



SIXTY FORTY

MONTHLY NEWSLETTER OF ST. ANDREW'S HALL

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Polaroid Photos and Faith

BY CHAPLAIN SUMARME

For our anniversary, Scott and I dined at a Japanese restaurant called Raisu on West 4th Avenue. After enjoying a delicious sho ka do bento box meal, the waiter took our picture with the restaurant's Polaroid camera to provide us with a memento of the occasion. When he handed it to us, the photo was still in the process of developing. It struck me how Polaroid pictures need time to come into focus. Unlike a digital photo, which appears clear instantly, a Polaroid gradually reveals its image, reminding us that some things take time to fully develop.



It occurred to me later that the slow development of a Polaroid photo makes it a good metaphor for faith, since our understanding of God and our relationship with God can also unfold gradually over time. Just like a Polaroid photo, which starts out blurry and develops gradually, faith often begins in an uncertain or unclear way. Yet, as one seeks to know and trust in God, one's faith deepens and becomes clearer. Sometimes growth takes place slowly and steadily, and other times it happens in quicker, surprising ways.

Faith is a journey of discovery, not an immediate, flawless understanding. Just as a Polaroid photo can sometimes get smudged or be misprinted, one's faith can go through periods of confusion, doubt, and struggle. But such challenges are an essential part of the process. You may have grown up in a particular faith tradition, and it may stay in your mind as something simplistic or childish until you move beyond that. It's only when you "grow up" in your faith – taking responsibility for deepening your beliefs, faith practices, and life – that it truly matures. Just like your growth in academic learning, your faith needs time to grow too.

In a university setting, students are challenged to expand their intellect, think critically, broaden their experiences, and ask questions in pursuit of understanding. Growing in faith – gaining wisdom – is an essential aspect of maturing, one that encourages using knowledge in compassionate ways to create not just a living, but a meaningful life.

The next time you watch a Polaroid photo develop or look at one someone has taken of you, remember that faith is dynamic and sometimes messy, but it's always developing as you engage with God and the world. May your faith continue to grow and change, sometimes with clarity, sometimes with difficulty, and always with hope.

Resident Interview

My name is Youngjin, and I live in Unit 106 at St. Andrews Hall. I moved here with my family in August 2023, as I've joined UBC as a visiting professor in the Department of Asian Studies. My expertise is language art education, and I primarily work on developing language art curriculum. I also support the training of teachers who teach language art to native Korean students, as well as those who teach Korean as a foreign language.



1. Living at St. Andrews Hall is... a way of life. St. Andrews Hall is a sanctuary for my family during our time in Canada. A home is not only a physical space to live in but also a place filled with precious memories. St. Andrews Hall is the place that appears the most in the photos saved on my phone, and it is a place where my family's story is fully recorded. Especially thanks to the warm-hearted neighbours, we are making many happy memories here.

2. One of the most important words to me is... family. I can reflect on who I am through my work, my profession, and my personality. However, when I confirm my role and identity within my family, I can clearly recognize what I should do and how I should do it. Of course, there may be a time when I have to explain myself solely in terms of my personal identity. But right now my mind is filled with my family's happiness, my family's health, and the peace of my family.

3. My favourite food is... my mother's Korean home-cooked meals. As a mother of two children, I cook Korean home meals every day. However, sometimes I want to be treated to a meal prepared by someone else, and I wish that the chef was my mother. I don't want to ask my mother for a special menu. I just like my mother's home-cooked meals that are full of her scent. Making home-cooked meals requires a lot of decisions, time, and sincerity, including buying ingredients, deciding on a menu, and cooking. After going through this tiring process, my mother's home-cooked meal that is finally served to me is the best, incomparable to the special dishes of any elegant high-end restaurant.

4. One of my favourite books is... "The Book Thief". I was recently introduced to this book by my daughter. This novel tells the story of a young girl who finds comfort and growth through books in the midst of the devastation of war. For the protagonist, Liesel, books were a refuge that healed wounds and pain, and a source of strength to endure the darkness. As a researcher studying language education, I was impressed by this book that reaffirmed the power of words and writing.

5. Someday, I will get rid of... the anger in my heart. Lately, I've noticed that anger arises in my heart when the situation I'm in doesn't meet my expectations. Sometimes, I express that anger toward the person in front of me, but I already know that this is never a good approach. It's important to develop the strength to manage and control my emotions, but even more crucial is cultivating an attitude of calmly accepting my surroundings without reacting sensitively.

