



The Church
of St Andrew
and St Paul

3415 Redpath Street, Montreal, Quebec H3G 2G2
T: 514-842-3431 F: 842-3433

Inside•Out

Fall 2023

Worship

SUNDAY, NOVEMBER 5

23rd Sunday After Pentecost, 11:00 a.m.

The Rev. Dr. Glenn Chestnutt

SUNDAY, NOVEMBER 12

24th Sunday After Pentecost, 11:00 a.m.

The Rev. Dr. Glenn Chestnutt

SUNDAY, NOVEMBER 19

25th Sunday After Pentecost, 11:00 a.m.

The Rev. Susan Brasier

SATURDAY, NOVEMBER 25

Maison du Parc Benefit Concert, 7:30 p.m.

SUNDAY, NOVEMBER 26

Christ the King Sunday, 11:00 a.m.

The Rev. Dr. Glenn Chestnutt

SUNDAY, DECEMBER 3

1st Sunday of Advent, 11:00 a.m.

The Rev. Dr. Glenn Chestnutt

SUNDAY, DECEMBER 3

Christmas Pageant, 4:30 p.m.

SUNDAY, DECEMBER 10

2nd Sunday of Advent, 11:00 a.m.

The Rev. Susan Brasier

FRIDAY, DECEMBER 15

Carols by Candlelight, 7:30 p.m.

A&P Choir; brass and percussion ensemble

Jonas Apeland, Organist

Léa Moisan-Perrier, Conductor

SATURDAY, DECEMBER 16

Carols by Candlelight, 5:00 p.m.

A&P Choir; brass and percussion ensemble

Jonas Apeland, Organist

Léa Moisan-Perrier, Conductor

SUNDAY, DECEMBER 17

3rd Sunday of Advent, 11:00 a.m.

The Rev. Dr. Glenn Chestnutt

WEDNESDAY, DECEMBER 20

The Longest Night Service, 6:00 p.m.

SUNDAY, DECEMBER 24

4th Sunday of Advent, 11:00 a.m.

Christmas Eve Family Service, 4:30 p.m.

Christmas Eve Service, 11:00 p.m.

The Rev. Dr. Glenn Chestnutt

The Rev. Susan Brasier

SUNDAY, DECEMBER 31

New Year's Eve Service, 11:00 a.m.

The Rev. Susan Brasier



Welcome to Our Church!

What's inside Inside•Out

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Greetings from the Minister

Trust God with your worries



After a hiatus of a couple of years, it is wonderful to welcome you to the latest edition of *Inside Out*, edited for the first time by Yilin Chen and Josh Walonoski. Much has happened since our last edition. We welcome Jonas Apeland, who joins our staff as Organist and Director of Music, as well as Léa Moisan-Perrier who joins us as Choral Conductor, and last but not least Miranda Huybers, our new Office Administrator and Communications Coordinator.

I hope that you have been able to rest over the summer as we have a lot to look forward to during this new season of church life. At time of writing, we have just celebrated Welcome Back Sunday replete with a reception and a hymn sing! At The Church of St. Andrew and St. Paul, Fall and Winter are full of many varied activities and experiences for people of all ages: from the Pumpkin Ball, the Fall Fair and other charitable events to Remembrance; from the Advent Chapel Services, the Pageant to Carols by Candlelight and our Christmas Eve services, to the varied bible studies we hold as well as YAM activities and services with our indigenous brothers and sisters.

At all times we are called to give thanks and show gratitude to God for God's blessings to us. This sentiment is wonderfully captured in Philippians 4: 4-7 which reads:

From the Church Registrar



In Memoriam

Dr. James Lawrence Hutchison

February 9, 2020
(Memorial May 2022)

Isabel Fitzgerald Murray

November 27, 2021
(Memorial June 2022)

Carolyn Jeanette Kelly
March 17, 2022

Deborah Joan Oates
March 18, 2022

Maurice Howard Gilchrist
August 3, 2022

Wayne Kerr Riddell

Director of Music Emeritus
November 6, 2022

Margaret Glassford

May 23, 2023

Armand de Mestral

June 16, 2023

Violet Lockwood-Drummond

July 1, 2023

Neil Mackay

July 15, 2023

Brian Merrett

Sept 21, 2023

"Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

What Paul, the author of these verses is not saying is that there is nothing to worry about or that the things we worry about are unimportant. No. Rather he is calling us to rejoice in every circumstance we find ourselves in by placing our anxieties, fears, and concerns in the context of our relationship to God. Holly Hearon in *Working Preacher* puts it this way: "We are invited to make ourselves known to God, and to ourselves, at our points of greatest vulnerability. Further, we are told to do so with thanksgiving [before we even know an outcome]. Thanksgiving, in this way, becomes an expression of our openness [and trust in God], because we have confidence that we will be supported and sustained by the One who is faithful."

She continues; "Paul concludes ... with the promise of peace. The peace that Paul speaks of is a gift because it is produced by God. Yet it is not a gift to be received passively; to be set on a shelf and admired. Nor is it an act of divine intervention that suddenly makes all things right (at least, from our perspective). It is a peace that pushes the limits of our imaginations, challenging us to constantly reconsider what it is that makes for peace, for whom, and how. It is also a peace that guards our hearts and minds in Christ Jesus. ... A peace that protects us not only from the influence of outside forces, but sometimes from ourselves. God's peace protects us by drawing us deeper into relationship with Christ, the source of our joy."

These are words for us to reflect upon as we begin a new season at The Church of St. Andrew and St. Paul. May they also be words that show us we have much to be thankful for.

