

The Messenger

FOREST HILL
UNITED CHURCH
KITCHENER
April 2024



Greetings Friends!

What an exciting time to be a part of a new ministry here at Forest Hill & Trinity United Churches!

Being a mother of three adult children and one grandchild, I associate the concept of “Nesting” with the time of heightened excitement, energy and preparation in the days before the arrival of a new addition to the family!

In this season of spring we watch birds busy with twig and straw and sometimes plastic bits in their beaks building the space for new life that is coming. What a marvelous time of possibility and new beginnings, as we witness the ongoing renewal and growth of creation all around us! And share in that renewal as a community

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As I have learned all too well over the past two years, new beginnings can also be the result of endings; sometimes painful ones. Those experiencing grief understand the challenges of letting go of the way things used to be, that which was familiar and comfortable, to adjust to the new normal or ways of doing things differently. Saying goodbye to loved ones and adjusting to the absence of those who offered loving support and company. But then others emerge who take on those roles, and life goes on, lives are lived, and memories carry us forward and new experiences broaden our horizons.

Such is the life of faith. Such is the experience of an Easter people. We have lived through the darkness of Good Friday and now dance in the light and partnership of the Risen Christ. I so look forward to getting to know all of you. I am excited to share in the leadership of worship, book studies, support groups, pastoral care and Christian Education oversight and partnering with local churches over the summer.

I am grateful for the gift of hospitality and welcome you have given me. After almost 30 years in ordained ministry I am still humbled by the trust and openness of each community I have served. I feel God has called me to be with you at this time and I wait expectantly for the ways we will be blessed in this ministry together.

Regards, Rev. Gaylyn





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April 18th



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/TRINITY Link Resource Centre

Coffee & Conversation-Wednesday @ 11:00am

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

United Church of Canada Climate Change

<https://united-church.ca/social-action/justice-initiatives/climate-change>

Authoritative Global Consensus on the Causes of Climate Change

<https://www.ipcc.ch/report/ar6/wg1/resources/climate-change-in-data/>

IPCC's Report "Climate Change 2023 Synthesis Report

<https://www.ipcc.ch/report/ar6/syr>



*My favorite
weather
is BIRD
CHIRPING
weather.*



COLLECTING THESE ITEMS:

- **USED POSTAGE STAMPS**
- **OLD EYE GLASSES**
- **MILK BAGS**
- **TIN PULL-TABS**
- **PLASTIC BREAD CLIPS**

Bring them to the church office and they will find a proper home. Please see the Bulletin board or Bonnie Brockett for more details.



Save the Date
Thursday April 25 @ 9:00am
Spring Property Clean-Up.

All are welcome!

Bring that new rake that you have been wanting to try out!

Rain Date-Friday April 26th.

A note from Rev. Gary.....

6

Greetings Friends new and old,

Welcome to that transition time between Easter which promises new life and summer when that new life buds and blooms all around us.

The church as an organization is also in the transition time both globally and locally. For us at Forest Hill we continue the journey of Nesting with Trinity and head to a different pace in the summer months.

Unlike other congregations that pretty much close down, Forest Hill continues to reach out through the Food Truck Frenzy and no less than four different groups holding summer programs for kids at the same time in our facility.

As well, we continue in our partnerships with Calvin Presbyterian who will host our combined VBS (July 2nd to 5th) and the shared services with St. James-Rosemount and Calvary United Churches.

Rev. Gary and Rev. Gaylyn lead worship at Calvary on July 7,14,21st . Rev. Chris leads worship at FHUC July 28, August 4,11 and Rev. Tim leads worship at St. James - Rosemount August 18,25 and Sept 1st.

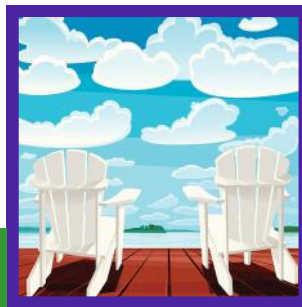


And it all starts with a combined Canada Day week-⁷ end worship service at FHUC/Trinity on June 30th with The Dream Church and the Faith Mission Church at 10 am followed by a potluck lunch. It promises to be quite a celebration!

I know that many of you have cottages that you head to and I pray that your summer at your home away from home offers you as much variety and joy as we in the city.