IN WITH THE OLD AND OUT WITH THE NEW!!

BY COMCO SILVA

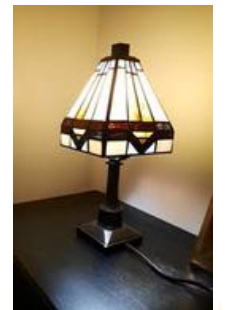
The other day I was in the SAH Centre and peeked at the books that are available for free on a table in the back. To my surprise I saw an ancient version of audio books in cassette tape format. Jokingly I showed it to some younger residents who were there, asking if they knew what it was. Even more surprisingly, it turned out that at least one of them had actually never seen a cassette tape before. For a moment I felt quite old. Don't get me wrong here – there is absolutely nothing shameful or pitiful about aging. Life is a gift and getting to grow older is a privilege. It just feels surreal sometimes because time flies by so quickly and I can't always comprehend just how old I suddenly am. These moments of realization seem to come to me in funny or embarrassing ways. The most embarrassing episode yet happened a couple of years ago: I was out shopping for a teenager, who had mentioned several brands of cosmetics that were popular, and made “must-have-items.” Maybelline and L'Oreal are apparently not brands worth considering, if you are young. Instead, the relevant brands have all sorts of cool, modern names, often hinting at words related to human reproductive actions and puns of all sorts. Old as I am, I had written down (yes, by hand!) some brands from the teenager's wish list.



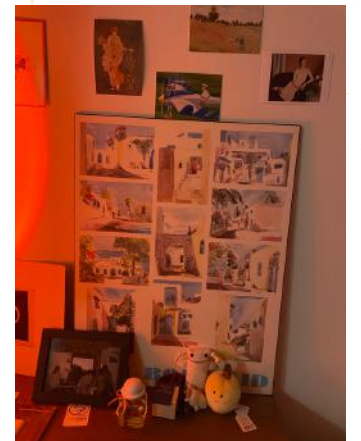
As I arrived at the somewhat upscale cosmetics store, I looked at my note and did a double take. The note was written in haste, and I wasn't fully sure what the name on top of the list really was, given my sloppy writing. I hesitated a bit, but figured it must be yet another new cool brand that I was not familiar with. To get the errand done quickly, I approached a staff member and said “I know this will sound very bad, but do you carry a brand called Too F***ed?” She looked at me in stunned silence, then quickly composed her professional self and replied, “no Ma'am, but I believe you mean Too Faced.” And that, my friends, was when I truly felt old and out of touch with modern things, but I held my head up high and made my purchase, then hurried out of the store and into my car where I let out a scream of embarrassment.

While old age might mean one cannot keep up with all the changes and new things, it also means possessing an invaluable wealth of experience and knowledge of things of the past. I have two dear friends, one turning 100 this summer, and the other still only 94, who have witnessed so many incredible changes in their lifetime. It is so interesting to hear their thoughts and memories. If you have elderly people in your life, I highly encourage you to make time to visit with them and hear their stories. Listening to someone talk about the olden days is even more fascinating than seeing relics like cassette tapes, and much more cool than any of those new inappropriate brand names!

YOUR PICTURES ON THE THEME OF



Decorating SAH units



Next month's theme: Peace

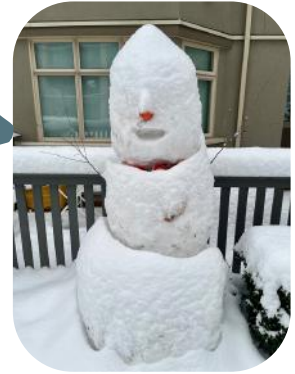


Send your photos to claire.tyler.lin@gmail.com

OUR COMMUNITY IN PHOTOS



Snow days!



Games Night





SAH BUY NOTHING GROUP

Buy Nothing facebook groups around the world help people reduce consumerism and bring communities together through generosity. The groups are both a place for people to post items they wish to donate and to ask for things they need. Though there is a formal West Point Grey Buy Nothing group that encompasses our area, Sumarme and I (Claire), thought it would be nice (and convenient!) to have an informal version within SAH.

Keep an eye on your emails for how to join the SAH Buy Nothing-inspired group!

To read more about the **Buy Nothing Project**, visit <https://buynothingproject.org>.



SUMMER OPPORTUNITIES

Looking for a summer job?

Love working with children or love cooking or being a lifeguard.... Discover what your summer could be...

