



**FOREST HILL  
UNITED CHURCH  
KITCHENER  
August 2021**

# The Messenger



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By the time you read this month's Messenger, we will be well past the halfway mark of our "official" summer season of July and August, and just about half way through our summer Sunday services series, "Telling the story of...." while Gary is off creating a new story for himself and his ministry.

I have to say that I am so very grateful for the Holy Spirit's whispering of that theme in my ear. My hope is that you are enjoying the stories being shared with us, as much as I am...even the diverse ways that Sunday services are created and experienced by different congregations. Rev. Chris Fickling pointed out, rather well, that in the sharing of our services we are experiencing a renewed vision of all being connected in God's kingdom; doing God's work rather than each of us, as a silo church, doing its own thing. I believe our summer story telling reminds us of the unique and different gifts we offer out into our community.



As I read an article by Robyn Fivush Ph.D., I couldn't help but think about some of the stories we have heard already....Sharon Lee's story of God leading through tragedy, Miriam Spies stories of nurturing pride in herself as a crip theologian, Esther's courage and Rebekah's challenges as she mothered 2 sons.

Fivush writes that to tell a compelling story, you must have someone to listen. Knowing how to listen to others' stories is just as important as being able to tell your own story. When we listen, truly listen, to someone else's story, we understand who they are in a new and different way, we hear their perspective, their interpretation, their understanding of the world and of themselves. Closely listening to others' stories creates a shared moment of compassion. Learning how to tell your story is a critical social tool for individuals; listening to others' stories builds community. There's that word again...community!

Isn't that what we at Forest Hill strive to achieve...and live into? Just last week during our Coffee on a Sundae zoom gathering, we reflected about Gail Fricker's drama storytelling of courage and the place of courage in our own lives. There was deep listening with compassion as each shared a bit of their own story.

Fivush notes that sharing (family) stories helps young adults build strong identities and fosters a sense of generativity and integrity as people age.

Listening to someone tell a story increases oxytocin, a hormone related to bonding and empathy, and lowers the stress hormone cortisol.

Stories can also increase empathy by helping people simulate living different lives and see the world through different lenses.

May our own unfolding summer stories offer us a reflective nugget to think about while we enjoy summer relaxation and fun, watch the puffy clouds float overhead and share time with loved ones.

I look forward to hearing the stories of your summer with blessings to stay safe and being well.

.....*Rev. Ellen*





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**Aug 15 & 29**  
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**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 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**



The Forest Hill family has grown once again!



Linda and Wayne Nelson, welcome their first grandchild, Adalynn Rae @ 4:42am on June 30th weighing in at a whopping 9 lbs 13 oz. Proud parents are Jaclyn Nelson & Bryce Creamer.

Also, Leila Forbes welcomes her first great grandchild Zoey Marie Forbes, born July 26, weighing in at 8 lbs 5 oz. Proud parents are Amanda & Justin Forbes, grandparents are Lynn & Mike Forbes and Diane & Brian Bateman.



# Summary of June Council Meeting

6

A brief summary of the June 2021 Council Meeting

- End of May Finances - Total Revenue: \$ 141,867.57 Total Expenses: \$ 133,428.60 Net Income \$ 8,438.97 Discussion: Our giving's are down a little bit but our expenses have been held in check.
- Murray Gordanier has been working on a number of property initiatives - tree removal, painting, boiler and fire inspections and completion of repairs of the outdoor sign.
- Rob Steele and Murray are working on securing new cleaners for the church.
- Gary's Sabbatical coverage to the end of September has been arranged by Ellen and the Worship team.
- Youth Leadership - looking for 2 individuals for when the church re-opens. Ellen has applied to 2 Grants to cover off costs of these individuals.
- Outreach Committee - \$3,000 Donated to One Roof. They were very thankful for our caring donation. The committee is looking to do a back pack drive again this year. Notice has been sent to congregants regarding this endeavor. A big thank you to Shelley Steele for her tireless tenure as the co-Ordinator for Reaching out to others. We are now looking for a new coordinator for Reaching out to Others.
- Discussed Return to In-Person Worship - the Safe Start Committee will be meeting and sending out information to the congregation in the upcoming months.

The FHUC Council





## Blessings Box

The Blessings Box is looking a little meager these days.

We are inviting the Congregation to replenish our Blessings Box supplies over the summer months.

Donations may be brought to the church office weekday mornings between 8:30am - 12:30pm.