Have a great summer everyone, wherever your faith journey leads you.

Peace 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.

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/Trinity!



Scott's Joke Corner

- **Spring is here. I'm so excited I wet my plants.**
- **Extra! Extra! Read all about it. A cheese factory in France exploded. Des brie is everywhere!**
- **I hated facial hair. Then it grew on me.**
- **I tried to make my pet snail faster by removing its shell.**
- **Did you hear about the new restaurant on the moon? Great food, no atmosphere.**



-thank you Scott Davis for sharing your humour!





SPIRIT CIRCLE

10

A GLIMPSE INTO WHAT IS HAPPENING DURING SPIRIT CIRCLE!

**Here are a couple of prayers from
some of the Spirit Circle members:**

Dear God,

Thank you for our mobility

and for reminding us to not take this for granted,...

as we witness those struggling to walk in the community,

like the man struggling to push his cart in the grocery store

and the lady navigating her

wheelchair through the snow.

Help us to care for the health of our

feet and to understand the

connection to our health & well-
being.

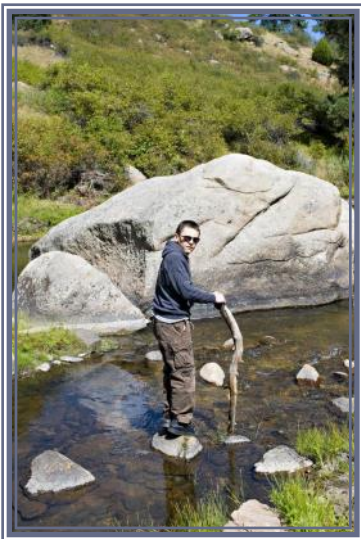
Amen.



Dear God, we are thankful that we can buy shoes appropriate for our needs and for the weather. Help us to make ourselves aware of the needs of others for shoes, socks and even new underwear! May the basic needs of all the people in the world be met.

Amen.

Thank you, God, for mobility,
Let me not take it for granted for one minute.



May our feet be connected to holy ground wherever we
may find it.

Helping us to ground ourselves,
Whether it be in water or on land.

May our personal connection to special places be our
holy ground,

Allowing us to pause & breathe in
Your strength & peace.

Amen.

Hi! I'm Clark,
And I am a really great shoe,

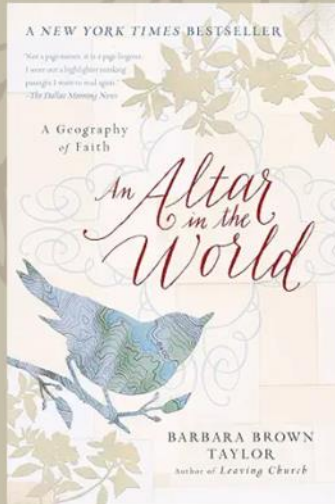


I tell the tale of
Where you have been,
Where you are going and
Your relationship with your feet.

I hold your foot on my sole
With compassion & support.

Amen.





Spirit Circle New Book Study starting April 23rd & 24th

There will be two times
offered for this study:
Tuesday afternoons @ 3:00pm
or
Wednesday evenings @ 7:00pm

We are asking anyone who wishes to participate to please access their own copy of the book.

For further information or questions please contact

Glenna Murray - glenna.m.murray@gmail.com or Rhonda Bryll - rhonda_bryll@yahoo.ca



*A big thank you to everyone that
helped out, before, during and after
with the creation of 'The Nest'.*

All was appreciated.

Great results. Success!!!!!!



Community Kitchen:

Only two more left til after summer.....

Friday May 10th

Friday June 14th

Thanks to Sue Hummel and a handful of helpers that have made each dinner a success.



One enthusiastic person still needed to assist with the 2023 financial review.

Training available.

Kindly connect with Scott Davis a.s.a.p. to express your interest.

2023 Financial Review

Environmental/Climate Change
Committee Meeting
Sunday May 5th @ 11:00am



**Happy Earth Day
Monday April 22nd**

This year Earthday.org asks us to focus on the reduction of plastic. They want a 60% reduction in the production of plastics by 2040.

Let's reduce single use plastics – grocery bags & straws. Choose our gloriously beautiful planet over plastic!