Your minister and friend,
Glenn

Editors' Note

We are deeply honoured to step into the roles of editors for *Inside Out*. Our church community holds a special place in our hearts. Over the years, it has been a source of support and inspiration for both of us. We have witnessed the incredible power of coming together as a congregation to celebrate our faith, extend a helping hand to those in need, share our joys and sorrows, and grow spiritually as individuals and as a collective. As we embark on this journey, our primary goal is to strengthen the bonds that tie us together, fostering a deeper sense of connection between us. But we also want to hear from you! Your stories, thoughts, and contributions are what will truly bring this newsletter to life. Please reach out to us with ideas, suggestions, and submissions. This newsletter belongs to all of us, and your input is invaluable.

Yilin Chen & Josh Walonoski
Editors, *Inside Out*

From the Church Registrar

Weddings



Stefania Pultrone and Joseph Giuliano
July 16, 2022

Faranaz Sabjaly and Ralph Sebaaly
August 13, 2022

Jesa Oliva Pambuan and Kristoffer Ian Marfil
September 18, 2022

Jacqueline Orr and Troy Sipprelle
November 5, 2022

Natalia Pecht and Hugo Marchhand
February 4, 2023

From the Church Registrar

Baptisms



Amelia Frances Charlotte Wood
November 28, 2021

Mila Luz Garcia Cregan
December 19, 2021

Theodore Martin Baumann
September 18, 2022

Galileo Daphne Gray Peters
May 14, 2023

A Few Words from Rev. Brasier

Associate Minister of Community Connections and Care

Emerging from the pandemic in the fall of 2022, The Church of St. Andrew and St. Paul began the process of resurrecting, rebuilding, and reconstructing many of our established programs. Building on the work of Sharon Dworzak successful Young Adult Ministry, we have continued our outreach to McGill and Concordia students as well as young professionals. Taking our cue from Jesus and Bible, we open our doors to university students and young adults from around Montreal, Canada, and the world – some of whom have had little or no experience with Christianity.

For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me. (Matthew 25:35)

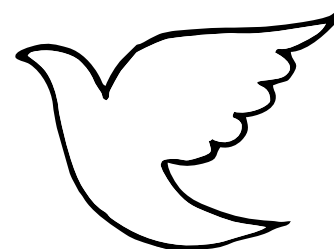
When a stranger sojourns with you in your land, you shall not do him wrong. You shall treat the stranger who sojourns with you as the native among you, and you shall love him as yourself, for you were strangers in the land of Egypt: I am the Lord your God. (Leviticus 19:33-34)

The stranger who sojourns with you as the native among you, and you shall love him as yourself, for you were strangers in the land of Egypt: I am the Lord your God. (Leviticus 19:33-34)

Let brotherly love continue. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares (Hebrews 13:1-2)

These young adults come hungry and curious about what we do, who we are, and what we believe.

The past year, the Young Adult Ministry has been a lot of trial and error – as well as a lot of growth and joy. This program is founded on the wonderful traditions of hospitality that are the hallmark of this church. It is our objective to have (more or less) four events each month – which the young adults may pick and choose. Often, we join with existing programs such as helping with the Christmas pageant or attending the Carols by Candlelight.



A Few Words from Rev. Brasier

Associate Minister of Community Connections and Care

Generally, we try to provide:

- (1) an outing to explore Montreal such as visiting the Musee des Beaux Arts, cross-country skiing, or joining Sharon's excursion for apple picking or the Cabane A Sucre;
- (2) an opportunity for the students to share the cuisine of their homeland with each other and the congregation which we now call "Culinary Crossroads." For example, YAM has hosted the church to a Lunar New Year Party, Louisiana style Mardi Gras, and an Indigenous dinner. Our next Culinary Crossroads event will be October 21 as we host a Lebanese meal.
- (3) a mission project such as making and serving lunch at the Native Friendship Center, fundraising for Action Refugee, or helping with various projects around the church.
- (4) a home-cooked meal at Susan's apartment.

To nurture this ministry, we need a bit of established "A&P know-how." For the dinners at the church, the students develop the menu. Susan does the shopping with the students. We all cook together (which is way more fun than anyone can expect) and we muddle through the clean-up.

We could really use a couple of volunteers:

- (1) two or three folks to help with the logistics of each event
- (2) someone for food acquisition back-up
- (3) kitchen host – knows where things are, welcomes workers to the space & plans for lunch. (Often, we start cooking in the morning, and our crew needs something to eat during the day.)
- (4) space set-up supervisor – set up tables and help decorate space
- (5) event supervisor (make note of who is there and sees that everyone is greeted, etc.)
- (5) clean-up supervisor

Our events are open and we would encourage you to consider joining us. (The only rule is we don't talk about any ailments or we don't offer any advice. We only ask questions. Be their friends, not their parents.)



*Rev. Susan Brasier,
Associate Minister of Community
Connections and Care*



Fall Fair

It's just around the corner!



The air is slowly cooling, and Fall is now here, as is the 88th Annual Fall Fair of The Guild of The Church of St. Andrew and St. Paul, on Saturday, November 4, from 9:30 a.m. to 2:30 p.m. Admission is free. However, we would appreciate donating a non-perishable food item as you enter 3419 Redpath Street.

What has become a much beloved and anticipated annual event here at A&P is more than a day filled with joy & fellowship. The first fundraising event, The Guild of St. Andrew and St. Paul, was born in 1935 and raised \$5,000 during the Great Depression. Our 2023 Fall Fair seeks to raise funds for many organizations supporting diverse needs within the Montreal community. The breadth of social services that are supported is quite extraordinary.



