



# ThePRESSbyterian

Westmount Presbyterian Church 521 Village Green Ave.  
London, Ontario N6K 1G3  
Canada

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“Give all your worries and cares to God, for he cares about you.” 1Pet.5:7

“Worry weighs a person down; an encouraging word cheers a person up.” Prov.12:25

The **Oxford Canadian Dictionary** defines worry as *give way to anxiety or unease; allow one’s mind to dwell on difficulty or troubles; be a trouble or anxiety to.*

We all worry to some extent. It is human nature. We worry about our loved ones because we care. Unsettling events in our life will cause us to worry. Too much worry can cause ill health and stress. We worry about keeping/getting our jobs, our health and our relationships. A singer might worry about an upcoming performance. Someone about to speak in public may worry about how their speech will be received. People, who worry excessively or unduly get the label worrywart.

It is natural to worry some of the time. If we never worried our status as a human being might be questionable.

As Christians belonging to the family of God we are so fortunate to be able to take our worries to our Heavenly Father through prayer. God invites us to give Him all of our cares.

As a church family, we can share each other’s burdens. We can support one another through

encouragement and love. We can also pray for each other.

We have several prayer opportunities here at the church.

Our **Prayer Chain** offers prayer support to those in need. Prayer requests are submitted confidentially. You can call Mary Simmons at 519-472-3865 to get your prayer request added to the chain.

Each Wednesday they hold **Prayer in the Sanctuary** from 1-2pm for prayer for the ministries at Westmount.

On Sunday mornings names are offered up for prayer in the **Prayers of Adoration, Thanksgiving and Intercession.**

This newsletter also includes a list of people to pray for under **Congregational Updates.**

So, the next time you are worried and your heart is heavy you can share your burden with a friend, bring it to one of our prayer outlets at the church or even better, take it directly to the Lord yourself.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yolk upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yolk is easy and my burden is light.” Matt.11:28-30

Blessings  
Mary

### Nursery

We are pleased to welcome Linda Feke as our new Nursery Coordinator! Please contact Linda for information pertaining to the schedule or if you would like to volunteer in the nursery.

### Sunday Kool

There are lots of "Kool" things in place for our kids this year! We have just begun the "Parable of the Sower" (Matt.13:1-9, 18-23). Jesus was a fantastic storyteller and when he spoke to crowds, we see that he sometimes used "parables". Parables are stories that teach a lesson. You can find many more parables in the Bible.

Our focus of this particular parable is that we are rooted in God's love and we are growing in faith. Just as plants need good root structures for support, to obtain nourishment, and to grow; we too need a good root system. If our life is rooted in God, we will grow in faith. Our aim is to help the kids get their lives "rooted" in Christ, and nurture them as they grow.

Over the course of several weeks, kids in grades one through eight will rotate through four stations exploring our Bible story in various ways. The kids age 3-5 join the big group for circle time, but then go to the Kool Kids Room for their class.

### Thursdays Rock!

If you are in grades JK-5 and want to do something REALLY fun come out to our Thursdays Rock nights 6:30-8pm! Games, activities, faith break & snacks are what it's all about. There is a new theme each week. Friends are welcome! \$1 weekly donation is appreciated.

### Gr.3-6 Sleepover

Hey Kids, mark Friday, Feb.17 on your calendars....you won't want to miss this! Check your bulletin for times.

### Jr. High (gr.5-8)

*♪♪♪ Oh the weather outside is frightful, but floor hockey with Dave is so delightful....so since you have somewhere to go...let it snow, let it snow, let it snow! ♪♪♪*

Girls AND guys are welcome! Join Dave on Thursday nights Mar.8-29 @ 7-8:30pm.

### ONE DAY WONDER

This all day, Presbytry-wide Jr. High event is booked for Sat. March 3. See Jenn or Dave for more information on how to register.

