

The Messenger

FOREST HILL
UNITED CHURCH
KITCHENER
April 2021



Easter and spring has sprung!

Even though they come every year there is still a surprise to their arrival. New life just when we were getting used to grey leaves and soil that produces no obvious new growth.

Of-course there is always much happening beyond our vision or outside of our sight. We are only conscious of the surface stuff. The same can be said of this pandemic night of the soul. We are so aware of the lockdown, the vaccine lineups and what we cannot do but less obvious is what we can do and what we can celebrate. Ellen and I have been celebrating the number of folks that have taken advantage of the Spirit Circles, the Coffee and Conversation, and the Coffee on Your Sundae gatherings. We are aware that folks have taken advantage of warmer weather to hit the walking trails and breathe deep the freedom of living beyond the 4 walls of our homes.

Maybe that is the point of Easter and spring...they get us breathing new air and looking for new possibilities even in the midst of this pandemic. Many of the same struggles we had before the pandemic still exist but the pandemic has pushed us to look into new places to find answers.

INSIDE THIS ISSUE

Rev. Gary's message.....	1
FundScrip dates.....	3
Coffee on Sundae Zoom.....	4
'Anyway'.....	5
Council Meeting.....	6
Thank You.....	8
Garden Meditations.....	9
Reflection Moment.....	10
Broadview Magazine.....	11
Recipe.....	12
Thank You.....	13
Poem.....	14
Free Diverse Library.....	15
Thank You.....	16
Nature's Gift.....	18
Virtual Choir.....	19
Congratulations.....	20
Heartfelt Condolences.....	20
Something to Do.....	21
Giggles.....	23



As much as I have seen the staff at Forest Hill United Church adapt to the demands of these times I know it has come at a cost in energy and time. It has also meant one of the things that has really fed our community, which is fellowship, has been greatly curtailed. I know it is for the best reasons.

I just got an email from a friend today. He told me about what his wife, who is an emergency room nurse, sees on the front lines. That the UK variant of Covid is hitting us really hard. Elective surgeries have been cancelled as ICU beds are full and more are needed. We need to go from 500 beds to at least 800 beds. Toronto for example, is sending ICU patients to Stratford and that it is the under 50 crowd that are being hardest hit. We have been wise to cancel in person worship and limit any gathering to under 10 persons. We know that even though giving up on our fellowship gatherings has probably saved lives it has affected us.

So maybe what is going on is the push for us to work on our inner spirituality. As an extrovert I have found God in my connecting with people. In this past year I have been forced to work on my inner spirituality. It has not been easy and frankly nowhere as enjoyable as being in person with you but it has sustained in this yearlong pandemic winter. It has also once again reinforced that maybe not getting our way is an important spiritual practice as well. When I think of this it feels like Easter work. The unseen mystery: bringing life to a death filled tomb like a life promising cocoon or seed waiting for the right moment to show the world what it has been at work doing just below the surface.

So may this spring give you an opportunity to bring to the light what has been forming in you just below the surface?

May it be filled with new life and new promise for us all.

Peace Gary



FündScrip
powered by Fundstream Inc.
**Where shopping
is fundraising!**

Order dates:
April 25
May 9 & 23



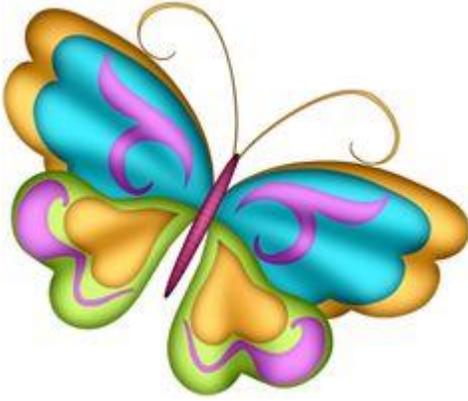
Did You Know or Forget?

