



# The Olive Press

## September 2018

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"Though you have changed a thousand times, He has not changed once."

Welcome to the September edition of *The Olive Press*. This time of year signals many changes such as the obvious change in seasons, our household routines, a new school year. Traffic patterns certainly change and sometimes we're not always prepared for the unexpected.

What a comfort to know that through all of life's challenges and celebrations, God never changes. His character, steadfastness, and love for every single one of us are the same today as they were in the beginning. Knowing God won't ever leave or forsake us, in spite of ourselves, allows me to take heart in the words of Hebrews 13:6, "So we say with confidence, 'The Lord is my helper; I will not be afraid.'"

As you read this latest issue of *The Olive Press*, discover how and where some of our youth have spent their summer; catch up with Elaine Holwell and hear about her plans for the next few months, as well as her immediate prayer needs; become an armchair traveller and journey to Israel, Jordan, Greece, and Italy on a pilgrimage through the Old and New Testaments. And, yes, as we prepare for autumn, try out our hearty soup recipe. I guarantee it will keep you warm on those cooler nights.

"To the King of Ages, immortal, invisible, the only God, be honour and glory forever and ever. Amen"

### St Andrew's & St. Stephen's Presbyterian Church

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### The Lord's Supper:

We celebrate the Sacrament of the Lord's Supper on the first Sunday of each month during the 9:15AM and 11:00AM 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 September 16th and November 18th.

### Olive Press Submission:

Email to: [olivepress@sasspc.bc.ca](mailto:olivepress@sasspc.bc.ca)





# American Ninja Warrior

## Martin Baxter



Heather and I were walking along the beach in Santa Monica and we came across an area that looked very much like an outdoor gym, with rings, high bars, and adult climbing frames. A group of guys, gathered at a set of monkey bars, were clearly in a training session as their attention was focused on one guy doing all the talking. He jumped up and grabbed hold of the first monkey bar and with one swift movement launched himself from the first bar, grabbing hold of the third, and then on to the fifth, and seventh, turning around with no effort whatsoever, he was back dangling from the first bar. I stopped and stared. I do that a lot. "Heather, I think that's Drew Drechsel, one of the biggest names in American Ninja Warrior, nicknamed the 'Real Life Ninja.'" It was.

I can't remember when I first came across American Ninja Warrior (ANW), but these past two seasons I have become a huge fan. I think it was because social media a couple of years ago was full of videos of Jessie Graf, the first woman ever to complete stage 1 of the Las Vegas Finals course. Jessie is an incredible athlete, all of the ninja warriors are, but Drew Drechsel is simply amazing. He makes these elements of strength and agility look easy, far too easy.

One of the aspects of ANW that has captivated me even more this season is the life stories of the ninjas. So many of them have either gone through horrible circumstances, illnesses or heartbreak, or they have journeyed with a family member who has.

This season Enedina Stanger only completed the first obstacle. She is far from being the best ninja, but what a warrior. Enedina used to be in a wheelchair and doctors told her there was nothing they could do for her. She has Ehlers-Danlos Syndrome, a group of disorders that affect the connective tissues supporting skin, bones, blood vessels and other organs. "Seeing my children playing, I wanted to be in that moment," she said. As she told her husband, "American Ninja Warrior, it's going to heal me or kill me." Her determination to fight, through exercise and diet, got her up onto her feet and tackling an ANW course.

Hers is just one of many stories of inspiration to draw you to these ninjas. The more you watch ANW the more you realize these ninjas are a family and they look after each other, support each other, encourage each other, and help each other to become their best.

When I first started watching ANW I wanted to be like them. Correction, I wanted to be able to do what they do. Wouldn't it be awesome to be able to do the salmon ladder, the jumping spider, and to be able to get to the top of the warped wall? Be honest, at some point in each of our lives we have dreamt about being a superhero, a superstar, an accomplished athlete. (Perhaps this is my opportunity to give a big shout out to Melina Stokes. Well done, Melina, for going to represent Canada this year in the World Mountain Running Competition.)

Now that I am a veteran American Ninja Warrior watcher I don't just want to be able to do what they do on the obstacles, I want to impact the lives of others like so many of them.

And I should be. We all should.

Enedina said, "American Ninja Warrior, it's going to heal me or kill me." It's going to either fill me with life or be the death of me. Like so many people, their effort on a show like ANW, or on a golf course, or soccer field, or baseball park, or sitting behind a desk, or deciding where to invest their finances, is a life or death scenario. We put so much weight on activities and materials and careers and education.



But as Christians we know the only true life or death decision. Jesus, or not! That's it. No matter what nuanced faith you have, when you boil it down to its core you, like me, believe Jesus is life. No Jesus means no life; it is death.

We have accepted that for ourselves and we celebrate it each and every Sunday. We come to church and sing praise to God for loving us so much that He would send His son to this earth to save us, by dying for us, instead of us, because of us. We accept that the God we worship is offering us life and that He is the only way to that life.

