



# The Messenger

FOREST HILL UNITED  
CHURCH  
February 2021

Happy Valentines Month Everyone,

I have been looking at Valentine cards for the grandkids and I have noticed that most of the cards have skewed toward the adult. I don't get it. Is it selective remembering or have things changed? In my remembering valentines like so many celebrations was geared towards the kids. Yes adults gave something to their 'sweethearts' but the focus was on the kids. We made valentine cards in both elementary and in Sunday School. Maybe like me you were taught in elementary school to give valentine cards to everybody in the class and not just those who were your special friends. It certainly lead my class mates and I to discover some pretty rigid rules. We learned the hard way what was expected or appropriate to give children of the same sex and the opposite sex. If you were a boy you could give a 'mushy' card to a girl but not to another boy. Long before we knew why, society was telling us it had these unwritten rules about who we could and couldn't demonstrate love toward. Even the church that preached love toward all we had pretty clear lines of what was appropriate and what was not appropriate. The adult cards out there today push the boundaries on what is appropriate but leaves intact the rigid rules on heterosexual and racial 'standards.'

Our scriptures show us that there is a variety of kinds of love: from 'agape' which is spiritual love; to 'philia' or friendship; to 'storge' or love of a parent toward their child; to 'eros' which is romantic love.

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It also understands that from the moment of our birth that we crave all of these kinds of love not just one. When I look at Valentine cards it seems we have lost our ability to sort out these kinds of love or the appreciation that we need each of them to feel well loved. A good challenge might be to create a Valentine Card for your parents. My father died 25 years ago but I still feel his love and my card to him certainly would be different then the card to my living mother. Another challenge would be to create a Valentine card to God or to Jesus. What does spiritual love look like in your life and how would you express it? Would you use words or images? Let me tell how I think God expresses it. Ash Wednesday is on February 17<sup>th</sup> this year and it marks the beginning of Lent and Jesus' journey toward death. Right away I think of the hymn:

O love, how deep, how broad, how high,  
It fills the heart with ecstasy  
that God, in Jesus Christ, should take  
our mortal form for mortals' sake.

Jesus becomes God's Valentine to us. A Valentine of Word, action, healing and sacrifice. What's more this Valentine bursts rigid rules around love and loving; living and dying and that there is much more to life than what the eye can see. Before I launch into a sermon I must check myself and get right to the point, and I do have one. As people of faith we are called to remind each other to appreciate the different kinds of love. Secondly in the face of a society that sees only one kind of love and one way to show it we must demonstrate through a variety of expressions the variety of loves in our life and an appreciation for them. When we take the time to do that it makes for a very Happy Valentines Month!

Peace, Rev. Gary



# FündScrip

powered by Fundstream Inc.

## Where shopping is fundraising!

Order dates:

**February**

**14 & 28**



**Did You Know or Forget?**

**There is Coffee & Conversation  
every Wednesday from 10-11 am.**

**On ZOOM!**

**Check your email for the link.  
Never used Zoom? Click the link and  
download. Yes, you can!!**





**COFFEE ON SUNDAE MEETING**

**EVERY SUNDAY @ 11:30AM**

**A REMINDER AND LINK WILL BE SENT OUT TO THE CONGREGATION  
THE WEEK PRIOR TO THE MEETING WHICH WILL TAKE PLACE FOLLOW-  
ING THE WEEKLY CHURCH SERVICE**

MITTEN TREE-ONGOING



**This year we are going to  
Light up Chandler Mowat with  
A Mitten Tree**

**There will be a basket placed outside  
the main door at Forest Hill to receive  
your donations each morning  
Thanks for helping to wrap this  
community in warmth & love**

