

The Olive Press

September 2016

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Editor's Letter

In the Company of Friends and Strangers

Welcome to the September edition of *The Olive Press*! In this issue we are focusing on the theme of 'Community'.

After the change of pace during summer, we're all likely getting back into our 'regularly scheduled programming'. The kids are back at school, clubs and groups have restarted, and we find our routines ramping up at breakneck speed.

The events in our calendars create the communities in which we have a place; the people we talk to while standing on the sidelines at a child's soccer game, the co-worker with whom we have lunch, or the person who attends the same event at Silver Harbour. People we know, but don't know well. In these interactions, how can we be a testament to Jesus?

I have a friend who spends a couple of weeks every summer on Galiano Island. Each year, she asks a family she doesn't know very well, usually from her daughter's softball league, to spend a few days with them. These are not friends from church, but people she sees on the sidelines. The invitation is her way of expressing God's love to others.

I'm not saying we should all now invite near strangers on vacation with us, but stepping out of our comfort zones and into our community can take many forms. And it can start for us today with our own community barbecue.

We hope you enjoy this issue of *The Olive Press*. We introduce you to the community of home groups at SASS; invite you to think of everything we do as part of our witness; and offer a craft for your kids and their friends to make together. There's plenty of great reading in this issue!

Blessings,

Karen

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The Lord's Supper:

We celebrate the Sacrament of the Lord's Supper on the first Sunday of each month: October 2nd, November 6th, and December 4th, during the 9:15 and 11:00 AM services.

Vision:

To be a God-Centred, Christ-Like, Spirit-Filled community church, actively serving and nurturing one another and our neighbours.

We seek to **Invite** people to enjoy the riches of Christ's grace, **Grow** in Christ together, and **Serve** with our passions and talents in Christ's Name.

Faith Fish Collection:

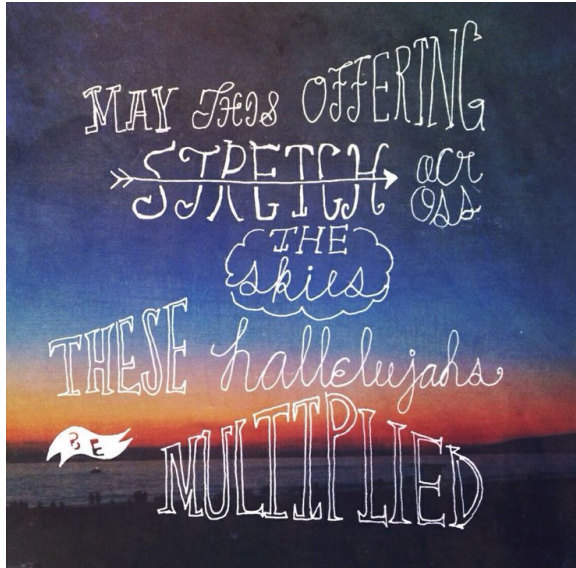
The next Faith Fish collection will be November 27.

Olive Press Submission Deadline:

Next publication date: December 4

Submission deadline: October 28

Email to: olivepress@sasspc.bc.ca



I NEEDTOBREATHE, U2?

I was surfing – not literally – but I was browsing the internet and one of my tabs was open to the MLB homepage (*MLB = Major League Baseball*). It was in the midst of the ‘All-Star’ break so I quickly closed down that tab, but as I was doing so, I saw something. At least, I thought I had seen it. I second-guessed myself. There was no way I had seen what I thought I had seen. I needed to check, so I called up the MLB homepage once again. Unbelievable. NEEDTOBREATHE.

During the MLB All-Star break, in addition to the Home Run Derby and the actual All-Star game, there is the All-Star concert series. This year, the main performers were OneRepublic, Tori Kelly, and Gwen Stefani. But those stars each had a guest performing before them. OneRepublic’s warm-up act, the band that musically threw the first pitch, was NEEDTOBREATHE, a Christian rock band.

I was shocked. What on earth was a Christian band doing playing at the MLB All-Star concert series? But that is not what shocked me. Yes, I was pleasantly surprised that they were playing, but I was completely shocked that I even questioned whether or not they should be playing. I actually caught myself questioning whether they truly were a Christian band.

So I googled NEEDTOBREATHE. They have just released their sixth album, of which three previously won Album of the Year at the Gospel Music Awards. They also won Group of the Year for four years running from 2010 to 2013. Did I need any more ‘proof’ that they were Christian? In 2008, their single ‘Signature of Divine’ won Rock/Contemporary Song of the Year. The song opens with these lyrics:

Cathedrals have tried in vain
To show the image of Your face
But we are, by Your design
The signature of divine

We'll always sing Your name
Forever and today

Yahweh, Yahweh...
Great is Your glory when You go before me
Oh, we sing...
Holy, Holy...
Your ways are lovely. So high above me
Yahweh

We are the signature of Yahweh, the Old Testament Sacred Name for God. Wow! Can you get any more Christian than that? But I was still wondering why they were playing at the ‘secular’ concert series? Then I noticed that one of their songs, ‘Multiplied,’ had been nominated for a Grammy, the Oscars equivalent of the recording industry.

We have sung this song at SASS.

God of mercy sweet love of mine
I have surrendered to Your design
May this offering stretch across the skies
These Hallelujahs be multiplied.

AMEN! The prayer of this incredible song was answered. NEEDTOBREATHE performed at the All-Star concert series. Their music, their worship, their proclamation of the Gospel, their witness to Jesus Christ was sung to people who may well have never stepped foot in a church. I shouldn’t be surprised, nor should I be shocked. I should be, and am, ashamed that I even questioned whether or not they should be singing at such a concert. It is exactly what witnesses should be doing.