Part of accepting this for ourselves, the great privilege of being a Christian, is to also hold with it the responsibility to pass on what we know to others. Drew Drechsel spends his life training other ninjas to not merely do what he does but to become better at it than him. Who are we cheering on in their Christian lives? Who are we spending time with developing and encouraging and supporting?

Ten years ago, I became the lead pastor of this church. On the Sunday I preached for the call, I laid out my sense of what it means to be a Christian. In response to our Lord's love to us we are not called to come to Him and repay it Sunday after Sunday. He commissions us to pass it on, pay it forward. We are blessed to be a blessing. My sense of calling has not changed. I truly believe to be a Christian requires us to share our faith with others. To take a leap of faith and invite someone to come and hear the good news about Jesus. To join with a group of people who have not yet made it to the top but are helping each other get there.

Drew Drechsel has never finished all the stages at ANW and yet he is known as the Real Life Ninja. You see, it is not about finishing, it is about the journey to get there.

I am on a journey to become more like Jesus. The task I have been given is to teach us what it means to be a disciple of Jesus. We are all tasked by Jesus to share His love with others. How about we invite someone to come this fall? What's the worst that can happen; they say no, over and over again? What if they should say yes? What if lives could be changed because we got involved in their journeys and started training them to become fellow Christians?

Nine years ago in my LifeStream article (predecessor of *The Olive Press*) I quoted from John Ortberg's book, *When the Game is Over, It All Goes Back in the Box*.

"When I was in Ethiopia recently, I was struck, as so many westerners are, by the grinding poverty. While I was there, though, a man told me, 'in the West, you measure one's wealth by one's possessions. In this country, we measure wealth by one's friends.'"

I agree. Wealth should be measured by one's friends, or perhaps we should call them fellow ninjas. I am a hopeful believer that there are people drawn to what they see in other people. If we lived our lives like Christ, I am a hopeful believer that people would see Christ in us, even though they might not understand that is who they are seeing. Our job, then, would be to come alongside them and train them as fellow ninjas.

I wonder what it would be like if we all became Ninja Warriors.



# Camp Douglas



It has been a great summer at Camp Douglas. This year, I have been blessed with the opportunity to serve as co-director with Janet Eastwood. I've always had the highest opinion of Camp Douglas, but now that I have had the chance to be involved in its daily operation, I have an even greater appreciation for the ministry.

Camp Douglas is a great place to share the Gospel with kids who have never heard about God. In previous years as chaplain, and now as co-director, I've had such interesting conversations with children from different social and cultural backgrounds. I remember vividly the response from a teenager at one of our youth camps when asked what his church community looked like. He replied, "I'm not religious." That was thought provoking since we were mid-week and I had already shared three Bible studies from the Gospel of Mark, focusing on Jesus's message and mission. So I asked him, "What do you think about Jesus?" He answered, "I think He's cool." That was in 2015, my first summer at Camp Douglas as chaplain for the youth week. Later in the year, I heard that a few kids who had not previously been involved in any church wanted to be part of a Christian community to learn more about Jesus.

This summer as co-director, I had the opportunity to hear from cabin leaders about their experiences with the kids. I also had the chance to guide them on how to answer some questions that kids ask about God, religion, and life, such as "Does God really love me?" or "I think the Bible speaks against science, right?" Questions open the door for good conversation, not only with the campers but also with cabin leaders. Camp provides an ideal setting to be open and honest; it is a safe place in which the campers know that someone will always attend to their questions and listen to anything they want to share.

For some children, camp is the only place where they can ask these questions and hear about the Gospel.

Camp also provides space for college students and young adults to study scripture and learn more about their faith. Every year, Camp Douglas begins with "staff training week." All the hired and volunteer staff arrive one week before the campers to learn about camp policies, build relationships, and prepare the property to receive our first group in July. In my first year in staff training week, we also made time to have a Bible study every day. We studied the Gospel of John and had many good conversations about scripture, life, and my favorite theme, Jesus!

I still hold a dear memory in my heart of a session where we talked about forgiveness. We shared that no matter how much we have been hurt, Jesus challenges us to forgive. The true character of Jesus's disciples is demonstrated in their capacity to forgive and love one another as Jesus loved us and sacrificed for us. I treasure the conversations we had after Bible study; they show these young people are engaged and interested in God and in learning more from scriptures.

During the summer program, our chaplains also lead a weekly Bible study dedicated to the staff. We always take advantage of that. For example, Brad Childs (a.k.a. "Suzuky") shared a series of studies covering a variety of interesting and controversial issues such as abortion and euthanasia. I was delighted to hear how interested the staff was in attending the sessions and how good they thought the Bible studies were.



*Pictures: staff training week and Bible study with* <sup>3</sup>



Camp also allows campers, college students, and working young adults to develop friendships with their peers that last a lifetime. I've heard camp-goers announce, "My friend and I met here when we were seven," and I have witnessed kids from our own church building friendships through the years. Last year, we had a few young adults working at camp in our college group and I observed how their friendships and faith have continued to carry them beyond the camp environment.

This summer, I was able to experience camp up close and I am even more convinced that Camp Douglas is a great way for our churches to share the Gospel and to participate in God's Kingdom. Please support this amazing ministry with your prayers and donations because God is working there, affecting the lives of many children, including the ones who belong to our church community.