**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!!**





Save
the
Date



COFFEE ON YOUR SUNDAE ZOOM 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 FOLLOWING THE WEEKLY CHURCH SERVICE



Anyway

People are often unreasonable, illogical and self-centered;
Forgive Them Anyway.

If you are kind, people may accuse you of selfish, ulterior motives;
Be Kind Anyway.

If you are successful, you will win some false friends and some true
enemies;
Succeed Anyway.

If you are honest and frank, people may cheat you;
Be Honest And Frank Anyway.

What you spend years building, someone could destroy overnight;
Build Anyway.

If you find serenity and happiness, people may be jealous;
Be Happy Anyway.

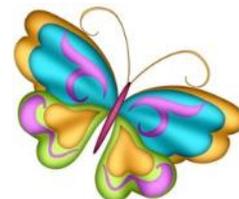
The good you do today, may be forgotten tomorrow;
Do Good Anyway.

Give the world the best you have and it may never be enough;
Give The World The Best You've Got Anyway.

You see, in the final analysis it is between you and God;
It Was Never Between You And Them Anyway.

Mother Teresa

Thank you Betty Kocher for sharing this lovely poem.





Here are a few tidbits from the March 2021 Council meeting:

- Linda Nelson welcomed as the new Recording Secretary for the Council
- Thank you to Carol Perkins for her years of service as Recording Secretary on the Council
- Finances are looking good to the end of February - Net Income - \$11,690.69
- Rental request from Stem Montessori for September - Council decided to decline this request
- Audio Visual Grant of \$4,000 received. Brian Clemens is working with vendor to upgrade current equipment
- Quick discussion on possibility of Gary's sabbatical July 1 - Sept 30th - depending on pandemic - more to come
- Reimbursement policy surrounding monies spent by congregants - Formalization
- Editorial team to be formed to review correspondence being sent from the church





*Bless the food
before us, the family
beside us, and the
love between us.
Amen*

Blessings Box

Thank you to everyone for keeping our Blessings Box fortified. If you have items to contribute to Blessings Box, please drop them at the church on a Wednesday morning. We have some very generous people who donate their time to ensuring that the box is kept full.

CALL FOR SUBMISSIONS



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.*

*Let's make this newsletter really
reflect Forest Hill!*



**NEXT MONTH
PLEASE SEND IN YOUR SUBMISSION
FOR THE
MAY MESSENGER NO LATER THAN
MAY 14th**



A BIG NOTE OF APPRECIATION TO ALL THE 'TABLET & MAIL OUT' DELIVERY PEOPLE. THANK YOU SO MUCH FOR ALL YOU DO. IT IS REALLY NICE THAT WE ARE ABLE TO KEEP IN TOUCH WITH THOSE THAT ARE NOT ABLE TO GET OUT AND ABOUT!



Garden Meditations

Friendship is a sheltering tree – Samuel Taylor Coleridge

Let us give thanks for a bounty of people.

For children who are our planting, and thought they grow like weeds and the wind too soon blows them away, may they forgive us our cultivation and fondly remember where their roots are.

Let us give thanks:

For generous friends, with hearts—and smiles—as bright as their blossoms;

For feisty friends, as tart as apples;

For continuous friends, who, like scallions and cucumbers,
keep reminding us that we've had them;

For crotchety friends, sour as rhubarb and as destructible;

For handsome friends, who are as gorgeous as eggplants and as elegant as a row of corn, and the others, as plain as potatoes and so good for you;

For funny friends, who are as silly as brussel sprouts and as amusing as
Jerusalem artichokes;

And serious friends as unpretentious as cabbages, as subtle as summer squash, as persistent as parsley, as delightful as dill, as endless as zucchini and who, like parsnips, can be counted on to see you through the winter;

For old friends, nodding like sunflowers in the evening-time and young friends, who wind around us like tendrils and hold us, despite our blights, wilts and witherings;

And finally, for those friends now gone, like gardens past that have been harvested, but who fed us in their time that we might have life thereafter.

For all these we give thanks.