The reality is we need more bands like NEEDTOBREATHE. I grew up listening to U2, and for years people questioned whether or not they were Christians. Why? Because they didn't sing songs that most Christians were singing in church on Sundays. Is that how we judge whether or not someone is Christian? Unless you are singing 'What a Friend we have in Jesus' on Songs of Praise on a Sunday night you can't be Christian? Nonsense. Jesus prayed to His Father in Heaven in John 17 that His followers would not conform to this world but as they went in to the world they would bring glory to God. NEEDTOBREATHE sang at the All-Star concert series. They sang songs of faith to an audience that perhaps has become disillusioned with church and God and all things Christian.

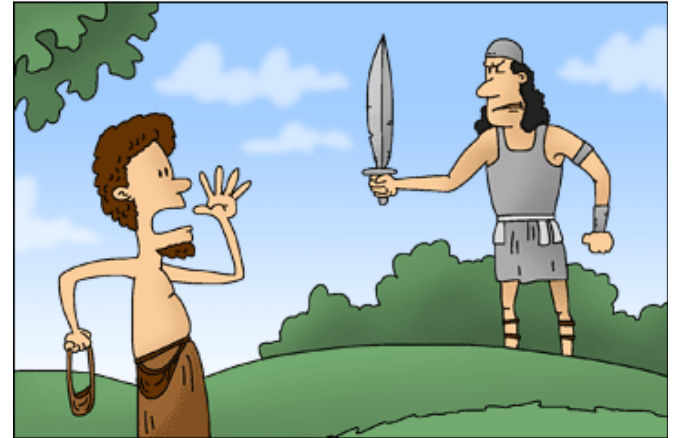
Shouldn't we be doing the same? Going to church on Sundays and doing the churchy thing is NOT what Jesus called us to be, and, more importantly, do. We are called by God to be His witnesses in the world. Living our faith in the midst of other Christians is easy. But we are called to go forth and in our everyday lives live in such a way that we testify to Jesus as our Lord and Saviour.

NEEDTOBREATHE got an incredible opportunity to perform on a stage that was not inside a church but in the world. What stage do we stand on every single day? Do people see us proclaiming the Good News, that in Jesus we have life in all its fullness? As the 'Signatures of Yahweh' may our living offerings bring glory to Him every single day, and may the proclamations of our voices and lives be 'multiplied.' AMEN!

God bless.

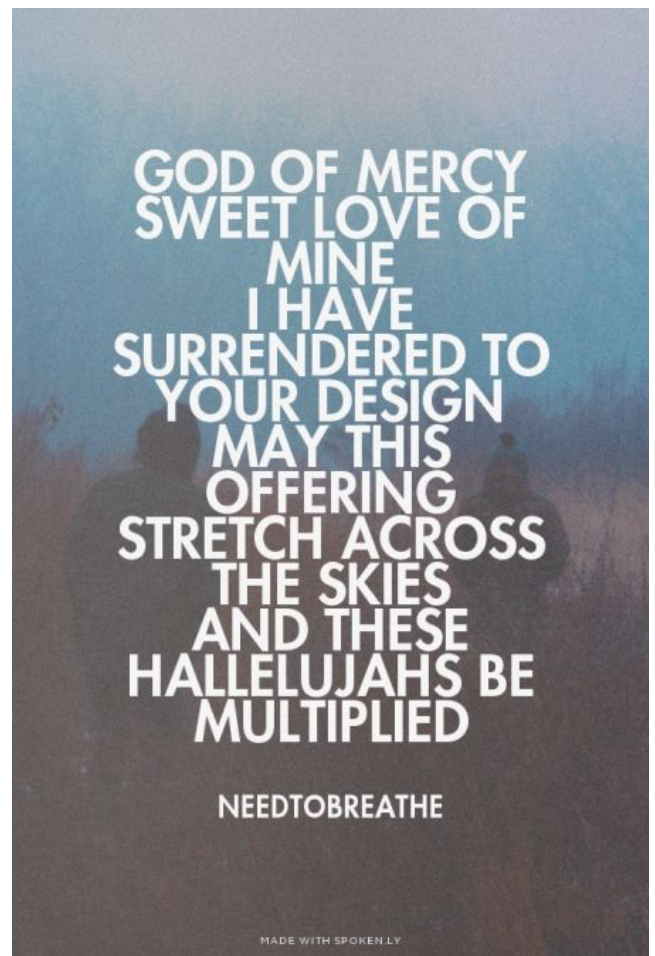
Martin

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Thanks to Ron Nunnelee (See 1Samuel 17) 08-15-2014

IT'S NOT SO MUCH THAT I'M BRINGING A SLING TO A SWORD FIGHT AS IT IS YOU BRINGING A SWORD TO A GOD FIGHT





SOMETHING TO CROW ABOUT

Submitted By Isobel Medcalf

As I was tending my garden earlier this summer, I was reminded of an incident that happened in our neighbourhood the year before. Late one hot Friday afternoon, there was a deafening cacophony of birds squawking out back of the house. When we ran onto the deck to see what was going on, we noticed the huge fir tree in the garden next door covered from its upper-most branches to its lowest with crows. We wondered what was causing them to be in such a dither until we observed our neighbour outside her kitchen door madly waving her arms around, trying to dislodge a crow that was clinging to her head! Eventually she pushed it off and ran inside the house. At once, all the birds quietened down and flew off.

Fast-forward five days to July 1st, Canada Day. It was another lovely sunny day, so after breakfast we opened the doors and windows, and I went out to the back garden to pick some flowers for the house.

I was bent over the flowerbeds when all of sudden a young crow landed on my back, flapping its wings like mad and clinging to me with its sharp claws. It gave me the fright of my life! I tried to shake it off but it clung even more tightly. Still hunched over, I scrambled back to the house, calling for Peter. He came out onto the deck and started laughing; he thought it was hilarious!