# BEST O' THE BAG

Eileen Maharaj



Every summer, my reading list includes missions, particularly from countries of which I know relatively little. These past few months I have focused on a more familiar location – South Africa. Although there are many South Africans attending our church, most of us know very little about the country.

Are you a world citizen? Do you know much about the world of the refugees for whom we pray, or the countries from which our neighbours come? What about the countries in which our overseas missionaries are working, or the communities where our own young people served – Colombia, Kenya, Mexico, B.C.'s north, or a world away - the Downtown Eastside?

I first visited the Republic of South Africa in the years of apartheid, which means 'apartness' or 'separateness'. This policy of segregating non-whites was abolished in 1994 when the first democratic election was held. Since then, South Africans have been working together in 11 official languages to heal the wounds caused by generations of apartheid. Last September, I returned there after 27 years and saw the progress that has been made.

I gained a much deeper understanding of the consequences of apartheid from two books in our SASS library. Both were written by white South Africans, a man of English descent and a lady of Dutch (Afrikaner) background. The first is a classic work of fiction published in 1948, *Cry, The Beloved Country* by Alan Paton. The second, *Country of My Skull* authored by Antjie Krog in 1998, was a report on the Truth and Reconciliation Commission, which was instituted in 1996 as a restorative justice measure.

The two books are like mirror images. Paton's book follows the lives of two families: one black, one white. It deals with the relationships on the individual and societal levels, the impact of one group upon the other, and the consequences for two fathers (one white and one black) who lose their sons. In the book, Pastor Msimangu says, "I see only one hope for our country, and that is when white men and black men... desiring only the good of their country, come together to work for it... I have one great fear in my heart, that one day when they are turned to loving, they will find we are turned to hating."

Fast-forward 50 years to 1998 when Krog's book was released. We find that Paton was uncannily prophetic. *Country of my Skull* records the testimony of victims and participants of atrocities committed in the declining years of apartheid. The truth is often gruesome, but was considered necessary to expose before real healing could take place.

One of the truly sobering considerations is how closely our two countries are linked. When the National Party of South Africa was making the casual apartheid traditions into official policy, they studied Canada and our treatment of our own native peoples and reserve systems. Following court action, as part of the Indian Residential Schools Settlement Agreement, the Canadian Government has established its own Truth and Reconciliation Commission, which opened in 2009 and was in large part modeled after the South African Commission. The sins of our neighbours seem so much greater than our own. In fact, probably the greatest difference is the proportion of native people to whites in our two countries.

In a much lighter vein, *Sometimes I Wake up Grumpy... and Sometimes I Let Him Sleep* by Karen Scaif Linamen is a quick read that had me laughing out loud. Wives and mothers will enjoy this. So will those who are neither.

# One Step at a Time

Leola Romain

Life is made up of a series of steps; each step is an event, a memory that shapes and informs you. I'd like to share the story of my life, one step at a time.

Step 1 – I was born in Victoria, BC.

Step 2 – When I was three years old, we lived in a log cabin outside the city. One of my earliest memories is of pushing a Swedish saw back and forth. You guessed it: the saw slipped and fell on my arm. I still have the scar; it runs from my shoulder to below the elbow although it's very faint after all these years.

Step 3 – I also recollect running down to a large, deep waterway called The Gorge one summer day. I couldn't swim, but guess what? I just kept running, right into the water. My sister Merla, a strong swimmer, hauled me out!

Step 4 – Later, we lived with my grandparents on my father's side for a time. One day, my father was doing some household repairs. He couldn't find a drill hole he had made; he said, "Go upstairs and put your finger down the hole so I can see where to place the drill." So, running upstairs, I did as I was told. Oops, now I no longer have the tip of my left index finger!

Step 5 – Moving to Port Alberni, BC, was a big step in my life. I began my schooling there, attending Grades 1 to 12. I also began my walk with God and my life of singing and conducting.

As well, there was one last scar to add to my collection. While playing hide and seek in a vacant lot, I hid in an overturned car top. A sharp edge cut my knee and I ran home. Merla once more came to the rescue. She sat me down, poured peroxide on the cut, bandaged it, and shooed me out of the house again: "Away you go, back to play!"

Step 6 – The Greatest Adventure: 64 years with Henry. In 1962, the Romains moved to North Vancouver where we continued our family walk with God at SASS.

Our children, Lydia, Everett, and Scott each married and gave us six grandchildren. And now we have a great granddaughter!

Step 7 – God called Henry home to be with Him in October 2016. I feel Henry next to God and in my nightly prayers I tell Henry I love and miss him.

Step 8 – I am now living at Amica and feeling more comfortable there each day. I have met new people and acquired new eating habits. I pray God blesses me with the gift of time through this stage so I can continue to worship, praise, and use my talents for Him.

