

**FOREST HILL
UNITED CHURCH
KITCHENER
March 2023**

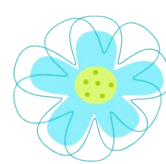
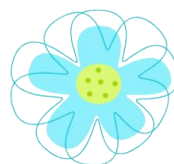
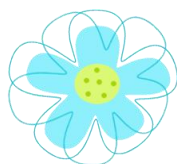
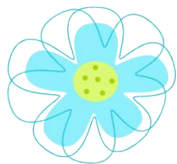
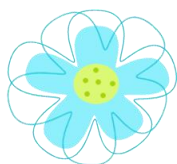
The Messenger

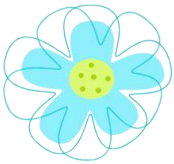
Greetings Friends,

The summer beckons us toward rest and renewal. That might mean being away from church but at least I hope that you make time to tune into the service that we all be sharing with Calvary Memorial and St. James-Rosemount United Churches. This experiment will begin to answer the question of “can these three churches cooperate in healthy ways, and can we detect what are the similarities and differences of each congregation?” The future is uncertain for all mainline congregations but one factor that is consistently shown is that congregations that cooperate with others have a longer life expectancy. Congregations that stand alone, fade alone. This makes sense considering the scripture from this past week. In it, John 15:1-17, we are reminded that we cannot bear good fruit unless we are connected to the vine.

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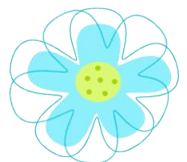
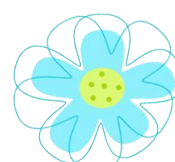
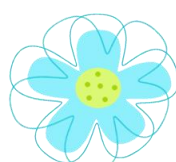
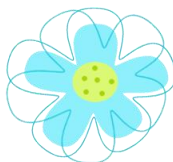
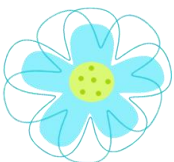




The Holy One is known and works through the Body of Christ and if we are not working with that extended body then we will wither. Mission work, education, youth groups and worship celebration are all enhanced by the larger community.

This is going to be a regular desire of mine in the coming year, that we work with others to come to a better understanding of ourselves and to enjoy the critical mass of energy, knowledge, experience and wisdom when we work with others. I think this has been one of the things we have missed with the changing of the larger church governance. We no longer have Presbytery which was that body where much of the cooperative work was shared. In the new structure congregations have been left to their own devices and we have largely played in our own sandboxes or silos. It is time to change that narrow and, in my opinion, dangerous focus. So whether you are traveling or staying at home; go to worship, online or in person, at a familiar building or new one and observe. Observe how you are welcomed. Observe the feelings of the congregation. Observe what is the focus of worship (atonement or grace). Observe and when you come home to Forest Hill observe if you see and feel differently here. Remember travel is a spiritual experience.

Peace Rev. Gary





Needed: Coffee Prep People

If you haven't participated with coffee prep before, come out and see how much fun it is.

We are looking for people interested in/helping out with coffee preparation.

Please contact Diane Dunseith at 519-498-0070 OR

diane.dunseith@gmail.com



FündScrip

powered by Fundstream Inc.

Where shopping is fundraising!

Order dates:

July 9, 23

August 6, 20

September 3



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!!**





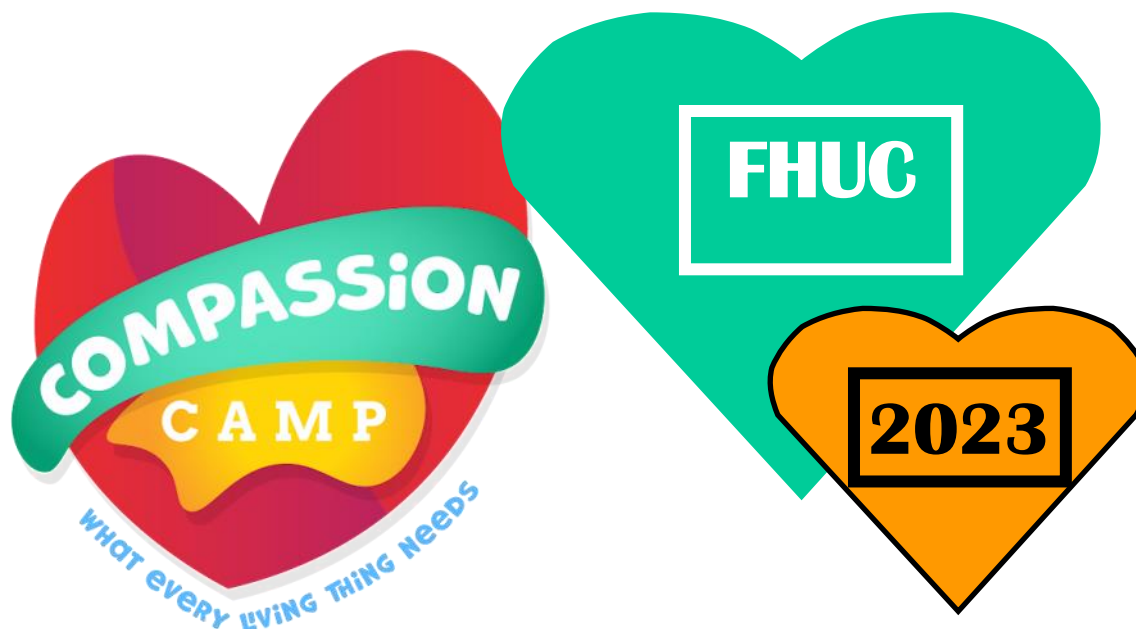
FHUC Link Resource Centre

Coffee & Conversation-Wednesday @ 11:00am

[https://us02web.zoom.us/j/84323131175?
pwd=Z3MzcDNTOHQ0SmVQejFWTHY4MHI2dz09](https://us02web.zoom.us/j/84323131175?pwd=Z3MzcDNTOHQ0SmVQejFWTHY4MHI2dz09)

**COFFEE & CONVERSATION WILL BE ON HIATUS FOR THE SUMMER MONTHS
(JULY & AUGUST) BUT WILL RESUME ONCE AGAIN IN SEPTEMBER**





SAVE THE DATE FOR DAY CAMP

July 10th - July 14th

Forest Hill United Church

WHO:

All kids in JK – Grade 6

WHEN:

Hours: 9:00am – 4:00pm

**Runs July 10th—14th
(Monday-Friday)**

WHERE:

**Forest Hill United Church
121 Westmount Rd E Kitchener**

THEME: Compassion

COST:

\$100.00/week/child (support available upon request)

What is Compassion Camp?

Compassion Camp is a five-session programme where we explore what it means to have compassion for ourselves, others, and the world.

And here is a longer one:

Through *Compassion Camp: What Every Living Thing Needs*, participants will explore what all living things need to live—shelter, food, water, air, and community—and how we can have compassion for the living earth. Through awareness, gratitude, wonderment, reciprocity, and kinship, participants will consider how to become co-sustainers and participants in the work of God's creation.

We are looking for young adult and adult volunteers:

- to work with the children,
- to help prepare snacks,
- to chaperone a mid-week field trip to Victoria Park,
- etc.

Lesley & Rev. Gary





Blessings Box

Thank you to everyone for keeping our Blessings Box fortified. If you have items to contribute to the 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!*

Slow Summer

GARDEN
CHURCH

- ✓ Pet-friendly
- ✓ Relaxed atmosphere
- ✓ Bring a lawn chair
- ✓ Something for all ages
- ✓ Popsicles & cold drinks
- ✓ Home before it gets too hot!

Sundays @ 9am, July 2 to August 27

121 Westmount Rd., Kitchener

519-744-3481

www.foresthillunited.org



DONATIONS



**Purging?
Spring Cleaning?
Downsizing?
Looking for a new home
for cups, cutlery or dinnerware?**

**Look no further!!
All items gratefully received
By the folks at
A Better Tent City**

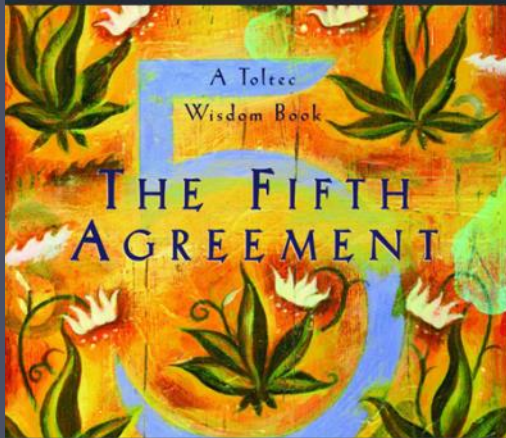
**Contact Sue Hummel for more
information**



Sue Hummel is collecting these items. You can drop them off at the church office during regular office hours.