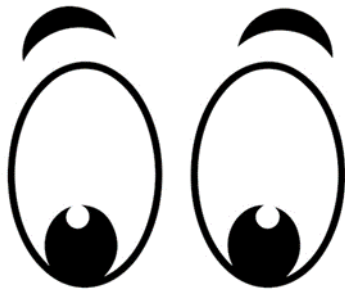


With your support — we're investing in people, inspiring hope, and transforming lives — so please join us at our Spring Donor Appreciation Open House. Refreshments will be served.

**Drop in anytime on Saturday,
May 4th between 3-6 pm.
659 King St East. Kitchener
(entrance off of Stirling Ln)**

COMMUNITY OUTREACH

Your “Be In Community” Unit is



Looking for.....

- ◇ Someone who has experience/knowledge to organize a progressive euchre tournament
- ◇ Someone who can plan and execute a community dinner meal
- ◇ Ideas to support our continued community building activities
- ◇ Someone to organize a potluck and games night

If you can volunteer your time and talent to make one of these come to life, please see Sue Hummel.



**FOOD TRUCKS
ARE BACK AT
FOREST HILL
UNITED CHURCH**

May 6th – August 26th

**Every Monday
4:30pm – 8:00pm**

**Food Truck Schedule to
follow....**

*Give yourself a night off
from cooking a
& come out for some good food & company!!*



Come out to the Food Truck Nights!

Take a night off cooking and enjoy some really good company and good food.

The schedule will be posted on the bulletin boards, weekly on the blast, Facebook, Instagram and the website.

The church will be open and picnic tables will be set up.

PARTNERS FEATURE

*We are
Now Open!*



A new program - for adults with special needs, located here in Kitchener-Waterloo. Join our group where you can socialize, dance, sing, play games, and cooking skills . A program that is planned with and for participants.

Our Team



Carmen
FHM, Registered EA, and
CYW. 10 yrs. of
experience working with
special needs adults and
kids under the
spectrum.



Georgiana
With 20+ yrs of experience
in the field, professional and
personally. Registered EA.

Visit us:
121 Westmount Rd. E, Kitchener
(Forest Hill United Church)
skillscorner.adc@gmail.com

REGISTER or CALL
(519) 589- 4022

This program runs daily in our Soper Hall, please feel free to reach out to Georgiana or Carmen for more information.

Or if you know someone that may be interested in this amazing program.

This event is put on by one of our partners

Noteworthy Music

Kids Night

Out

May | **4th** | Saturday
2024 | 6-8:30pm

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

Join us for a night of Karaoke,
PIZZA, Friends, Movies and FUN
All kids ages 5-12 are welcome -
non students too!!

[Click here to sign up!](#)

Cost - \$25
Siblings - \$15

UCW Meetings

20

UCW is once again meeting every second Tuesday of the month starting at 1:30pm in the Fireside Room.



**UCW - NEXT GATHERING
TUESDAY MAY 14TH
@1:30PM**

**PRESENTATION-PAT TINNEY
ON HER EXPERIENCES
WORKING IN AN
ORPHANAGE IN KENYA.
MARK YOUR CALENDARS SO
AS NOT TO MISS THE
PRESENTATION,
MEDITATION,
REFRESHMENTS &
FRIENDSHIP.**

**WORSHIP TEAM - BETTY
KOCHER & ?**

**REFRESHMENT TEAM -
SUSAN HILL & JOANNE
WILLISTON**

**UCW Meeting
Tuesday June 14th**

No Program scheduled - Ideas?

**Worship Team –
Sharon Lee Landriault & ?
Refreshment Team –
Denise Ontonovich & ?
July & August there are no
meetings.**

