



We are back to in-person worship!! If you would like to attend, please bring **your proof of double vaccination, and wear a mask**. Up to 75 people can be seated with **social distancing**. As well, we will continue to livestream our Sunday service via Zoom. Details regarding how to connect to this platform will be emailed each week to those on our contact list. If you are not on our contact list and would like these details, contact the office at [office@rhuc.org](mailto:office@rhuc.org). To access the home-based worship resource so you can use to follow along or take time for personal reflection, use the links found on our website and below.

## worship and music

### Message from Karen:

The theme for worship during the Easter season is “Arise”: this is an invitation to forward thinking and action. It is also a time to consider where we might be going to as a faith community; so, I hope we will all breathe deeply and consider what this gift of new life means.

Jesus was revered for his ability to heal, to transform, to bring new life: and so, the focus stories will be the various ways Jesus engaged in healing during his ministry. We will hear the words “get up and go” in many different forms, echoing the ancient prophets of Israel.

Arise and go, for this is no place to rest – Micah 2:10

### SPECIAL SUNDAYS

**May 1 - Anniversary Sunday.** Worship leaders, Vincent Conville & Karen Dale

**May 8 - Family Day**

**May 29 - Covenanting Service with Karen Dale**, the RHUC congregation and Shining Waters Region. Guest preacher Rev. Debbie Johnson.

**April 24 @ 10:30 a.m.:** The order of service and hymns are also found on our website under Home and Our Ministry – Spirit pages.

[Order of service](#)

[Hymns](#)



**Sunday offering:** We appreciate those who use Pre-Authorized Remittance (PAR). For those not on PAR, please consider making sure you get your weekly envelope money in (mailed in or mail slot on Centre. St. door), e-transfer to [office@rhuc.org](mailto:office@rhuc.org), Canada Helps, <http://www.rhuc.org/donate.html>, or cheques to the Church, 10201 Yonge St., Richmond Hill, L4C 3B2.

## programs for all

**Shalom Seekers:** Please join us on **Monday, April 25th at 10 a.m. on Zoom**. We will be discussing the second part of Chapter 1 of Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi by Amy-Jill Levine. Please read pages 45 to 58 for Monday's session. New members are always welcome to try out the group. Please speak to Sandra Loughton, Facilitator, for more information about Shalom Seekers.

**H.A.I.R.:** HAIR (Heretics, Agnostics, Infidels and Other Riffraff), meets every Monday from 7:00 – 8:15 pm. We will continue to meet online, via Zoom, until further notice. These discussions are open to anyone interested, and new members are always welcome. For further information, or to get the zoom link for our next meeting, please contact David Leyton-Brown at [dlbrown@yorku.ca](mailto:dlbrown@yorku.ca)

### RHUC Book Club:

Please join us on

**Zoom on**

**Wednesday, April**

**27th at 4 p.m.** to discuss the novel **Amazing Grace** by Canadian East-Coast novelist Lesley Crewe. Lesley will be joining us for the session! The Zoom invitation will be e-mailed to you the evening prior to the meeting.

Join us on **Wednesday, May 25th at 4 p.m. on Zoom** to discuss **Swimming Back to Trout River** by Linda Rui Feng. This novel is the OBOA (One Book ~ One Aurora) selection for 2022. The Aurora Public Library is providing us with enough copies of the book for everyone in the book club. Details of the pick-up of the book will be discussed at our April meeting. For more information about the book club, please contact Sandra Loughton, Facilitator. New members are warmly welcomed.





**CC 'Cook's Corner'**! Trying to eat less meat? Why not try 'Meatless Monday'! Watch this corner for new recipes. Send your favourite recipes to either Deb Fratin at [office@rhuc.org](mailto:office@rhuc.org) or Lyn May at [lynniemay@gmail.com](mailto:lynniemay@gmail.com). Thanks!!

#### Anne Lindsay's Lasagna

1 can diced tomatoes undrained  
 1 can tomato sauce(14 oz)  
 2 onions chopped  
 2 cloves garlic chopped  
 1 tbsp parsley chopped  
 2 tsp white sugar  
 1 tsp basil leaves  
 1 tsp thyme  
 2 tsp salt(divided)  
 fresh pepper  
 1/2 lb lasagna noodles (about 9)  
 2/3 cup grated Parmesan  
 2 cups cottage cheese  
 1 egg lightly beaten  
 1 tsp oregano  
 2 cups mozzarella grated  
 Cook lasagna noodles, drain and rinse (they don't need to be fully cooked just softened)  
 Combine Parmesan(save 3 tbsp for top), cottage cheese, egg, oregano and 1 tsp salt and set aside.  
 Bring remaining ingredients to boil in large saucepan, simmer for 30 minutes stirring occasionally. Put 1/2 cup aside.  
 Layer sauce, noodles, 1/3 cottage cheese mixture, then 1/3 mozzarella. Repeat layers and top with remaining sauce and Parmesan.  
 Bake uncovered 40 minutes at 350.

