



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:

Cooking is more than simply preparing something to eat. Over the centuries it has evolved into an art and sometimes into a spiritual practice. Cooking demands our full attention and so it can be a form of meditation. Preparing a meal for another is an act of love and caring. Sharing a meal strengthens the bonds that unite us as family, as friends, as community...which is part of why this pandemic has been so difficult for many.

The ingredients we choose can enhance our connection to and care for our earth home. A vegetarian, plant-based diet supports care for animals and a better use of the earth's resources that are needed for sustaining humanity today and for posterity. This way of eating is a great way of significantly lowering our carbon footprint, a crucial part of tackling the climate emergency.

If you have the RHUC cookbook "Stirring the Pot" at home, you will find some wonderful vegetarian recipes and great stories - Anne Beckwith's Lentil Soup page 29, Dorothy Holden & Donna Smith's Red Pepper Soup page 67. In both these recipes just change the chicken stock to vegetable stock. There are more soups and delicious salads, many of which are vegetarian. Let's not forget the deserts. 😊

My recipe for Red Lentil Dahl -  
Cooked in one pot or large frying pan.



1. Sauté onion, 3 garlic cloves & ginger root [finely chopped] in olive oil
2. Add 1 tsp paprika, cumin, coriander
3. 1 cup red lentils, rinsed and drained
4. Can of tomatoes 796ml
5. Large, sweet potato cubed
6. 2 large carrots chopped
7. Kale fine chopped or frozen spinach
8. 6 cups veggie stock
9. Can chickpeas

Bring to boil and then simmer for 15 – 20 mins. Add salt, pepper and lemon juice to taste.

**April 3 @ 10:30 a.m. via Zoom:** The order of service and hymns are also found on our website under Home and Our Ministry – Spirit pages.

[Order of service](#) [Hymns](#)

### HOLY WEEK

#### Palm Passion

**Sunday April 10th 10.30 am:**

Experience the transition from joy-filled shouts of praise to the looming threat of death.



#### Holy Thursday Video

**Thursday April 14th:** Created

for families to use when eating supper to promote conversation but it could be used by individuals to reflect upon as they eat.



#### Good Friday

**Friday April 15th 10.30 am:** Imagine the day where betrayal and denial clashed together, bringing accusations, judgement and death.

#### Sunrise Service

**Sunday April 17th 6.30 am:** in Amos Wright Park, Church Street, north of Centre St E.

#### Easter Sunday

**Sunday April 17th 10.30 am: Communion Service**



**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 4th at 10 a.m. on Zoom**. This week we will be starting a new book study. The book is *SHORT STORIES BY JESUS: The Enigmatic Parables by a Controversial Rabbi* by Amy-Jill Levine. For Monday, April 4th please read the introduction. (26 pages) New members are always welcome to join us. For more details about the group, please speak to Sandra Loughton or call Deb Fratin in the Church Office at 905.884.1301.

**UCW:** Will hold their next meeting on **Wed., April 4 via Zoom at 10:30 a.m.** Program: "Blessings of Spring".



**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)

New!! **'Cook's Corner'**! We are setting up a regular spot in Reflections for vegetarian recipes and hope it will inspire those who can, to eat less meat and help our planet. 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).



**Cash Cards:** The next order for cash cards is due **April 6 in order to get cards in before Easter**. This is an ongoing fundraiser for RHUC that gives 1 – 10% back to the church on your gas, grocery, restaurant, coffee or gift purchase!

**RHUC Book Club:** The next meeting of the RHUC Book Club will take place on **Wednesday, April 27th at 4 p.m. on Zoom**. We will be discussing the novel *AMAZING GRACE* by Cape Breton, NS writer Lesley Crewe. Here is a summary of the novel:



Can you really move forward without putting the past to rest? Grace Willingdon has everything she needs. For fifteen years she's lived in a trailer overlooking Bras d'Or Lakes in postcard-perfect Baddeck, Cape Breton, with Fletcher Parsons, a giant teddy bear who's not even her husband. But Grace's blissful life is rudely interrupted when her estranged son calls from New York City, worried about his teenaged daughter. Before she knows it, Grace finds herself the temporary guardian of her self-absorbed, city-slicker granddaughter, Melissa. Trapped between a past she's been struggling to resolve and a present that keeps her on her toes, Grace decides to finally tell her story. Either the truth will absolve her or cost her everything.