I knelt down on the grass shaking my shoulders vigorously until the crow finally let go. Then it just sat in front of me with beak wide open, crying for food. So I asked Peter to bring down some bread, which I broke up and gingerly dropped into its beak. My hand was a bit shaky; I missed a few times but the bird seemed to settle down after swallowing some morsels, and I went back into the house thinking no more about it.

Our daughter came over for a visit later that morning and when she departed, Peter and I walked her to the car. When we re-entered the house, it was to find a nosey crow perched on the arm of our living room chair! That was the last straw. Out came the phone book for the number of the SPCA. We soon discovered unruly crows were not their domain and I was given the number of the wild bird sanctuary in Burnaby.

As the woman at the sanctuary listened to my story, she acknowledged this had happened before. When a young bird was slow in fending for itself, the parents would make it leave the nest, but would stay around to see how it made out. She suggested we get the bird into a container and bring it to the sanctuary. She also said not to feed the fledgling as it would need to learn how to take care of itself. In addition, she mentioned that crows were very intelligent birds, and after some time in someone's company, that individual would be imprinted on the crow's memory for a long while. Great, I thought; I didn't really want to be this crow's new best friend.

To end the story, our neighbour took the bird to the sanctuary for us. But as she was leaving the facility afterwards, the woman in charge advised they couldn't take in the crow, after all. The sanctuary only cared for injured birds and this one was young and healthy.

So back it came to North Vancouver where it was set free. The crow stayed around the neighbourhood for quite some time until we couldn't recognize it or its cry anymore.

And I thought, "Roll on the summer, but preferably without me being a surrogate parent to another crow!"

MEMT's most-supported event of the year!



bike



walk



family-friendly



fun! (draising)



charities



displaced



vulnerable



exploited



team up



donate



volunteer

SASSRats (that's us)

(supporting) Ratanak International

October 1, 2016 (the big day!)



WHAT CAN YOU DO?

Pray - Ride - Donate online - Bake - Volunteer for our Rest Stop

www.rideforrefuge.org or talk to a SASSRat



FROM THE STACKS

Submitted By Eileen Maharaj

Nerdy Notes

- This past summer, 34 people participated in the Bag o' Books program and borrowed a total of 184 books.
- Our library contains approximately 3,600 volumes, including books for children, teens, and adults, as well as DVDs and CDs. We also have *The Presbyterian Record*, a national magazine published 7 times per year.
- There are eight volunteers who take on a number of jobs in order to ensure there are books available for borrowing. Three of our volunteers also have computer skills, which is a big help.
- Winnie Bradford has been our librarian for 30 years and recently decided to retire as of October. Many thanks, Winnie, for the wonderful service you have provided over the years! The library won't be the same without you.

Best o' the Bag

I greedily requested 10 books for summer reading this year, but advised Winnie that I am NOT crazy about Christian fiction. That said, one of the best in my bag was *The Trial*, by Robert Whitlow. The characters are well rounded and realistic. There is a suspected killer, a suicidal lawyer, a vengeful and powerful family wronged by the murder of a daughter. The family is so powerful, in fact, that it is difficult to find a defense lawyer. There are no goody-goodies in this tale, and none of the moralizing that often interrupts the narrative in a Christian novel. The suspense is maintained to the end. Altogether, a good read.

I enjoy reading biographies of famous people, but usually steer clear of autobiographies on the basis that it is hard to be truthful in writing about oneself. Here, again, I was surprised. In *Autobiography: The Story Of My Experiments With Truth*, Mohandas K. (Mahatma) Gandhi gives clear insight to the development of his guiding principles. The book was copyrighted in 1927 and translated from the original Gujarati. To the modern ear, the language seems quaint, but maintains an Eastern quality.

The book explains Gandhi's thought processes and the earliest days of civil disobedience, which later led to the famous resistance movement that brought about the end of the British Raj in India. Gandhi takes pains to give a systematic description of his ideas on religion, his struggles toward self-awareness, and his work in England, South Africa, and India. He is also brutally honest about his failings.

Although some Indian words are explained in footnotes, it would have been helpful to have an appendix giving translations and explanations. Otherwise, once you get past the stilted language, it provides excellent insight into the somewhat mystical mind of M. K. Gandhi.



Unstoppable

By Cynthia Kersey

What do Albert Einstein, Thomas Edison, Hans Christian Anderson, and Stephen J. Cannell have in common? The answer to this question can be found in *Unstoppable*, a book by Cynthia Kersey.

All four of these men had a learning disability that in no way related to intelligence, but was difficult to overcome. Each man became renowned for his perseverance against obstacles and made significant contributions in his chosen field.

Unstoppable details 45 “success stories” written in a very engaging way. You will find it a really interesting and uplifting book.

A Daughter’s Journey Home

By Dr. Linda Mintle

Let’s face it! The mother-daughter relationship can sometimes be very difficult. A daughter can feel that her mother still sees her as being incapable of managing her life; mother may feel that her daughter has no respect for her opinion on any subject.

Dr. Mintle has some very practical strategies to help release the often tense atmosphere that exists between two people who should be supporting and loving each other. She devotes a whole chapter to the key factor, *forgiveness*, in mending broken relationships, and quotes many of the references to this topic that we can find in the Bible.

Building The Christian Family You Never Had

By Mary E. DeMuth

This is another book found in the “Family Matters” section of our library. The by-line after the title is, “A Practical Guide For Pioneer Parents.” The author is referring to parents who have no guidelines for rearing children. As the title for the Preface puts it, “For Us, Parenting Is Uncharted Territory.”