**Any questions can be directed to  
Sue Hummel  
519-501-4050**



*When I was a boy.*

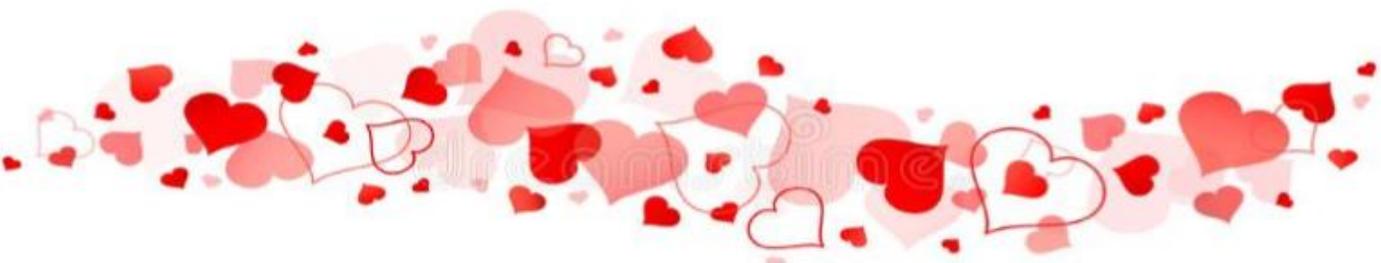
*On a little green island that's far out o'er the sea  
There's an old country laneway that still beckons to me  
For long years have gone by, and my memories now fade  
Yet so well I remember its green leafy glade.*

*There were Fuchsia and Roses, sweet Primroses too  
Finches and Robins and birds of dark blue.  
A slow running stream where I played as a boy  
That stream and its pebbles, my favourite toy!*

*Long years they rushed by as I've wandered this earth  
So far from old Ireland, the place of my birth  
Now in old age and contentment, I've found true joy  
So far from the daydreams of a small country boy.*

*Yet in the still of the night as I now lie in the dark,  
I can still hear the Cuckoo, the Magpie and the Lark,  
And I can smell those sweet scents that once gave me joy  
On that old country laneway, when I was a wee boy.*

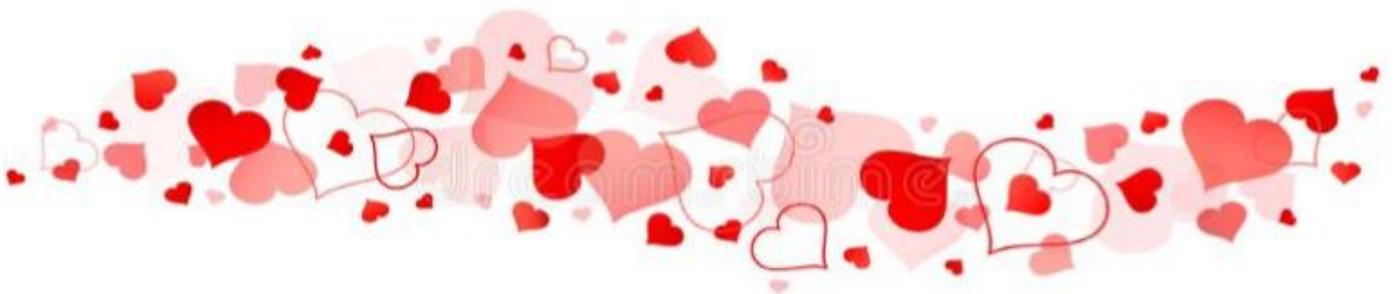
*Bob Johnston*



CALL FOR SUBMISSIONS/BLESSING BOX

Would you consider submitting something for our Guest Editorial? Is there something you would like to share - a new learning, easy recipe, a book you enjoyed, an opinion? Please submit your editorials to [office@foresthillunited.org](mailto:office@foresthillunited.org). Let's make this newsletter really reflect Forest Hill!

CALL FOR SUBMISSIONS





### The Messenger in March

**Send in your submission  
by March 5th, 2021**



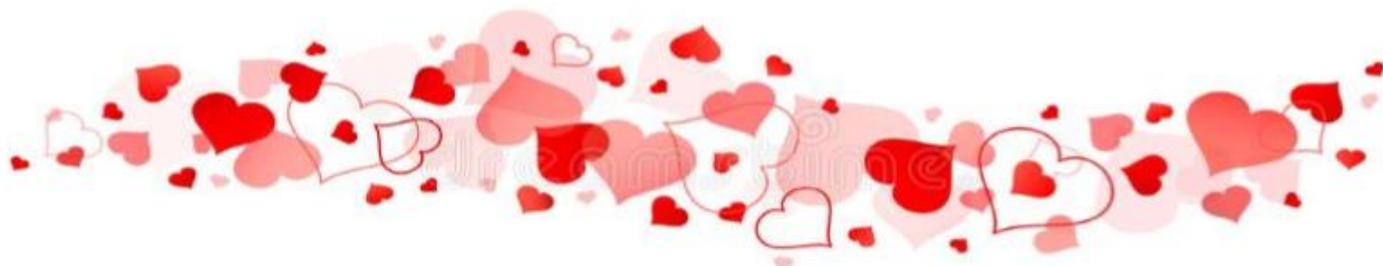
If you have a new book you are enjoying, a new learning experience you would like to share, a memory others would enjoy, please consider sharing it by just sending it to the FHUC office email.