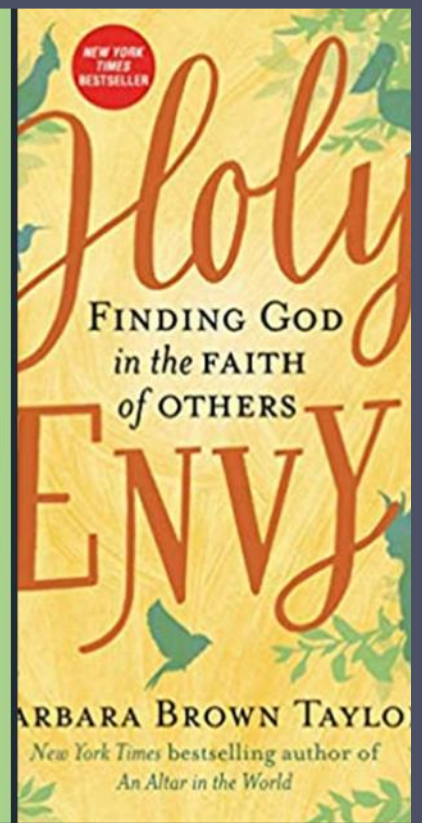


New Spirit Circle



Book Study/Spirit Circle will meet on 6 Wednesday evenings during the summer study of *The Five Agreements* - June 21, July 5 and 19, Aug. 2 and 16 and Sept. 3. The meetings begin at 7:00 in the Fireside Room and end by 8:30. Everyone is welcome.

The fall book study/spirit circle will meet on Wednesday evenings at 7:00 in the Fireside Room beginning on Sept 20. The book being studied is *Holy Envy* by Barbara Brown Taylor. If a copy is needed it will be purchased for you. Everyone is welcome.



Amen to That!!



When I was a little girl in church, I couldn't help noticing that every hymn and prayer ended with the word, "Amen." My 5- year-old ears interpreted this as "All men." "All men?" But what about me? I sadly understood this to mean that my brother was fully included in the church, but my sisters and I were merely allowed to be present.

Now, take my irrepressible nephew, Jesse! When Jesse was a child in church, and when he heard "Amen" at the end of a hymn or prayers, he heard it as, "I'm in!" Jesse enthusiastically joined the chorus of "I'm in" every time, with a full heart!