## church news

**Broadview renewal time!** If you would like to renew your annual Broadview subscription or sign up for the magazine subscription for \$25, please e-transfer to [office@rhuc.org](mailto:office@rhuc.org), mail a cheque or leave in the deposit box in the sanctuary by **May 9**. Thank you!

**'Who We Are: Broadview is an independent Canadian magazine featuring award-winning coverage of spirituality, justice and ethical living. Through our compelling stories and engaging images, Broadview challenges and inspires readers seeking to live a purpose-filled life.**

Our spirituality reporting features Christian perspectives on belief and faith, as well as points of view from other religions and philosophies.

We cover social justice from local, national and global contexts, drawing attention to contemporary issues and our response as people of faith and as caring citizens.

Our ethical living stories offer inspiration and ideas on how we can all make a positive difference with our lives.

With Broadview, Editor and Publisher Jocelyn Bell aims to create an inclusive magazine and digital platforms for thoughtful readers interested in exploring and living out progressive Christianity's core values. "We understand that this means being both introspective and outward-looking," she says. "We are required to examine our beliefs and values, and to live and act accordingly. We are called to engage deeply with the justice issues of our day — and to believe that hope lies in caring profoundly for one another and for our planet."

## outreach

### *Reconciliation in Action - Emmanuel United Church (Waterloo)*

In 2017, Emmanuel United Church in Waterloo donated almost ten acres to the White Owl Native Ancestry Association of Kitchener. Fifty years ago, the church had purchased the land to build on but nature had other ideas. The endangered Jefferson Salamander happens to live on this property and hindered the plans for development of the site. The property was sold to the Association for one dollar. Please take a look on these links to learn more about this site and the maple syrup bush that now runs on the property:  
<https://www.aptnnews.ca/national-news/maple-syrup-is-flowing-at-the-white-owl-sugarbush-in-kitchener/>  
<https://www.youtube.com/watch?v=UHR1AW3btFQ>

### *Being an Ally - Indigenous Tourism opportunities*

One way of being an Ally is to support initiatives by Indigenous Peoples is to learn and experience their culture, businesses and attractions.  
<https://www.indigenousexperienceontario.ca/>  
 The Indigenous Experience Ontario website features more than 400 Indigenous owned and operated businesses.



This past weekend The Toronto Star's *Culture* Section featured "Nature and Culture in one Experience" .

There's also the added bonus of the **Temporary Ontario STAYcation Tax Credit** that allows Ontario residents to claim a portion of eligible 2022 accommodation expenses.

Here are just five (5) examples;

**1. Point Grondine Park - Killarney**

<https://www.indigenousexperienceontario.ca/listing/point-grondine-park/>

With 18,000 acres of wilderness, old growth forest and pristine lakes it's sure not to disappoint nature lovers.

**2. Manitoulin Hotel and Conference Centre - Lake Huron North Channel & La Cloche Mountain Range**

<https://www.indigenousexperienceontario.ca/listing/manitoulin-hotel-and-conference-centre/>

Features not only a place to stay but educational experiences including guided nature hikes, drumming and traditional teachings, onsite restaurant North46, and quill box museum.

**3. Wikwemikong Tourism - eastern peninsula of Manitoulin Island**

<https://www.indigenousexperienceontario.ca/listing/wikwemikong-tourism/>

Wikwemikong Tourism offers a host of indigenous experiences.

**4. Ojibwe Cultural Foundation - Manitoulin Island and surrounding area**

<https://www.indigenousexperienceontario.ca/listing/ojibwe-cultural-foundation/>

This centre features a museum, art gallery, gift shop, an Ojibwe language school, radio station 88.9FM, a healing lodge and amphitheatre.

**5. Cape Croker Park - Sydney Bay (Saugeen side of the Bruce Peninsula)**

<https://www.indigenousexperienceontario.ca/listing/cape-croker-park/>

This campground and park sits on 520 beautiful acres offering "cultural experiences such as guided hikes, storytelling, craft-making, traditional wilderness skills and maple-syrup making.