This is a very honest account of a woman struggling with the effects of childhood neglect and abuse, which impacted her for a long time. She had to overcome feeling worthless, guilty, and inadequate, but thankfully found God and the gifts His Love brought to her soul.

Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.

- Hebrews 13:2

DIGITAL LIBRARY

New DVDs:

God in America: How Religious Liberty Shaped America
(Set of 3 DVDs – 6 hours total)

This is a fascinating and well-documented account of how religion evolved in America.

Disc 1: Early struggles – European missionaries and the Pueblo people

Disc 2: The Civil War – The abolition of slavery

Disc 3: The Second World War and the impact of the Billy Graham Crusades around the world

Thanks to Russil Shafer for this gift to the library.

God's Not Dead
(Film. 114 min.)

This is a very gripping account of a conflict between a university professor who is an atheist and a first year student who accepts the professor's challenge to prove that God exists. Don't miss it!





Members of Session are the spiritual leaders of the congregation. The Session consists of ruling elders led by the pastor and meets on a regular basis during the church year, while also holding special meetings during the calendar year if necessary.

Active members are:

Winnie Bradford
Jane Calland
John Edmonds
Colleen Finlayson
Gray Finlayson
Alan Hartley
David Jennings
Elizabeth Lilley

Dan Rausch
Everett Romain
Henry Romain
Bill Todd
Nicola Walton-Knight
Margaret Williams

Each member and adherent of St. Andrew's and St. Stephen's is assigned to an elder who is responsible for keeping in touch with them; however, if you ever have questions or need to contact your elder for any reason, please don't hesitate to do so.

Of course, you may not know who your elder is. Margaret Williams, Clerk of Session, or any other elder or member of Session will be able to help you connect with him or her.

Elders are always available for a time of personal prayer after each church service. You can ask any one of them to pray with you in the prayer room. There are also several inactive elders who may be available to pray with you. If you do not know an elder in the service you attend, please ask the minister as you leave.

In Christ,
Margaret Williams

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.

- Philippians 4:8



BOARD OF MANAGERS UPDATE

Best regards to all from the Board of Managers!

Here we are, heading into fall once again and we, the Board of Managers, would like to take a moment to introduce ourselves and provide an update on some of the projects we have been working on this year.

The Board of Managers is charged with careful stewardship of the church finances and maintenance of the building and facilities. Our church has over 1,000 events scheduled annually, which involves a tremendous amount of effort to set up and tear down. Our special thanks goes out to Steve Smith who takes on this role for each event.

Board members are elected at the Annual Congregational Meeting in February for a three-year term. Terms are rotated, so every year we elect three to four new members. If you are interested in joining the Board, please leave your name with Bill Todd, Rick Zimmer, or Nicole Pringle. We welcome all new members.

Present members are:

Chair – Rick Zimmer

Vice Chair – Nicole Pringle

Secretary – Retha van Vuuren

Ex Officio – Bill Todd (Session Rep), Jean Paul Booyens (Treasurer), and Annet Smit (Assistant treasurer)

Members – Chris Yee, Nonie Medcalf, Bill Hall, Jamie Anderson-Reid, Jordan Rausch, Craig Kincaid-Smith, Gordon Stokes, Wilco Koedood

This has been quite a busy year so far. Below is a list of just some of the tasks we've accomplished:

- Repaired the damaged front lawn caused by Schaefer beetles and treated with beneficial nematodes (microscopic worms). Thanks very much to those folks who came out to assist in this arduous task.
- Replaced the flowers at the front and back of the church.
- Replaced the broken curtain rod in the gym.
- Installed front sprinklers (required due to watering restrictions).
- Shampooed all rugs in the church.
- Repaired the folding machine in the church office.

While the use of the building was reduced during the summer months, we also did a bit of maintenance work:

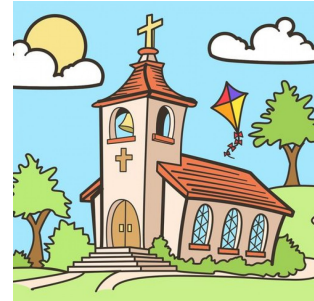
- Painted the office areas and all doors and frames.
- Painted new lines in the parking lot.
- Repaired and reinforced the back stairs.
- Extended the sprinkler system on the south side of the building.
- Washed all the windows.

While all these projects fall within the scope of this year's budget, within the next 3 to 5 years we will see a major expense before us. The roof over the gym is nearing its useful life and will need to be replaced at an estimated cost of \$100,000. As we plan the budget for the next few years, we will make provision for this expense.

In His service,

Rick Zimmer
Chair

Our church has over 1,000 events scheduled annually across the calendar - it is a very busy place!



Chickpea, Cherry Tomato, and Feta Salad

Serves 1

¼ cup canned chickpeas
½ cup cherry tomatoes, quartered
¼ cup crumbled feta cheese
1 tablespoon fresh lemon juice
2 teaspoons olive oil
1 teaspoon dried oregano
⅛ teaspoon salt
pinch of pepper

Rinse and drain the chickpeas. In a bowl, combine the chickpeas, cherry tomatoes, feta cheese, lemon juice, olive oil, dried oregano, salt and pepper.

Serve with crusty bread.



On short notice I received an invitation to attend Canada Youth, a conference organized by the Presbyterian Church in Canada. One of the adults travelling with seven youth and two college students was unable to attend at the last minute, so a few days before departure I was asked to go.

The conference was held at Brook University in St. Catharines, Ontario. There were around five hundred people attending, including youth, young adults, and volunteers. It was incredible to see so many young people involved in church. The slogan of the conference was “We Are At Home” and emphasized that wherever we are, we are at home with God. Additionally, there was a strong emphasis on love and compassion for the refugees and how, as Christians, we can respond to the refugee crisis.