In His love,  
Leola



# Footsteps of the Apostle Paul

Rev. Dr. Ross Lockhart

## A Biblical Journey through Greece and Italy

On June 10th, a hearty group of 36 disciples left Canada for a two week pilgrimage journey offered by St. Andrew's Hall and The Centre for Missional Leadership to follow the ministry and mission of the early church's greatest evangelist. The pilgrimage began in northern Greece at Philippi where we heard the conversion story of Saul to Paul on the Damascus Road, his first missionary journey through Asia Minor (modern day Turkey), and after his falling out with Barnabas, the Macedonian call to bring the Gospel to Europe:

"After Paul had seen the vision, we got ready at once to leave for Macedonia concluding that God had called us to preach the Gospel to them." (Acts 16:10)

At Philippi, we visited the traditional site of where Paul preached the Gospel to Lydia and worshipped in the ruins of the old city where we reflected on Paul and Silas's witness to the jailer and his family.



Icon of Paul at Philippi

Our journey continued over the next several days in Thessalonika where we read from 1 and 2 Thessalonians (arguably Paul's earliest letters) and onto Berea following his spread of the Gospel. We had a fascinating day at Meteora, a UNESCO World Heritage site, where the Greek Orthodox Church maintains monasteries in the most unreachable of locations!



Meteora Monastery, Greece

Our journey continued down to Athens and Corinth where we visited Mars Hill (Acts 17) and celebrated The Lord's Supper in Corinth on the Sabbath.



Communion at Corinth

We then took to the seas (something Paul did often in his missionary work albeit in less grand fashion as we did) visiting various Greek islands of biblical significance, including Patmos (Revelation 2), Rhodes (Acts 21), Crete (Acts 27), and a most memorable stop in Ephesus, Turkey.



Library, Ephesus, Turkey

Our pilgrimage group ended where the Apostle Paul's life and witness came to an earthly conclusion – Rome. We visited the Vatican, the Roman Forum, the Colosseum, and the Catacombs. We had a concluding service of worship in the chapel of St. Stephen at St. Paul's Church where it is believed St. Paul was buried.



Pilgrimage Group, St. Peter's Square, Vatican City

It was such a blessing to visit these different biblical sites, engage in daily Bible study and worship, delight in conversations of life and faith with fellow pilgrims, and hear daily "letters from home" that helped focus us on the spiritual task of engaging these historic sites with a living faith. Thanks to those from local Presbyterian churches who participated, including SASS, Haney, Coquitlam, and Fairview Presbyterian. Together, we walked in the footsteps of Paul and learned more about his life and legacy as a missionary of the risen Christ that encouraged us to find our own witness in 21st Century Vancouver.

#### Apostle

An enemy whom God has made a friend,  
A righteous man discounting righteousness,  
Last to believe and first for God to send,  
He found the fountain in the wilderness.  
Thrown to the ground and raised at the same moment,  
A prisoner who set his captors free,  
A naked man with love his only garment,  
A blinded man who helped the world to see,  
A Jew who had been perfect in the law,  
Blesses the flesh of every other race  
And helps them see what the apostles saw;  
The glory of the lord in Jesus's face.  
Strong in his weakness, joyful in his pains,  
And bound by love, he freed us from our chains.



# Kale and White Bean Autumn Soup

Thanks to [www.journeytothegarden.com](http://www.journeytothegarden.com) for permission to reprint this recipe.

When the brisk, slightly chilly breezes of autumn begin to whisk around, I start to crave warm soups made with all kinds of cold weather garden ingredients, such as squash, beets, cabbage, and in the case of this soup, kale.

While kale has become a more popular vegetable, many people still remember the tough curly kale that historically was only used to garnish dishes in restaurants, and if you were brave enough to try it, was pretty tough to chew. Curly kale is still probably my least favourite variety of kale. So what do I recommend? Dinosaur kale is definitely my favourite. It is also called Tuscan or Lacinato kale, and while the dark green colour of its leaves practically oozes vitamins and minerals, its texture is uniquely artistic and its taste, excellent.

This soup can be enjoyed on its own for those of you who are vegan or gluten-free, but for a more eye-catching presentation you can top it with Garlic Parmesan Toasts. I tend not to melt the Parmesan, as it doesn't melt particularly well. If you do want a melted cheesy topping, I suggest you try another cheese such as Gruyère, but you could also try Cheddar if you have nothing else handy.

Servings: 4

Time: ½+ hour

## Ingredients:

2 tablespoons olive oil  
1 medium onion, chopped  
1-2 garlic cloves, minced  
6 cups vegetable stock  
1¼ lbs potatoes, cut into bite-sized pieces  
2 – 14 oz cans of cannellini beans or other white bean, drained  
1 bunch kale, stems removed, chopped  
½ teaspoon salt or to taste  
½ teaspoon pepper or to taste  
¼ teaspoon nutmeg, ground



## Garlic-Parmesan Toasts (optional):

½ baguette  
Extra-virgin olive oil  
1 garlic clove  
½ cup grated Parmesan Reggiano

## Directions:

Put olive oil in saucepan and heat over medium heat. Add onions and cook until softened and slightly caramelized, anywhere from 5-10 minutes; add garlic and cook for another 1-2 minutes. Add the vegetable stock. Bring to a simmer and add potatoes, cooking about 10 minutes. Drain and mash one can of the cannellini beans and add to pot. Stir and then add remaining beans and kale, salt, pepper, and nutmeg. Simmer another 5-10 minutes, making sure potatoes are done. Ladle into bowls or, if you are adding the Parmesan toasts, see following.