Thank you loyal readers. Special thanks to all who take the time to submit.



A Special "Thanks"  
from Betty Kocher

Thanks to all who supported  
The Food Bank Challenge in 2020





***Thought for the Day*** from **Doug Sullivan**

The great Mahatma Ghandi had a list of 7 blunders made by mankind.

Wealth without work.

Pleasure without conscience.

Knowledge without character.

Commerce without morality.

Science without humanity.

Worship without sacrifice.

Politics without principle.

I was trying to understand the second blunder, when I had an insight of how that could be understood in today's pandemic environment.

Many of us are stressed, uncomfortable, and inconvenienced by the covid virus.

But we still have the "pleasure" of avoiding it through isolating, masking, and following government guidelines.

But we have to be aware and conscious of the many in our community who do not have this "pleasure".

Our heroes – the frontline health workers.

People who work in crowded conditions in the service industries, in manufacturing and food processing.

Many have no choice but to go to work because of their financial situation,

Many live in higher density housing environments where the virus is more easily spread.

Their children are more apt to pick up the virus and take it to school.

So our thoughts and prayers should be with these "many", right in our community.

Such that our "pleasure" **does** have a conscience !

Please stay safe and healthy.



## A Message from the UCW at Forest Hill United Church

*The UCW at Forest Hill United Church has sponsored a foster child in India for many years. Our current foster child's name is Karthikeyan. We write to him a few times each year and he writes back. We learn a lot about India and his life in his letters. This month he wrote about a sport that he is doing currently. It is a martial arts called **Silambam** and he drew a picture. We would like to share his picture and a little bit about this sport with you. (Of course, we had to look it up on the Internet.)*

**Silambam:** *It is a martial arts*

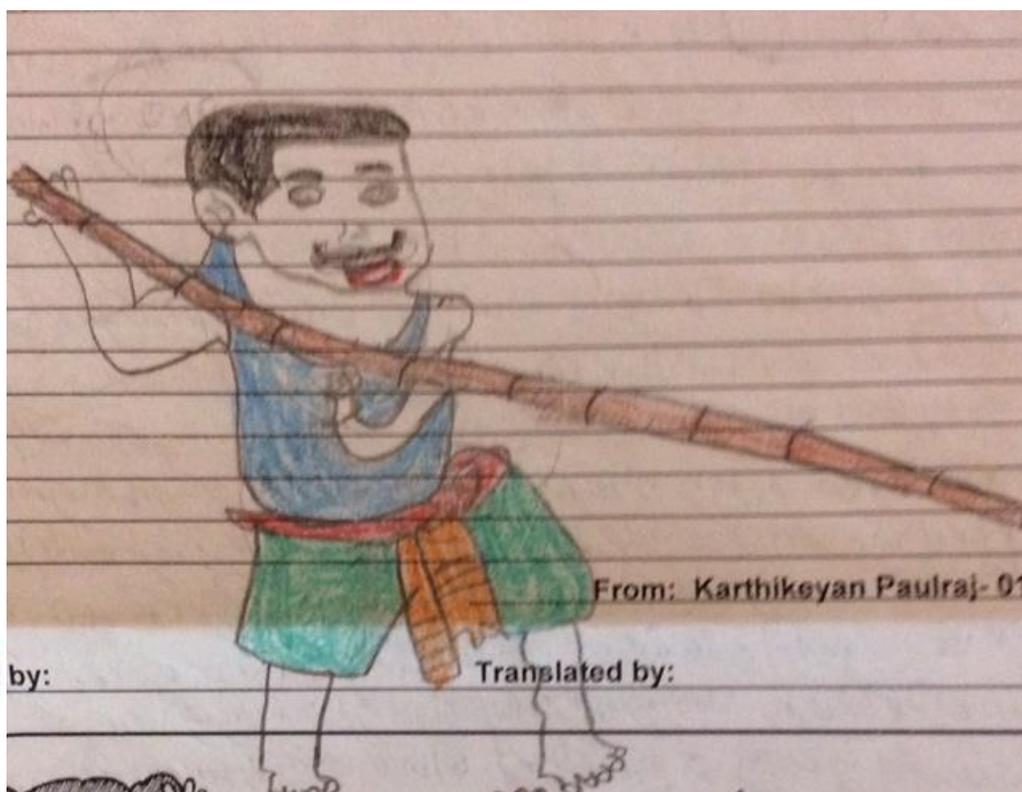
*\* The first stages of practice are meant for fighting as well as body conditioning, improving flexibility, agility, hand-eye co-ordination, balance, speed and cardiovascular stamina.*