**Enjoy the summer with no
commitments.**



**ATTENTION ALL
QUILTERS
&
'WANNA BE'
QUILTERS!!!**

**QUILTING CLUB STARTS
THIS TUESDAY
MORNING @ 10:00AM**



Mental Well Being Group

Led by Rev. Ellen Baynton-Walker

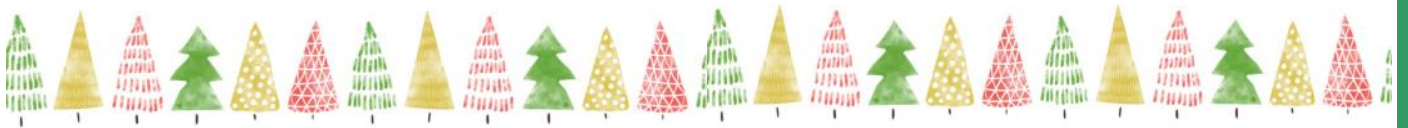
Resilience is an important asset on our path of mental wellness. It is the capacity and strength to ride the multi-speeds of the roller coasters we experience in our daily living. We will explore how the maps we have used in the past to navigate our present life, may be outdated. Perhaps you will pick up a new map that allows the roller coaster to slow down or even discover a new route!



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:

June 5, 2024

Makayla Zoey Camp

Daughter of Julie & Paul Camp

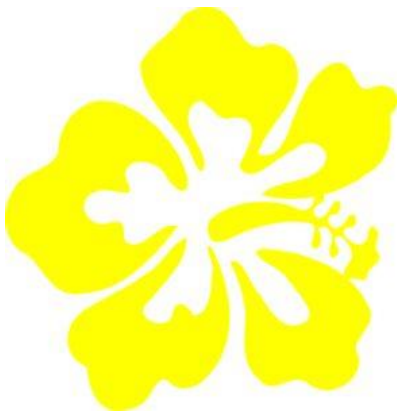
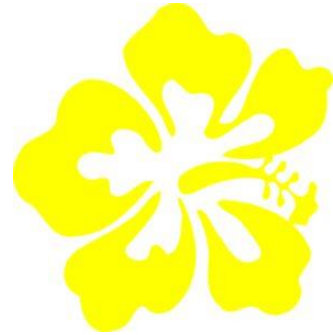
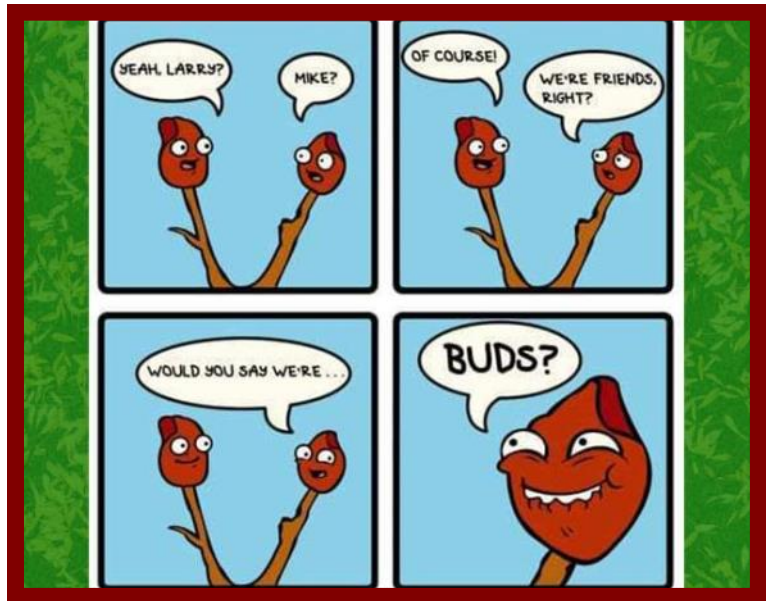


Spring: a lovely reminder of how beautiful change can truly be

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 'nature's gift' to the FHUC office to be included in 'The Messenger' - Kelly.

COMIC CORNER



dude, you're
supposed to decorate
the eggs. not
the chicks



but they
all hatched.





Forest Hill United Church /Trinity United Church Combined Choir

New members welcome!

Rehearsals will take place on Thursdays 7pm - 8:30pm 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.

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

No experience required.



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.