This summer you could work at The Sorrento Centre, this Christian retreat centre near Salmon Arm is currently accepting applications for Summer Youth Staff. There are a variety of roles available so why not take a look and see if you could fit in.

<https://sorrentocentre.ca/we-are-hiring-2025>

Contact Jean at jjames@standrews.edu for job descriptions!



Or how about working at Camp Douglas?

Some of the staff and students here have worked at Camp Douglas which is on the Sunshine Coast; ask around see what they have to say about the experience. Lots of different roles available, discover your way of serving.

<https://campdouglas.ca>



TUTORING AVAILABLE!

Rebecca

English Tutoring Services for K - Grade 9 Students

Hello everyone! My name is Rebecca, and I am a graduate student specializing in Special Education with a focus on learning disabilities at UBC. I have been part of the SAH community since last year! I am offering a tutoring service for students at SAH who need additional academic support. Please see below for the details:



Subjects I Offer:

- English Language Development: Phonics, reading, and writing skills tailored to all levels.
- Standardized Test Preparation (SSAT, TOEFL, CELPIP): Assistance with comprehension, grammar, and test-taking strategies.

Why Choose Me?

- Experienced Educator: I have two years of experience as a homeroom teacher at an international school and currently teach at a learning center in Vancouver.
- Individualized Learning Content: My lessons are customized to suit your child's unique learning style and needs, with a strong understanding of the BC curriculum.
- Specialized Knowledge: My graduate studies equip me to support diverse learners, including those with learning disabilities or those seeking enrichment.

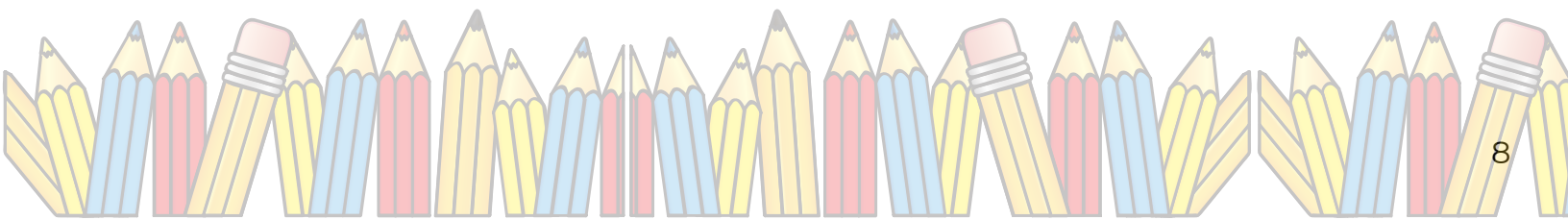
Flexible Scheduling and Competitive Rates

- I offer flexible dates and times to accommodate your family's schedule.
- Compensation is negotiable to ensure accessibility.

Location

- Sessions can be held at Saint Andrew's Hall, at your home, or online, depending on your preference.

If you are looking for a dedicated tutor to support your child's learning journey, please feel free to email me at rebeccac116@gmail.com to discuss your child's needs!



Mikayla's grandmother's tea biscuits



INGREDIENTS

- 3 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1/3 cup sugar
- 1/2 cup shortening
- 1 egg
- 1-1/2 tsp vinegar
- milk
- 1/2 cup more milk

INSTRUCTIONS

1. Stir together the 1st column of ingredients, then add shortening and blend with dry ingredients as for pastry.
2. Beat the egg in a cup with a fork, add vinegar, then fill the cup with milk.
3. Make a "well" in the dry ingredients and add a cup of liquid, stirring gently until the mixture is taken up. Next add a 1/2 cup more milk or enough to make a soft dough. Turn out on a floured board. Knead gently, pat flat and cut biscuits.
4. Bake at 350 F in a convection oven for 16 minutes.

Tip: Bake on 3rd rack position from bottom (to prevent from burning the bottom)

Coconut-Miso Salmon Curry

Recipe and picture from New York Times Cooking



INGREDIENTS

- 2 tablespoons safflower or canola oil [I used olive oil as that is all I had]
- 1 medium red onion, halved and sliced ½-inch thick (about 2 cups)
- 1 (1-inch) piece fresh ginger, minced (about 2 tablespoons)
- 3 garlic cloves, thinly sliced
- Kosher salt and black pepper
- ¼ cup white miso [H-mart sells this!]
- ½ cup unsweetened, full-fat canned coconut milk
- 1 (1½-pound) salmon fillet, cut into 2-inch pieces
- 5 ounces baby spinach (about 5 packed cups)
- 1 tablespoon fresh lime juice, plus lime wedges for serving
- Steamed rice, such as jasmine or basmati, for serving
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh cilantro