**Parmesan toasts:** Cut baguette into rounds. Brush each round with olive oil. Put on a tray and broil in the oven, watching to make sure they brown nicely but don't burn. Remove. Brush each toast with a clove of garlic. You can then either arrange the toasts on top of the soup in a decorative bowl for presentation or garnish each soup dish with a toast or two. Sprinkle with Parmesan cheese and serve.

*Food for thought: "Autumn is a second spring, where every leaf is a flower." ~ Albert Camus*



**Vancouver Thunderbird Chorus**  
presents

*Come to the*  
**CABARET**

An a cappella extravaganza  
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the 1850s to present day!



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VANCOUVER THUNDERBIRD CHORUS | HARMONY WOMEN'S CHORUS  
FRASER UNION | SECOND INVERSION QUARTET | THE SQUARES QUARTET



# Fruit of the Spirit



How many times will the Spirit move you before Christmas?



**MOST NEEDED ITEMS:** Baked beans (small, medium), canned vegetables (small), canned meat and fish, pasta sauce – tomato or cream, canned tomatoes, peanut butter and spreads, canned fruit and fruit cups, granola bars, cookies, and crackers.

You may drop off in the **Harvest Box** inside the door of the church hall on Chesterfield. The box is checked every Sunday after the second service. If you prefer, **you may deliver it directly to the Harvest Project at 1073 Roosevelt Crescent.**



## Congregational Life Ministry Team

Everyone is encouraged to stay after the services each Sunday to spend time in fellowship with one another over a cup of tea or coffee.

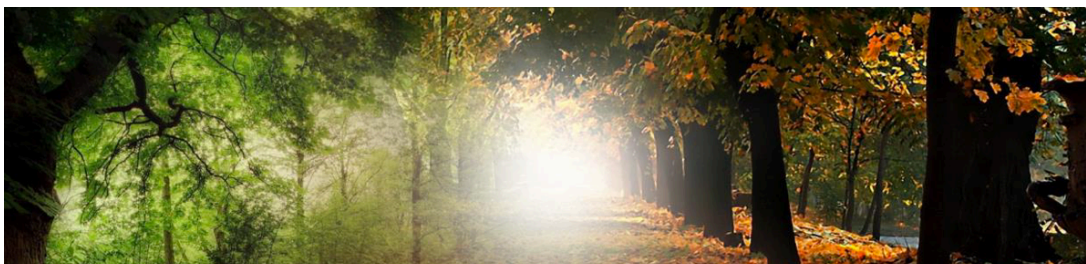
If you can help CLMT either to set up before the 9:15 am service or to clean up after the 11:00 am service, **please contact Moya Nazarewich at 604-987-9565.**



## Third World Eye Care Society needs a new co-ordinator.

Duties of this important ministry include delivering unused glasses to West Vancouver, where they are then distributed to developing countries and individuals who are unable to obtain eyeglasses and primary eye care.

Please contact the church office at 604-987-6800 if you are interested in helping with this ministry.



Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it... And do not forget to do good and to share with others for with such sacrifices God is pleased.

-Hebrews 13:1-2, 16

# Stirred Not Shaken: Faith Activated

Emily Lockhart



## Canada Youth 2018

During the first week of July this year, three hundred and fifty Presbyterians gathered at Brock University in the Niagara Region of Ontario to worship, play, and learn more about Jesus. We focused on Paul's teaching in 2 Timothy 1: 3-8.

The full group met together for meals, morning activity time, and evening worship. For the rest of the day, we were divided into different age groups,

which consisted of the youth track (14-17 year olds); discipleship track (18-25 year olds); and youth ministry track (18+), designed for those serving as youth leaders or pastors in congregations. There were teens and young adults representing Presbyterian churches from PEI to British Columbia. There was also a new "Next" track this year for adults wanting to experience a bit of Canada Youth.

Daniel Cho, Moderator of the General Assembly, and Emily Bissett from Calvin Church, Toronto, were our guest preachers. On the Monday, we explored 2 Timothy 1:3, introducing the theme of "Stirred not Shaken." On Tuesday, we continued our focus on 2 Timothy 1:3, expanding the theme to "Stirred in our minds by reflecting on God's Word that has been passed down to us through Christ's body, the church." The next day, we looked at 2 Timothy 1:4-5, "Stirred in our hearts where we reflected on how God has spoken in our lives and the role of the cloud of witnesses." Thursday was our "interruption day" where we focused on the issue of food security through the lens of 2 Timothy 1:6-7, "Stirred to action in our bodies & neighbours." During this session, I learned more about the mission work the Presbyterian Church is doing in Canada and around the world. Friday, we looked at 2 Timothy 1:7 – "Stirred in our souls reflecting on the spiritual gifts God has given us." We wrapped up on Saturday, delving into 2 Timothy 1: 6 and 8 – "Stirred to be bold."