There were different programs in which to participate at the conference. The youth program had workshops, fun games, and “casa groups” (*casa* means *home* in Spanish). The young adults, or college program, was entitled “Discipleship Track” and had different keynote speakers every day addressing interesting topics such as social media and technology, and faith and science. There was also a “Youth Ministry Track,” which was intended for youth leaders. Pastoral care, preaching, and leadership were some of the themes presented in this part of the program. Regrettably, I was only able to attend two presentations because I was an adult adviser for the casa groups.

In the keynotes that I could attend, I was encouraged to see that the materials and ideas

shared by the speakers were actually the same ones that we are using in our ministry at SASS. One of the speakers talked of a study that involved several high school students and it confirmed what I have always thought: students *want* to talk about their faith in their churches. They are actually expecting their churches to provide a safe environment so they can share their thoughts, doubts, and struggles with their faith. Sadly, in trying to attract young people many churches are focusing on just providing a safe place to have fun. But students are looking for something more. In the research, the youth expressed their struggles to share their faith, and even to acknowledge it with their friends, especially at school. Since most of their time is devoted to school, that leaves a tiny space for spirituality and faith in their lives; thus, they expect their churches to provide this space.

In my own experience, this is true. Several times I have been encouraged, and even surprised, by the serious, deep, and often difficult questions that our young people have about God and their faith. Many of them have also shared their deep desire to experience God in their lives. It was good to see this happening in other churches in Canada, as well, and to see that youth leaders are learning more about this and how to be prepared for the challenges that youth ministry presents. Canada Youth had a strong emphasis on the importance of understanding these challenges and how to be prepared to answer God’s call to pastor our young people.

Emphasizing the “We Are Home” theme, one day we were invited to reflect on those who have no

home. Through a dynamic that taught us about the reality of the refugee crisis today, we were organized into families of four or five, and then into larger groups, or “clans,” of five or six families. During this dynamic, we moved around campus and, in simulated situations, we had to face difficulties as refugee families do. For example, one member of each family had a disability and needed help to move about. As we were in a hurry moving from one place to another, we had to carry our family member in our arms. Finally, after several obstacles, we had to present our case to an “immigration officer,” asking for help and refugee status for our family. When the exercise was over, we had a full group discussion about what we learned and how, as Christians, we can answer God’s call to love our neighbour.

Another highlight from Canada Youth was the worship program, and the services at night were one of the best parts. I have participated in many youth conferences in my lifetime and, in general, they are all the same: a band plays contemporary music for one hour and then a speaker preaches. These services were very different, though. They were well planned and followed a liturgical pattern: a call to worship, prayers for confession and assurance of pardon, etc. Everything was very interactive, allowing the young people to be participants rather than spectators in a worship recital. This created a sense of unity and integration in worship that was inspiring.

Additionally, the worship music was very well planned. A folk worship band from North Carolina provided a warm worship atmosphere that included a very well arranged set of old hymns and new songs. I have participated in too many youth encounters where the worship is a little too happy, and even shallow. This was certainly not the case. The chosen songs talked about the struggles and pain that we sometimes find in life. It was just brilliant. It was also fun as we celebrated God’s presence and the hope of the Gospel.

Another spotlight of the worship nights was the preaching. It was relevant, well connected to the youth audience and, more importantly, the preachers challenged the faith of the young people and reflected the call to follow Jesus.

Canada Youth was a great experience that provided a space to share the concerns, challenges, and dreams of youth, college students, and people working in youth ministry in Canada. What’s more, it was a great opportunity for youth to spend time with their peers and see that there are many young people who are involved in church and want to follow Jesus.

Daniel





Based on notes from a workshop presented by Prof. Darrell Guder (formerly of Princeton, and now a Senior Fellow and Scholar at St. Andrew's Hall, UBC).

THE MISSIONAL CHURCH

Are We Living in the Past?

Submitted By Gray Finlayson

We are living in a post-Christendom world, so why do we still model our churches on the past? How did we get here and what do we do now?

The Early (Missional) Church

The early days of the church were a struggle. For about 300 years after Christ's death and resurrection, "The Way" was under attack by both the religious establishment and the Roman Empire. The fledgling church was surrounded by unbelief and church members were in mortal danger. Yet believers went out and spread the Good News and the church grew rapidly.

The very roots of the church are Missional.

When Emperor Constantine was led to Christ in AD 312, persecution abated, churches were granted privileges, and Christians were accepted in society. This was followed by a gradual growth in the political power, influence, and wealth of the church.

By the 6th century AD, the church influenced every area of life in the western world, even the calendar. A person was considered Christian by virtue of where they were born. The church had moved from a Missional church to a Christendom church.

The Christendom Church

Within the territories of Christendom, the churches attracted the wealthy and powerful. Anyone who aspired to be an "upstanding citizen" went to church.

Christendom assumes everyone is a Christian, so there is no need for missions.

The church focused on creating and passing down traditions to preserve the faith and serve the members. Mission was no longer a priority and Christ's Great Commission was largely forgotten. Even the Reformation that began in 1517 did not change this situation - not one statement coming out of this movement even mentioned missions.

The language of missions changed in the 17th and 18th centuries. The western world was discovering new lands all around the world and missionaries went out to every exotic destination with the explorers and traders. Mission became a task of the church, undertaken by the few who were called to it; not for those who stayed home.

This model of church and mission held until the beginning of the 20th century, when western society gradually entered the post-Christian era.

The Post-Christendom Church

In 1914, three Christian kings plunged the world into the Great War, which caused horrendous loss of life. World War II started just twenty years later and once again the main protagonists were the countries of Christendom. These wars caused huge social upheaval and disillusionment with all authority, including the

church. More recent revelations about abuses by priests and in residential schools further drove people from the church. The indirect result was the secularization of North America and much of Europe.