FALL FAIR ANNOUNCEMENT FROM THE GUILD

The Guild Executive and dedicated volunteers are busy preparing for the initiative called the Fall Fair, now in its 88th year. We are close to celebrating our centenary! This year's event scheduled for Saturday, the 4th of November, typically attracts almost 100 volunteers.

We welcome involvement from everyone in the church who is interested in participating. If you are unavailable to participate on-site this year, please consider making a monetary contribution to help support these charities. If you are willing to support the Fall Fair in this way, kindly send a cheque payable to "The Church of St. Andrew and St. Paul" to the church office or an e-transfer to office@standrewstpaul.com indicating "Fall Fair 2023" in the memo. Thank you.

We welcome your involvement in this significant endeavor. Someone or many people in the city will benefit from your care and concern and we will value your support immensely.

The Organizations supported through the Fall Fair

Area	Name of Organization	What they do
Children	Generations Foundation	Provides food for children in poverty
Children	Montreal Children's Library	Empowering kids through learning & creativity
Clergy	Presbyterian College	Seminary to equip future ministers
Homelessness	Chambreclerc	Housing for the homeless, people with addiction & mental health issues
Homelessness	The Open Door	Drop-in centre for homeless & low-income people
Immigrants	Maison Flora Tristan	Help, shelter for immigrant women & children
Mental Health	L'Abri en Ville	Housing and support for those with mental health issues
Mental Health	The Argyle Institute	Community Resources for counselling people with mental health issues
Seniors	Prospect-Belvedere Services	Serves low-income seniors and men and women with mental and physical disabilities
Seniors	St. Andrew's Homes Foundation	Senior Support Programme & Residential Centre
Women	Auberge Madeleine	Shelter for homeless women
Women	Auberge Transition	Shelter for women & children suffering from abuse
Women	Elizabeth House	Support, housing, and education for young mothers
Women	Montreal Diet Dispensary	Nutrition and support for needy pregnant women & babies

We invite your participation this year. The tasks are endless, your talents are essential, and the reward is inexplicable - you must experience it! The success of this project rests on the participation of all members of our church family.

Why we do the Fall Fair:

- Creates a sense of community for all at A&P
- Raises much-needed funds to help countless groups in the Montreal area
- Encourages us all to give a second life to some items in our homes
- Offers an occasion to work together with joy and laughter
- Continues a tradition that has been in place for over 85 years



How you can help:

- Donate gently loved items
- Volunteer to help prepare the week before the Fall Fair Saturday (Oct. 30 - Nov. 3)
- Volunteer to work at the Fall Fair on Saturday, November 4th, 2023
- Spread the word amongst your friends and family to come and shop

What you can expect:

- Complete the training session for everyone involved (Saturday, the morning before the Fair - Oct. 28)
- Much laughter and camaraderie amongst us working at the Fall Fair
- Meet new colleagues
- Share your talents
- Find treasures that you may want to purchase for yourself or others
- Support from all the conveners to help guide you that day

If you would like to become involved, please contact the Fall Fair Conveners: Diane Ellison (514-717-2993) or Eric Bolduc (514-298-8477) or at the following email: AandPFallFair@gmail.com
To donate to the Fall Fair, please drop off gently-used items at the main church office during operating hours.
Thank you for supporting the Church through the Fall Fair.



We are so looking forward to sharing this year's experience with you!

Diane and Eric
2023 Fall Fair Conveners

Music Department Updates

New Director of Music; Retirement of Organist and Interim Director of Music

The 2023-2024 season of the music department at The Church of St. Andrew and St. Paul marks a new era in the church's long-standing tradition of excellent sacred music.

Last year, we welcomed Léa Moisan-Perrier to our church and since then we have been overjoyed with everything she has contributed. Not only is she an incredibly gifted musician and conductor, Léa has an inspiring and encouraging leadership style that has helped the choir at our church keep its legacy as one of the leading liturgical choirs of this country.

During the past months, we have heard Thomas Annand as Interim Organist and witnessed the efficiency of William Duffy as Interim Director of Music. We at the music department give our heartfelt thanks to both of these wonderful musicians and wish them the best of luck in their future endeavours.



Director of Music: Jonas Apeland

The biggest change in the music department is the appointment of the new Director of Music.

Jonas Apeland, who started his new position in August, and has taken on the duties of both Annand and Duffy.

Apeland is a young organist from Norway who has studied in Oslo, at McGill, and at the Conservatoire National Supérieur de Musique et de Danse in Paris. After working as a Director of Music, Organist, and Choir Conductor in various churches in Norway he has now joined our vibrant church community.

Along with Jonas, we also welcome our new Organ Scholar, Áron Sipos. Áron is from Hungary and has just moved to Montreal to start his undergraduate degree in organ performance with Professor Isabelle Demers at McGill University.

The new team of Director of Music Jonas Apeland, Conductor Léa Moisan-Perrier, Choir Manager Stephanie Manias, and Organ Scholar Áron Sipos is thrilled to start this new chapter of the brilliant music department at our church.

The music department team thanks everyone in the congregation for their never ending support and encouragement. We are very happy to be starting this new exciting time in our church, and invite you all to take part in this journey with us.