Reverend Max Coots



Thank you Barb Maughan for sharing this lovely poem

A Moment of Reflection for those Who Keep our Church Safe.

Oliver Wendell Holmes once said ,

“The noblest service comes from nameless hands, and the best servant does his work unseen. “

At Forest Hill, we are so fortunate that we have “ nameless hands “ who keep our Church property safe during these pandemic times.

And because our church is empty most of the time, most of this work remains unseen – work that needs to be done to keep our assets maintained.

And so a big thank you to Murray Gordanier and the Property Team of Percy Kaita, Dennis Dechert, Wayne Nelson, Fraser Gibson, Dale Irwin, Bryan Perkins, Rob Steele, Fred Boulton, Jeff Ontonovich, Ken Usher, Dale Irwin who clear our snow, fix our faucets, and change our light bulbs, and do any necessary repairs.

A big thank you for our Security Team of Rob Steele, Dennis Dechert, and Wayne Nelson who do a weekly check to make sure doors are locked, lights are off, and no leaks.

A big thank you to our our snow plow team led by Matt Kaufman, who plows our parking lot at no charge !!

Mahatma Gandhi said “Useful manual labour, intelligently performed, is the means par excellence for developing the intellect”.

We can only conclude that we have a lot of smart people at Forest Hill !

Keep safe,

Doug Sullivan



BROADVIEW MAGAZINE GROUP SUBSCRIPTION

It is hard to believe that a whole year has gone by and we are still in the same position as we were a year ago!

There have been some changes to the publishing frequency of BROADVIEW that affects our annual subscriptions.

As you probably read in the editorial in the last issue (April/May) the number of issues is being reduced from 10 to 8 per year.

There will be an issue covering one month (for example June) then the next issue will combine two months (July/August) and so on.

Our subscription this past year would have ended with the May 2021 issue. With the change, you will receive 10 issues for your current subscription that will end with the June 2021 issue.

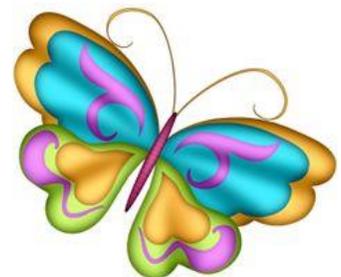
All those on the current subscription list will be contacted in late April to early May for renewal for 2021-22. The cost will remain at \$25 per year.

Payments can be sent to the church office with cheques made out to Forest Hill United Church with Broadview on the memo line.

Any questions - please contact Katherine or Dave Lemke at 519-895-2879.

Hope this all makes sense and is not too confusing!!

Dave Lemke



Looking for recipe submissions, come on people lets share some good recipes!

Although I do not cook much (my husband is my chef) I do like to bake, so I am going to share a recipe I absolutely love, this is a family recipe. - submitted by Kelly

Gluten Free - Carrot Cake



1 1/2 cups GF flour

1 1/4 cups sugar

1 1/2 tsp baking soda & cinnamon

2-3 raw carrots (shredded)

2/3 cups oil

1 cup shredded pineapple , fresh or canned

1/2 cup walnuts (optional)

1/2 cup raisins (optional)

2 eggs, slightly beaten

1/2 tsp vanilla

1/4 tsp salt

2/3 cup coconut (shredded)

Mix flour, sugar, baking soda, cinnamon & salt

Add carrots, oil, eggs, and vanilla

Mix until blended.

Stir in pineapple, coconut , walnuts & raisins.

Place in 9 X 13 pan

Bake @ 350 for 40-45 minutes.