*. It is a Semi contact sport with weapons*

*. \* Since Silambam referred to a particular type of bamboo the weapon / staff is made from bamboo*

*. Silambam is from South India*

*. It originated circa 400 BCE*



# SPRING PREDICTION



Will spring be here soon?

Groundhog Day 2021 puts the answer to that question in the tiny hands of furry prognosticators across Canada as we turn to everyone's favourite forecasting rodents to find out if we're in for an early taste of spring, or if it will be better to hibernate through the next six weeks.

The holiday is a popular tradition celebrated in North America on February 2. According to folklore, if the groundhog sees its shadow, it will be scared and return to its burrow. That translates to a forecast of six more weeks of winter on the way. Under cloudy skies, the groundhog stays out to visit, suggesting we'll see an early spring.

**Whoa! No shadow to be seen through this storm! Can't wait for early spring!**

**Yipee!!!!!!!!!!!!!!!**

Wiarion Willie did not see his shadow in Ontario. While the events for Ground Hog day were virtual, it was a special day for Willie, with Wiarion marking the 65th anniversary of this yearly local tradition.



**Thanks to Arlene Mahood for this lovely recipe!**



**Creamy Leek and Potato Soup with Fresh Dill!**

Yield: 6 servings! (1 3/4 cups each)

NI: 134 calories, 2.6g fat, 2.8g fiber!

1 tbsp butter

2c sliced leeks (white parts, plus 1 inch of green parts)

1c chopped celery

4c low fat chicken or vegetable broth

3c peeled, diced potatoes

1c chopped carrots

3/4 tsp dried thyme

1/2 tsp salt

1/4 tsp black pepper

1c buttermilk (I used 1% and added 1 tbsp lemon juice to make my own buttermilk) Saves wasting 2/3 of a carton..lol) let sit 10 minutes!

1 tbsp minced, fresh dill

Melt butter in a large soup pot over medium heat. Add leeks and celery. Cook and stir for 5 minutes, until vegetables begin to soften.

Add broth, potatoes, carrots, thyme, salt, and pepper. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 minutes.

Working in batches, transfer soup to a blender or food processor and puree until smooth. Return to pot. Stir in buttermilk and dill. Serve hot!

Thanks to Arlene Mahood for sharing this recipe, also thanks to the creators 'The Podleski Sisters'. Here is the link for this recipe:

<http://nora-anne.blogspot.com/2008/10/happy-go-leeky-soup-easy-as-abc-1-2-3.html>



**FACE MASKS NEEDED  
ONGOING.....**



Thank you, *Thank you*, **THANK YOU**

A BIG thank you to all who donated in any way to the request for face masks for the Shelters in Kitchener-Waterloo. Masks have been delivered and well received. Since there is no mention of when face masks will not be required in public areas, **the request is still ongoing.**

If you are still interested in helping with this request, **please call the FHUC office @ 519-744-3481** for instructions.

Thank you for considering this needed request in the future.

Betty

# 'Dare to Lead'

## Zoom Study With Rev. Gary

Date: Mondays Feb. 15th-Mar.22nd, 2021

Times: 4:00 - 5:00 pm

Or

7:00 - 8:00 pm



Rev. Gary will be hosting a Zoom study on Brené Brown's books "Dare to Lead" at either 4:00pm & 7:00pm from February 15th to March 22<sup>nd</sup>. And a deep dive into the book following Easter. Please register through the FHUC office [office@foresthillunited.org](mailto:office@foresthillunited.org) with your preferred time. Gary will be sending out material that will help the group connect a bit deeper in their own journey.



**ANNUAL  
MEETING**



**ZOOM ANNUAL GENERAL MEETING REMINDER**

**SUNDAY FEBRUARY 14TH @ 11:30AM**

**A REMINDER AND LINK WILL BE SENT OUT TO THE CONGREGATION  
THE WEEK PRIOR TO THE MEETING WHICH WILL TAKE PLACE FOL-  
LOWING THE WEEKLY CHURCH SERVICE**





## 2021 World Day of Prayer - Friday March 5

The theme, “**Build on a Firm Foundation**” was prepared by the Churches of Vanuatu (near Australia).