Each day we met in our BOLD small groups to explore the themes and share in Bible study. Emily Hill was my small group leader and she was great; she works in Canadian Ministries in the national church office.

My favourite parts of Canada Youth were worship, small groups, and outdoor activities/workshops, including volleyball. Everyone was super welcoming and kind. Canada Youth 2020 will again be at Brock University and I would love if some SASS teens (girls and boys) would come to it – it's like Camp Douglas on a bigger scale.

In closing, I want to say a big thank you to SASS and the MEMT Committee for the financial support I received to help me attend and participate in the Canada Youth 2018 event!





# The Land of Milk and Honey

Elizabeth Law

Over four thousand years ago, God instructed Abraham to move his family to Canaan, the land flowing with milk and honey. He was to destroy all idols and worship God alone. In return, God promised Canaan to Abraham's family and all his descendants. Today, modern day Israel roughly resembles ancient Canaan, although the boundaries are still very controversial. It was in March 2018 that I visited this small piece of land, which is surrounded by the Mediterranean Sea to the west, Jordan to the east, Lebanon and Syria in the north, and Egypt in the south. I also followed Moses's steps on Mount Sinai in Egypt and the trade route to Petra, Jordan.

The reference to 'flowing with milk and honey' implied an abundance of food and agricultural richness of the land. Today, the country is not only rich in variety of flora and fauna but also in its diversity of cultures and religions. Its major sources of income come from the high-tech industry, mining and manufacturing sectors, and tourism.

Old Jerusalem is made up of Jewish, Muslim, Armenian, and Christian quarters. The most memorable part of my trip was the visit to Temple Mount, also known as Mount Moriah. It is the third holiest site in Islam behind Mecca and Medina and is also a revered site to Christians. Temple Mount is where Abraham attempted to sacrifice his son Isaac but God provided a ram as a substitute instead.

God led King Solomon to build the First Temple on the Mount in 826 BC. After it was destroyed by the Babylonians, the Second Temple was built in 516 BC and further expanded by King Herod The Great in 12 BC. According to the Gospel of John, it was in

this temple where Jesus lashed out against the money-changers and later was crucified a few hundred yards away. The Second Temple was destroyed by the Romans in AD 70 but the walls surrounding the compound still exist – most notably the Western Wall.

Today, Temple Mount is the site of the Dome of the Rock Shrine and the Al-Aqsa Mosque, which were built in the seventh century AD when the Muslims conquered Jerusalem. Temple Mount is accessible through 11 gates, but only the Mughrabi Gate is reserved for non-Muslims. Jews are strictly forbidden to enter due to the holiness of the site but are permitted to pray at the Western Wall, which is the closest point to the Mount. It was a spiritual experience for me to walk the entire length of the Western Wall via the underground tunnels and observe believers praying at the wall and cramming their prayer notes in the cracks between the stones.



We crossed the border to Egypt and traced Moses's climb up Mount Sinai in approximately the thirteenth century BC. Mount Sinai is the second highest mountain in Egypt and the pilgrim hike is 7 kilometres round-trip, which is not for the fainthearted. We arrived at the top in time to watch the sunrise and meditate on the Ten Commandments that Moses received directly from God.

St Catherine's Greek Orthodox Monastery is located at the foot of Mount Sinai and dates back to when the Roman Emperor Constantine's mother, Helena, identified this as the site of Moses's "burning bush" in AD 337. Muhammad, the prophet of Islam, frequently visited the monastery and engaged in discussions about science, philosophy, and spirituality with the Christian monks. To this day, it is considered to be the only monastery in the world to serve as both a church and a mosque.

Back in Israel, we travelled north toward the Syrian border and stopped at a lookout point where we could see the Golan Heights, a breathtaking view across Israel's Galilee and the flat plains of Syria. Then heading into Jordan, we visited Petra (which means 'rock' in Greek). It is one of the most famous archaeological cities in the world, a UNESCO World Heritage site, and one of the Seven Wonders of the World!

We were in awe when Al-Khazneh (the Treasury) came into sight as we exited the tall canyons of Petra. The massive façade (30 x 43m) of this visually stunning mausoleum was carved entirely out of the mountain to provide an elaborate tomb for the Nabataean king in the first century AD. Petra became the capital of the Nabataean Empire from the first century BC and prospered through the trade of frankincense, myrrh, and spices. The excavations depict the inhabitants as worshippers of the sun, and as part of their worship they offered human sacrifices. It was because of these and other abominable practices that God instructed the Israelites to denounce idolatry and to destroy the heathen places of worship.

Returning to Israel, we could not bypass a visit to Bethlehem where Jesus was born. No longer a 'little' town, Bethlehem is located on a hill south of

Jerusalem in the West Bank. We visited the Church of the Nativity, which was constructed in the fourth century AD by the Roman Emperor Constantine. It was quite overwhelming standing in a building that was built on top of a cave believed to be where Jesus was born! We continued to 'follow' Jesus's life in Nazareth where He grew up and, which today, is the largest Muslim Arab city in Israel.