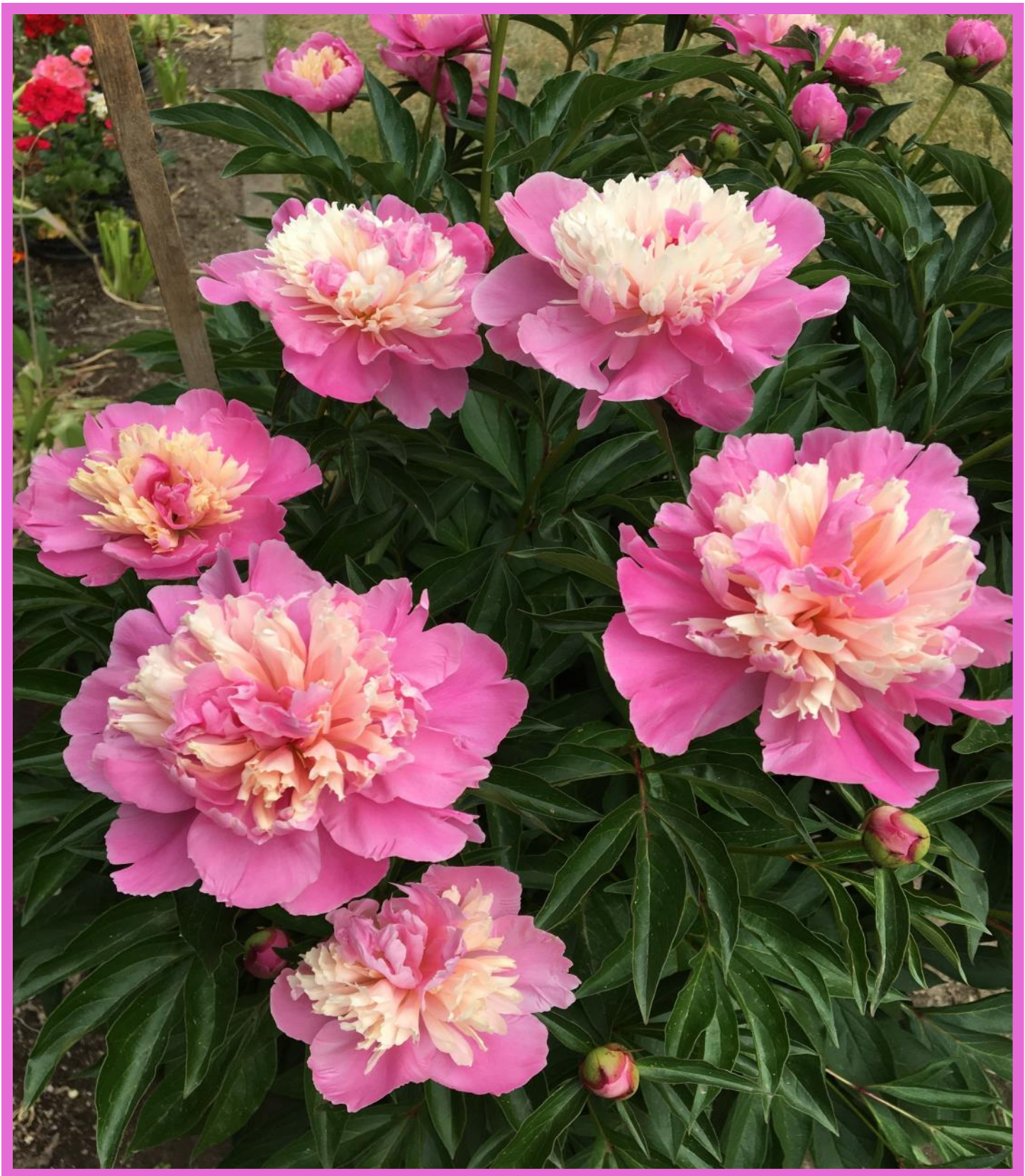
You know, I really like Jesse's interpretation of 'Amen!' You know what? From now on, when it comes to prayers and hymns at FHUC, "I'm in!" And so are you!

Thank you Tisha Robinson for these heart warming interpretations of 'AMEN'!

Thank you for generous gifts
totalling \$11,000 in loving
memory of:

Ewart Bancroft	Pat Carter
Vern Kocher	Margaret Massey
Bob Mahood	Alvin McCurdy
Richard Rees	John Wilson





**Thank you Betty Kocher for such a lovely
picture of your Peonies.**

Did you know.....

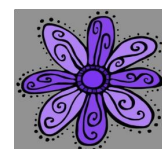
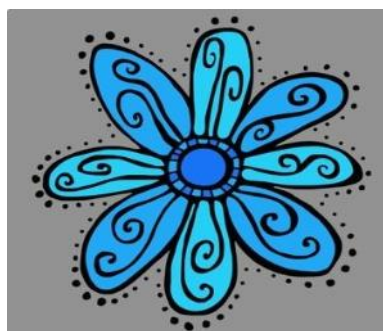
that part of our local outreach money goes to support a monthly cooking programme at Chandler Mowat Community Centre?

It brings together a group of women who live in the community to plan and cook a meal together. Facilitated by the House of Friendship, this programme provides an opportunity for learning new recipes and methods of cooking and brings a sense of community to this group. This past month we learned how to put together a charcuterie board. As you can see, we had great success. Learning how to make strawberry jam is next on the list.

The women in this community look forward to our cooking sessions and admit that they not only enjoy the skills that they have learned, but cherish the friendships that have developed by sharing their passion for feeding people.