INSTRUCTIONS

1. In a large pot, heat 2 tablespoons oil over medium. Add onion, ginger and garlic, and season with salt and pepper. Cook, stirring occasionally, until softened, about 3 minutes. Add miso and cook, stirring frequently, until miso is lightly caramelized, about 2 minutes.
2. Add coconut milk and 3 cups water, and bring to a boil over high heat. Cook until liquid is slightly reduced, about 5 minutes.
3. Stir in salmon, reduce the heat to medium-low and simmer gently until just cooked through, about 5 minutes. Turn off heat and stir in spinach and lime juice.
4. Divide rice among bowls. Top with salmon curry, basil and cilantro. Serve with lime wedges for squeezing on top.

UPCOMING EVENTS

WATCH YOUR EMAIL FOR MORE DETAILED INFORMATION ON THESE EVENTS!

~ Weekly Events ~

Soup Nights

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



Full House Socials

Every **Monday 6-8 PM**
See p. 15

Christian Worship

Every **Tuesday 12-12:45 PM**
See p. 17



The Chosen - Viewing and Discussion

Every **Wednesdays 7:30-9 PM**
See p. 16 for more details!

RSVP

International Potluck

For all residents!

March 7th, 6-7:30 PM
See p. 12 for more details!

Sanctuary MH Course

8 Wednesdays 7-8:30 PM
In the Epiphany Chapel
See p. 14 for more details!

Mission: Joy Movie Viewing

Organized by the Multifaith Chaplains

March 6, 7pm
In the Epiphany Chapel
See p. 13 for more details!

RSVP



INTERNATIONAL POTLUCK DINNER

- **Friday, March 7th, 6-7:30 PM (CHAPEL)**
\$5 per person / \$15 per family
FREE if dish for ~ 8 people is prepared

The St. Andrew's Hall Comcos invite you to an exciting International Potluck Dinner. This event is a fantastic chance to connect with fellow residents and friends of the Hall and share in the celebration of global cuisines. Whether you're eager to showcase your cooking skills by preparing a favourite international dish to share or simply want to enjoy a variety of delicious food, there's something for everyone. Don't miss out on this fun and flavourful evening!

When: Friday, March 7, 2025, from 6:00 to 7:30 p.m.

