



# TOGETHER

a weekly newsletter for members and friends of the St. Andrews faith community



for Sunday, May 17, 2026  
Minister: Reverend Caitlin Smithers

## This Sunday - May 17, 2026 Ascension Sunday

Christ is with us, not just in the past, not only in heaven, but here and now. Jesus is present with us in so many ways, like when we gather in worship, in the bread and the cup, and when we serve and care for those in need.

Jesus shared so many sacred moments with his disciples, then, in a moment both beautiful and mysterious, he blesses them and ascends... yet somehow, Jesus is still with us. His presence has expanded, not diminished. Our relationship with Jesus, just like the first disciples, can transcend time and space.



## Next Sunday - May 24, 2026 Locked Doors to Opened Windows: A Pentecost Journey

Our Guest Worship Leader will be  
**Lorie Fairburn LLWL**

On Pentecost, we celebrate the Holy Spirit that unites us, inspires us, and sends us forth to live faithfully, boldly, and joyfully in God's presence.

The Spirit transformed fear into courage and locked doors into open windows. We will explore how God meets us in our moments of uncertainty and calls us to step out of our familiar spaces. Like the first disciples, we are invited to let the Spirit bring understanding, connection, and the fire of God's love and peace into our homes, our community, and the wider world.



Each Sunday service is recorded on video and the service is usually posted on the St. Andrew's

[YouTube channel](https://youtu.be/2beY8NRRY9M) by noon on the following day( Monday). Here is the link to last Sunday's service (10 May) : <https://youtu.be/2beY8NRRY9M>

A link to the weekly video is also posted on the homepage of the St. Andrew's website.

## ONLINE WORSHIP



St. Andrew's  
United Church  
North Bay, Ontario

ALL FAMILIES SUNDAY  
10 May 2026

## Christian Meditation Group

Christian meditation is a prayer of the heart. It involves the silent repetition of a single word or phrase (the mantra.) The continual, gentle repetition of the mantra leads to an experience of silence, stillness, and simplicity. The Meditation Group has a simple format. It begins with a teaching on the writings of *John Main*, a Benedictine Monk, then a time for meditation, followed by a short time for discussion.



**Location:** St. Joseph Motherhouse, 2025 Main St. West, North Bay, in the small chapel **Day and time:** Tuesdays, beginning June 2, from 4:30-5:30 p.m.



You are invited. Come when you are able, No prior meditation experience is needed. Contact **John Bedard** at 705-471-8560 or **Rev. Beth Hewson** at [revbeth65@gmail.com](mailto:revbeth65@gmail.com) for information.

Use this link ([www.wccm-canada.ca](http://www.wccm-canada.ca)) for information on the *Canadian Christian Meditation Community*.



### It's PAR-t of our history and PAR-t of our future! May is PAR Month!

What were you doing in May of 1993? Many United Church people started to give regularly through a new program called Pre-Authorized Remittance (PAR)!

Mission and Service plays a crucial role in supporting partner initiatives that are close to our hearts. By becoming part of the PAR program, you can help sustain and expand efforts to make a positive difference in the lives of those in need. From local food banks, community and youth programs, and hospice care, to global access to clean water, skills training, and sustainable agriculture efforts, Mission and Service amplifies the voices and reach of partners doing incredible, life-changing work.

**That kind of generosity is key to the next 100 years.**

**Find out how you can be part of it on [The United Church of Canada website](http://The United Church of Canada website).**

## St. Andrew's United Church WELCOMES YOU !



We are an Affirming Ministry of The United Church of Canada and are committed to building a welcoming and inclusive community. The congregation has also done the training to be a "Blue Umbrella" organization so it is a dementia-friendly place.



There is an elevator, a wheelchair ramp at the Algonquin entrance, and a handicapped-friendly washroom in the Narthex. Assistance is also available for the hearing-impaired. If you would like information, please give us a call during office hours and someone will be pleased to chat with you. 705 472-7680.



### OUR CHURCH OFFICE

From May 12th to the end of June, our Church hours will be somewhat irregular as our Office Administrator will be on leave. E-mails and phone calls will be monitored during this time.

#### Pastoral Care

For pastoral care emergencies, please call the church office (705) 472-7680 or email: [standrewschurch@cogeco.net](mailto:standrewschurch@cogeco.net) and your message will be forwarded to the Minister.

**Please note that for the period of May 18th to May 24 (incl), Pastoral Care will be provided by Rev. Tracy Davis.**

### Minister's Office Hours



**Minister:** Reverend Caitlin Smithers

Caitlin's weekly office hours are **9 am to 3 pm Wednesday & Thursday.**

If you wish to call or email to set up a meeting with Caitlin, please

- call her work phone **705-498-5943**, or
- email : [csmithers\\_standrews@cogeco.net](mailto:csmithers_standrews@cogeco.net),
- or leave a message at the Church Office (705 472-7680).

Regular drop-in hours are on **Wednesdays, from 10 am to 12 pm.** (Please ring the bell at the McIntyre Street door)

**NOTE REV. CAITLIN WILL NOT BE AVAILABLE BETWEEN MAY 18th & May 25th (Inclusive)**

### St. Andrew's Prayer Corner

*The LORD is near to all who call on him,  
to all who call on him in truth. (Psalm 145:18)*

For this week we ask that you keep the

following people in your prayers:

**Judy Campbell**

**Mary Marrs**

**Joyce MacQueen**

**Kim Delarosbel**

**Carole Sawyer Ken Dech Don Vaillancourt**





## Beware of E-Mail Impostors!

It appears that somebody, somewhere has been sending out e-mail messages and signing them with Rev. Caitlin's name. Caitlin will only use her St. Andrew's e-mail [csmithers\\_standrews@cogeco.net](mailto:csmithers_standrews@cogeco.net) for her church e-mail communication.