Sue Hummel—Being in Community



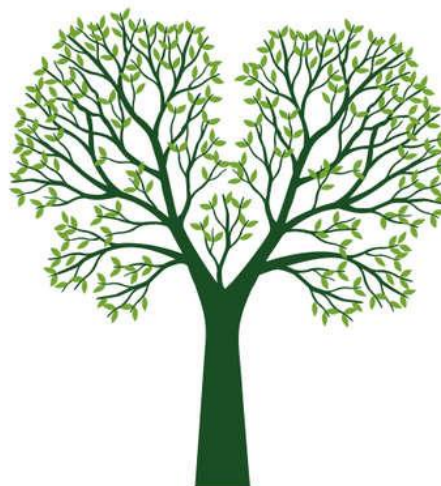
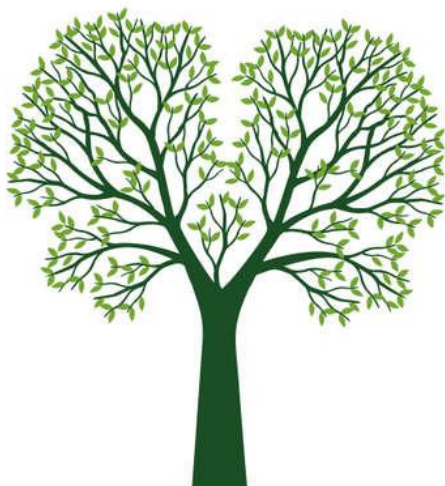




Baptism Schedule:

Forest Hill would like to include your family and friends for baptism on their chosen date. Simply contact the office to set this up.

519-744-3481 office@foresthillunited.org



Upcoming Baptisms:

Lukas Purschke & Logan Purschke

Sons of Katie & Daniel Purschke

Baptism will take place on July 16, 2023

@ St James-Rosemount United Church

A Message from your Outreach Team.....

Your Outreach Team is inviting anyone from the congregation who has a passion, or an idea to partner with the community, to get in touch with Ron Morgan at 519-743-6044. Ron is the coordinator of Outreach. We have a bit of money in the current budget reserves.

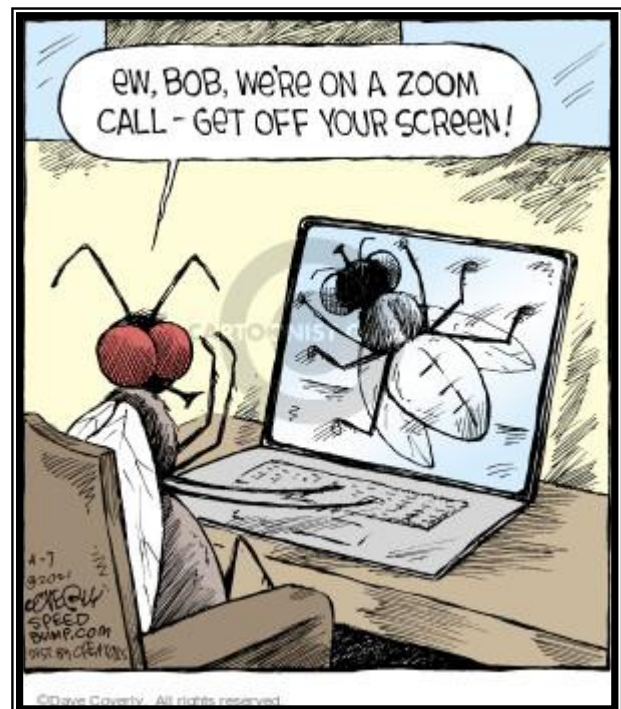
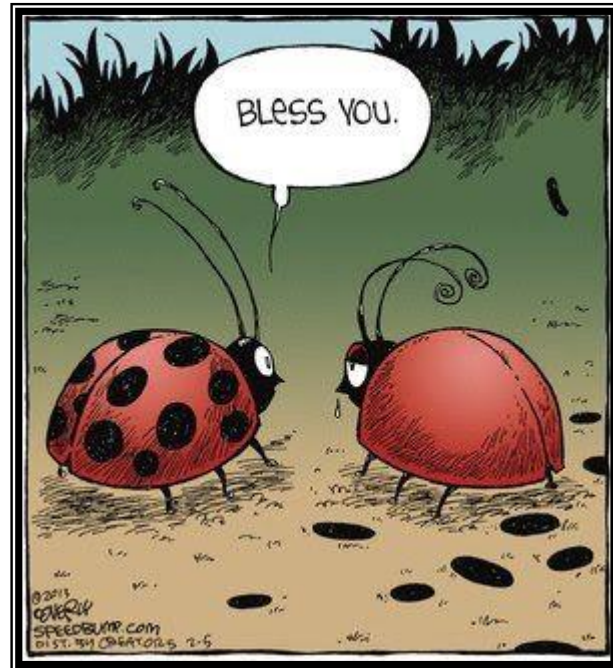
For anyone who has furniture, or an entire household, to donate and is looking for some to pick it up, you can contact:

519newbeginningsprogram@gmail.com

Ron



COMIC CORNER





Dear Forest Hill United Church,

We wanted to reach out with gratitude to your organization for helping to provide a safe space for members of Girl Guides of Canada, Ontario Council to gather together.