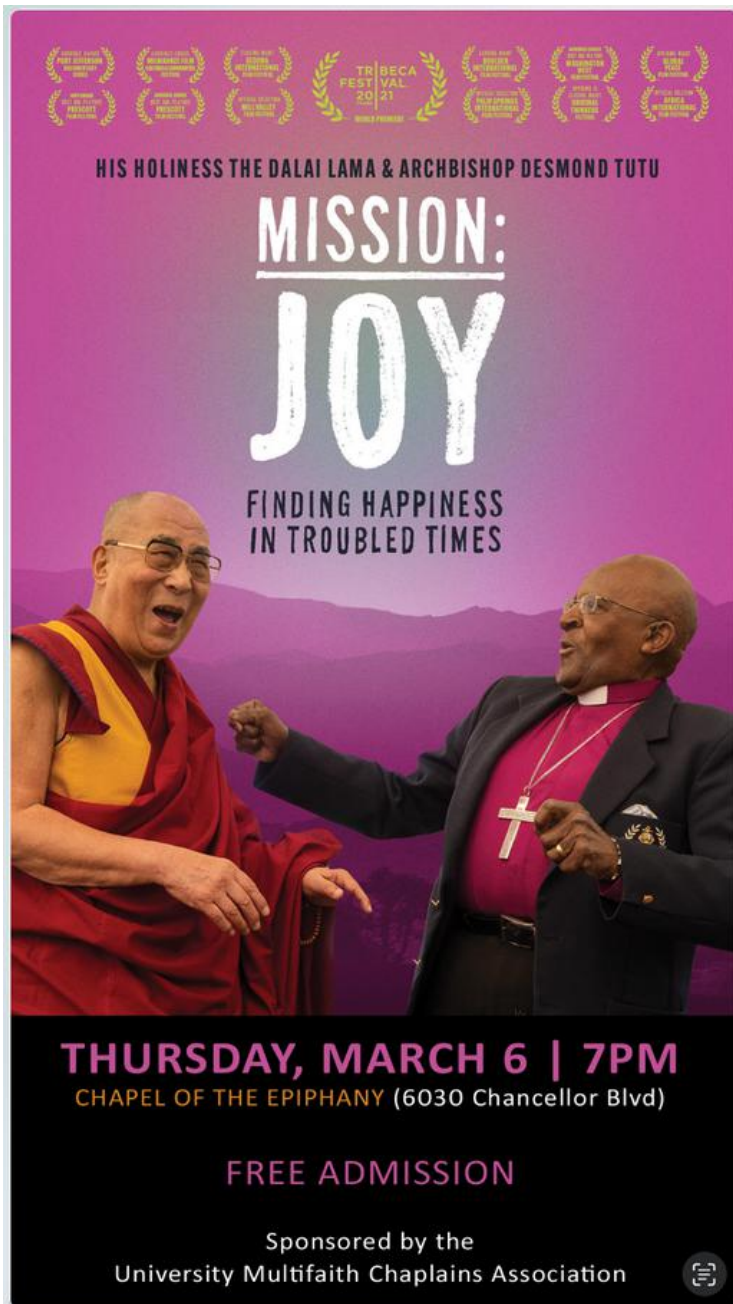
Where: In the Centre

Cost: Free if you bring an international dish that serves 8 people. For all others it is \$5 per person or \$15 per family.

RSVP: Please reserve your spot by March 6th, by clicking on [this link](#) or signing up on the sheet in the SAH reception lobby.

We will be collecting money donations for the AMS Food Bank on the UBC campus. Please donate whatever you can ... a loonie, a toonie, or more!
Local students and their families benefit from this foodbank.

Join the Multifaith Chaplains for the FREE showing of the movie, *Mission: Joy*. It takes place on **Thursday, March 6, @ 7 PM, at the Epiphany Chapel**. For SAH residents, that's only a short walk across the street on Iona Drive.



Deeply moving and laugh-out-loud funny, Mission: JOY is a documentary with unprecedented access to the unlikely friendship of two international icons who transcend religion: His Holiness the Dalai Lama & Archbishop Tutu. In their final joint mission, these self-described mischievous brothers give a master class in how to create joy in a world that was never easy for them.

*Inspired by New York Times bestseller *The Book of Joy: Lasting Happiness in a Changing World*, the film showcases the exchange between these two Nobel Peace Prize winners that led to that book.*

The film, featuring largely unseen footage captured over five days at the Dalai Lama's residence in Dharamsala, offers viewers a behind-the-scenes look at these luminaries as they recount stories from their lives—each having endured periods of immense hardship and struggle.

With genuine affection, mutual respect and a healthy dose of teasing, these unlikely friends impart lessons gleaned from lived experience, ancient traditions, and the latest cutting-edge science regarding how to live with joy in the face of all of life's challenges from the extraordinary to the mundane. Mission: Joy is an antidote for the times.

We'll watch the movie and then connect and share about it afterward. There will be healthy and not-so-healthy refreshments, too.



SANCTUARY

Mental Health Ministries

SANCTUARY MENTAL HEALTH COURSE

LEARN ABOUT:

- MENTAL HEALTH AND ILLNESS THROUGH PSYCHOLOGICAL, SOCIAL, AND THEOLOGICAL PERSPECTIVES
- CHALLENGING STIGMA
- SELF-CARE AND CARE FOR OTHERS
- RECOVERY

Offered by St.
Andrew's Hall and
Campus United

**WEDNESDAYS
BEGINNING JAN 22
7-8:30 PM
EPIPHANY CHAPEL
6030 CHANCELLOR BLVD**

More information
and register here
or email

chaplains@standrews.edu



FULL HOUSE SOCIALS



MONDAYS • 6:00PM - 8:00PM

FOR YOUNG ADULTS

STARTING JANUARY 20TH. IN THE CENTER :)
Contact Joe Ragbir - ragbir_87@hotmail.com

CHOSEN REFLECTIONS

A VIEWING AND DISCUSSION FOR YOUNG ADULTS

EVERY WEDNESDAY

7:30PM-9:00PM

Contact: Joe Ragbir
ragbir_87@hotmail.com
(514)-679-0070

In the SAH Center



SNACKS PROVIDED



Christian worship in the SAH Chapel



Every Tuesday during the term
12:00 – 12:45 pm

All SAH Residents and Friends are invited -
whether you're curious, committed, or
skeptical, there's a place for you

Questions? – Contact Rev. Sumarme Goble
chaplains@standrews.edu; text 604-782-2228

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.

Please send March submissions by **March 17!**

Cheers,
Claire