Please check carefully if she contacts you by e-mail as only [csmithers\\_standrews@cogeco.net](mailto:csmithers_standrews@cogeco.net) is "legit"!

If in doubt, call her on her work phone (705-498-5943)



St. Andrew's will be closed on this Sunday



OMOND MEMORIAL UNITED CHURCH  
CARMICHAEL UNITED CHURCH  
ST. ANDREW'S UNITED CHURCH  
TRINITY UNITED CHURCH  
EMMANUEL UNITED CHURCH



## FIFTH SUNDAY SHARED WORSHIP SERVICE

hosted by Emmanuel United and Trinity United Youth

**Sunday, May 31, 2026 - 11 a.m.**  
**Emmanuel United Church**  
North Bay, Ontario, Canada



## TEMPORARY OFFICE PERSON NEEDED !

From May 12th until the end of June, our Office Administrator will be away from the office as she recovers from surgery. We need a person to be in the church office during this time period.

**DATES:** May 12th until June 31st (approx.)

**WEEKLY HOURS:** 18 hours per week (Tuesday through Friday)

**DUTIES:** to include managing daily office operations, communication include answering phones, managing rental requests, and handling written and electronic correspondence. Familiarity with Microsoft WORD would be an asset.

**HOURLY WAGE:** to be negotiated.

ANYONE interested is asked to contact the Church Secretary, Karen Gooch by e-mail at: [councilsecretary\\_standrews@cogeco.net](mailto:councilsecretary_standrews@cogeco.net) as soon as possible.

## SECURITY VOLUNTEERS NEEDED - between now and the end of June

Between now and the end of June there are several groups using the church outside of office hours. St. Andrew's needs to provide security coverage for events such as *Northland Wrestling* concerts (*Near North Voices* and *North Bay Symphony*) and related rehearsals, and a couple of other groups that are using the church for one-time events of a few hours. Duties would include watching McIntyre entrance, and being an on-site "go to" person for rental groups. If you are interested, or wish more information please let Caitlin know. She can be contacted at:

[csmithers\\_standrews@cogeco.net](mailto:csmithers_standrews@cogeco.net)



## LIVING THE QUESTIONS 2.0

### Session 11: The Myth of Redemptive Violence

How do we move past violence to peace and reconciliation in a society that expects us to take sides?

**Monday, May 25, 2026 In the Parlour All are welcome!**

### PRE-SESSION POTLUCK 2.0

Join us for a pre-session potluck at 12:30 pm,  
followed by our regular session at 2 pm.

We'll plan to gather on May 25th at 12:30 pm and eat at 1 pm, and then have our regular meeting from 2 to 4 pm. People are invited to bring whatever they would like to share, along with their own plates and cutlery (to help make clean-up go more quickly). If you need more details, just ask Tim or Marg!



## WANTED

### USED POSTAGE STAMPS

St. Andrew's member, Mary Marrs, sends these stamps to the *Laurentian Wesleyan Church in North Bay* which in turn sends them to the folks at the [Christian Salvage Mission](#) who distribute Bibles, hymnals and Sunday School materials worldwide. These stamps are sold to collectors to help fund the work of the [C.S.M.](#)

- Cut stamps from mail
- Do not cut too close to the perforations
- Leave the stamps on the paper
- No more than 1 cm left around each stamp

PLEASE GIVE THESE USED STAMPS TO MARY, OR PUT THEM IN THE CHURCH MAIL SLOT ON CASSELLS STREET ENTRANCE (Green Wooden Door)  
THANK YOU!



# HANNAH & NATHAN



## “LOVE AND LABOUR” ALBUM RELEASE SHOW

**FRI MAY 22 | 7:30 PM**

TRINITY UNITED CHURCH  
111 McIntyre St E, North Bay, ON

\$25 ADVANCE

\$30 DOOR

“Two of the finest acoustic musicians on the scene. Truly worth a listen.”  
— James Keelaghan



[www.hannahandnathanmusic.com](http://www.hannahandnathanmusic.com)

Presented in collaboration with Trinity Arts

The North Bay Community



Presents

# CHOOSE JOY!

Directed by Betty Farris

**Sunday, May 31<sup>st</sup> 2026**

**2 p.m.**

**Trinity United Church**

(Ferguson at McIntyre)

~Refreshments~

‘Free Will’ Offering

Proceeds will go to

*Trinity's Building Restoration Fund*



## TP - NORTH BAY & The LOAVES & FISHES Community Foodbank



The *Loaves & Fishes Community*

*Foodbank* is one of the 16 North Bay Food Banks and Pantries that are the recipients of the toilet paper that is collected through the **TP North Bay** campaign.

However, for the next 4 weeks or so, until the rolls from the city-wide drive are distributed, the *Loaves & Fishes Food Bank* desperately needs donations of toilet paper for their clients.

Donations of any amounts are welcome - at Church on Sunday.



All rolls that are donated to the *Loaves & Fishes Foodbank* in the month of May will be added to the TP - North Bay city-wide campaign total!