

## Not November - Movember

Are you noticing a few more mustaches around the church than you would normally see? Well there is a reason for that. There is a group of us at the church who are growing mustaches this year in support of prostate cancer awareness and as a fundraiser for prostate cancer research. This is part of a world wide movement that last year saw 119 000 men growing mustaches and women supporting them raising together 22.3 million dollars in Canada alone. If you would like to support this movement you can tell Doug Sinclair, Frank Gillan, Barry Paul and Doug Kendall how nice their mustaches look... or if that is too difficult (because you really don't think they look all that good) you can donate money through the "St. Andrew's Movember Men" website at <http://mobro.co/StAndrewsStittsville> or by speaking with Doug Kendall following the service. This is a fun way to raise awareness and funds to address a form of cancer that has affected many near and dear to us. Thank you from your St. Andrew's Movember Men.

The new "OUR DAILY BREAD " is here and ready to be picked up at the back of the sanctuary.

Goulbourn Jubilee Singers and JJ's will present "Changing Seasons, Changing Light", Saturday, November 26, 2011, Stittsville United Church, 6255 Fernbank Road, 1:30pm and 7:30pm. Directed by Linda Crawford and accompanied by Doll Creelman, this musical performance will reflect on the Winter Solstice, as well as the Christmas season. Tickets are \$15 adults, \$10 Seniors/Students. For tickets or further information call Charlotte at 613-825-3357, or log onto [www.gjsingers.com](http://www.gjsingers.com).

## St. Andrew's Christmas Bazaar and Bake Sale



***Saturday, November 19, 2011***  
***10:00 am – 2:00 pm***

Let's make this year's bazaar, in celebration of the upcoming Christmas Season, the best one ever.

Donations for the craft or bake table, as well as pickles, jams and jellies are all welcomed with appreciation. We will also have a Twoonie Table so are looking for any little items for which you have no more use. Hopefully you can help as well by volunteering or putting together a table of friends to come and enjoy our delicious lunch.

Once again we will have a large display of goods from around the World supplied by **TEN THOUSAND VILLAGES** as well **CARING HANDS** jewelry which was very popular last year.

And of course a hot lunch will be served.

All proceeds from this event will go toward our General Budget.

For info or offers of help, please call  
Marlene McCarville at 836-4147 or  
Joan Watts – 831-0937 (Twoonie table)

## THE GIFT OF MUSIC

"Time can bring you down, time can bend your knees.  
Time can break your heart, have you begging please.  
Beyond the door there's peace I'm sure,  
And I know there'll be no more tears in heaven."

These lyrics were penned in response to tragedy, when guitarist Eric Clapton's son Conor fell to his death from a New York high-rise window. The music helped him heal.

In 1994 the city of Sarajevo was daily under siege. Mortars and artillery fire instantly transformed once beautiful buildings into rubble. Sarajevo's citizens were frightened, weary and increasingly despondent. Then, one February day, a mortar shell exploded in the market killing 68 civilians. Many more were wounded and maimed from the blast.

A cellist with the Sarajevo symphony could no longer stand the chaos. He took his cello to the market, sat down amidst the rubble and played a concert. When he finished, he simply took up his instrument and left.

Every day, for 67 days, he came to the market. Every day he played a concert. It was his gift to the city. He did it because he felt his community must find a way to survive, and music can bring hope.

Music is a great gift. When I need to start my day in the right frame of mind, sometimes I'll sing. Music aligns my thoughts and emotions; my mind and spirit. When I awake in the middle of the night, I go back to sleep best if I sing in my head. Music calms and centers. When I find myself experiencing a moment of happiness, I'll sometimes sing out loud. (It works best when others are not present.) Music expresses joy like nothing else can.

One of the greatest cellists of all time was Pablo Casals. He exiled himself from his native Spain during the regime of Francisco Franco and became a world citizen and a great humanitarian. Casals passionately desired that the world exist in peace and harmony. He said once that if all the orchestras in the world were to play Beethoven's 9th Symphony simultaneously, then peace would come to the world.

I wonder if that is true. But if not peace, then perhaps joy might come. Or hope. Or healing.

It's the gift of music.