We will be celebrating digitally this year.  
The Women’s Inter-Church Council of Canada (WICC)  
has prepared an hour-long video for our use.

There are three ways that you can participate:

watch the video on Rogers Cable channel 20 on Friday March 5 at 8:30 AM or 5 PM

join a Zoom viewing session on March 5, followed by a discussion and prayer hosted by one of the following churches. Links will be emailed out once they are set up or contact the church directly.

Stirling Avenue Mennonite Church – **9 AM** (office@stirlingmennonite.ca )

St Matthews Lutheran Church – **11 AM** (info@stmattskw.com )

St John the Evangelist Anglican Church – **1 PM** (acw@stjohn316.com )

St Andrew’s Presbyterian Church – **7 PM** (office@standrewskw.com )

privately watch the video on [www.wicc.org](http://www.wicc.org) **any time** after February 15.

Donations can be made directly to WICC at their website [www.wicc.org](http://www.wicc.org) or mailed to:

### Women’s Inter-Church Council of Canada

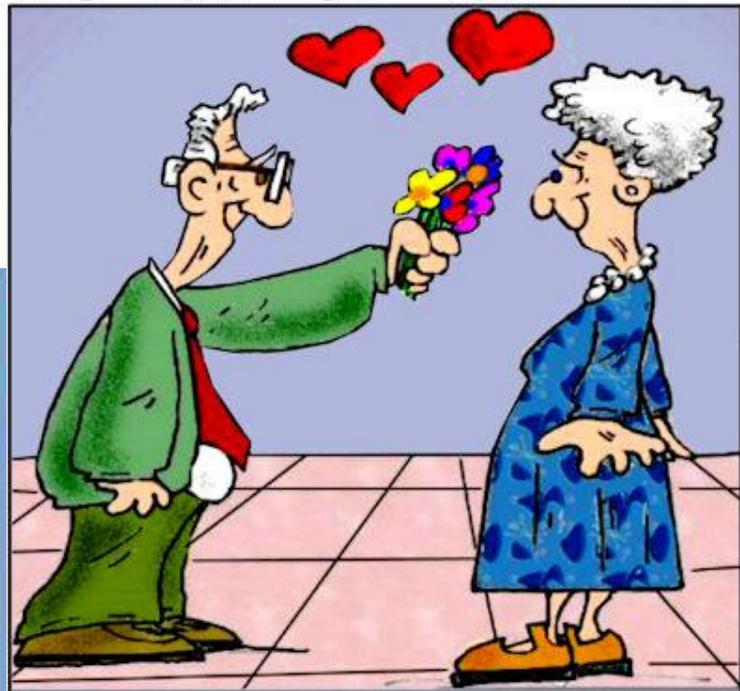
47 Queen’s Park Crescent East  
Toronto ON M5S 2C3

*Thank You*

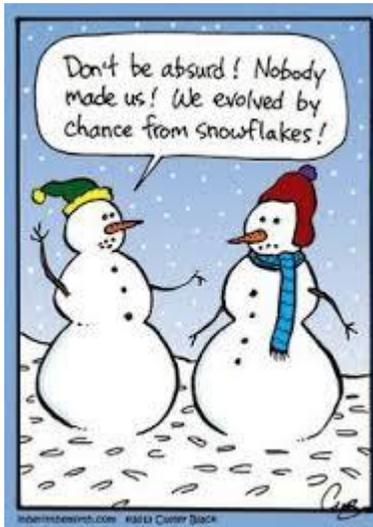
**A big “Thank You” to Margot White for stepping up to be the new representative on the World Day of Prayer committee AND also a big “Thank You” to Dorothy Ann Carter for being the representative for Forest Hill United Church for many years.**



# The Back Pew - Jeff Larson



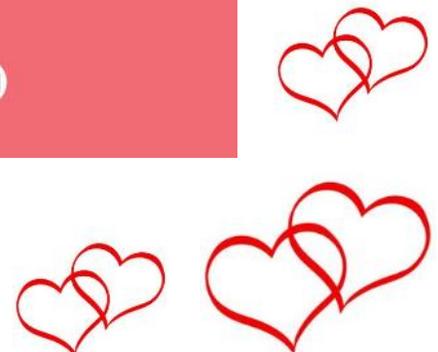
Your teeth are store bought and as white as the hairs on yer head. **Song of Solomon for Seniors**



What did the drum say to the other drum on Valentine's Day?

