



SIXTY FORTY

MONTHLY NEWSLETTER OF ST. ANDREW'S HALL

CAMPUS MINISTRIES -
"MAKING SPACE FOR MORE"
BY SUMARME

RESIDENT INTERVIEW WITH
MIKAYLA

FRIED RICE NOODLES RECIPE
& MORE!



Photo credit to Dean Ross



Campus Ministries - "Making Space for More"

BY SUMARME GOBLE, CHAPLAIN



Welcome to the start of a new academic year! You have made SAH your home away from home, and I hope you will find it to be a place of belonging, growth, learning, and memorable experiences.

I was walking on campus toward the Main Mall on UBC's Imagine Day, and I came across a group of students sitting in a circle on the grass. A friend showed up and joined the circle, requiring everyone to scooch over a bit to make room for him. In that moment, I thought about how great it is when people create space for more ... more life, more joy, more

"Making space for more" goes beyond creating space for others in physical environments; it also includes making space for community and learning that fills our emotional and intellectual needs. When we create room for everyone who wishes to be in the circle, we foster diversity, encourage collaboration, and enrich our own personal growth.

A resident spoke to me at Soup Night last week and told me about her summer. She had been dealing with a specific health issue, and while I was thinking how tough and discouraging it must have been for her, she was thinking what a relief it was to know her condition and to be able to actively seek a solution. Her surprising perspective challenged my thinking and opened up a new path for reflection.

The SAH community thrives on positive connections and shared experiences. The Community Coordinators cheerfully work to cultivate an environment where everyone can feel valued. Through the various events we organize (think BBQs, Thanksgiving meals, movie and game nights), they aim to make space for you to engage in meaningful conversations and contribute to fostering friendships with all who attend.

As you settle in, I hope you'll find that there are people here to support you. This newsletter is one of the ways we fill you in on the resources and opportunities you might want to explore. I encourage you to attend our weekly Soup Night events and some of the events planned by your Community Coordinators. They are great avenues for getting acquainted with your fellow residents and (hopefully) building some lasting connections with people in this special place. I hope you will find SAH to be a supportive and vibrant living environment where you can make room for the more that will help you thrive personally and make others feel at home.

Stop by my office on the second floor (across from the elevator) anytime for conversation about anything that's on your mind or heart ... or text me at 604-782-2228.



Rev. Sumarme Goble is the Chaplain and Community Life Director. She helps residents connect with one another through fellowship groups, meals, worship, faith exploration and Christian faith practices. She offers support, resources, and encouragement for all residents, from all faith traditions or none. Her office is open to meet with you for conversation and prayer. (email: chaplains@standrews.edu)

Resident Interview

Mikayla



Photo credit to Mikayla

The meal I like best right now is... chicken caesar wraps or chicken fajitas!

Don't talk to me about... how I broke my leg skiing and will probably never ski again.

I could talk forever about... working out, all the people I've made at UBC, and my family traditions!

Friends know me as... outgoing, athletic, nerdy, and funny.

One of my favourite books is... the Hunger Games series!

Important words to me are... friendship, ambition, loyalty, kindness, perseverance.

The thing I like best about university is... being able to study the subjects I'm most passionate about while surrounded by people who share those interests!

I'm at my best when... I've had a productive day and spent time with the people I care about.

Someday, I would like to... travel to Europe! I haven't even left the continent so far and there's so much I'd love to see.

The three things I practice for good mental health are... going to the gym, eating good meals, and keeping an organized schedule.

Living at St. Andrew's Hall is... a place that feels like home! From the day I moved in here, I have felt so welcomed! Everyone I have met is so friendly and always willing to help each other out.

I'm at my worst when... it rains when I'm out and I forgot my umbrella.

A little known fact about me is... I was an extra in two Netflix films before coming to UBC!

What I'd like to do to make the world a better place in my corner of the world... is taking on a role as a policy advisor for the Ontario Public Service.

The most beautiful place I've been to so far is... probably right here in Vancouver! Being from Ontario, I never thought I'd get to live in a place where I can see both the mountains and the ocean from my window, but here, I can! I feel so lucky to have been afforded the opportunity to study on such a beautiful campus.





SOULPRINT

BY KYE WON PARK

FORMER TOWNHOUSE RESIDENT

It was an unremarkable evening after an exhausting day of parenting and my son, Taemin, had finally fallen asleep. With a can of beer in my hand, I was sitting on the loveseat. Staring at the toys Taemin had scattered around the house, I was procrastinating the final daily task of putting the toys back into the box. Suddenly, I realized that despite their seemingly random arrangement, these scattered toys were a reflection of the boy's day. The minicars perched on the edge of the couch were the afterimage of his experiments on how fast they could roll off the brink. The hardcover books stacked on the floor were the reflection of his failed attempts to construct a house with them. They were the traces of where his mind had resided that day, just like the trails of stars captured into a shining arc across the night sky in long-exposure photographs. In an effort to infuse a drop of spiritual meaning into the otherwise mundane evening routine of cleaning up the toys, I decided to call the scattered toys as the kid's 'soulprint' of the day.

