



FOREST HILL
UNITED CHURCH
KITCHENER
May 2021

The Messenger

There is no plan!

If we had the opportunity to talk to the disciples after they had experienced the resurrection. I am sure they would have said, "We're really happy but we have no plan." If Jesus had a plan for them they didn't hear it. So the first thing they did, even though they had seen the risen Jesus, was to go back to the way things were before Jesus came into their lives. They went fishing back in their home county. Jesus meets them there to assure them that he is risen but once again there is no plan. "Feed my sheep," he instructed Peter. But he gives them no how or where or when. Then came the Pentecost experience of the Holy Spirit touching the hearts and heads of all those gathered in Jerusalem. There was great excitement but still there was no plan. Just go out and spread the good news. Somehow lead by the spirit they created a Holy body that would carry the message of Jesus over most of the world and for these 2000 years.

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We have to assume that they may not have had a plan, but each day they got up and the spirit helped them discern what was the right thing for that day. So very much like putting one foot in front of the other. This meant the church walked, it didn't run.

Hopefully by now you know that I am going on sabbatical this year from July 1st to September 30th. Every time I think I have a plan the Covid virus cases spike up and a part of the plan comes off the table. Every time I think I know what I want to explore other issues or avenues of study fall into my lap. I prefer having a map, a plan, and a timeline. But this doesn't seem to be in the cards for me. But that is true for most of the world at this point. I know I'm going somewhere and I know I'll be doing something between July and September. But as for what I just might have to let the spirit guide me one step at a time. It worked for the disciples in the early church. I pray it will work for me when it's pretty hard to make a plan.

Peace Gary





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

Order dates:
May 23
June 6 & 20



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!!**





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Save
the
Date



Coffee on your Sundae

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

Reaching Out to Others News!

We have been busy supporting our local community. We have donated \$2500 each to the House of Friendship and Sanguen Health Centre to support their mission work in our community. We are also giving 160 grocery gift cards of \$25 ea to Chandler Mowat Food Program in support and celebration of Ramadan. Thank you to all who continue to support our local outreach efforts.

Blessings
Shelley Steele



Rev. Gary handing out Fresh Co gift cards at the food program at Chandler Mowat.

Summary of April Council Meeting

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

- Financial Up-date - Remain in a positive net income at end of March - \$1,347.75
- An E-mail will be sent to all congregants from the Council advising that the privacy policy has been breached. Council and the Safe Start Committee have not sanctioned any in person events as we are closed. We need to send a clear message to state that if someone is sending emails to members of the church it needs to cease and desist.
- Discussion surrounding the possibility of adding a Youth Leader when we return to the church. This is needed as our youth are increasing and we need ongoing support to keep them interested and engaged.
- The AV equipment is purchased and we have used it for the past number of Sundays. It is performing as hoped.
- Rev Gary will be taking his sabbatical from July 1 - September 30, 2021
- Little Diverse Library - Ron Morgan and Patrice Thorn will be stewards for the Little Diverse Library. It will be situated outside by our Blessings Box
- Reaching out to Others team purchased \$4,000 of gift cards to be handed out at Chandler Mowat around May 13th - end of Ramadan
- Discussed that the Messenger needs to follow the AODA guideline to ensure all congregants can read with ease.