*Jonas Apeland
Music Department*



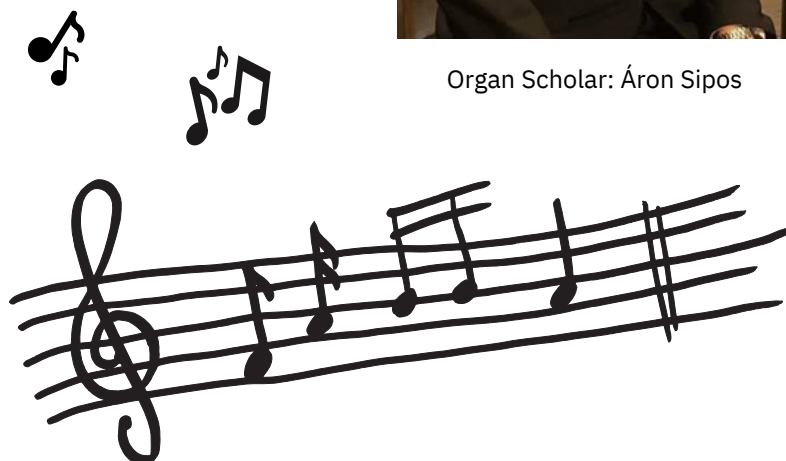
Musician & Conductor:
Léa Moisan-Perrier



Organ Scholar: Áron Sipos



Choir Manager: Stephanie Manias



Join us!

A few important dates for this season are the following:

October 12th:

The music department invites everyone to a Wine and Cheese fundraiser recital in Kildonan hall at 7:30 p.m. You will get the chance to hear our talented choir singers perform solo pieces as well as a few choral gems with the whole choir. During the recital you are welcome to enjoy a glass of wine and some fine cheese from Fromagerie Hamel. Tickets can be bought for the concert after the Sunday services leading up to October 12th.

October 20th:

As a part of the CIOC's Grand Organ Festival 2023, Jonas Apeland will give a recital on our splendid Casavant organ at 7:30 p.m. The concert is free and open to everyone. Come hear our new organist perform works by Sløgedal, Messiaen, and Widor.

November 25th:

The Maison du Parc Benefit Concert will be taking place in our church at 7:30 p.m.

The A&P choir will first perform Louis Vierne's *Messe Solennelle*, written for choir and two organs. For this special piece, conducted by Léa Moisan-Perrier, Apeland will be playing the great organ in the front while the renowned Orchestre Symphonique de Montréal (OSM) organist, Jean-Willy Kunz, will play the gallery organ in the back.

The second part of the concert will be the *Requiem* by Gabriel Fauré, conducted by Raphael Payarre, with the A&P choir and the OSM. This concert is one of the congregation's major contributions to the Montreal AIDS community.

December 15th:

On Friday at 7:30 p.m. we will have our first Carols by Candlelight. There will be beautiful traditional Christmas music performed by the A&P choir along with brass musicians. Both Jonas Apeland and Áron Sipos will be playing for this special service as well.

December 16th:

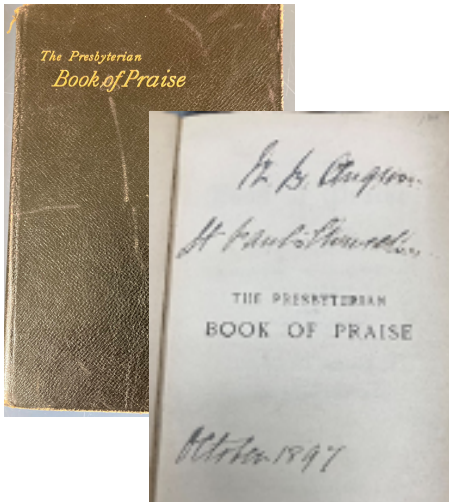
On Saturday at 5:00 p.m. we will have our second Carols by Candlelight service. Both services are streamed live on our YouTube page.

Jonas Apeland
Music Department



Archives' Corner

What's New



If you were to “Google” Richard B. Angus you would find that he was born in Scotland in 1831 and died in Montreal in 1922, that he was a banker, financier, and philanthropist who married Mary Anne Daniels and had 8 children. But what you won’t likely find is that he was a member of St. Paul’s Presbyterian church.

Just recently we received his Presbyterian Book of Praise, dated 1897, from the estate of his late great granddaughter, Grace Elspeth Angus. Elspeth was a member of St. Andrew and St. Paul’s and according to her obituary in 2018, she had many accomplishments, among which was the leadership she provided in archival work at the church.

And indeed, she did. As a Centennial project, thanks to her work and others, we are celebrating the 20th anniversary of the construction of the space dedicated to the archival collections of St. Paul’s, St. Andrew’s and St. Andrew and St. Paul.

Hidden away in the lower levels of the church are two rooms filled with the archives and memorabilia of the churches.

Currently we are actively working to catalogue all the valuable and interesting documents, photographs, tapes and other memorabilia. Watch for the next tale from the archives.

Our thanks to Heather Campbell, Elspeth’s niece for donating this valuable part of the Angus family history and that of the church.



Grace Elspeth Angus

Our church history is an integral part of Montreal

Our church history was selected as part of Building Montreal, an outdoor photography exhibition currently on display at McCord Museum. This might be your last chance to see it, as the display ends October 16th.



Photographer unknown, *Dismantling of St. Paul's Church, Montreal, 1930*. Gift of J. Norman Lowe, MP-1999.6.10, McCord Stewart Museum



Archives' Corner

Stones that Speak

Part 1 – 20 square emblems

When the Church of St. Andrew & St. Paul was built in the 1930s, it not only benefitted from the suggestions of expert architects who built a classic building with the latest in structural techniques, but also from theological guidance for the stunning decoration, many in the form of symbols. The Reverend George H. Donald, V.D, M.A., D.D., minister of the Church from 1925-1945, left us a wonderful booklet entitled "Stones that Speak" wherein he explains many of the icons, sculptures and artifacts found in the sanctuary. It is our intention to provide *Inside Out* with a series of articles based on this booklet to further an understanding of what makes the A&P sanctuary unique.