Without your cooperation in providing the 18th Kitchener Guide Unit a safe space to meet, we couldn't provide the quality youth programming that we do – thank you! We look forward to continuing our partnership in the future.

Thank you for helping Girl Guides of Canada create a better world, by girls!

Sincerely,

Melanie Nicholson & Cherylyn Sawatzky



Everything she wants to be.



THE WORLD IS MINE

Today upon a bus I saw a girl with golden hair;
She seemed so gay, I envied her, and wished that I were half so fair;
I watched her as she rose to leave, and saw her hobble down the aisle.
She had one leg and wore a crutch, but as she passed--a smile.

Oh, God, forgive me when I whine;
I have two legs—the world is mine.

Later on I bought some sweets. The boy who sold them had such charm,
I thought I'd stop and talk awhile. If I were late, t'would do no harm.
And as we talked he said, "Thank you, sir, you've really been so kind.
It's nice to talk to folks like you because, you see, I'm blind".

Oh, God, forgive me when I whine;
I have two eyes—the world is mine.

Later, walking down the street, I met a boy with eyes so blue.
But he stood and watched the others play; it seemed he knew not what to do.
I paused, and then I said, "Why don't you join the others, dear?"
But he looked straight ahead without a word, and then I knew, he couldn't hear.

Oh, God, forgive me when I whine;
I have two ears—the world is mine.



Two legs to take me where I go,
Two eyes to see the sunset's glow,
Two ears to hear all I should know,
Oh, God, forgive me when I whine;
I'm blest, indeed, the world is mine.



This is not a "serious" poem, but its message is powerful. I first heard it at a summer camp sponsored by the Fellowship of Christian Athletes in Black Mountain, NC, when I was in high school. I have seen it credited to Dr. Tennyson Guyer (1913–1981), a senator from Ohio, and at other times as "anonymous." One reader suggests that this poem was originally written by Joy Lovelet Crawford and that it fits the style of her other

This prayer was sent in by one of our many online followers whom thought it would be a lovely prayer to share with the rest of the congregation.

Thank you!





Introducing the new Community Kitchen

Community Kitchen is an initiative designed to deliver home made meals to folks in their homes. Would you like to have someone bring you a hot meal and maybe even join you to enjoy that meal? Would you like to come together as a group to share a meal? Perhaps you would like to just come and pick up a meal? Our new Community Kitchen program can provide these experiences.

Do you love to cook? Our hope is that folks will put together a “team” to prepare a meal at least once a month to provide food and fellowship at Forest Hill United Church.

If you have a group that is interested in supporting this program, Contact Sue Hummel or Rob Steele with the idea and a menu and we can make sure that you receive the funds you need to make this happen.

If you are interested in having a meal prepared for you, call, email or come into the office and register.

Our Community Kitchen will be on hiatus for the summer but will resume in September



Forest Hill United Church Choir

Choir is officially done for the summer. Choir members continue to be invited to sit at the front and support the hymns during Sunday service.

The first practice back will be Thursday September 7th @ 7:00pm.

New members will be welcome at that point in time.

Rehearsals will take place on Thursdays 7pm - 8pm and Sunday mornings at 9:30am in the church Sanctuary.

The choir sings Sunday mornings at the 10am service supporting the hymns and providing anthems.

*COVID-19 protocols: Group singing is a high risk activity for contracting and spreading COVID-19. As such, masking is required at rehearsals and on Sunday. Distancing provided where requested.



Email M.J. at mjelina@gmail.com if you would like to join us.