The FHUC Council





*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



**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.*

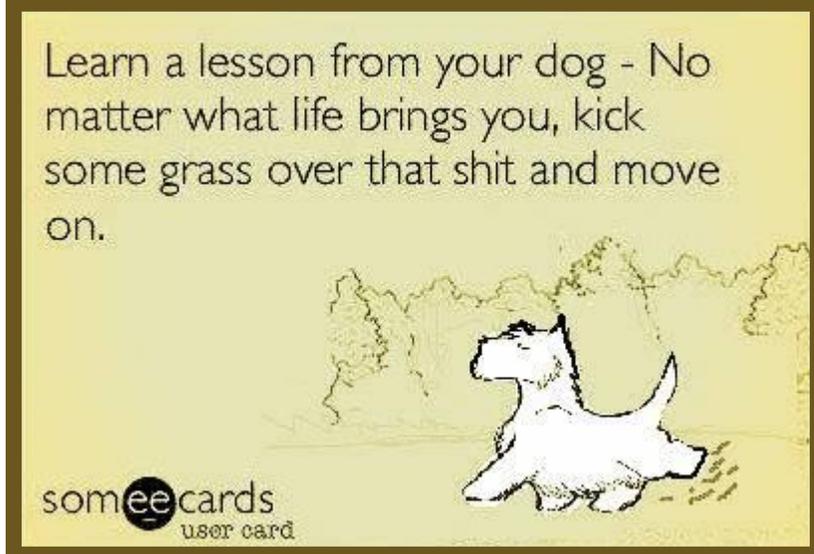
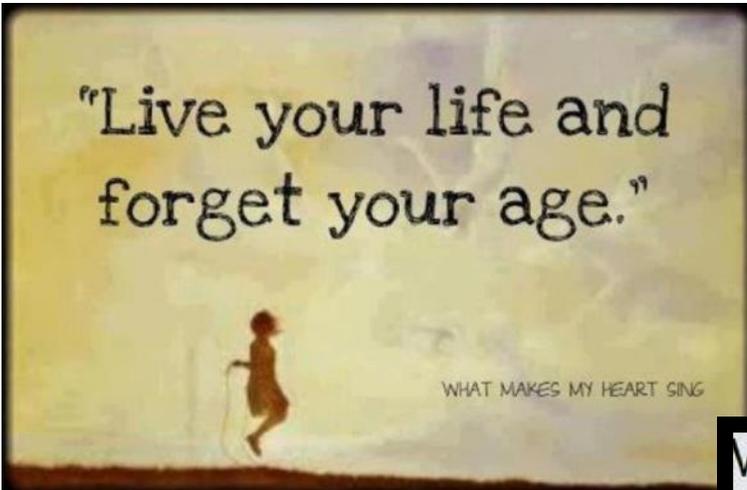
*Let's make this newsletter really
reflect Forest Hill!*

NEXT MONTH
PLEASE SEND IN YOUR SUBMISSION
FOR THE
MAY MESSENGER NO LATER THAN
June 11th

Praying
FOR YOUR
QUICK RECOVERY!



We remember in our prayers this week, Betty Cooper who continues to receive care at St Mary's Hospital. She looks forward to cheery phone calls and cards. May she be sustained knowing that others are thinking and praying for her during this time of concern.





The Food Trucks are Back at FHUC

Trucks will roll into Forest Hill every Monday evening beginning Monday May 3 from 4:30 – 8:00 PM.

Initially, only one truck per night due to Public Health restrictions. We're hoping that in time it will increase to 4 trucks per night.

First up in May is:

May 24 Café du Monde

May 31 Beavertails

Per Public Health restrictions:

- **only one truck is permitted on site at a time**
- **pickup only (picnic tables are not available)**
- **Six foot physical distancing in effect**
- **No access to church building**

Please come out and support the local food trucks as you can!



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!

May 24th is National Asparagus Day

Balsamic Roasted Asparagus

Ingredients

1 lb asparagus
1 T olive oil
1 T balsamic vinegar
1 tsp salt
1 clove garlic
1/4 tsp pepper