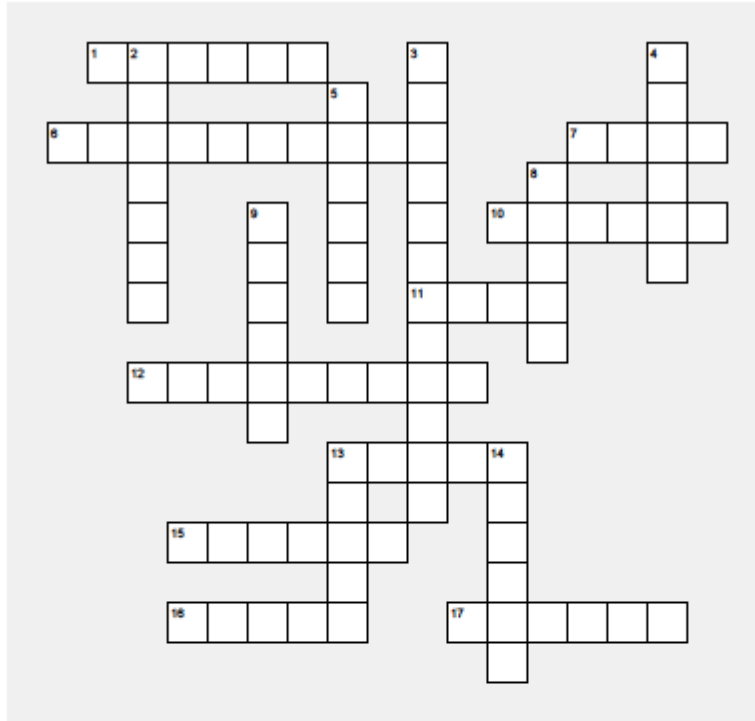


We offer condolences and prayers of comfort to the following:

- Wrigglesworth family for the loss of Edith 'Roberta' Wrigglesworth on January 6, 2024
- Ozaruk family for the loss of Dorothy Ozaruk on March 19, 2024
- Hilton family for the loss of Sue Hilton (our CPR instructor) on January 22, 2024

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

Easter Crossword Puzzle



ACROSS

- 1) Jesus ____
- 6) Oval candies
- 7) Pre-Easter period
- 10) Angel's home
- 11) Coop group
- 12) Milky Way, for one
- 13) Crucifix
- 15) Warming season
- 16) Energizer mascot
- 17) Procession

DOWN

- 2) Festive time
- 3) Christ's rising
- 4) Easter hat
- 5) Easter container
- 8) Sumptuous meal
- 9) Place of worship
- 13) Kind of bar
- 14) Weekend's end

Free Crossword Puzzle, Compliments of © Memory-Improvement-Tips.com



BIBLE WORD SEARCH

Y Z Y A H Y Q Z X Q U D K L F
 T M R F T H O T E H O E U V N
 F G M N I K A L N C T U X P T
 R K A U A T B D T E V T Z Y I
 E E S J F A C G R D P E Z G L
 D C H U R C H N Y Q C R O U A
 E S N A I T A L A G F O E F U
 E A P L X L Q V D S D N X S B
 M E H E L H T E B F M O S E S
 G O L I A T H Z R Y C M W K I
 R D F I E J U I T P L Y P T C
 A E R Q L L D Z T A Q Y A E T
 C M W G L A S T S U P P E R C
 E G N X Y K G P O L A D S Y J
 B K T O Q L R D L Y W Q R X Y

FAITH	CHURCH
GOLIATH	BETHLEHEM
GRACE	PAUL
MOSES	LAST SUPPER
SERPENT	GALATIANS
DEUTERONOMY	ETERNAL LIFE
GALILEE	REDEEM
GOOD FRIDAY	SANCTIFY
PSALMS	PARABLE



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SATURDAY APRIL 27TH

@ 5:30pm Designated House

**@ 7:30pm Fireside Room
(dessert)**

**Registration begins this Sunday
March 31st - April 21st**

**You can register on Sunday or
register at the church office.**



BUILDING BRIDGES

Starting February 29th, 2024

**Muslim Social Services
of Waterloo Region
&
Forest Hill United Church**

**Thursdays 11:30AM – 3:00PM
Forest Hill United Church**

To register contact:

Sue Hummel

or

info@muslimsocialserviceskw.or

g



*"I suppose the best kind of
spring morning is the best
weather God has to offer."*

-Dodie Smith



"Don't walk behind me;
I may not lead.
Don't walk in front of me;
I may not follow.
Just walk beside me
and be my friend."



"what day is it?
asked Pooh.
"it's today,"
squeaked Piglet.
"My favorite
day,"
said
Pooh.

**"The things that make me
different are the things
that make me, me."**

— Piglet



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