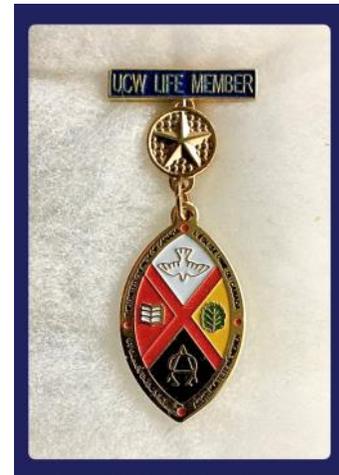
Cream Cheese Frosting:

1 pkg cream cheese (softened)

1/4 cup butter (softened)

1/2 tsp vanilla

2 cup icing sugar



I wish to thank the UCW for the generous gifts I received from the ladies in March as I passed the Presidency on to Margot. I feel very honoured to have received my "UCW Life Member" pin ". I certainly was not expecting to be recognized in this way which still makes me emotional when I think about it. The wording on the certificate was beautiful and the book, "a Cup of Our Life" hopefully will become a part of my life real soon.

Thank you for all the continued support during the past 5 years. I could not have accomplished what I / we did without your assistance and encouragement. A very special "Thank You" to Margot for all her time and efforts to all the details making this presentation possible during these different & difficult times.

Sincerely

Betty Kocher



There is a Woods that Saves Me

February, 2021

Yes, that Woods saves my sad sorry Soul.

My Soul is grieving the loss of so much community connection.

Lockdown - stay at home restrictions that feel like prison. No hugs.

No live concerts or theatre, no choirs, no live community gatherings, no big milestone celebrations - only virtually on Zoom or streaming.

My Soul is grieving the unreality of it all, the time warp illusion of it all.

But there is this Woods nearby. She is small and urban.

I can see the backyards of houses near the trail on one side.

She is a real Woods with a lively creek that gurgles in places.

She is real. She is not online.

The bare tree branches are really moving.

A few remaining leaves like pale ghosts are really rustling in the wind.

The woodpecker is really pecking at the dead trunk.

The chickadees are really flitting in to grab the seeds left for them on an old stump.

The water is really flowing and burbling.

There is a bridge over the creek there where I stand and pray

Offering thanks for the beauty and serenity my Soul finds here.

I am at home in this small refuge. I am safe. I am free and connected to Life here.

The trees are all around me living, breathing, protecting. Part of my Earth family.

The Peace of the Woods frees my sad sorry Soul. The Beauty buoys my spirits.

I can go back home soon. And face another day of Lockdown.

Thank you Patrice Thorn for sharing this very intimate and healing poem!



News! News!

FHUC partners with **Little Free Diverse Libraries**

Please see this webpage to hear more about the project. <https://www.kwlittlefreediverselibraries.com/>

The vision presently is to locate the little library close to the Blessing box. One thing the LFDL folks are wondering is if there is someone in the congregation that would act as a steward of our LFDL? This means keeping an eye on the library to see that no trash gets put in there and if the books run low to contact the organizers to get some more. The Blessing Box has largely been treated with respect so we expect the same for the library. Ironically the one problem we have had with the blessing box is that someone early on was putting books in there! The LFDL is intended to give voice to Indigenous and marginalized writers and so we hope that an exchange of book written by these authors will increase understanding in our city and country.

If folks are interested there is an opportunity to decorate the box before it is installed in the spring.

If you have questions let Rev. Gary know.