In Rev. Donald's own words, "Symbols are the representation of something sacred. They convey by suggestion a spiritual idea and message: they are a substitute for that which is unseen or has passed, and signs of something more important than themselves. Certain spiritual realities can only be made actual to our senses by visible material signs. These, when interpreted, manifest some reality common to ordinary life and practice."

In this first such article we will feature the 20 square cement inserts at the base of the clerestory window arches. You have to look for them, but we hope that after reading this article you will make the connection and take a moment to reflect on the messages they send.

East Aisle



Starting at the the Chapel of Youth is a carved emblem of St. Nicholas, the patron saint of children. He is usually represented, as he is here, standing at the edge of the sea, at his feet a basket containing three young children, and fish swimming in towards the shore.

St. Nicholas became known as the patron saint of the young, and especially of scholars.

Symbols of Our Lord's Teaching

Next to St. Nicholas there are symbols of our Lord's life and teaching:



(1) Three stalks of wheat — symbolic of His parables and sayings and of His life amongst an agricultural people;



(4) A Ladder and Nails — instruments of the Cross — the ladder used in hoisting His body thereon, and the nails to pierce His hands and feet — "The cruel nails, the unfeeling spear";



2) The Cross and Spear — His Passion, Wounding and Death;



(5) The Ass — the foal of an ass on which never man sat, and on which He rode on His entry into Jerusalem.



(3) The Ox — reminiscent of the Nativity;



6) The figure of a ship in full sail, symbolic of several things: of the spreading of the Gospel from sea to sea; of youth launching out into the deep of middle life in full sail and nearing the port; or of a church in a town or city situated near the sea, a port for ships. (Over the entrance to the Church House on Redpath Street, a ship is engraved — a beautiful and realistic specimen of the sculptor's art.)



7) Next is the Trillium, the lily of Canada, chosen as appropriate and in preference to the conventional lily — symbolic of the flowers of the earth which our Lord loved.

Then come the Spear, the Square and the Tree — symbols of our Lord's crucifixion. The square and the saw (on the west wall) also recall the great number of men who worked on the building of the Church, and among whom no accident occurred.



West Aisle

On the west side starting from the pulpit other carved symbols are to be seen:



(a) The Pascal or Holy Lamb — the emblem of innocence, representing the Lamb of God which taketh away the sins of the world, Agnus Dei. The Lamb was symbolic of our Lord (whether in the act of suffering or of triumph), in contrast to the sheep which represented the members of the Church of Christ on earth. The Lamb was used at the Passover, and every Pascal supper was understood to pre-figure the Lord's death by its symbolic lamb. Later the lamb and the cross were combined, but it is a lamb triumphant, victorious.

The Cross conveyed to the earlier Christians, as to ourselves, the lesson of our personal sacrifice or dedication to Christ, and the thought of His command to take up the Cross. Hence, doubtless its constant use in times of actual or remembered persecution. It took many forms in the olden days; among the early persecuted Christians it was used with the monogram X, or with the addition of the letter P (Pascal Lamb). The Pascal or Holy Lamb is frequently represented in ancient cathedrals and churches as a Lamb passant supporting with its dexter foreleg a staff from which depends a banner, charged with the Cross of St. George, as it is on the front of our Holy Communion Table. (The dexter side of an object is to the left of the person facing it.)



b & c) Next to the Pascal Lamb are two symbols of St. Andrew and St. Paul. The crossed swords of St. Paul, the great fighter of the Faith, and the Cross of St. Andrew on which as a martyr he is said to have suffered death.



(d) The Harp —symbolic of music



g) The Cup and Serpent — the symbol of St. John. The story is that St. John was threatened with death in a poisoned cup and that Our Lord snatched the cup from his hand as he raised it to his lips, thus saving his life, and thereafter a chalice with a serpent expelled from it brought to mind this act. The poisoned cup is the symbol of temptation, and many a lesson might be preached from that text.



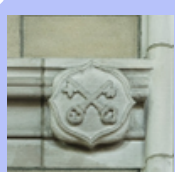
(e) Two Lamps — suggestive of Christ, the Light of the World — and bringing to mind the parable of the wise and foolish virgins.



h) The Pomegranate — if you look closely at it you will see that the pomegranate is split, with seeds protruding — this in ecclesiastical art is a symbol of unending life — the seed bursting from the ripe fruit, spilled on the ground, where it dries, and roots and springs to life again. This symbol appears also on the Chancel Gates.



(f) The Saw — the symbol of St. James the Less, who was martyred, his body being sawn asunder and also symbolic of the tool of "the Carpenter".



i) The Star and the Keys are emblematic of the Star that led the wise men to the Child Christ, and the keys that open the door of the human heart to His entrance.

Updates from the Guild

Welcome Back and Welcome Home!



Léa Moisan-Perrier graciously serving tea at the luncheon

This year's Welcome Back Reception was also a chance to welcome Jonas Apeland, our new Director of Music. Jonas was offered words of welcome by Michael Cristofaro, Clerk of Session, followed by Rev. Glenn Chestnutt who said Grace. Then Jonas cut his "welcome" cake.

Like all events such as this, behind the scenes there was another group of stalwart volunteers — Guild members and their helpers. These were the people who had the responsibility of setting up the food and ensuring everything was presented in an inviting manner and making sure everyone was well fed. And, when it was all over, they enthusiastically tackled the cleanup, while many church members went to the popular Hymn Sing. We were told that this will be an annual event in September — Welcome Back reception and a Hymn Sing — a new tradition!