We sailed in a wooden boat on the Sea of Galilee and remembered how Jesus walked on its shores and recruited four fishermen as His first disciples.

We prayed on the Mount of Beatitudes where Jesus delivered His famous Sermon on the Mount and admired the remains of the largest Byzantine monastery in Kursi that dated back to the fifth and sixth century BC. This is the area where Jesus drove out the devils of a madman into a herd of swine, who "ran violently down a steep place into the sea and were choked in the sea." (Matt 8:32)

We continued west until we reached Caesarea. Pontius Pilate, a Roman prefect who presided over the trial of Jesus in the first century AD, made his base here. We visited the Upper Room in Jerusalem where, according to the New Testament, Jesus had His Last Supper with His disciples before His capture. The foundation of this two-storey building dates back to the first century AD and is located directly above the Tomb of King David.



We drove to the top of the Mount of Olives to enjoy a panoramic view of Jerusalem. We subsequently walked down the hill to the site believed to be the Garden of Gethsemane where Jesus prayed and was arrested the night before His crucifixion. We joined our guide on an evening run in Jerusalem and followed the Via Dolorosa, which was the path that Jesus took on the way to His crucifixion. The climax of our trip was a visit to the Church of the Holy Sepulchre, which was built in AD 326 on top of the hill known as Golgotha where Jesus was crucified, buried, and resurrected. The church was built by Roman Emperor Constantine and excavations support the location of the cross and the tomb which are the most lavishly decorated parts of the church today.

I would recommend to anyone who wants a deeper understanding of the Bible to visit Israel. As we studied the Book of Exodus at our Thursday night Bible study, the stories came to life for me as never before. It is easy to question God during challenging times, and even doubt whether He is with us, or that He truly exists! The Bible tells us to have faith and "Believe in the Lord Jesus, and you will be saved—you and your household." (Acts 16:31)

My faith was further strengthened from having actually seen the ruins of the ancient cities and temples from the time of Abraham, Moses, and Jesus. God continues to perform His miracles by preserving the ruins of the past so that we can see and believe in Him. "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed." (John 20:29)

## Celebrations



Joseph Whiteside and Jin Park were married on May 26, 2018.

*May you "never walk alone"*

Jean Paul Booyens and Stefanie Beute were married on July 7, 2018.



Photo credit Alder and Grey



# Celebrations



Thelma Lindsay celebrated a milestone birthday surrounded by family and friends. Pictured is Thelma with her first great grandchild.



Hugh and Jessie McCready celebrated their 60th wedding anniversary on August 9, 1958.



Reverend Bob Allison celebrated his 90th birthday on August 13th.



## In Memoriam

*Ian Adair Bradford*  
*January 1, 1929 – April 14, 2018*

Ian passed away peacefully on April 14, 2018. Ian served as a Ruling Elder at St. Andrew's & St. Stephen's for many years. He is deeply missed.



# Our Youth Missionaries!

## Summer 2018



### **Brynn Stokes**

Brynn was off to Seeds of Love and Hope International Society in Medellin, Columbia at the end of August 2018. She attended this mission with youth from Coquitlam Presbyterian. Please continue to pray for her impact on other youth.



### **Chrissy Scott**

Chrissy was at Camp Douglas on the Sunshine Coast this summer working as a senior cabin leader. We give thanks for her enthusiasm in showing God's love to the camp kids.



### **Kayleigh Doan-Adams**

Kayleigh served at Yugo Ministries in Ensenada Mexico as an intern. She helped teams from Canada and USA build many houses. Please continue to uphold her in prayer.



### **Rebecca Rausch**

Rebecca is serving and supporting New Hope Education Centre in Kenya. She has recently returned from her second visit. Please, pray for the children of the Centre that God continues to provide for their needs.



### **Nate Hartley**

Throughout the month of May, Nate was in northern BC participating in community outreach at Lake Babine Nation as part of a missions team sent by TWU. Throughout the rest of the summer, he worked for Inner Hope Youth Ministries based in East Vancouver to provide wrap around support for at risk youth and young adults.

# Egg Carton Crafts

## For this project, you'll need:

- Egg cartons
- Paint – we used acrylic, but tempera paint is less staining
- Pom poms for the turtle heads
- Googly eyes
- Pipe cleaners for the turtle legs and the caterpillar antennas
- Green craft foam for the frog's legs
- Scissors
- Hot glue gun

### Caterpillars

- For the caterpillar, simply cut off one row of an egg carton all in one piece. Then trim it so that it would sit flat.
- Paint each section of the caterpillar with acrylic paint. It would be fine to use tempera paint if you want since acrylic does not wash out of clothes. It is nice for the vibrant colors and the fact that it isn't chalky, but beware.
- The extra large googly eyes were perfect for this caterpillar. Use a nail to poke holes for the antennae. Then secure them with a little glue.