Taemin used to love playing in the playground of St Andrews Hall during our stay. His favorite by then was the construction vehicles. He would lie down on the pile of woodchips beneath the climbing frame of the playground, as if he was in bed, and dig up the woodchips and sand with his toy machines. He was so immersed in his play that I sometimes approached quietly behind him to sneak peek what he was up to. The space beneath the climbing frame often became dangerous lava, Pacific Ocean in other days, but most of the time, a bustling construction site. His imagination grew there.

On our last day in SAH before moving back to Korea, my partner and I were snowed under the luggage that we had to bring overseas. We were struggling to evenly distribute the things to meet the 23kg weight limit for each bag. There was no time for us to indulge in the sentimentality of moving. Meanwhile, Taemin played his heart out in the playground until the very last evening. After the child had fallen asleep and the frantic packing started to wind down, I finally managed to go out to gather the toys he had left behind on the playground in the middle of the night.

As I stood there, tears started to pour out before I even notice. I was standing in a planetarium that was filled with Taemin's soulprints. The scattered toys struck me with the memories of every seconds of him playing there. There were countless prints of his adventures and imagination piled above the woodchips. Our moments with the neighbors and the kids' giggles were glowing in the darkened sky above like constellations. Picking up the toys one by one, I felt an urge to put the toys back down, as if I could somehow avoid erasing his traces. But I couldn't. We were moving out the next day.

Four months have passed after we moved back to Korea. Taemin is engraving his new soulprints in this place everyday. Our memories in SAH feels as if I had a dream- a very happy dream. Sometimes, a moment of sadness passes by when I realize that the traces of our family's life in SAH is fading away. But, just as fingerprints can linger on surfaces for decades, I believe that Taemin's soul is imprinted in the playground of SAH, though now layered beneath the new imprints of other young souls. And we will always remember our life in SAH with love and affection.



Photo credit to Kye Won

BOTTLE OF REGRETS

BY SILVA, COMCO

Hi everyone!

Hope you had a fantastic start of term, and a wonderful and relaxing summer prior to that. Summer feels a long time ago now, but I find it uplifting to think back and remember the warmth of sunshine and the joy of being off work or school... The wet west coast is so beautiful, especially in the summer when it's dry, and I very much enjoyed the rain-free days. Now that the warm days are over I regret not spending more time at the beach, but my biggest regret is a bottle. Yes, a bottle. A water bottle. I don't even use water bottles, and I already have several nice ones collecting dust, but still, my main regret this summer is a bottle. Let me explain!

Every once in a while when I am in a store, some item will "call out to me" and grab my attention. These items might (or might not!) be something I need, but I just know that if I don't buy them, I will regret it afterward. It could be either the design, the look, the color or some other thing that catches my attention. This happened during the summer when I was looking in tourist shops in a city I was visiting. I saw a water bottle that had such delightful art on it. As soon as I saw it, I knew I should buy it or I would forever regret it. The design was my favourite kind of art, very simple yet pretty. I kept looking at the bottle, debating with



myself but could not justify the \$30 USD price tag, so in the end I walked away, leaving the beautiful bottle behind. As soon as I left the store I felt a tug to turn around and make the purchase ("you know you'll regret it otherwise") but I stood my ground and refused to give in to such nonsense. But here we are now, summer is over and I REGRET not buying THAT bottle. I WANT that bottle so bad. I think about that bottle and daydream about sips of cold water out of that BOTTLE, but alas, now it is too late and I only have myself to blame. Lesson learned: if you know something about yourself, follow that inner guidance so you don't end up living with regrets. All in moderation, of course!

Cheers (out of a mug or glass, not out of that pretty bottle) for good luck with all your studies, duties and life decisions this term! On behalf of the whole Comco team, Welcome to SAH! We look forward to seeing you at our events this fall. If you have ideas of what we could do together in the community, please get in touch. If ever you need a listening ear or someone to vent to about regrets, we are here for you.

CALLING ALL SINGERS



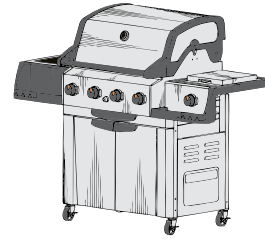
SAH choir begins October 1st, every Tuesday, in the SAH Centre from 6 – 7 PM. No perfect singing voice or prior choir experience needed. This would be a good opportunity to get together with other residents and enjoy time off from your studies... several residents have already signed up!