Thank you  
Shelley Steele





We offer condolences and prayers of comfort to the Ozaruk family for the loss of Walter Ozaruk on June 28th, 2021. Also to the family of Betty Cooper who passed away July 6th, 2021



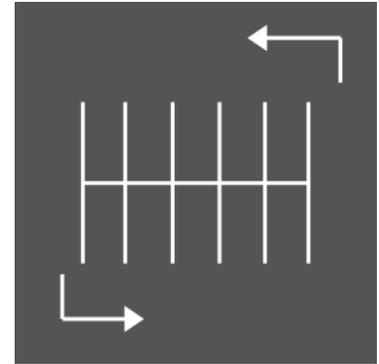
I'd like to thank all my fellow congregants of Forest Hill United Church for their caring phone calls, cards, prayers and words of encouragement that I've received over the past six to eight weeks. We are fortunate indeed to live in a country with a wonderful health system serviced by knowledgeable doctors, compassionate staff and state of the art technology.

John Wilson



## Parking Lot Communion

### September 5, 2021



#### Process for Parking Lot Communion

- Please gather for 1pm
- As you drive in you will see at the back of the parking lot a station for food gifts. If you have a donation please step out of your car and deposit food in the baskets provided.
- Parking marshals will guide you to your parking spot. Please park and wait in your car to be directed to the communion station.
- Car will be directed to the communion station, which is at the front door. Marshals will direct you to your spot.
- When you are at the communion station we invite you to exit your car with your mask to receive communion. If you would rather be served in your car let the us know when you stop at the serving station.
- Young people will serve you a self-contained communion cup that has both a wafer and juice. They will serve to you with a canoe paddle. We will ask if you are alright with us taking your picture as you receive the elements.
- We ask you to take the elements home and consume them at your kitchen table.
- After you are served please reenter your car and head directly out of the parking lot.
- The serving paddle will be sanitized after each car load is served.
- Please remember to bring your donation to replenish our Blessing Box!

Thank you for participating in this .



I would like to take this opportunity to thank all the individuals who supported me in fulfilling my duties as Property Chair over the years. Going forward, Rob Steele and myself will be working together as 'co-chairs' with Rob taking the lead.

Many, many "thanks"!!

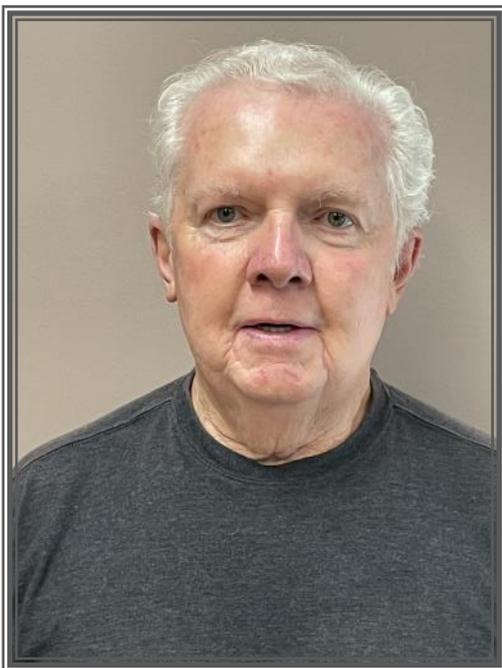
Murray Gordanier



## Property Announcement

For decades now, Murray Gordanier has been the face of the Property Committee here at Forest Hill. But, as is the case with most church things, this position of comfort for the congregation of Forest Hill cannot last forever. That's why Murray and Rob Steele are pleased to announce that, effective immediately Rob and Murray will co-chair the property committee. Over the next several months Murray will gradually hand over the reins to Rob. The time frame for this transition is flexible and will be based on the judgement of Rob and Murray and the needs of Forest Hill. The continued support of all of our property team members is much appreciated.

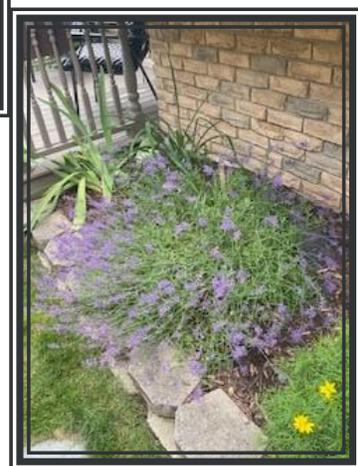
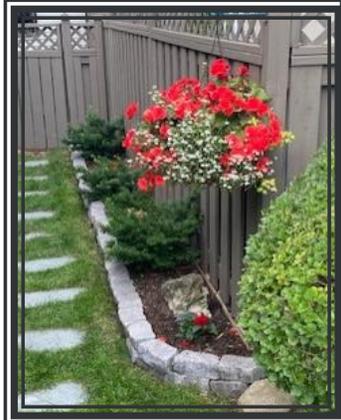
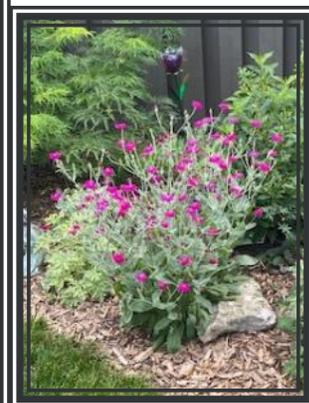
Rob Steele and Murray Gordanier – Co-chairs FHUC Property Committee



We want to take the opportunity to thank Murray for his many years of hard work, most of it quietly and behind the scenes. He has laid a framework that will serve the property committee and the congregation for years to come. For that we are eternally grateful to you.