### Sr. High (gr.9-12)

What's the best thing to help you recover from exams?? A night of just CHILLAXIN'...that's right...no books, no study notes...just friends, stuff to do, and some munchies. Friday,

Feb.3 from 7-10pm we have booked the church to do some chillin' + relaxin' = chillaxin'. Bring your friends, have some fun. No math or physics...I promise ☺

CY2012 is this summer during the week of July 3-8 at Brock University in St. Catharines, ON. Fundraising events are being planned...stay tuned for more details. See Jenn for more info about CY2012 and/or check out <http://canadayouth.ca>

Do you have any awesome ideas for events/studies/activities? If so, we'd love to hear them ☺ You can contact Jenn at the church (by phone or in person on Sundays or during the week), call her at home (519-659-3627), email her [happysunshine71@hotmail.com](mailto:happysunshine71@hotmail.com) or msg her on Facebook.

Jenn Jansen

### ***THE STAINED GLASS CROSS IN THE SANCTUARY***

When the new sanctuary of Westmount Church was dedicated on January 12, 1992, the magnificent stained glass cross was in place on the western wall. How the cross got there is a wonderful story. As the sanctuary was nearing its completion in late 1991, Lillian Gordon stopped by the church to see how work was progressing. She saw something that no one else had noticed, or if noticed never relayed to the building committee. The minister (Bob Robinson) was standing in the sanctuary and Lillian mentioned to him that the wall behind the pulpit looked bare and, quite frankly, not

very attractive. "It needs something," she said. The minister wondered aloud whether a banner or some piece of tapestry might fill the bareness. Lillian's silence to this suggestion indicated her lack of enthusiasm for the idea. What could possibly fill the vacuum?

That very day a catalogue of stained glass windows for use in church sanctuaries had landed on the minister's desk. In it was a stunning hanging cross with a portrayal of Jesus. The minister rushed to show Lillian the catalogue and she immediately thought that the stained glass cross could hang on the blank wall. But as far as the minister was concerned, this was all idle speculation since that cross would be very expensive, and there was no "line item" in the building budget for it. Lillian indicated that she knew some people who worked with stained glass and she would talk to them. At that point, the discussions went behind closed doors and were between Lillian and the stained glass company.

In short order, the minister was informed by Lillian that a stained glass cross to hang on the bare sanctuary wall would be available, if approved. The minister took particular interest in the portrayal of Jesus on the cross. Would the artistic rendering present a blonde, blue-eyed Anglo Saxon, or would Jesus look like the Semite (Jew) that the New Testament presents? The actual face that finally resulted is based on a Greek Orthodox icon and commands attention the moment anyone enters the sanctuary. Part of the reason is the deliberate distortion of the face of Jesus: the eyes are too wide, the nose is too long, but from a distance the effect is galvanizing.

When the stained glass company workers finally arrived to put it all together, it was discovered that the wooden frame had been constructed by the brother of a Presbyterian minister (the Rev. Merv Tubbs). Because of the weight of the stained glass, the wooden frame needed a metal bar to hold the sides together. It had been hoped that the windows to either

side of the cross would provide enough light behind the cross, but that proved false. So members of the building committee went to work to create a source of artificial light so that the beauty of the cross can be fully seen.

Visitors to Westmount's sanctuary are transfixed by the stained glass cross. But few know that the cross was the generous gift of Lillian Gordon, and her gift has proved a blessing to all who enter the sanctuary.

Written by Rev. Bob Robinson  
Submitted by Jen Young

## **You Will Never Be Sorry**

...for thinking before acting.  
...for hearing before judging.  
...for forgiving your enemies.  
...for being candid and frank.  
...for helping a fallen brother.  
...for being honest in business.  
...for thinking before speaking.  
...for being loyal to your church.  
...for standing by your principles.  
...for closing your ears to gossip.  
...for bridling a slanderous tongue.  
...for harboring pure thoughts.  
...for sympathizing with the afflicted.  
...for being courteous and kind to all.

Laughter is free, legal, has no calories, no cholesterol, no preservatives, no artificial ingredients, and is absolutely safe.