The church has lost political power and we now live, as Swiss reformed theologian Karl Barth put it: “in a society shaped by the providence of God and human confusion.” Church attendance is no longer a requirement of public reputation. Many people now regard the church as simply a place for baptisms, confirmations, weddings, and funerals. Even more people, however, have never been inside a church and don’t know what we do here. Faced with falling attendance and financial support, churches of all denominations are being closed to become condos, bookstores, and breweries. Yet the faithful remnant continues to “do church” and “do missions” as if we were still living in Christendom. That era is past. We are living in the post-Christendom era.

Why do we still “do church” as we did in the Christendom era?

The Missional Church

What do we do when we are no longer the big act in town? Do we cling to the comfortable traditions of our Christendom legacy? No, we need to accept the authority of Jesus over our lives and move back to our Missional roots. Christ gave us the Great Commission:

“All authority in heaven and earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you. And surely I am with you to the end of the age.” (Matt 28:18)

Mission must re-emerge, not as a church program, but as the very reason for church to exist.

This command to His disciples is still His command in the post-Christendom era. This is our fundamental purpose as disciples of Jesus. We don’t need to go overseas to become missionaries. Here, at home, we are surrounded by people of “all nations.” Our friends, family, neighbours, and colleagues are our mission field. We just need to change our understanding of why we go to church and become intentional about growing in our faith in order to share the Good News with others.

Mission needs to become the fundamental purpose of the church. It is not merely a line item in the budget; it needs to shape the church to nurture, equip, and support people to become apostles for Christ. This is a message we, the members and adherents of SASS, have been hearing from the pulpit for many years now. Let’s make the first step. Let’s take this message to heart and begin to think of everything we do in the church as part of our mission and witness to the post-Christendom world.

... think of everything we do in the church as part of its mission and witness to the post-Christendom world.

Dear friend, you are faithful in what you are doing for the brothers and sisters, even though they are strangers to you.

- 3 John 1:5

BARN DANCE

REFUGEE SPONSORSHIP FUNDRAISER

OCT.
8
2016

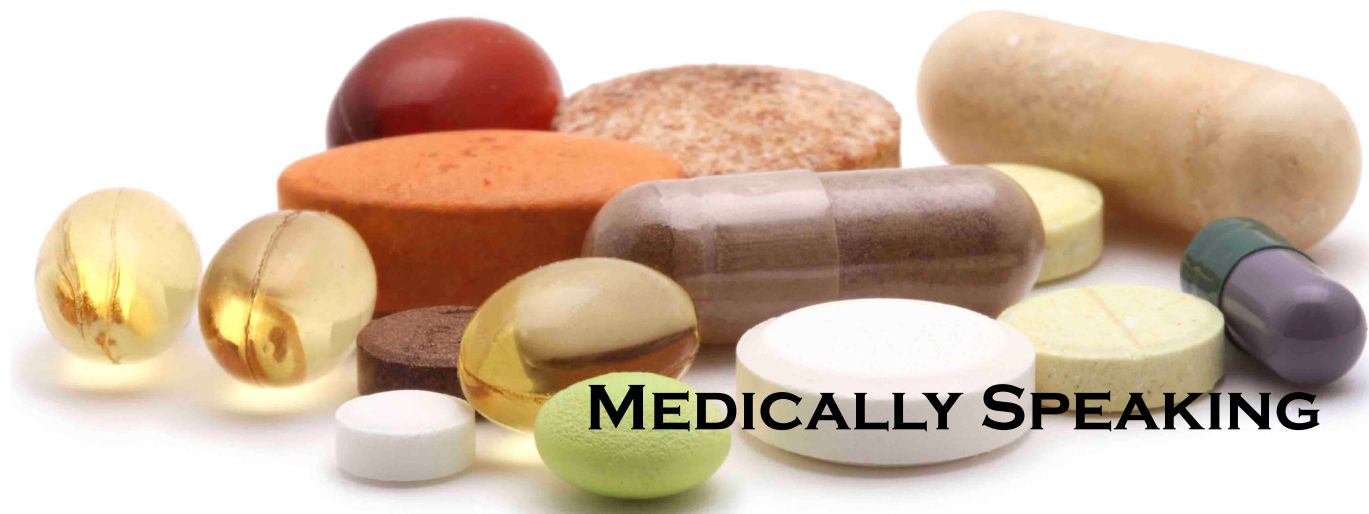


**Come on y'all,
kick up your heels!**

**Support Refugees
on the North Shore!**

- When:** 7-10 pm
Saturday, October 8, 2016
- What:** Barn Dance (Lessons included!)
Live Band - Sybaritics
Refreshments
- How:** \$25 per person (\$65 for families)
Tickets available in September at your church
- Why:** To raise support for the refugees on the North Shore
- Where:** Saint Andrew's & Saint Stephen's Presbyterian Church
2641 Chesterfield Ave, North Vancouver

In support of The North Vancouver Regional Ecumenical Support Team (REST), a partnership of 10 churches and individuals who have come together to sponsor refugees on the North Shore.



A Spoonful of Sugar Helps the Medicine Go Down

I will admit that to most I appear to have a rather reserved British personality. I speak in understatements, keep a straight face, and never get overly excited. Therefore, if you had been a fly on the wall in my kitchen the other day, you would have been amazed. I was ecstatic; dancing, hollering, and high-fiving all three kids whilst they looked on, bemused. What on earth was I so excited about that I totally lost my composure? That day was momentous, a day that has changed the rhythm of life in my house forever. On this day, all three kids finally managed to master the art of swallowing tablets, and I don't mean an iPad that would have required a rapid transport to the hospital! No, I mean those small round or oval compact medicines. Gone are the days of having to buy gallons of liquid Advil because four doses a day at 30mls each uses up a 100ml bottle rather rapidly. Gone are the days of having to choose which flavour to buy, knowing full well that one child isn't going to like bubblegum and would prefer grape. My life has suddenly become simple; the medicine cabinet is now stocked with tidy packets of tablets instead of sticky bottles. For all these reasons I threw caution to the wind and danced for joy around my kitchen.

