about for this new year? I'd love to hear about it!

Wishing you a happy and healthy 2022.

Silva

Twenty rapid-fire complete-the-phrase responses from resident Sam Andri (with Christa)

1. I enjoy ... many things in life, especially traveling/road-tripping and playing the drum—those two things help me to fully relax and be myself!
2. The meal I like best ... right now it is the Beef Rendang from John 3:16 restaurant on W. Broadway (thank me later!)
3. Don't talk to me about ... N.O.T.H.I.N.G.
4. I could talk forever about ...theology (cooler than technology, indeed)!
5. Someday I'll be rid of ... ??
6. Friends know me as ... sensitively-funny, I guess?
7. One of my favourite books is ... Doraemon (comic) because it helps me to imagine and to laugh!
8. Important words to me are ... "Not everything that can be counted counts, and not everything that counts can be counted." (Albert Einstein)
9. What I like best (and least) about university is ... studying, for both best and least.
10. The hardest thing I've done so far in life and succeeded in was ... other than my Master's thesis writing? Perhaps it is surviving this world so far without lacking joyfulness!
11. Being connected to a faith tradition (and God) is ... what makes my life meaningful.
12. I'm at my best when ... I'm with people who converse openly, honestly and respectfully.
13. Someday, I would like to ... ride the Trans-Siberian railway!
14. When I have free time, I like to ... waste my time by doing nothing.
15. The three things I practice for good mental health are ... being grateful for everything, being honest in my prayers, and being ready to say no or no more! (the last part is the hardest for me!)
16. Living at St. Andrew's Hall is ... a wonderful blessing! I'm grateful for the chance to be here.
17. I'm at my worst when ... I'm hungry (according to my wife).
18. A little known fact about me: I used to be the skinniest kid in my primary school, no kidding!
19. What I'd like to do to make the world a better place in my corner of the world: constantly become a better version of myself so that the world can be a little bit better place for others.
20. The most beautiful place I've been to is ... an underwater world just off Tioman Island (Malaysia).



The Kintsugi Way

by Chaplain Sumarme

Once again, we've crossed over an invisible, but real boundary. The past year is history and now a new year has begun. Even so, I feel that we are between times, as we journey forward not knowing what tomorrow will bring. So much of the world is broken — with poverty, injustice, disease, and violence. My emotions have ranged from anxiety to annoyance to anger to lament. Still, I have experienced joy, peace, and hope, too. Acknowledging the broken realities of our world condition and personal situations and then working to mend what is broken are difficult tasks. It's easy to spiral downward mentally into complaint, apathy, lethargy, and despair. To maintain our well-being, we need to imagine new ways forward that are life-giving, hopeful, and relationally healthy.

A while back I learned about the Japanese method of repairing pottery called Kintsugi. In Japan, one of the many venerated cultural traditions is the tea ceremony. If a precious tea bowl broke, the family who owned it did not throw it away, but often kept it for generations and later had it mended by a Kintsugi artisan. Kin means “gold,” and Tsugi means “mend.” Kintsugi master artists took enormous care to mend the broken tea bowl pieces with lacquer and gold. They did not disguise the damage but made something artful out of it. Their technique of repairing the broken pottery not only made it useful again, but rendered it even more beautiful and valuable. Even the broken parts are visually appealing and have merit of their own.



Learning about Kintsugi made me think of the brokenness in our world and in our lives. Most of us dream of being in a harmonious relationship, finding deeply fulfilling work, having a happy family life, good health, and the respect of others. But life is complicated, and we find ourselves experiencing setbacks, mental health challenges, injustices, traumatic events, and other blows that break our array of good dreams, leaving us feeling shattered.

When we feel vulnerable and imperfect, damaged and fearful, this is often a time when God's presence can become palpable in our lives. If we allow ourselves to be open, the Master Potter will heal and restore the broken places, making something beautiful and new from what was broken. The Kintsugi bowl you see in the photo was broken and mended, and the process has made it a new creation, one in which sparkling rivers of gold can be seen in the cracks. Such newness of life is a gift of grace and the Spirit, one with new possibilities and more fulfillment than we could ever have dreamed.

Now, instead of spiralling downward to despair in these times, we can walk the journey of hope because we are not alone in life. God is with us. As we place our trust in the risen Christ, we can centre our thoughts on what is true, noble, authentic, life-giving, and gracious.

The apostle Paul was a courageous follower of Jesus who wrote these words in ancient Rome while in prison: *⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me ... and the God of peace will be with you.* – Philippians 4:8-9 (New Living Translation)

May this year be for you a year of hope and restoration. Stop by my office any weekday for conversation about this theme or anything else on your mind.

Ongoing Events at SAH

Night Prayer Online

Date: Selected Mondays: Jan. 17, 31; Feb. 14, 28; Mar. 14, 28; Apr. 11, 25

Time: 9:00 - 9:30 PM

Description: Rev. Sumarme will lead you in a short guided Christian meditation and help you connect with others. Praying in community is a great way to notice God's presence and action in you and the others around you. [A Zoom link will be sent out on each scheduled Monday.](#)

Tuesday Chapel Service

Date: Every Tuesday Jan. 18 - April 5th (no service on Mar. 1)

Time: 12:00-12:45 PM in the SAH Centre AND Online

Description: Come join your fellow residents, staff, and faculty for worship in the Reformed tradition. Once a month a free lunch is served after the service.

[A Zoom link will be sent out on each Monday.](#)

Sanctuary Mental Health Course

Date: Thursdays, January 20th - March 10th

Time: 6:30 - 8:00 PM on Zoom

Description: [Please see information on poster \(next page\)](#)

Would you like to contribute to this newsletter?

*Share with residents an essay, poem or song you have written

*Pass on to us a kitchen tested recipe you love

*Show us a photo, painting, sketch or another piece of art you have made

Email Sumarme with your contribution and she'll make sure to put it into the next newsletter.

[The deadline for the next newsletter is Monday, Jan. 31st](#)

Sanctuary Mental Health Course



Online Gatherings
EIGHT THURSDAYS
Dates: Jan. 20 – Mar. 10
Time: 6:30 – 8:00 PM

WHAT IS THIS COURSE ABOUT?

We will explore topics like these:

- * Understanding mental health and illness
 - * Challenging stigma *The recovery journey
 - * Companionship *Self-care
 - *The role of community in mental health recovery
- Each topic is explored from a psychological, social, and theological perspective. A short film highlights each topic.

Facilitator: Rev. Sumarme Goble

Zoom link: Email chaplains@standrews.edu for more information and a Zoom link for this course.

*Do you have something in
great condition that you
want to give away?*

Send a message
to Sumarme:
sgoble@standrews.edu

Include: a description of the
item(s), a photo(s), and an
email or text number.

I'll put this into the next
resident newsletter. Then
anyone who wants your
item can contact you.

Small
appliances

Household
items

Clothing in
great shape
and
accessories

Sports
equipment

Room
decorations