

Friendship Facilitators

Elders, Sue Law, Patrick Phillips, Brian Gillespie, Irene Camp, Janice Ruggles-Bolton, Jane Thompson and Jean Brinkos will be partnered with **lay leaders**, Andie Wiens, Bob Cole, Evelyn Trites, and Janet Graham to facilitate the further creation of friendship and lines of support and encouragement among us.

PAR (pre-authorized remittance)

Please consider signing up for PAR particularly if you plan to be away in the winter. It is an efficient way of supporting St. Andrew's. Your offering will be debited from your account on a monthly basis. Speak with Evelyn. All she requires is a voided personal cheque.

Reaching for Rainbows

This after school program celebrating and empowering vulnerable girls is licensed by the Ministry of Education.



Ten Thousand Villages has now surpassed 1.3 million dollars in sales. And our sales were up 17% from 2016 to 2017.

Please remember the store for all of your gift giving needs.

ST ANDREW'S

Curious  Creative  Courageous



Mental Health: Yours... Mine
EDUCATE YOURSELF; BE KIND; TALK ABOUT IT

From now until the end of March we will discuss mental health. Themes include:

- It's time to be honest.
- Where does it really hurt?
- The trouble with "normal".
- Our addiction to perfection.
- Stigma: the self-fulfilling prophecy.

ST. ANDREW'S
LIVING THE QUESTIONS

Sunday at 10:30
www.standrewspicton.com

St. ANDREW'S

31 King St. Picton ON
e-mail: standrewspicton@bellnet.ca
www.standrewspicton.com

Minister	Lynne Donovan	613.476.1167 rev.lynne@sympatico.ca
Clerk of Session	Sue Law	613.476.8462 sue.al.law@gmail.com
Minister-in-Collaboration	Gordon Timbers	705.326.2296 gtrailer142@gmail.com
Artist-in-Residence	Thomas Eric Dietzel	613.921.2883 thomasericdietzel@hotmail.com
Finance	Al Law	613.476.8462 sue.al.law@gmail.com
Planned Giving	Patrick Phillips	613.476.0027 wigphill@sympatico.ca
Prayer Shawl Coordinator	Linda Nugent	613.476.3338 garlin@kos.net
Property Convener	Rick Caruso	613.476.9986 rcaruso@personainternet.com
Reaching for Rainbows Director	Tracy Cassells	tracy.g.cassells@gmail.com
Reaching for Rainbows Volunteer Coordinator	Jane Wollenberg	613.885.5391 jcwollenberg@gmail.com
Church Administrator	Evelyn Magnusson	613.476.6024

Office Hours: Thursday 10 am-1 pm

Address stigma

These 5 ways to communicate about mental illness show your support and can help those who struggle overcome their concerns about seeking help:

- Language matters - pay attention to the words you use about mental illness
- Educate yourself - learn, know and talk more, understand the signs
- Be kind - small acts of kindness speak a lot
- Listen and ask - sometimes it's best to just listen
- Talk about it - start a dialogue, break the silence

Ar scáth a chéile a mhaireann an daonie.

*Under the shelter of each other,
people survive.*

We are all just walking each other home.

- Ram Dass

Palm Sunday
Mar 25 2018
10:30 am

Welcome to St. Andrew's

We are a Circle of Friends on a quest to understand and to practice the transformational love of Jesus.

Centering

Music to welcome us in Tom Dietzel

Opening

We are respectfully mindful of the fact that we have been on the traditional territory of the Mohawks of the Bay of Quinte and the First Nation families that were before them.

We extend our gratitude this day to Chief Donald Maracle.

Invitation to Focus *Love's Sorrow*, Fritz Chrysler

Prayer

Song *Hosanna Loud Hosanna*, 218

Listening & Seeing

Readings

Message

Contemplation *'Til the Dawn*

Song *Holy Spirit Come to Us MV/75* (x3)

Responding

Telling our story

Gifts to support ministry

(guest envelopes are in the shelf in front of you)

Special Music

The Pastorale Symphony, Beethoven

Community-in-Action

Prayers for Ourselves and the World

The Lord's Prayer (from New Zealand)

Song *Ride on ride on the time is right*, 217

Benediction

Music to send us out

Join us for refreshments following the service today. We serve fair trade coffee from TTV.

Musician, Tom Dietzel, Maryl and Ernie Neufeldt

Artist, Rhonda Nolan

Weekly Schedule,

Tuesdays at 10 am, Christian Meditation

Thursday at 11:15, Mindfulness meditation with Brian Gillespie

Tues Mar 27, 1 pm

Reaching for Rainbows Steering Committee

Wed March 28, 1,

Finance Committee

Wed May 28, 7-9

Youth and Mental Wellbeing:

What Adults Need to Know

In partnership with Children's Mental Health Services & the ROC (Recreation Outreach Centre)

Wed Mar 28, 1-4

A Lenten Soul Collage Workshop

Preparing to Rise with Janine Kinch

\$25 pp (sign up at the back)

Mindfulness Meditation with Stacey Hatch

An 8-week emotion-focused mindfulness meditation group for people struggling with difficult emotions, facilitated by Stacey Hatch, PEFHT Mental Counsellor, Registered Psychotherapist.

(to sign up at the back; room for 8 participants; cost is \$30 for the workbook)

Easter Sunday, communion, trumpet

Easter Community Potluck at Lynne, 6 pm

Sign up and bring a friend (no one eats alone)

Theme for Eastertide, No one eats alone

Provide food and hospitality throughout the Easter season:

Sun April 8, Middle Eastern finger food

Sun April 15, Prepare traditional Indian Curry with Aneesh that we will share following the service

Sun April 22, Prepare food and set up the room to celebrate Earth Day

Sun April 29, Decorate the room to celebrate our friendship with the LGBT community

May 5, we are looking for 5 households to host a potluck to conclude the season

Christ on the Psych Ward (book review)

by David Finnegan-Hosey

Not only does this book break through stigma and shame surrounding mental illness by sharing David's story and encouraging others to share their own, but Finnegan-Hosey also sheds beautiful, life-giving insights into scriptures we usually read with the same tired old interpretation. As someone who has worked on behavioral health units, I found he didn't romanticize the psych ward, but rather found Christ where he could: in nurses, in meds, in fellow patients. As someone who has struggled with grief and hopelessness, I found this book offered me grace, reminding me that God's grace is sufficient, like manna in the wilderness, often enough to just get us through the day. He reminds us that God does not require our suffering, or rejoice in it, but that God suffers with us.