**NATURE'S GIFT FOR AUGUST 2021**



**Thank you to  
Bev & Murray Gordanier  
for sharing the lovely photos of their gardens.**



### The next **Spirit Circle**.....

I think it safe to say that in our Spirit Circles, the openness, the richness and the curiosity we bring to our conversations, nurtures our spiritual wellbeing as we uncover, re-ignite and discover new “aha’s” about our living and “operating systems.” And so once again, whether returning or new to the circles, Rev Ellen invites fellow soul sojourners to join in a conversation circle using another of Joyce Rupp’s book, **Opening the Door, A Journey to the True Self**.

In her book, Joyce Rupp writes, “ The Holy One is with us in all life”. Our purpose for opening the door inward is to help us know and claim who we are so we can more completely join with God in expressing this love in every part of our external world....each part of life provides a door to our heart, revealing the path to spiritual growth.”

It is noted that there is seemingly no end to the insights that the image of the door can yield and that opening the door of the heart reveals the vast treasure of who we are and how the sacred is present with us. All are welcome to join our conversation and for sure, feel free to bring along a friend who you think might enjoy our circle.

**When** : Wed. August 25, Sept 1, 8, 15, 20 and Oct. 6 ( six weeks)

**Time:** 7-8:30 (zoom gathering) Depending on the Covid numbers it may be possible to offer space to come into the Fireside Room for those who would prefer in-person.

Let Rev. Ellen know if you plan to participate and would like her to order you a book by Aug18th. Details about in-church participation and/or zoom will be determined closer to Aug. 25

Rev. Ellen



Happy Summer!

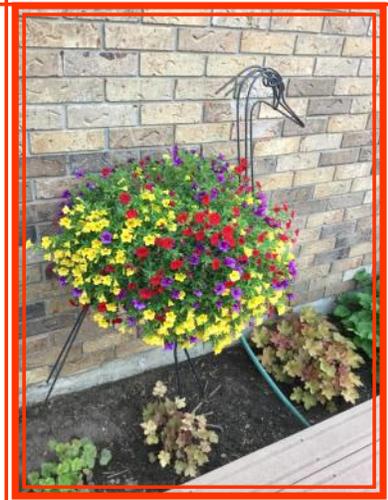
Attention anyone who may be interested in learning skills for transformational leadership.

**SAVE THE DATES:** The Kaleidoscope Institute is offering a Summer Institute bi-lingual experience on the *Holy Currencies* of Truth, Relationship, and Wellness on Monday, August 23, Thursday, August 26, and Saturday, August 28 from 11 AM to 1:30 PM. Registration will open in early August for ***Liberating Hope: Truth, Connection & Wellness / Esperanza Liberadora: Verdad, Conexión y Bienestar***. For more information, please contact Rose Ann Vita ([rose.ann.vita@gmail.com](mailto:rose.ann.vita@gmail.com)). A certificate of participation is available for those seeking continuing education hours.

[Eric Law is the founder of the Kaleidoscope Institute (<https://www.kscopeinstitute.org/>) and author of *Holy Currencies*, a book that provides tools for creating sustainable, missional ministry.]



# Glorious Summer Flowers!



Thank you Betty Kocher for sharing some of your summer blooms.

## Reaching Out!!



Hello from Reaching Out to Others!

With COVID still hovering over us we are not yet ready to get back into hands-on volunteering in our community. However, we are going to be supporting Chandler Mowat's need for backpacks once again this year. We will be using funds from local outreach to purchase some backpacks for high school students but we thought it might be nice for you to participate in this community outreach as well!

If you'd like to be a part of this venture please purchase backpacks and drop them off at the church for distribution by August 20.

Thank you as always for your continued support. I hope by doing this together we will start to feel more connected once again as we all work to put an end to COVID and how it affects us all.

Sincerely

Shelley Steele



News! News! - **It is up and running!!!**

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 Blessings 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 Blessings Box has largely been treated with respect so we expect the same for the library. Ironically the one problem we have had with the blessings box is that someone early on was putting books in there!

The LFDL is intended to give voice to Indigenous and marginalized writers. We hope that an exchange of books written by these authors will increase understanding in our city and country.

Please read and enjoy!