❖  
"My heart beats for you."

GH





- **Reminder** - The Province will revert to its coloured tiered reopening framework after the stay at home order ends which is February 16th in Waterloo Region. We will have to see where the region is placed to let everyone know what is open and what is not!
- offering envelopes and pictures are in, if you haven't already done so, you can pick them up at the church during regular office hours (after lockdown)
- We appreciate your patience with the photo directory process during this COVID pandemic, unfortunately due to lockdown they are closed at the moment. We will keep you posted on a the progress.



### Do You Print the Messenger?

Have you considered passing on your hardcopy to someone who doesn't attend FHUC? A neighbour, an adult child or someone who once asked where you go to church?

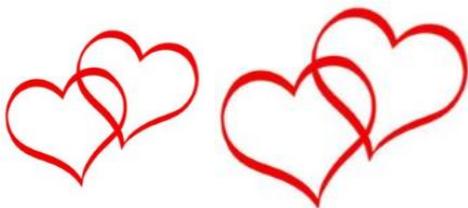
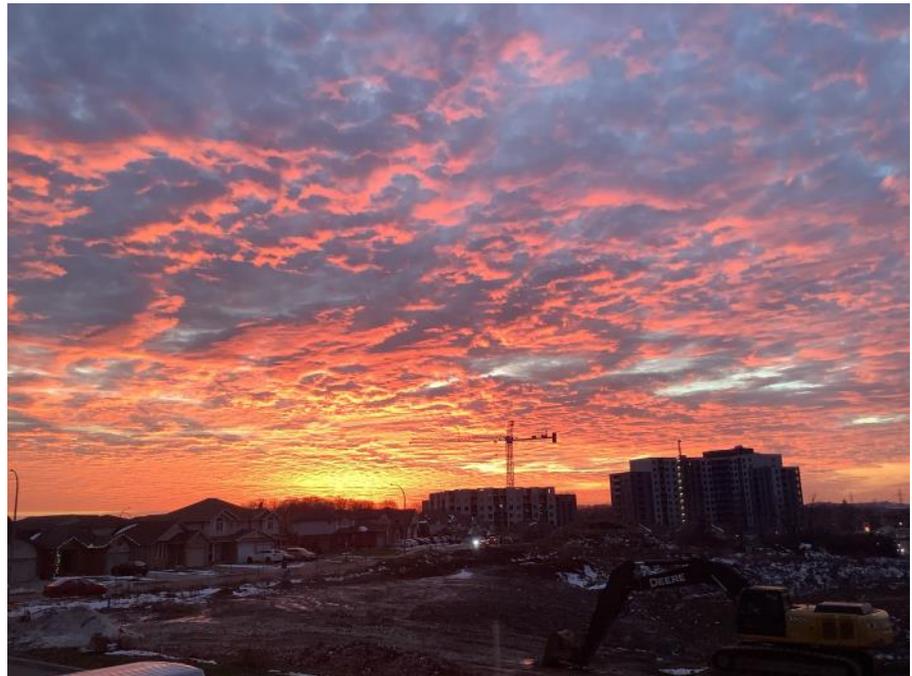
So, recycle and do Outreach. Pass it on.