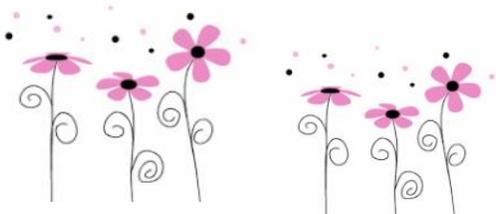




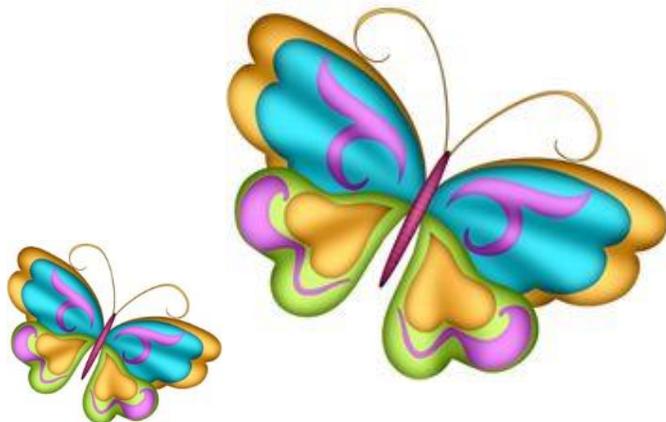
An update on Masks

A special thank once again for donating masks for the Shelters in our city. Along with Parkminster United Church Waterloo, we have contributed to making over 3,000 masks available to our many shelters. Canadian Shield a local company donated the majority of the disposable masks but as you see in the photo others were also given. This is a photo of the second amount donated. Thanks to all who have helped to make a difference in the safety of many individuals in Kitchener / Waterloo in the past and in the future.

Betty Kocher



COMIC CORNER



*Welcome
April!*



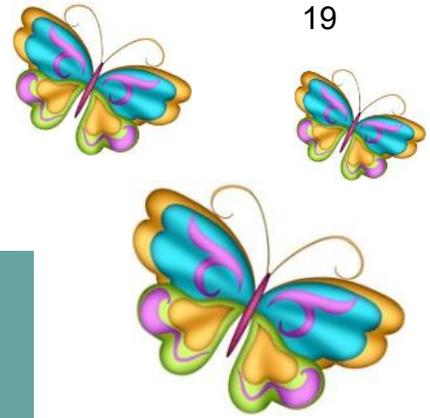
You know Spring is here when the daffodils, the primrose and other early risers start to show their lovely foliage.

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.

VIRTUAL CHOIR SINGING

19



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, April 22nd

Thursday, May 13th



Thank you and congratulations to Lynne Couperus for receiving her **50 year pin** membership pin in Guiding, as a youth member and an adult leader.

Lynne also received recognition from the Province of Ontario for 40+ years of continuous volunteer service with Girl Guides of Canada.

Also deserving in recognition are Shelley Steele, Linda Davis and Betty Clemens whom all received their **20 year pins** as Guide leaders.

Well done good and faithful servants.



Forest Hill United would like to extend their heartfelt condolences to Christine White and family for the loss of the children's stepfather James Garfield - also known as Gar.

Something to Do:

A Word from Andrea Johnston,

During our coffee morning after the church service today I shared information about a program that is offered by the City of Kitchener. I joined in January and have found it to be very interesting, of excellent quality and I look forward to the twice a week zoom activities/meetings and the monthly activity kit that is delivered to your door each month. Each kit contains activities Mon thru Friday for each day.

If anyone is interested send an email to:

Andrea Klein

andrea.klein@kitchener.ca

Community Programs & Supports Coordinator

519-503-6140

This particular group are also set up to connect with individuals who are not computer savvy and the program is completely free of charge.



Laughter is an instant Vacation!

- Milton Berle

A little giggle or play on words, courtesy of Barb Maughan who found a printed email from a friend and was kind enough to share the humour.

Thank you for sharing.

“Lexophile” is a word used to describe those that have a love for words, such as “you can tune a piano, but you can’t tuna fish”, or “to write with a broken pencil is pointless.”

When fish are in schools, they sometimes take debate.

When she saw her first strands of grey hair she thought she’d dye.

He had a photographic memory which was never developed.

A bicycle can’t stand alone; it’s just two tired.

Those who get too big for their pants will be totally exposed in the end.



Spring is definitely here, the birds are singing and the early flowers are up!



"Life is a journey to be experienced, not a problem to be solved."



-Winnie the Pooh

WHEN LIFE THROWS YOU A RAINY DAY,
PLAY IN THE PUDDLES!

- Talking My Talk -





FOREST HILL UNITED CHURCH

121 Westmount Rd East

Kitchener, ON

N2M 4Y6

PH: 519-744-3481

email: office@foresthillunited.org