Dale Irvin

**Library News**

Our Library continues to grow as new books are purchased on a continuous basis. In June, the Upper Room Book store closed their doors. We now purchase the majority of the books at Creation Book Store on Oxford Street. Fiction books are the most popular books in our Library; however we also have a good selection of Christian Living and Biography books. We offer a good variety of children's books and DVD's. We aim to offer a good selection of up-to-date materials.

Sheila's Cafe funds our Library and we have a group of faithful supporters who come out each week. We encourage new people to come out on a Wednesday morning 9-11 am and have a coffee/tea/hot chocolate, muffin or slice of freshly-made coffee-cake. On Breakfast days we have reservations—our schedule is as follows: Wednesday January 25th, Wednesday February 29th, March 28th and April 25th. We are open 8:15-11 am with the last reservation being 10:15. Come and join us.

Submitted by  
Joan Lang

*Life is easier than you think. All you have to do is: Accept the impossible, do without the indispensable, bear the intolerable, and be able to smile at anything.*

Do not make prayer a monologue - make it a conversation.

## Sanctuary Singers News

On Saturday, October 29<sup>th</sup> the Sanctuary Singers presented their **Sweets and Songs** concert. This was the 6<sup>th</sup> concert we've performed since Graham Adams became our Music director. The choir members chose their favourite songs from the previous 5 years to present again this year. The concert was well received and raised \$722 which was used to purchase a new wireless microphone for the Church.

On December 18<sup>th</sup> during the morning service the Sanctuary Singers presented the cantata Season of Wonders by Joseph M. Martin. Once again Graham and individual choir members received many accolades on the cantata and I think I can speak for all the Sanctuary Singers when I say that we very much enjoyed singing it and presenting the Christmas story to the congregation in this way. We were all shocked and saddened, however, to learn just before the service of the passing of Hazel Telfer, the wife of one of our members, Tom Telfer. Our prayers continue for Tom and his family at this difficult time.

In the afternoon following the cantata the Sanctuary Singers held their annual Christmas party. As previously arranged it was held in the lounge of Tom Telfer's condominium building. We appreciated Tom's thoughtfulness in making sure we had access to his building and that the other last minute arrangements were all set. We had a social time over punch, a delicious meal, and, of course, had to sing many

Christmas carols as we hadn't already sung enough that day.

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*Joy is like a vaccine that immunizes you against all sorts of maladies.*

The Sanctuary Singers were pleased to welcome a new member Connie Christmas this fall. At the same time we were pleased to welcome back Jean Tasker after an absence of a number of years and also Eric Blunt who was absent for several months for health reasons.

New members are always welcome. Please speak to Graham Adams if you are interested. However, don't delay as you will want to be prepared to sing in our Easter cantata which we will be presenting during the worship service on Palm Sunday. April 1<sup>st</sup>.

Jim Wilson, President  
Sanctuary Singers

Member Profile  
Meet Jean Tutty  
By Jen Young



### *Family Background*

My parents were both born in Knutsford, in the County of Chester, England. After their marriage, they decided to make their home in the U.S.A. They settled in Pittsburgh, Pennsylvania.

When the First World War broke out, my Father felt the need to return to England to fight for his homeland. So, with his wife and

now three children he set sail for England where he joined the Army and was a dispatch rider taking messages to the front line on horseback or bike.

After the war, they came to Canada and settled on a farm in Sutton West, Ontario but by this time the family included three children born in the States, three more born in England and my sister and I were born in Canada. I was the youngest. They certainly had rough times during the early 30's but at least on a farm we always had food.

We attended a small country church, Bethel United.

Growing up in a large family is an education on its own. One certainly learns quickly to deal with different personalities. My brothers and sisters were all older than me with distinct personality traits.

After my schooling, I remained on the farm for a few years as my Dad suffered with cancer and by that time all my brothers and sisters were married and left. After his death my Mother moved to a small house.