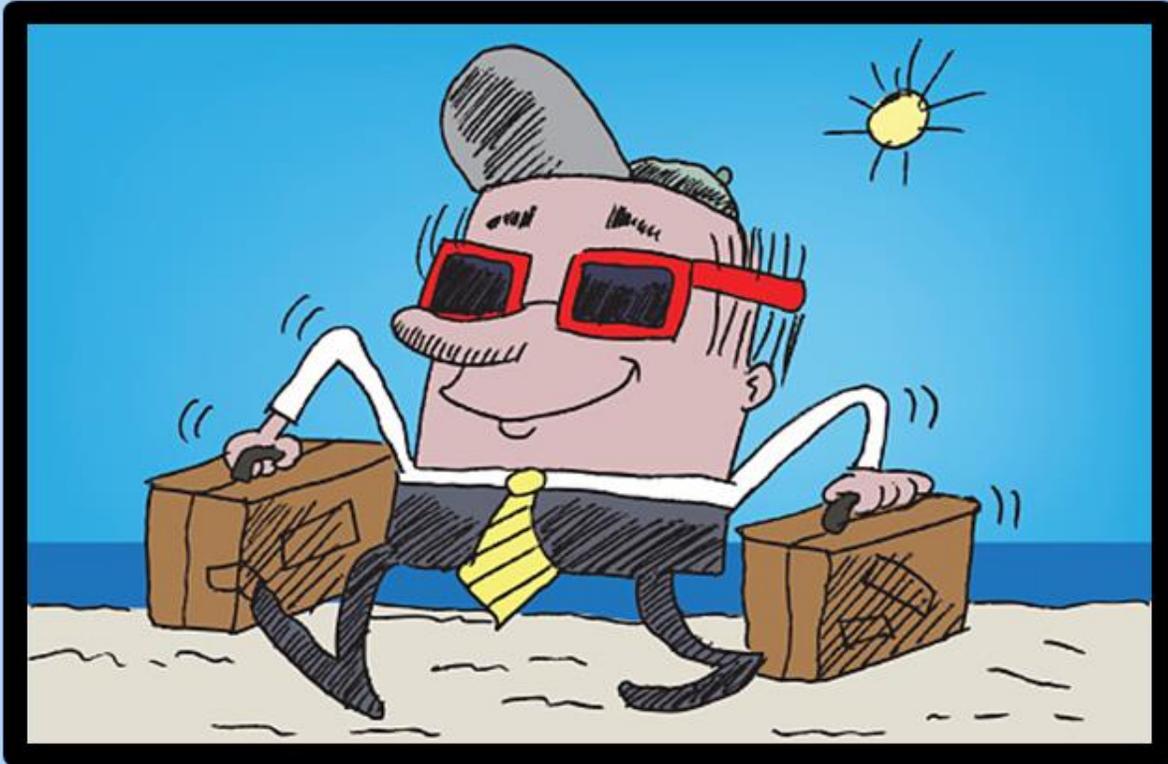


Toss in bowl with olive oil, salt, garlic and pepper

Roast in oven @ 425 F for about 10 minutes or grill on BBQ.

Drizzle balsamic vinegar over spears once cooked

Enjoy!



Blessings for Sabbatical

**Let's fill Gary's bags
with
Blessings for his Sabbatical!**

**Please forward your Blessings to the church office,
either drop something off in the mailbox outside the
church OR email us office@foresthillunited.org**





Tentative 'Save the Date'

Parking Lot Communion

Date to be Announced!!!!!!!

(keep watching announcements)



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.



A Moment of Reflection from Doug Sullivan

A Moment of Reflection on the Simple but Powerful Smile

There are drastic differences in the way we express ourselves, but psychologist Paul Ekman discovered that facial expressions have a degree of universality that transcends time and place.

Each of the thousands of ways of moving the muscles in our faces, serve to express one of the six basic emotions.

These emotions are anger, disgust, enjoyment, fear, sadness, and surprise.

And the most profound and powerful of them all? The Smile !!

Smiling is universally considered to be a way we display joy.

When we smile, our muscles can send feedback to our faces and help to boost our mood.

So here's a few quotes from those who smile a lot.