The participation of the congregation and the work of the volunteers created a strong sense of community and spirit within St. Andrew and St. Paul. The Welcome Back Reception was a memorable and enjoyable experience for all who attended.

*Judy Stewart
The Guild*

On Sunday, September 10th the usually quiet atmosphere of Kildonan Hall was alive with the sounds of laughter, chatter, and vibrant conversation. The occasion was the annual Welcome Back Reception. And what a wonderful occasion it was! Congregation members had an opportunity to meet, mingle, and get caught up, while enjoying the sense of community and fellowship.

Of course, an event like this would not be possible without the work of a dedicated team of volunteers. Led by Ellian Seto with her charisma and clipboard, many members of the congregation whipped up a wide variety of tasty sandwiches and mouth-watering sweets. All of this was accompanied by tea and coffee graciously served by the Choir Conductor, Léa Moisan-Perrier, and choir members. Their friendliness and warmth added a lovely personal touch.



Beautiful gathering of food and congregation



Left to right: Rev. Chestnutt, Jonas Apeland,
Michael Cristofaro & Betty-Jo Christiani

St. Andrew's Presbyterian Homes Foundation

Catching Up and Looking Ahead

Many congratulations on the return of your wonderful church magazine, *Inside Out*. Reading it has always provided us with much joy since it offered our team a glimpse into all of the wonderful happenings at The Church of St. Andrew and St. Paul. The Foundation has a longstanding relationship with the A&P and we are privileged to be one of the community organizations supported by the fundraising efforts of the Fall Fair. Many of you readers are also long-time supporters of our programming for which we are very grateful and extend our sincere thanks. It is also our immense pleasure to in turn provide support to many A&P seniors with our Senior Support Program.

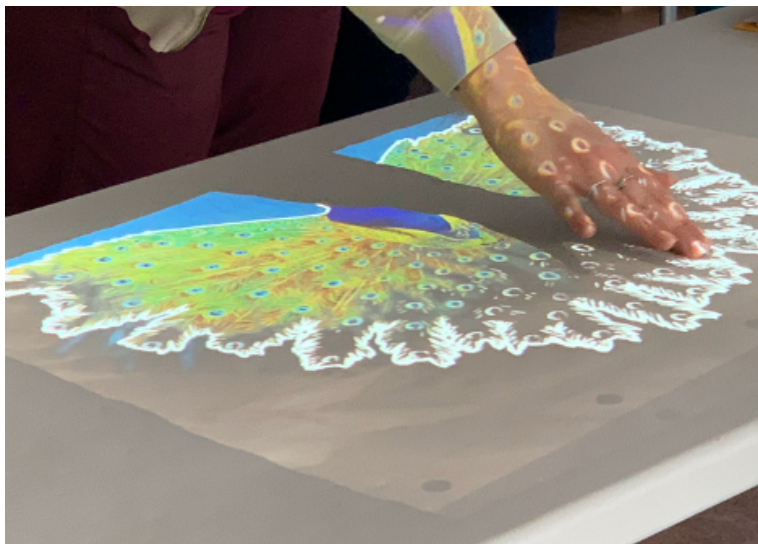
Our last publication in *Inside Out* was shared in Spring 2021, as part of the COVID blessings issue. Much has changed since then! While lockdowns are a distant memory and public health restrictions have decreased, our support of seniors in the Montreal-area has not only persisted but also grown. In fact, it was in our last article that we spoke of the pandemic providing an opportunity to reflect on seniors' needs and our programming. In so doing, we are moving forward with a renewed commitment towards our goal of enriching the care, well-being, dignity, and independence of seniors in the Montreal area.

Let's "catch up" and tell you about all the wonderful things we have accomplished and what we have planned looking ahead!

At the St. Andrew's Residential Centre, we have increased our resident support and continue to offer staff support initiated during the pandemic. We welcomed a new music therapist, Charlotte Cumberbirch, who is also a member of the incredible A&P choir! Trish Rolls continues to offer massage therapy and aroma-care with her wonderful holistic and caring approach. Our partnership with the National Center for Dance Therapy of Les Grands Ballets Canadiens continues with increased visits from our long-time therapist Tania Lazuk. We also launched a new Oral Hygiene Clinic with the important support of the Grace Dart Foundation. This new initiative supplements the dental care residents receive from the public system and highlights the importance of oral hygiene in seniors and in long-term-care settings. We have also begun to fund monthly visits from Dr. Clown and resumed funding of day-trips and additional events with the recreation department.



Annual staff appreciation BBQ at
St. Andrew's Residential Centre



The interactive game-based Tovertafel console
at St. Andrew's Residential Centre

We started an "Unmet Needs" fund with the support of the St. Andrew's Society of Montreal to purchase items and fund services not covered by the public system. We are also providing innovative tools to the care team and caregivers by funding the purchase of an interactive game-based "Tovertafel" console and other dementia-related products. We welcomed two Kensington Presbyterian Church volunteers who have kindly committed to care for our garden at St. Andrew's, a beautiful space for all to enjoy. We were also fortunate to receive help from the A&P Guild ladies for several recreation events. To learn more about any of these initiatives or how you too can help, please visit our website or contact us and we will be happy to share more details.