### Turtle

- For the turtle, simply paint one egg carton section. Let the paint dry and then add details to the shell with a second color.
- To assemble the turtle, you'll need a pom pom ball for the head, some googly eyes, and pipe cleaners for the legs and tail.
- Fold each leg piece in half and then twist it together. Then I hot glued the twisted end to the inside of the shell.

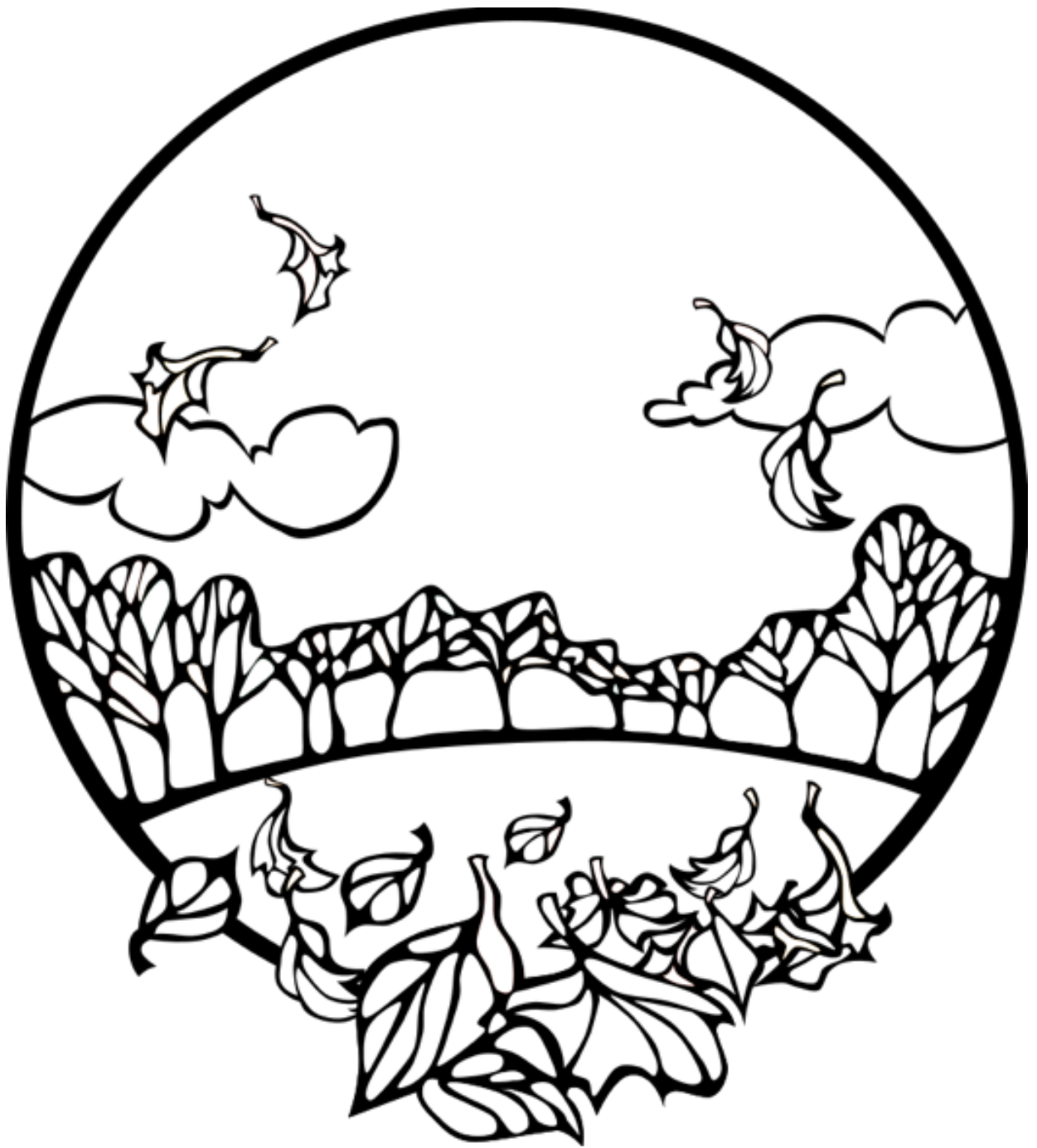
### Frogs

- The frog is so simple to make. Just paint the egg carton solid green. Then glue on googly eyes and cut out feet from craft foam. I attached the feet with hot glue.





Colour and add any details you like.



Q: What happened to the plant in math class?

A: It grew square roots

Q: How do you make 7 an even number?

A: Take the 's' out

Q: What do you call an alligator in a vest?

A: An Investigator

Q: What do you get from a pampered cow?

A: Spoiled milk

source: <http://www.jokes4us.com/miscellaneousjokes/schooljokes/kidjokes.html>

# Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

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LAVEES

--	--	--	--	--	--

BEEESTRMP

--	--	--	--	--	--	--	--

SVRTAEH

--	--	--	--	--	--	--

TECTHUNS

--	--	--	--	--	--	--	--

AUMUTN

--	--	--	--	--	--

ATOLFLOB

--	--	--	--	--	--	--	--

Q. What do you get when you drop a pumpkin?

--	--	--	--	--	--