So, shall I share the secret to my success? I came across an article in a medical journal that explained how some people find it very difficult to swallow tablets and so will resort to dividing them, crushing them, or even not taking them. Those options, of course, affect the success of the

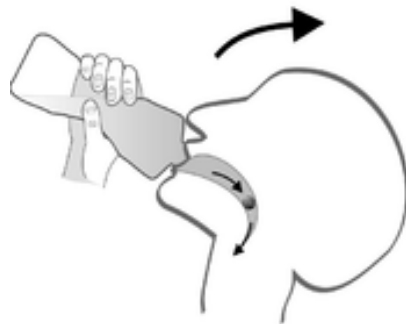
treatment plan. In fact, some tablets really shouldn't be altered at all because they are coated with a special film that ensures they are absorbed in the correct part of the gut, and if they are crushed, they won't get where they need to be. So the concern about altering the medicine to help it go down is quite a conundrum for medical professionals and an overlooked cause of treatment failure. However, there are some very successful tips that can be tried to help the art of swallowing. Most people try to swallow by placing the tablet in the center of the tongue, filling the mouth with water, and then tipping the head right back, hoping they will become a pelican and swallow the thing in one mighty gulp. I'm afraid we are not pelicans when it comes to swallowing, and our swallowing mechanisms don't work when tipped right back. The advice is actually the opposite, and differs a little depending on whether you are trying to swallow a tablet (dry and compacted powder) or a capsule (medicine inside a gelatin tube). In the medical trial comparing swallowing techniques, using these two simple methods improved swallowing of even large tablets or capsules by 88%.

How to Swallow Pills More Easily

Do you have trouble swallowing tablets or capsules, especially large ones? Do they stick in your mouth or throat? Do you have an unpleasant feeling while swallowing? If so, these tips might help. Something called the "pop-bottle method" can help you swallow tablets. And the "lean forward technique" can help with swallowing capsules. Here's how:

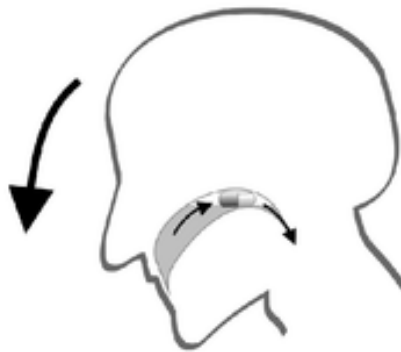
Pop-bottle method for tablets

1. Fill a flexible plastic water bottle or pop bottle with water.
2. Put the tablet on your tongue and close your lips tightly around the opening of the bottle.
3. Take a drink from the bottle, keeping contact between the bottle and your lips by pursing your lips and using a sucking motion. Swallow the water and the pill right away.
4. Don't let air get into the bottle as you swallow. You should feel the bottle squeeze in on itself as you swallow.



Lean-forward technique for capsules

1. Put the capsule on your tongue.
2. Take a medium sip of water, but do not swallow yet.
3. Bend the head forward by tilting your chin slightly toward your chest.
4. Swallow the capsule and the water with the head bent forward.



One word of caution: the 'pop-bottle' method may increase the risk of aspirating a tablet (sending it down into your lungs and not your stomach) if you have a true dysphagia. If you have been diagnosed with dysphagia, a condition that prevents you from swallowing easily, check with a health professional first before you try.

In my small sample size of three, which is not statistically significant, we found that the lean forward technique helped for both tablets and capsules, especially when the tablets were actually M&Ms!

If the consequences of reading this article cause you to dance around your kitchen in utter delight, please post any clips to the church website and let us all enjoy your success. I'm afraid I was totally unprepared for my experience so, luckily for me, there is no photographic evidence of my total lack of control!

Dr. Nicola Walton-Knight

<http://www.annfamned.org/content/12/6/550/F1.expansion.html>



LIFE GROUPS

Here are just a few of the home and Bible study groups happening at SASS:

Tuesday Night Bible Study:

Time: 7:30 p.m.

Location: The Koedood's Home

The Tuesday night Bible Study group meets at Wilco and Erika Koedood's home each week. This coming September, we will be using RightNow Media's video presentation on **Ephesians**. The group has been led for the past two years by Dr. Don Faris and enjoys studying the Bible, as well as sharing with and caring for one another. This small group has space for one more person; if you're interested in attending, please speak with Margaret Faris.

Thursday Morning Bible Study:

Time: 10:00-11:30 a.m.

Location: Church Lounge

The Thursday morning Bible Study begins on September 15th and is open to all. Pastor Daniel Martinez will lead us each week through an overview of "The Story of God" – that is, the main themes of scripture: **Creation, Fall, Redemption, and Restoration**. Please join us as we become more fully acquainted with God's glorious plan.

Thursday Night Cell Group:

Time: 8:00-10:00 p.m.

Location: Joseph Whiteside's Home

This is a home group that enjoys using different learning tools to study God's Word. Last year, we alternated between studying different books of the Bible (with the aid of study guides borrowed from our own church library – what a valuable resource!), watching the Reframe DVD series, and streaming a six-part topical series through RightNow Media. If you're interested in joining us, contact Karen Wood for further details.

Saturday Morning Women's Group:

Time: 10:00 a.m.-12:00 p.m.