Our Senior Support Program has seen a return to in-person visits after a long period of phone calls forced by pandemic public health restrictions. While phone calls remain a great way of checking in and following up, we are so thrilled to be visiting our seniors in person, accompanying them to medical appointments, coordinating services, and just enjoying each other's company. We continue to coordinate or fund private care when needed due to often long waiting times for public health care services. We also continue to fund functional fitness sessions which we initiated during the pandemic. This remains an important and fun way of ensuring our seniors retain their strength and mobility while helping reduce their risk of falling. We organized well-attended Zoom workshops speaking about seniors needs and services available. We will resume our workshops with new dates for this fall to be announced soon!



Collaboration with St. Andrew's Society of Montreal for unmet resident needs fund



Celebrating 10 years
and the retirement of Patricia Smith

We recently organized our first social get-together with an afternoon tea at St. Columba and we are in the progress of planning another with the A&P in collaboration with the Guild and the Pastoral Care Committee. Last but not most definitely not least, we also celebrated an incredible 10-year milestone anniversary with Patricia Smith! While Patricia took this opportunity to now spend more time with her family and retire from our program, we continue to celebrate the incredible impact she has had on seniors in the Montreal area and on our Senior Support Program. We will of course be adding to our team of professionals and are currently hiring. We invite you to send in referrals and will keep you updated on the hiring process. We are looking forward to introducing you to our newest team member soon. In the meantime, we encourage you to reach out to Tracy or Marie for any of your needs.



Come to Kildonan Hall on Wednesday, November 22 at 2:00 p.m. and join other seniors for an afternoon of fun and fellowship. We'll have refreshments and maybe a few surprises! Air out your kilt or press your plaid sash and save the date on your calendar. Taxi service will be provided. Please watch the bulletin for more information!

The Guild
Pastoral Care
St. Andrew's Presbyterian Homes Foundation-Senior Support Programme

Stewardship

Volunteer Facilitators at your service

For the past four years, Volunteer Facilitators have been meeting weekly, to raise awareness of service opportunities in our Church. We thank the many conveners who have helped new volunteers along their way, welcoming, teaching, supporting, and guiding. Volunteers come away with a sense of accomplishment, Fellowship, and an enhanced spiritual path. Volunteers attest again and again, that giving is receiving, and that their spiritual path is enhanced through service. The sense of accomplishment, the learning of new skills, the meeting of new friends, and the knowledge of contributing to Fellowship in our Church Family are bonus outcomes!

The Volunteer Facilitators work group congratulates and thanks The Stewardship Committee for their report embracing Time and Talent, as well as fundraising, as part of Church work. Gifts of Time and Talent are highly valued by Voluntarism as well. Regarding Job Jar, one of several of our communication tools, Job Jar has allowed Voluntarism to identify committees, work groups, and tasks where new volunteers could be welcomed. The generosity of individual conveners sharing their contact details has supported the work of Voluntarism, AND put many new volunteers to work! Thank you!

In the coming year, Volunteer Facilitators will concentrate on updating job opportunities for new volunteers, and provide guidance as requested. We anticipate that this work can be completed by May 2024, at which time I will retire from Voluntarism. We will seek guidance from our Ministers and Session, as to how this is done, and what succession if any is desired.

Jacqueline Macclaren
Volunteer Facilitators

Serving as Facilitator has been a privilege, a passion and a joy, enhancing my own sense of fellowship and friendship within so many people in our Church Family. I am honoured and grateful to Reverend Chestnutt for asking me to serve in this capacity, and to Reverend Brasier for working with us. Most of all, I wish to thank our wonderful team, Aaron Law and Mary Soliman, providing guidance, work, energy encouragement and joy! Thank you and Bless you dear Aaron and Mary! We thank also Diane Ellison who helped and guided and provided so many projects! Thank you Diane!



Left to right: Aaron Law, Jacqueline McClaren, Mary Soliman & David Christiani

Trafalgar School

Proposed move and its connection to our church



Trafalgar outdoor garden

Trafalgar School for Girls has a Big Bold Move on its horizon. The school, which has stood at the corner of Simpson and Dr. Penfield since 1887, will soon be moving to the McGill campus.

Trafalgar has always pushed the limits of what women can achieve, and in partnership with the Faculty of Education at McGill, they are creating a novel education approach, the CoLab. The faculty and staff of both institutions will explore new academic approaches through research-driven solutions, creating effective educational models for future-ready students.

Trafalgar's new learning complex on the McGill campus will integrate Purvis Hall, a heritage building where respect for the past meets contemporary design and function.

Every inch of the expanded state-of-the-art school will more than meet learning space requirements well into the future. Vibrant, light-filled spaces combine architectural heritage with leading-edge functionality, configured to meet the needs of the school as it continues to evolve. Outside, students will benefit from an urban oasis and a living lesson in sustainability. A sculpture garden will offer space for quiet reflection or group learning, while a terraced garden will double as seating for exterior lectures or performances.

With work set to begin in the next few months, students will begin attending the new location in the 2025 school-year.

Trafalgar has always been a downtown school and its new location will continue to offer the best of a downtown experience in an even more accessible location. Since 1887, Trafalgar School for Girls has been a trailblazer in girls' education. This move is renewing this mission for the next century.



Rendering of Trafalgar Side View on Peel



Aerial view of Trafalgar's new location



Inside Trafalgar's Pervis Rotunda

There is a very long association between our church and Trafalgar School for Girls. The early founders of St Andrew's Church and St Paul's Church were also founders of the school. Principal Dawson of McGill had agreed that women could attend the University, but there were no applicants. Lord Strathcona encouraged James Ross, who had been planning the Trafalgar Institute, to establish the school and in 1887 its doors opened! 'Traf' grads were among McGill's first women graduates. Members of our church continue as School board members, upholding the strong links between the school and the church.