-- Steve Goodier

### *Captain Whittet*

*Captain Whittet, tall he stood  
Straight and proud, like a soldier should  
Speaking clearly, never loud  
To the children, or to a crowd  
All heard, what he had to say  
When the ship sank, that fateful day.*

*Speaking softly, listening still  
Hearing children express their will  
Want to hear asking to know  
Guns and weapons, exciting? No,  
Quietly Captain replied  
People struggled and people died.*

*A soldier still, inspired sage  
Connected friend to any age  
Humble, patient, learned to wait  
While in the raft, his thirst was great  
Rations, salt burns, sun and cold  
Seamen suffered in days of old.*

*Captain Whittet, British Cadet  
Gentleman, scholar, soldier yet  
Journeying on, stars to see  
Friends and students, sing for thee  
Guided now, by life's own force  
God and loved ones, thy rich resource.*

*Lovingly remembered by teachers and students of Counterpoint  
Academy West.*

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# NOTICES

## Goulbourn Male Chorus

Presents

“Snack, Cider and Song”

Sunday, December 18 at 4:00 pm

Holy Spirit Parish

1489 Shea Road, Stittsville

## LOONIE BREAKFAST

At

STITTVILLE UNITED CHURCH

Every Tuesday starting at 9 am now till mid May

## WESTERN OTTAWA SENIOR SUMMIT

“Your chance to have your say”

Friday, November 25, 9:30 – 3:30

Kanata Recreation Complex

100 Walter Baker Place, Kanata

## Strings & Cantabile

Sunday, November 27, 2011

Featuring our own Gloria Jean Nagy

St. Matthias' Anglican Church

555 Parkdale, Ottawa

## SPAGETTI DINNER

Stittsville United Church

November 18th at 5 p.m.

**Time, Talent & Treasure Auction**



## Christmas Program

## Christmas Pageant Practices

The Sunday School students will practice their roles in the Christmas Paagean starting November 13 during the Sunday School time. We have 4 weeks to practice. The Pageant, which will also include adults, will take place December 18, 2011 during the worship service. A luncheon hosted by the youth and children will follow.

The Youth Group will meet November 20 at 11:30 (right after Service) for discussion and a yummy lunch.

**NEWS!! NEWS!! NEWS!!**



We are hoping to have a newsletter out to the congregation for December 5th. If there are any groups that would like to put something in the newsletter please make sure it gets to Beth Ronaghan by November 27th. It's a great way to spread the news to the whole of the congregation of all

The **Advent Bible Study** will begin Sunday November 27<sup>th</sup> at 6:45 P.M. and go for three weeks. It should be finished weekly by 8:00 P.M. A good time is anticipated as we look at a few of the traditions of the Advent and Christmas seasons, then relate them to our worship. The ultimate goal is to make our worship more meaningful. Tea, and coffee will be served.

### Mental Health Educator to Speak at Trinity

Join us at Trinity Presbyterian Church 110 McCurdy Drive Kanata on Sunday Nov 20 at 6:30 p.m.. Guest Speaker Denise Waligora, Manager of Program Education at the Mental Health Commission of Canada, speaks to Youth and Parents about Mental Health for young people. This seminar will touch on what Mental Health is, some mental health disorders such as anxiety, depression, eating disorders etc. and how to recognize the disorders, as well as how to speak to young people about these issues. Free Admission. All are welcome!



Ladies Evening Fellowship this month will be held at the home of Geppy Walton, 22 Hartin Street on November 22, at 7 p.m.

All are invited to come out for a very casual time of friendship, laughter, getting to know each other and refreshments (of course).

There is no agenda (hidden or otherwise) nor obligation to host. Just fun.

As in previous years, St. Andrew's has been asked by the Stittsville Food Bank to commit to supplying Voortman

Cookies for the Christmas Hampers. This year's goal is 90-100 packages for those less fortunate. We have been asked to have them here by December 18th.



Food Shelf

### Annual Operation Come Home Project

#### Make this your opportunity to help!

Zip lock bags to fill are available now and can be picked up at the back of the Sanctuary until the end of November..

These must be returned no later than Dec 4th as our children will be dressing them up with gift tags and presenting them to a Representative from Operation Come Home in early December

Each donation should include a pair of work socks, mittens, toothbrush, tube of toothpaste, package of throat lozenges, small package of Kleenex, and a package of lifesavers.

Almost everything can be bought at the Dollar Store

### PARADE OF LIGHTS



Our church will once again be putting a float in the Parade on November 27. All interested are invited to come out at 2 pm to help in the decorating of the float as well as our Church. Anyone wishing to be on the float is asked to be here at 5 pm. Chili and hot dogs will be served to warm you up beforehand. For more information please call Kim at 831-3483. In lieu of paying a registration fee for the float, all those involved are asked to bring something for the food bank.