OUR COMMUNITY IN PHOTOS



Welcome back
BBQ



OUR COMMUNITY IN PHOTOS

Other welcome week events



OUR COMMUNITY IN PHOTOS

Bird photography by Hojin Eun

Hojin is from South Korea and is a grade 9 student at University Hill Secondary. He enjoys taking pictures of birds and watching them. He writes, "Canada is a beautiful country with nice people and clean air and sky. And also a country that has beautiful nature and diverse animals. I hope my pictures can deliver the joy of nature to our SAH community."

Thank you Hojin!



*Steller's jay (Cyanocitta stelleri),
Beaver Lake Park*



*Glaucous-winged gull
(Larus glaucescens),
English Bay Beach*



*American robin (Turdus
migratorius), Alaksen
National Wildlife Area*



*Ring-necked duck (Aythya
collaris), Beaver Lake Park*

SAH Presbyterian Students with the Dean and Chaplain



Fried Rice Noodles

Shared by Yanfen, ComCo



INGREDIENTS

- 200 g shanghai noodle. You can find the noodle package pictured in No Frills supermarket near UBC.
- 1/2 cup mixed vegetables with peppers, carrots, onions or other vegetables you like.
- 10 medium size peeled shrimps. You may use other proteins like tofu, chicken or beef.
- 2 tsp cooking oil
- 1 tbsp finely chopped green onion, 3 cloves of garlic (sliced)

For the sauce:

- 2 tbsp soy sauce
- 1 tbsp dark soy sauce
- 1/2 tbsp sugar
- 1/2 tbsp sesame oil
- 2 tbsp water



INSTRUCTIONS

1. Mix soy sauce, dark soy sauce, sugar, sesame oil and water in a bowl.
2. Boil noodles in a pot for about 4 minutes, drain and set aside.
3. Heat a pan to medium high, then add 1/2 tbsp oil. Fry shrimp until cooked. Set aside.
4. Bring pan to back medium high, then add 1 and half tbsp oil. When the oil is hot, add chopped green onion and garlic. About 10 seconds later, add the sliced vegetables. Sauté until half cooked.
5. Add the noodles, shrimp and pour in the mixed sauce; sauté the noodle, shrimp and vegetable slices together until all the noodles are coated with sauce. It takes about 2 -3 minutes.

UPCOMING EVENTS

WATCH YOUR EMAIL FOR MORE DETAILED INFORMATION ON THESE EVENTS!

~ Weekly Events ~

Soup Nights

Every **Wednesday**
5:15-6:15 PM in the Centre



Starting Oct 1!

SAH Choir

Every **Tuesday** 6-7 PM in
the Centre
(see p. 5)

Christian Worship

Every **Tuesday** 12-12:45 PM
in the Centre
(see p. 12)

Starting Oct 8!

Full House Socials

Every **Tuesday** 7:30-9 PM
in the Centre
(see p. 14)

Thanksgiving Dinner

October 12, in the Centre
for families ~ at 2 PM
for couples and singles ~ at 4:30 PM

see p. 11 for more info

RSVP



Thanksgiving dinner

Saturday, October 12 @

SAH Centre

Families at 2 PM

Singles & Couples at 4:30 PM

Please RSVP by Oct 9
chaplains@standrews.edu
see email invite for details

Any cash or canned food donations for the AMS Food Bank would be highly appreciated!



Christian worship in the SAH Chapel



Every Tuesday during the term
12:00 – 12:45 pm

All SAH Residents and Friends are invited -
whether you're curious, committed, or
skeptical, there's a place for you

Questions? – Contact Rev. Sumarme Goble
chaplains@standrews.edu; text 604-782-2228

Looking for an inclusive Christian Community?



DINNER

When: Wednesdays @ 5 pm

Where: Epiphany Chapel (Downstairs)
6030 Chancellor Blvd (Access of Iona)



LET US KNOW
YOU'RE
COMING

PRACTICING THE WAY PRAYER

When: Wednesdays @ 6:30 pm

Where: Epiphany Chapel
(Upstairs)

Sponsored by St. Anselm's, St. Andrew's Hall, &
Campus United UBC



FULL HOUSE

TUESDAYS • 7:30PM - 9PM



SOCIALS

STARTING OCTOBER 8TH. IN THE CENTER :)
Contact Joe Ragbir - ragbir_87@hotmail.com

HOW TO GET INVOLVED!

A message from your editor

We would love to have your mark in the 6040 newsletter! There are many ways to contribute, including:

- being featured in a resident interview
- sharing your photos of life at St. Andrew's Hall
- sharing a favourite recipe

If you would like to contribute, please send your ideas to me (Claire) at claire.tyler.lin@gmail.com or to your ComCo who can pass it along to me. You can always find me at soup nights too if you want to chat!

Please send October submissions by **October 18!**

Cheers,
Claire