“A simple smile. That's the start of opening your heart and being compassionate to others.” The Dalai Lama

“A smile is happiness you'll find right under your nose.” Tom Wilson

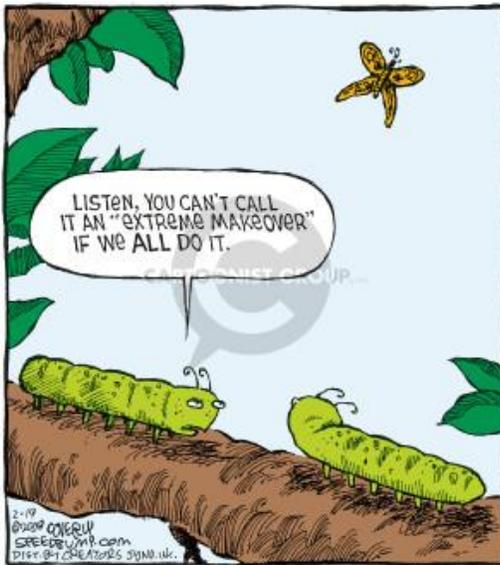
“Sometimes joy is the source of your smile, but sometimes your smile can be the source of your joy.” Thich Nhat Hanh.

Please keep safe.

Doug

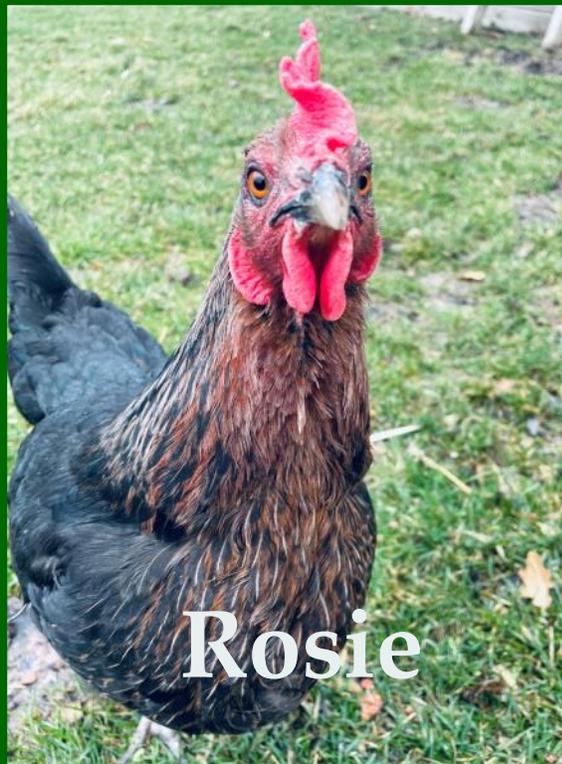


COMIC CORNER

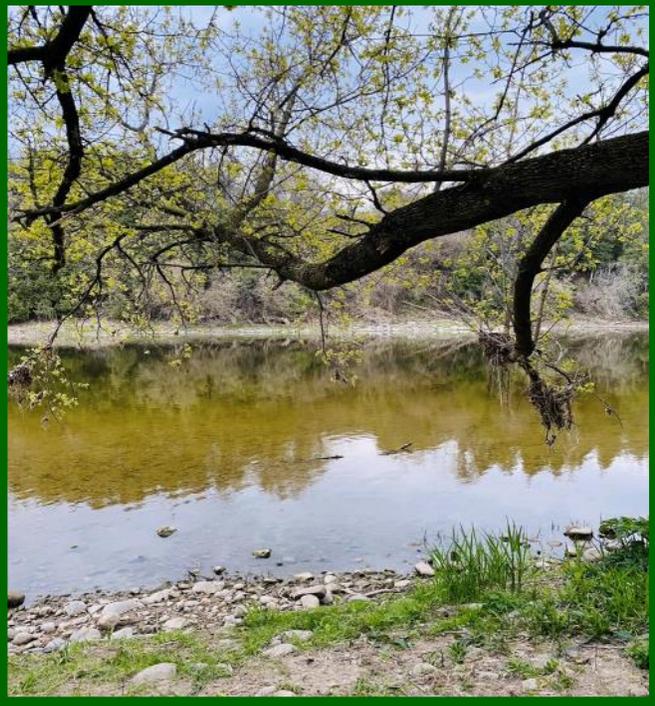


NATURES GIFT FOR MAY 2021

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Rosie



**Thank you to
Melanie Williams for sharing
the lovely photos.**



We are One, We are Many:

A Celebration of the Affirming Designations of Antler River Watershed, Horseshoe Falls, and Western Ontario Waterways Regional Councils

Save the Date!