I went to Toronto to work in a bank. That's where I met my husband. We were blessed with three children. He was transferred to London and unfortunately after eighteen years of marriage, we went our separate ways. This was without a doubt the saddest time of my life, but life goes on and your faith carries you through.

I went back to banking with Canada Trust for twenty-five years, sixteen years as Branch Manager at various branches in London.

#### *How I Would Describe Myself*

I am very family oriented and blessed with three children, grandchildren and now great grandchildren.

We are a very close family and I just love the time spent with them.

#### *Westmount Presbyterian Church*

I moved to Westmount and I wanted to seek out a church. A friend introduced me to the church and I have been going there ever since. I truly enjoy the worship there. It's like

an extended family. I have been a member for over twenty years.

#### *Church Involvement*

I served on the Stewardship committee for a couple of years. Then I was asked to head up the Social Activities committee in 1998. It has grown considerably and so have I with it, It has brought me in contact with many church members and has been a wonderful experience.

I was asked to join Session and I felt if I could serve the Lord by doing His work, I was honoured to accept this position. That was in 1997.

I also help with the ushering, counting cash and the last five years with the Annual Review.

#### *Role Models*

I was very fortunate growing up to have parents that were great examples for us to follow.

#### *Easy Stew for Lazy People*

2 lbs. of stewing beef cubed  
1 cup sliced carrots  
2 potatoes, sliced  
1 cup frozen peas  
2 onions, chopped  
1 tsp. salt  
Dash of pepper  
1 can tomato soup, thinned with  $\frac{1}{2}$  can of water

Mix all together well and place into a greased casserole dish with a tight lid. A clay baker works well. Cook at 275°F for 5 hours.

*This is a good company dish if served with homemade tea biscuits.*

The help I offer others becomes a boomerang blessing of hope for me too.

## PENNIES FROM HEAVEN

The Penny is our one cent coin derived from the British for a sum of money - pence. It is also a monetary unit equal to one-hundredth of a pound. In British history it referred to a former coin and monetary unit equal to 240<sup>th</sup> of a pound. In Canada a penny is one-hundredth of a dollar. It is also attributed to being very little or the least amount of wealth.

*Pennies from heaven* are unexpected especially financial benefits.

A while back there was discussion from the Canadian Mint about doing away with our penny. Many people do not value the penny and just throw them into a jar for a rainy day or even the garbage.

Well, here at Westmount we have a little church in the narthex where you can donate these unwanted coins and turn them into *Pennies from Heaven* to support our Youth Ministry.

Pennies on their own are rather insignificant and considered a nuisance. When they are collected in coin rollers and redeemed at the bank they all of a sudden become valuable money to support our youth. Can you help provide *Pennies from Heaven*?

Church Bulletin Blooper:  
Offertory solo: "O Holy Night"

## The Concerns of a Mouse



"What food might this contain?" The mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed this warning:

"There is a mousetrap in the house!  
There is a mousetrap in the house!"  
The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house!  
There is a mousetrap in the house!"  
The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it."

The mouse turned to the cow and said, "There is a mousetrap in the house!  
There is a mousetrap in the house!"  
The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap . . . alone.

That very night a sound was heard throughout the house - the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught.

In the darkness, she did not see it.  
 It was a venomous snake whose tail was caught in the trap.  
 The snake bit the farmer's wife.  
 The farmer rushed her to the hospital. When she returned home she still had a fever.  
 Everyone knows you treat a fever with fresh chicken soup. So the farmer took his hatchet to the farmyard for the soup's main ingredient:  
 But his wife's sickness continued.  
 Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.  
 But, alas, the farmer's wife did not get well . . . she died.  
 So many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them for the funeral luncheon.  
 And the mouse looked upon it all from his crack in the wall with great sadness.  
 So, the next time you hear someone is facing a problem and you think it doesn't concern you, remember: When one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

### ***GOD'S Rosebud***

A new minister was walking with an older, more seasoned minister in the garden one day.  
 Feeling a bit insecure about what God had for him to do, he was asking the older preacher for some advice.  
 The older preacher walked up to a rosebush and handed the young preacher a rosebud and told him to open it without tearing off any petals.  
 The young preacher looked in disbelief at the older preacher and was trying to

figure out what a rosebud could possibly have to do with his wanting to know the will of God for his life and ministry.  
 But because of his great respect for the older preacher, he proceeded to try to unfold the rose, while keeping every petal intact.  
 It wasn't long before he realized how impossible this was to do.  
 Noticing the younger preacher's inability to unfold the rosebud without tearing it, the older preacher began to recite the following poem...

