

The Messenger

**FOREST HILL
UNITED CHURCH
KITCHENER
September 2021**

September



Oiling the Hinges

Our very own congregant John Wigglesworth, shared the amazing story of his recent heart procedure with this week's zoom "Coffee on Sundae." The conversation around the procedure was one of jaw-dropping awe and appreciation for the advancement of medical care in the field of the human heart. When we get back together I am sure he would share it with you.

This morning, I found myself thinking about his story in relationship to the writing and visual metaphor in the Spirit Circle's study of Joyce Rupp's book, "*Opening the Door*."

Rupp recounts the story of a screen door in her home that frequently needed some lubrication to work properly and to stop its squeaking.

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She then applies that image to the hinges of the door of our heart that also, often, requires attention so that it can be the best working door for the wholeness of our health and wellbeing.

“Basic oils that can keep the hinges of our heart moving smoothly.....“prayer, trust, love, patience, forgiveness, creativity, faithfulness, surrender and leisure.” *Joyce Rupp*

Which of these essential oils might help you “keep the hinges of your heart door in good working order so that you could move easily back and forth between the inner and outer realms of your life? “

Rupp suggests we take a moment to listen to the hinges of our inner heart.....are they stuck? Is it squeaking? Is it time for some oil...and if so which oil?

Something to think about!

May the door of your heart and life be well-oiled!

Rev Ellen





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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

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

Summary of August Council Meeting

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A brief summary of the council meeting in August

- To the end of June 2021: Total Revenue: \$182,729.07 Total Expenses: \$ 166,802.55 Net Income: \$ 15,926.52
- Motion: Effective August 31st , 2021, the Council of FHUC requires that all people entering the building, who are eligible to be vaccinated shall have double COVID vaccinations approved by the government of Canada. Moved: Brian Clemens Revisions: Ron Morgan & Bryan Perkins Seconded: Diane Dunseith Carried. Council supports Safe Start Committee recommendation for a gradual re-entry back to church September 12th with only the members of the Sate Start Committee and Council invited to attend in person to ensure all safety screening and procedures are in place. (this was changed at the beginning of September - with re-entry delayed and to be discussed at September Council meeting)
- Property Committee Updates Discussion: Bryan Perkins provided updates
 - ✦ A) Property Chair Transition — Rob Steele is transitioning to take over the Property Committee from Murray Gordanier on a gradual process with Rob taking on new projects.
 - ✦ B) Cleaning Contract Cleaning — Contract with Sunset Quality Cleaning has been finalized and cleaning has just started.
 - ✦ C) Outdoor Property Maintenance — Looking at quotes for outside property contractor for snow removal and lawn maintenance. We have not been paying for property maintenance, but we have not received any either.
 - ✦ D) Rental Committee Update — Bryan asked Rob to join him on the Rental Committee. Rob has agreed to join the Rental Committee along with Rev. Gary. If any rentals come in Kelly will send to Rob and he will work with Bryan. Once reviewed by the Rental Committee it will go on to the Safe Start group.

The FHUC Council





Blessings Box

The Blessings Box can always use replenishing.

We are inviting the Congregation to replenish our Blessings Box supplies whenever possible.

Donations can either be brought to the church office weekday mornings between 8:30am - 12:30pm or feel free to put them **directly into the box.**

Thank you



Heartfelt thoughts to the Carter family as they attend the graveside service on September 11th, 2021 for Pat Carter.

LITTLE FREE DIVERSE LIBRARY

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/>

Thanks to Patrice Thorn and Ron Morgan for keeping the little library stocked and running.

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.

Our little diverse library is always looking for donations of Indigenous and marginalized writers books.

Please read and enjoy and remember to return the books!



NATURE'S GIFT FOR AUGUST 2021



Laurel Creek



Rather large Snapper @ Laurel Creek



Under Laurel Creek Bridge

**Beautiful Lake Nipissing and our own
Laurel Creek!**



A Dog's Purpose

(From a 6-Year Old)

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy, Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home. As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that animal lives are shorter than human lives.



Shane, who had been listening quietly, piped up,

"I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try to live.

He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?"

The six-year old continued -- *"Well, dogs already know how to do that, so they don't have to stay as long."*

***Live simply.
Love generously.
Care deeply.
Speak kindly.***

**Remember, if a dog were the teacher --
you would learn things like:**

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

Take naps.

Stretch before rising.

Run, romp, and play daily.



Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

**When someone is having a bad day, be silent, sit close by,
and nuzzle them gently.**

Thanks to Edna Jenkins for this lovely tidbit!





The Food Trucks Schedule at FHUC

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

Next up in September is:

September 20: Berlin 95 & The Funnel Cloud

September 27: Schmuck Truck

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!