**Myths about those experiencing Homelessness (#3)**  
**"All people experiencing homelessness are lazy"**

**MYTH**

People experiencing homelessness are anything but lazy. In order to survive while experiencing homelessness, a person must continuously and actively seek shelter, food and other necessities, which are, more often than not, not adequately or consistently provided by the support services available. Actively seeking employment is also a strenuous task, especially with inconsistent access to a phone or computer. This perception of laziness can possibly come from when people who are experiencing homelessness are seen sleeping outside. However, what is not understood is that they may not have access to a shelter, the conditions of some shelters may not be able to accommodate every person, and the only option is to sleep outside, meaning that getting a 'good night's sleep' is unlikely. Lack of sleep or low quality sleep can often lead to further medical complications which may impact the likelihood that a person will find long-term housing.

[Source: <https://bluedoor.ca/be-an-advocate/> ]

**Right Relations**

If you're interested in the following discussion in the *House of Commons Standing Committee on Indigenous and Northern Affairs*;

1. Effects of the Housing Shortage on Indigenous peoples across Canada
2. Barriers to Indigenous Economic Development
3. Committee Business

Go to...<https://www.ourcommons.ca/Committees/en/INAN>



## community

**If you can help...** Friends at RHUC – dear friends of our family have recently welcomed relatives from Kyiv, Ukraine who have fled the war. They are 2 sisters, both married, and both have husbands in the army who remain in Kyiv fighting. One of the young women has a 4-year-old boy and she is also pregnant. **Gently loved clothing for a 5-year-old boy (summer clothing, school clothing), baby clothing (6 months plus), and a gently used infant car seat would be appreciated.** Any items can be left on our front bench (34 Marsh St), phone Nancy at 905 508 0501 or you can email me at Nancy.hart@outlook.com to arrange a pick-up. Thanks for your consideration. *Nancy Hart*

### Richmond Hill BIA

**JOIN US!**  
VILLAGE OF RICHMOND HILL  
**COMMUNITY CLEAN UP**  
SATURDAY, APRIL 23RD  
11 AM - 1 PM

Cleaning up Yonge Street between Major Mackenzie Dr. East & Crosby Avenue.  
Meet at: The Beer Store (Yonge St. & Crosby Avenue)

Garbage Bags and gloves will be provided. Wear gloves when picking up litter.  
Stay at home if you are sick, even with mild symptoms.  
Maintain a physical distance of at least 2 metres from others.

Volunteers please email, [info@richmondhillbia.com](mailto:info@richmondhillbia.com) to register

### Richmond Hill Speaker Series

There are so many benefits of lifelong learning. In these tumultuous times we believe it is important to stretch our thinking and be exposed to new ideas. Visit the website [Home | Richmond Hill Speaker Series](https://www.richmondhillspeakerseries.ca) to find out more about each speaker and what they are speaking about and order your ticket.

**April 21, 2022:** Leah denBok - "But I can still do Something" <https://www.richmondhillspeakerseries.ca/showcases/Leah-denBok> "Leah will share some of the photos and stories of the people experiencing homelessness whom she has met in major cities throughout the world, such as New York, Brisbane, Toronto, Washington, and Los Angeles. Her goal in doing so is to, both, humanize these individuals and shine a spotlight on their plight. The title of her talk is from a well-known quote by Edward Everett Hale who said, "I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

## net zero

**On June 5th, come and join our next Climate Lunch and Learn** where we will talk about how to reduce emissions if you live in an apartment and share some recipes for vegan cooking. Email me at [targetclimatechange@gmail.com](mailto:targetclimatechange@gmail.com) to get the zoom link or sign up with this Eventbrite link to get reminder emails and the zoom link. We will make the changes we need, together.

## united church of canada

**Creating Space**  
for Mental Health  
and Well-Being  
• 3 Part Series •  
united-in-learning.com

Children and youth have been particularly vulnerable to mental health concerns during the pandemic. The unpredictability of school hours over the past two years, the isolation from friends, and the lack of opportunities to learn social skills at a stage of life when so much is in flux have left many of our younger members struggling. In this webinar we'll learn how to remove the barriers of stigma and shame associated with mental illness in children and teens, and discover resources available to leaders of children and youth that will help us respond with compassion and grace. Find out more, and register.

When: Tuesday April 26, 2022. 7:00 p.m. EDT / 4:00 p.m.

To unsubscribe, please write to: [office@rhuc.org](mailto:office@rhuc.org), and put "unsubscribe" in the subject line. Published by Deb Fratin. Please submit notices by noon on Wednesday.