"It is only a tiny rosebud,  
 A flower of God's design;  
 But I cannot unfold the petals  
 With these clumsy hands of mine."

"The secret of unfolding flowers  
 Is not known to such as I.  
 GOD opens this flower so easily,  
 But in my hands they die."

"If I cannot unfold a rosebud,  
 This flower of God's design,  
 Then how can I have the wisdom  
 To unfold this life of mine?"

"So I'll trust in God for leading  
 Each moment of my day.  
 I will look to God for guidance  
 In each step of the way."

"The path that lies before me,  
 Only my Lord knows.  
 I'll trust God to unfold the moments,  
 Just as He unfolds the rose."

A smile is the lighting system of the face  
 and the heating system of the heart.

We're not put on this earth so see through each other, but to see each other through.

If you get a hug enjoy it. And when you leave for the day, always take your hug with you!

### "My Vitamin F"

Why do I have a variety of friends who are all different in character ?

Some of them can be considered marginal even .

How do I get on with them all ?

I think that each one helps to bring out a

"different" part of me...

With one of them I am polite and good.

I joke with another friend.

I sit down and talk about serious matters with one of them.

With another I laugh at every silly thing.

I have my wine with one  
And dance with another.

I listen to one friend's problems and give advice

Then I listen to another advising me.

They are all like pieces of a jigsaw,  
When completed they form a treasure box.

A treasure of friends!

They are my friends who understand me better than myself,  
who support me through good days and bad days.

They are like colourful anti-depressants

that I take on different days.

Real Age doctors tell us that friends are good for our health.

Dr. Oz calls them Vitamins F (from Friends) and counts the benefits of friends to our well being.

Research shows that people in strong social circles

have less risk of depression and terminal strokes.

If you take Vitamin F constantly you can be

up to 30 years younger than your real age.

The warmth of friendship stops stress

and even in your tense moments it decreases the chance of a cardiac arrest or stroke by 50 %.

I am so happy that I have a stock of Vitamins F !

In summary we should value our friends

and keep in touch with them.

We should try to see the funny side of things and laugh together, not forgetting

to open our mouths big to swallow the floating vitamins F !!!!

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"I love to think of nature as an unlimited broadcasting station, through which God speaks to us every hour if we will only tune in. - George Washington Carver

An encouraging word - or simply an attitude of joy - can make the difference to someone who's given up hope.



## Congregational Updates



### People to Pray for:

Jean Bell  
Eric Blunt  
Jean Cameron  
William Feke  
Margaret Lutman  
Stephanie Mandich  
Lena McNiven  
Joe Nagy  
Joan Pudney  
Shirley Reavely  
Neil Russell  
Barbara Scott  
Betty Stockdale  
Mary Thompson  
Marg Williamson  
Faith Wood  
Irene Young

In Long Term Care/Retirement Homes:  
Ed Quinn – McCormick Home

### In Memorial

*What we have once enjoyed, we can never lose.*

*All that we love deeply becomes a part of us.*

*Helen Keller*

Hazel Telfer – December 18, 2011  
Velma Sholdice - January 9, 2012  
Baptism



January 8, 2012  
Hannah Young daughter of  
Annie and David Young.

**Submissions for the next issue are due  
@ noon Sun. March 18, 2012.**

**Please email [msimmons@uwo.ca](mailto:msimmons@uwo.ca) or  
send as a Microsoft Word attachment or  
leave in the PRESSbyterian mailbox  
outside the church office.**