Apple Crisp



Ingredients

- 4 apples, peeled, cored & sliced
- ¼ cup white or brown sugar
- ½ tablespoon flour
- ½ teaspoon cinnamon
- 1/8 teaspoon salt

Topping

- 3/8 cup flour or rolled oats
- ½ cup brown sugar
- 1/8 cup melted butter

(If you like the crunchy topping you can double or triple the topping recipe part)

Instructions

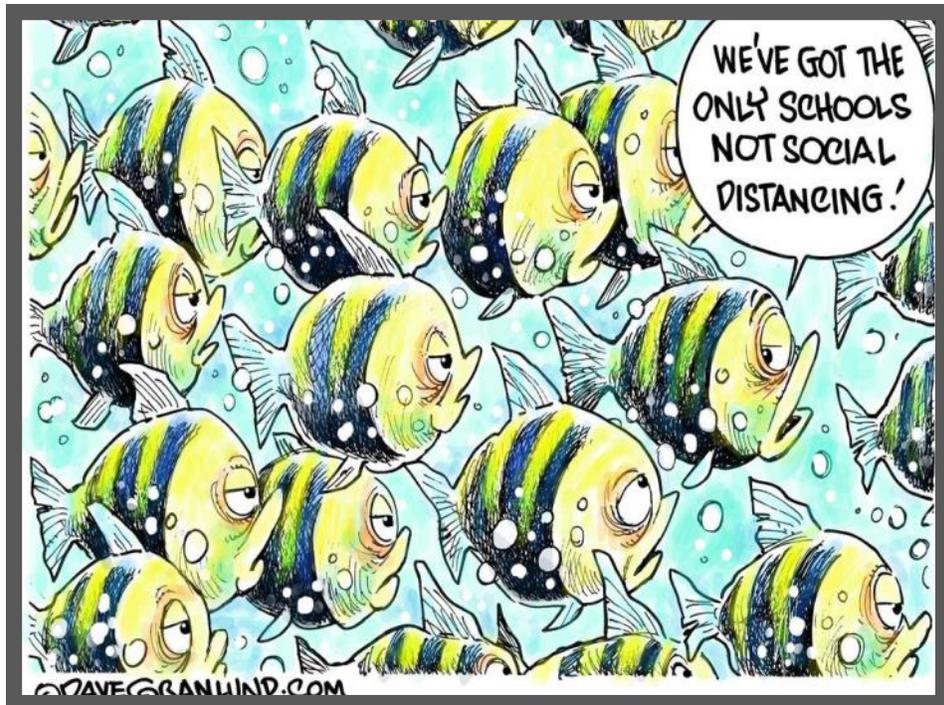
Combine the sugar, flour, cinnamon and salt and mix with sliced apples. Put this mixture into a greased baking dish and cover with topping mixture.

Bake at 375 F for 30 minutes - or until topping is nicely browned and apples are soft.

Serve with sweet or whipped cream, ice cream or plain yogurt.



This recipe is taken from Food that Really Schmecks: Mennonite Country Cooking by Edna Staebler.



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.

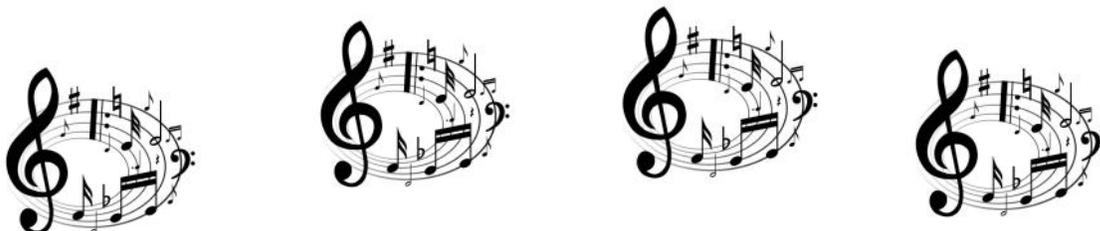
Please let M.J. know in advance if you would like to come so she can supply you with the music for the week.

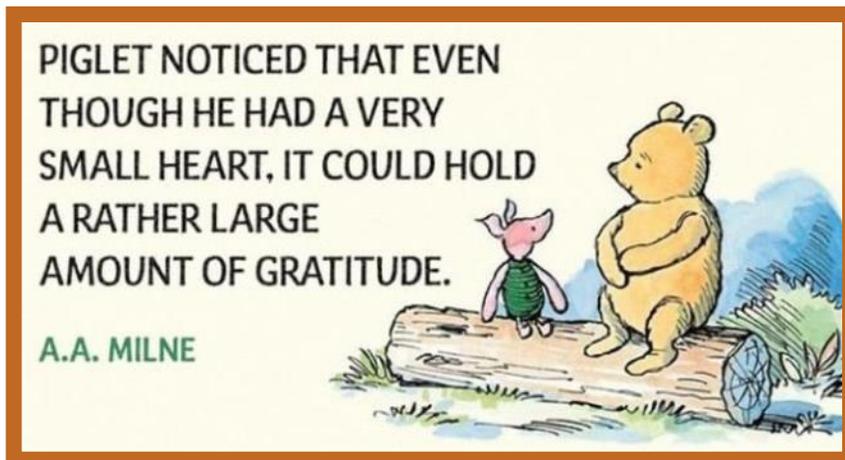
After a summer break, we'll be back with our virtual choir sing

September 16th 7:00pm.

October 7th 7:00pm

October 28th 7:00pm







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