Location: Church Lounge

The Saturday morning women's group welcomes women of all ages. We read and study a Christian book and its references in the Bible. Presently we are reading *Celebration of Discipline: The Path to Spiritual Growth*, by Richard J. Foster. We also pray together – for each other, the needs in our church family, and the world. This is a wonderful time of learning and coming to know other women in our church.

ANNOUNCEMENTS



Martin Alexander Conlon
Born on July 4, 2016 @ 10:42 p.m.
Weighing 6lbs, 1oz
Lions Gate Hospital



Graeme Conlon and Lourdes Perez de Lara
Proud parents

Next Edition of the Olive Press

Take a look on the bottom right corner of the front page
for the publication and submission dates for our
December edition of The Olive Press.
Your contributions are welcome!



JOY IS LIKE THE RAIN

The Singing Nuns

Submitted By Leola Romain

I saw raindrops on my window
Joy is like the rain
Laughter runs across my pane
Slips away and comes again
Joy is like the rain

I saw clouds upon a mountain
Joy is like a cloud
Sometimes silver, sometimes gray
Always sun not far away
Joy is like a cloud

I saw Christ in wind and thunder
Joy is tried by storm
Christ asleep within my boat
Whipped by wind, yet still afloat
Joy is tried by storm

I saw raindrops on a river
Joy is like the rain
Bit by bit the river grows
'Til all at once it overflows
Joy is like the rain

During the 1960s The Gateway Singers, a youth choir from Calgary, were guests of SASS. One song they featured was 'Joy is like the Rain.'

As a local girl in Port Alberni, I would walk everywhere, no matter the weather, especially the rain. In high school, I walked up a hill, through a gully, up the other side to a long straight road, arriving at last at Alberni District High School, which was located in an empty army camp. Depending on the weather, the terrain wasn't always easy.

We moved from barracks to barracks as we changed classes and crossed a parade square to have P.E. in the drill hall (yes, even in the rain). I remember there was always a soldier posted in the canteen where the students made their way to purchase cookies, candies, and other goodies.

As I look back over life, I see Christ walking with us in grief, in troubles, in happiness, and in joy. Christ is "behind us," "with us," and "before us."

So as life goes up the hill, through the gully, up the other side, and along the straight road, Christ is right there with us.

I ask you to read the lyrics to 'Joy Is Like the Rain' once more and let the words seep into your heart.

HERE I AM, LORD

Daniel L. Schutte

Submitted By Bernice Goddard



If you're like me, you'll often find yourself with a favourite praise song or hymn playing in your head as you go about your busy day. The chorus is easy to commit to memory, but as you move through the verses, you realize you don't remember all the words.

The song 'Here I am, Lord' is one such favourite of mine. I have the chorus down, but there are gaps in the verses when the lyrics just don't come to me. So I thought by submitting one of my favourite songs to *The Olive Press*, I, and others, could cut out the page, post the words on the refrigerator, or carry them around (in our hearts, heads, or pocket to check the words occasionally). It may make your day that much sweeter and someone else may hear you humming!

'Here I Am, Lord'

I, the Lord of sea and sky
I have heard My people cry
All who dwell in dark and sin
My hand will save
I who made the stars of night
I will make their darkness bright
Who will bear My light to them
Whom shall I send?

I, the Lord of snow and rain
I have borne My people's pain
I have wept for love of them
They turn away
I will break their hearts of stone
Give them hearts for love alone
I will speak My Word to them
Whom shall I send?

I, the Lord of wind and flame
I will tend the poor and lame
I will set a feast for them
My hand will save
Finest bread I will provide
'Til their hearts are satisfied
I will give My life for them
Whom shall I send?

Here I am, Lord,
Is it I, Lord
I have heard You calling in the night
I will go, Lord
If You lead me
I will hold Your people in my heart

CRAFT CORNER

Pony Beads are AWESOME!

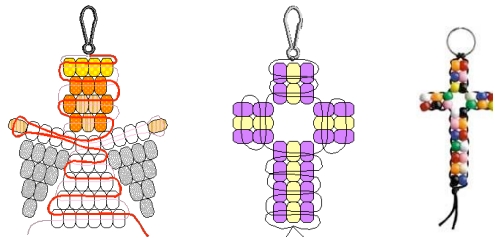
Submitted By Colette Doan



Found in any craft store, these inexpensive plastic beads are very versatile and create many interesting and fun crafts. You can use *plastic lace* or *gimp* to thread through the holes to create cool designs that hang off your backpack. Or melt the beads into motifs to hang outside as sun-catchers. Any way you use pony beads, you are sure to have fun while creating your spectacular patterns!



Here are some designs you can make using pony beads and gimp or pipe cleaners. Usually you use one strand of gimp and thread it through a row of beads from both ends. The gimp then passes through the opposite end of the row. Keep adding more rows of beads, securing each by running the gimp through both ends. Hopefully, you can see this process in the pictures below. If not, just google the design you would like to make, with the words "pony beads," and you are sure to get free instructions on how to make these super-cool zipper pulls!



Sun-Catchers are even easier to make.

1. Arrange pony beads in a design in a non-stick pan. This can be in a round cake pan, cupcake tray, or inside a cookie cutter on a non-stick tray. Really, this is your choice.
2. Melt the beads by putting the pan into a 400° oven for 20 minutes, checking every 5 minutes to be safe. Alternatively, you can melt them in your BBQ or a toaster oven outside. This helps with the awful burning plastic smell.
3. Remove from oven.
4. Cool in the pan.
5. Pop your design out of the pan and enjoy your creation!

NOTE: If you'd like to have a built-in hole for string, place a metal or ceramic bead on its side among the pony beads. The plastic will melt around it and you will have a hole for hanging string. Otherwise, you will have to drill a hole into the plastic.



COLOURING CORNER