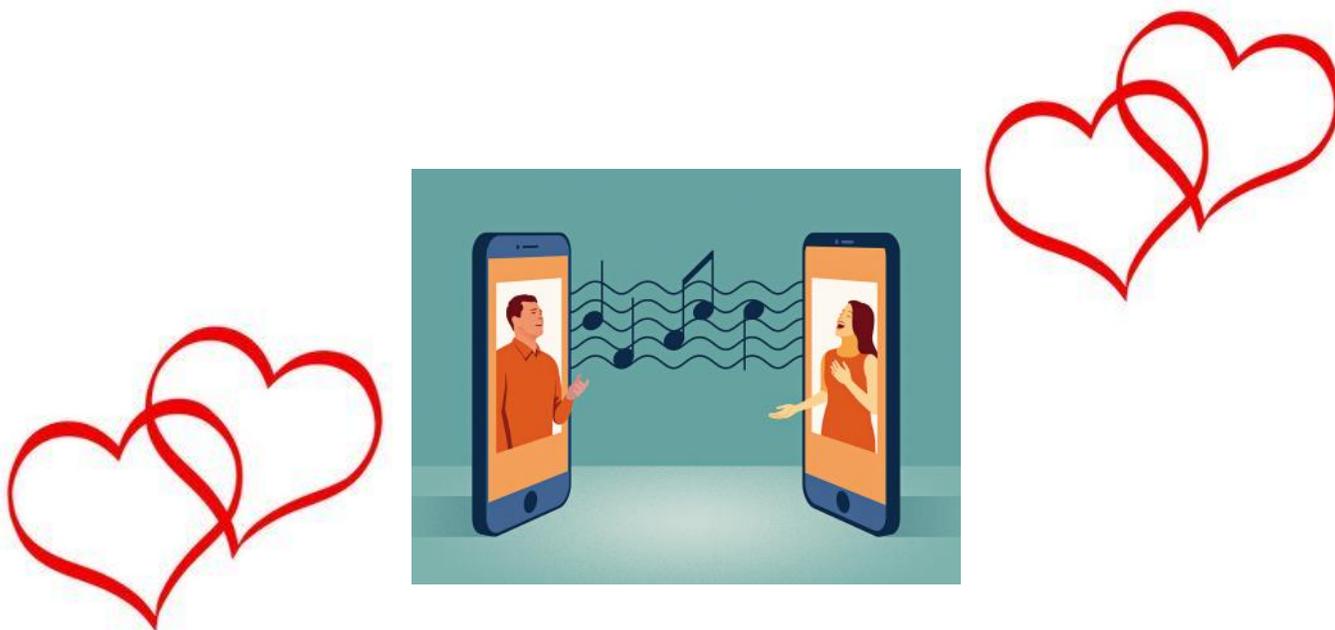
NATURES GIFT FOR FEBRUARY  
2021

**Attention: Nature Lovers, Poets,  
Story Tellers!**

Send me your art. Whether you love a good story, picture or poem, please share with us.. I would also like to encourage anyone to send in what you interpret to be 'natures gift' to the FHUC office to be included in 'The Messenger' - Kelly.



*Beautiful!  
Sent in by  
Joyce Harding*



### **ONLINE CHOIR SINGING**

**The Forest Hill Choir is meeting every three weeks for a Sing-a-long on Zoom.**

**We gather on Zoom for 45 minutes to socialize, and then sing together with mics muted. New members or drop-ins are welcome.**

**Please let M.J. know in advance if you would like to come so she can supply you with the music for the week.**

**The next two get together dates are:**

**Thursday, February 18th - 7pm**





The items pictured below were all left at the church at some time. Please take a look and if you are missing one of these items please contact the FHUC office.

These items are all looking for their home!





## Women's Gatherings - Online and can join by phone too!

Ladies are invited to connect online by computer or phone on **Tuesday March 9 at 1pm.**

The women would like to bless some funds from the UCW to 3 charities and this would be voted on at this March meeting. If you can't make it, please let Margot White or Betty Kocher know your thoughts.

The recommendation is to give \$500 each to Mission & Service, Women's Crisis Centre and the Food Bank.

There will also be a short presentation to Betty Kocher to thank her for being our fabulous president for over 5 years. Margot White has accepted the nomination for president.

To join ZOOM on March 9 by computer/ipad etc, click below:

<https://us02web.zoom.us/j/81808462572>

Meeting ID: 818 0846 2572

To join by phone on Tuesday March 9:

call ZOOM toll free 1-647- 374-4685

enter 818 0846 2572 followed by #

might need to enter # again

If you have trouble connecting, call the FHUC office @ 519-744-3481

If you'd like to try ZOOM or practise connecting by phone ahead of the meeting, call Margot for one on one time together.





# SPRING IS JUST AROUND THE CORNER!!!



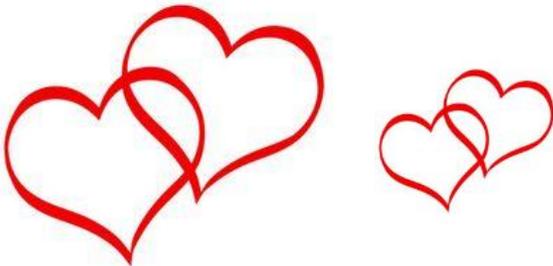
how do you spell love?

- piglet



you don't spell it -  
you feel it.

- pooh





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