## **The Food Trucks Schedule at FHUC**

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

**Next up in August is:**

**August 2: Wild Boar & Fo Cheezy**

**August 9: El Milagro & Berlin 95**

**August 16: The Funnel Cloud & SWAT**

**August 23: Street Food of India & Berlin 95**

**August 30: TBD**

**Public Health restrictions have been eased:**

- **we're now allowed to host 2 trucks each Monday evening**
- **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!**

Looking for recipe submissions. Come on people lets share some good recipes!

## Grilled Corn with Cilantro Lime Butter



### Ingredients

- 1 cup butter
  - ¼ cup chopped fresh cilantro
  - 1 ½ tablespoons fresh lime juice
  - 1 pinch cayenne pepper
  - 8 ears corn on the cob, unhusked
- 3 quarts cold water, or as needed to cover

Prep: 15 mins

Cook: 20 mins

Additional: 1 hr

Total: 1 hr 35 mins

### Instructions

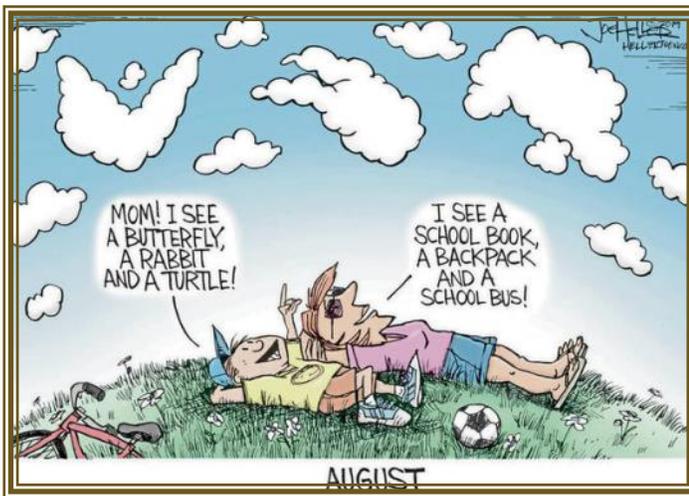
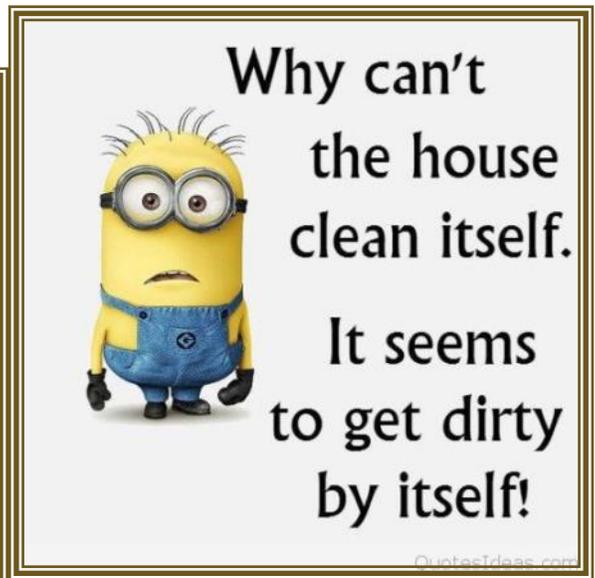
Cream butter in a bowl until smooth; mix in cilantro, lime juice, and cayenne pepper until thoroughly combined. Cover and refrigerate 1 hour to blend flavors.

Peel husks back from ears of corn starting at the top, leaving the husks attached at the bottom of the ears. Remove all the corn silk and close husks over the ears again. Cover corn ears with cold water in a large bowl until husks are thoroughly soaked, about 20 minutes.

Preheat grill for medium heat and lightly oil the grate.

Place the corn in husks onto the hot grate and grill covered until husks are charred and the corn kernels are tender, 20 to 25 minutes, turning often. Strip off husks and serve with cilantro lime butter

# COMIC CORNER



## VIRTUAL CHOIR



### ONLINE CHOIR SINGING

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

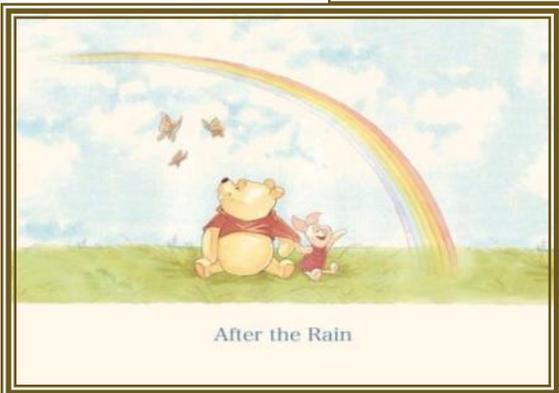
We gather on Zoom for 45 minutes to socialize, and then sing together with mics muted. New members or drop-ins are welcome.

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

**After a summer break, we'll be back with our virtual choir sing**

**September 16th 7:00pm.**







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