SUMMER WORSHIP CALENDAR

JULY 2023

2	<p>SERVICE @ CALVARY MEMORIAL UNITED CHURCH – 10:00AM REV. GARY – OFFICIATING</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>
9	<p>SERVICE @ CALVARY MEMORIAL UNITED CHURCH – 10:00AM REV. GARY – OFFICIATING</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM LESLEY</p>
16	<p>SERVICE @ CALVARY MEMORIAL UNITED CHURCH – 10:00AM REV. GARY – OFFICIATING</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>
23	<p>SERVICE @ FOREST HILL UNITED CHURCH – 10:00AM REV. CHRIS FICKLING – OFFICIATING M.J. JOHNSON—MUSIC</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>
30	<p>SERVICE @ FOREST HILL UNITED CHURCH – 10:00AM REV. CHRIS FICKLING – OFFICIATING M.J. JOHNSON—MUSIC</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>





SUMMER WORSHIP CALENDER

AUGUST 2023

6	<p>SERVICE @ FOREST HILL UNITED CHURCH – 10:00AM REV. CHRIS FICKLING – OFFICIATING M.J. JOHNSON—MUSIC</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>
13	<p>SERVICE @ ST JAMES-ROSEMOUNT UNITED CHURCH – 10:00AM REV. TIM GRAHAM – OFFICIATING</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>
20	<p>SERVICE @ ST JAMES-ROSEMOUNT UNITED CHURCH – 10:00AM REV. TIM GRAHAM – OFFICIATING</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>
27	<p>SERVICE @ ST JAMES-ROSEMOUNT UNITED CHURCH – 10:00AM REV. TIM GRAHAM – OFFICIATING</p> <p>SLOW SUMMER GARDEN CHURCH – 9:00AM - LESLEY</p>



Suddenly One....

This is a group for folks who have lost a loved one in their life and would like to share time with others in that journey. They meet the last Friday of every month at FHUC in the Fireside Room.



We offer condolences and prayers of comfort to the following:

- Ozaruk family for the loss of Ameila Ozaruk on April 7, 2023.
- Bean family for the loss of Douglas Ellworth Bean on May 29, 2023.
- Wrigglesworth family for the loss of John Hartley Wrigglesworth on June 1, 2023.

Our thoughts and prayers are with the families as they go through these difficult times.



“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.” —Khalil Gibran

“To Love and be loved is to feel the sun from both sides.”

—David Viscott

“When gratitude becomes an essential foundation in our lives, miracles start to appear everywhere.”

- Emmanuel Dagher

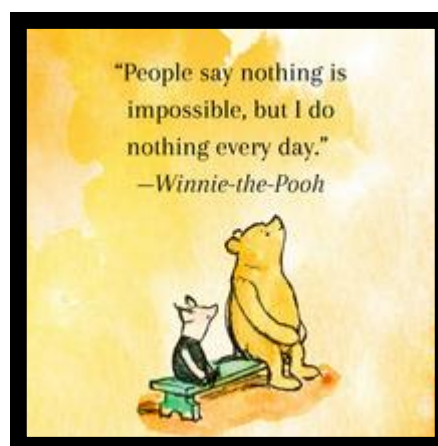
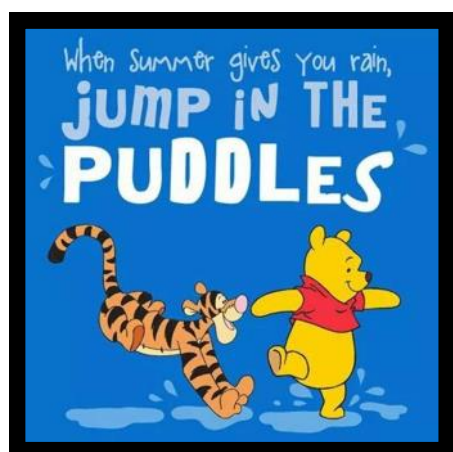
“True forgiveness is when you can say, 'Thank you for that experience.'”

- Oprah Winfrey



From the rising of the sun to the place where it sets,
the name of the LORD is to be praised .

Psalm 113:3



**FOOD TRUCKS
ARE BACK!**

**EVERY MONDAY
EVENING UNTIL THE
END OF AUGUST**

4:30 – 8:00

**Come out
& join us
for some great
company & food**



Results from this weeks Food Trucks.

This Week's Proceeds \$180.00

Total-to-date \$2932.00

**Let's get out there on Monday and enjoy an evening
without having to cook!**

Donna



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