Susan Stevenson

Mont Royal Cemetery

Just take a moment...

During his research for the history of The Church of St. Andrew and St Paul, our Minister Emeritus, The Reverend J.S.S. Armour, discovered two intriguing plots of land. Up in the Mount Royal Cemetery, side by side, one plot was owned by St Andrew's Church, and the other by St Paul's Church, the two congregations that joined in 1919. The Cemetery founded in 1852, has long been a cherished public space for Montrealers.

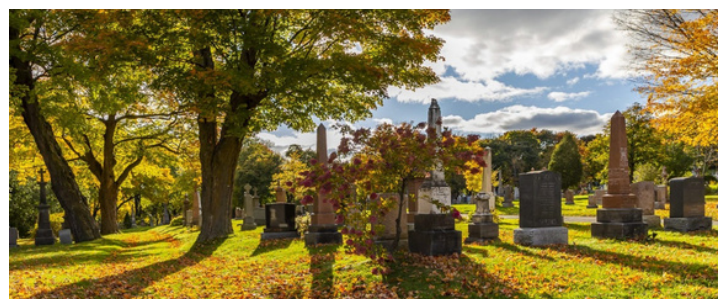
One of the outcomes from our church's Bicentennial Year was the development of these two rather neglected spots into a single more-cared for plot. There are now three fine monuments, and space for over 500 cremated remains. The site is very lovely on a high point in the cemetery, with a sweeping view across to other hills, and flowering shrubs and trees in this beautiful spot, atop Mount Royal.

Anyone who is a member of the congregation, or an adherent for three years, can plan final resting places for their families here. There is a fee (\$500) which gives the right to have the cremated remains of the deceased buried in the plot. It also

entitles the family to have that person's name inscribed on the memorial stone of The Church of St. Andrew and St. Paul. An application form which is available through the Church Office should be submitted to the Church together with a cheque payable to The Church of St. Andrew and St. Paul. Once the application has been approved, the Church will advise the applicant and the Cemetery. All arrangements for the burial, and the inscription on the memorial stone, must be completed through the Mount Royal Cemetery office.

If this opportunity is something about which you would like to know more, information is available through the Church Office.

Susan Stevenson



Church School & Youth Group

Our Christian Education Department is a busy one blessed with enthusiastic children and young people, as well as supportive parents and devoted teachers, some who have been teaching for close to 20 years.

Many who know me, will have often heard me say, "I truly believe I have the best job in the world!" What could possibly be better than being surrounded by inquisitive children, caring and energetic teens, being involved in the planning and preparation of fun activities and at the same time sharing your faith with these wonderful young people, and in fact learning so much from them!! Our Church School and Youth Group communities are both caring and helpful, involved in numerous community service initiatives including helping the St. James Drop-in Centre, the Coldest Night of the Year Walk for the Homeless, the Canadian Cancer Relay, as well as lending a helping hand within the A&P Community.





You will often see our young people ushering, reading scripture, helping with receptions and even washing the communion goblets after the Communion services.



Our Youth Group and Church School leads the Easter Morning “Son” Rise Service as well as the Family Christmas Eve Service and of course we all look forward to the Annual Christmas Pageant! Our Church School and Youth Group also enjoy hosting social gatherings, the most recent event being Apple Picking at Quinn Farm. It was a great day for all ages, as we picked apples together, visited the petting zoo, and took the tractor ride through fields of pumpkins and corn! It was a glorious day enjoyed by all!





The highlight of 2023 to date, would be our two week Vacation Bible School!! Our Youth Group did an amazing job as counsellors as they led the children in various activities including singing, arts and crafts, games, and science, all geared to the Bible Story of the day. These young people truly inspire me as they dedicate their time and energy into making the experience a positive and joyous one for every child attending. Their patience, kindness and devotion is remarkable — they are incredible role models.





Our 2023-2024 program began a few weeks ago, with a number of our Youth Group joining the teaching team. We are also delighted to have Penni Clarke join us as our Church School Choir Director. Penni is not only the mother of three of our Church School children, but is also a talented musician, currently Music Specialist at LCC, and Artistic Director of La Chorale Harmonia. Included in her credentials are: former Artistic Director McGill Conservatory Choirs, Former Artistic Director Seraphim Chamber Choir, and former Music Director of South Shore Children's Chorus. Needless to say we are blessed to have her lead our children this year.





The success of our programs are not only made possible through the hard work of our Church School staff and Youth Group members, but also through the support and encouragement of our Minister, Office Staff, Peter Sabourin, Stratsi Dimitrov, Ministry Committee, Music Department, and the congregation. I am truly grateful for your encouragement and particularly for your prayers. God bless you all.

Please note some important upcoming events, including the Pumpkin Ball on Friday, October 27th and the Annual Christmas Pageant followed by a wonderful Family Christmas Dinner on Sunday, December 3rd.

Respectfully submitted,

Sharon Dworzak
Director of Church School and Youth Group Programs

Apple picking at Quinn Farm, September 2023





The Church of St. Andrew and St. Paul

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The Church of St. Andrew and St. Paul was built in 1931-32. Two congregations, St. Andrew's founded in 1803, and St. Paul's founded in 1832, joined together in 1919. This is the Regimental Church of The Black Watch (Royal Highland Regiment) of Canada, whose colours hang in the sanctuary. The church organ is a four-manual 1932 Casavant (completely rebuilt in 2000) with 112 ranks and 7000 pipes spread over eight divisions, located in the chancel and the gallery.