**All are welcome to join us, virtually,
Sunday June 6th, 2-3 pm (EDT) to celebrate!**

Guest Preacher: Rev. Michiko Bown-Kai

Featuring the music of David Kai, and the Rainbow Chorus

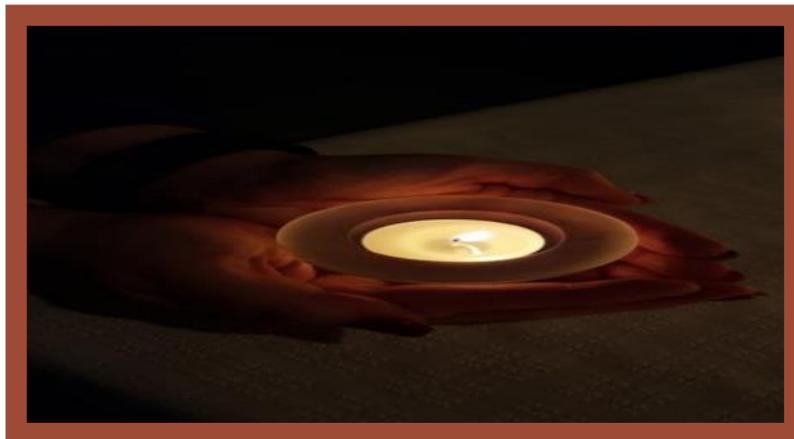
Please bring a candle (real...or not!) to help us light the Christ Candle together

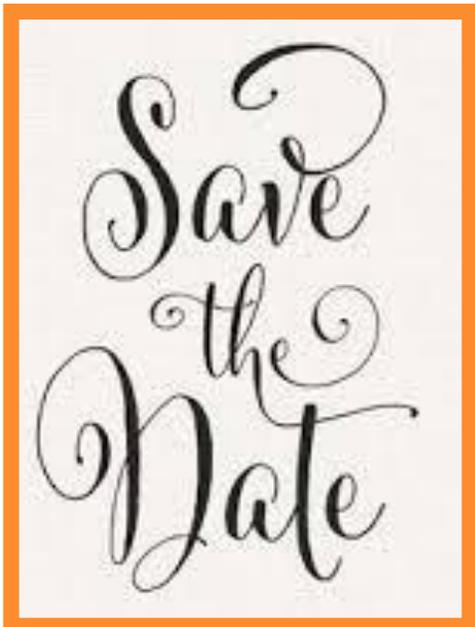
Zoom Link: <https://united-church.zoom.us/j/92162978931>

Meeting ID: 921 6297 8931

For more information, please contact

dmatheson@united-church.ca or tsamuel@united-church.ca





M.J. Johnson Voice Studio Recitals

Come and join M.J. and her voice students for 2 Zoom recitals!

Friday, June 18th, 2021 at 7-8:15pm

AND

Wednesday June 23rd, 2021 at 8-9:15pm

These will be approximately 1 hour recitals with different performers at each.

You are invited to both!

**Contact M.J. at mj@mijohnson.ca to receive the Zoom links for the events.

M.J.



VIRTUAL CHOIR



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 get together dates is:

Thursday, June 3rd

This will be the last virtual choir for the season.

We'll start them up again in Septemeber.



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 Gods' blessing!

- Joseph Prince

Thanks to Ann Furlotte for providing some comic relief!

Church Ladies With Typewriters

They're Back! Those wonderful Church Bulletins! Thank God for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water'. The sermon tonight: 'Searching for Jesus'.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.





Watching the buds on
the trees and the
flowers come to full
bloom!



It's not what we have,
but who we have.

Winnie the Pooh

Piglet



A friend is one of the best
things you can have,
and one of the best things
you can be.

-Winnie the Pooh-





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