Crackling with Lesley Crewe's celebrated wit and humour, *Amazing Grace* is a heartfelt tale of enduring love and forgiveness, and the deep roots of family.

As an exciting bonus for our April meeting, **the author, Lesley Crewe, will be joining us for our discussion!** For more details about the club, please contact Sandra Loughton, Facilitator. New members are always welcome.

## church news

**Congregational Update:** The Annual Congregational Meeting will take place on **Sunday, April 3 at 2.00 pm via Zoom**. Link to be sent separately. Come and celebrate the ministry of RHUC and hear about possible directions for the future. *Jane Wedlock, Board Chair*



**Easter flowers:** If you would like to donate towards the purchase of flowers for Easter Sunday and include a memorial/celebratory message in the order of service, please email Deb at [office@rhuc.org](mailto:office@rhuc.org) your

message and donation or drop off at the church. **Due by April 8.**

The Sanctuary Committee needs help with decorating our beautiful, historic sanctuary. Your help is greatly appreciated! Email Linda Clark at [lclark222@sympatico.ca](mailto:lclark222@sympatico.ca).



## outreach

### Lenten Givings

This year's donations are being directed to [The UN Refugee Agency of Canada](#).

"UNHCR is on the ground delivering aid to families who have been forced to flee their homes because of conflict in the Ukraine. Over 2 million refugees have fled the Ukraine since March 8th to neighbouring countries and the number is continuing to grow exponentially."

What happens to your money when you donate to UNHCR Canada?

We pride ourselves on ensuring resources are used responsibly and efficiently to benefit displaced people around the world. That's why we can send **84% of every donation directly to uprooted families living in dire conditions, giving them hope for a brighter future. In addition, 10% goes to support the implementation of our programs around the world—with only 6% going towards management and administrative costs.**  
<https://www.unhcr.ca/our-work/where-your-money-goes/>

### Myths about those experiencing Homelessness

**Misconception: "It's safer for a person to be sleeping outside vs staying in a bad home situation"**

MYTH

Sure, it is sometimes unsafe for a person to be living in a home that is physically unsafe (for example, a foreclosure or structurally sound building), or emotionally unsafe (for example, abuse, neglect, or conflict with housemates or family members). However, experiencing homelessness can result in many other life-threatening outcomes, like a disease. While a person may be "better off" living outside of their unsafe environment, they are never "better off" experiencing homelessness.

This is why it is so important for support services to be in place for people experiencing unsafe living conditions to have access to. In 2020, Blue Door is introducing 5 new second-stage houses! Abode and Forward will provide second-stage housing for seniors, families, and will offer the first second-stage housing program for LGBTQ2S+ youth in York Region.

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

### Book Sale @ RHUC - September 10

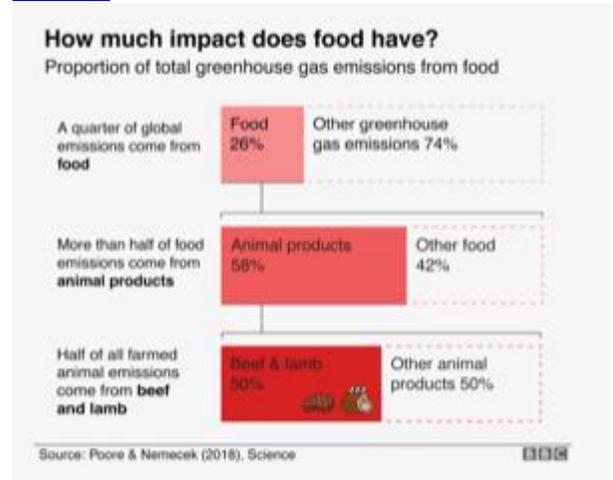
If you're at home and find yourself wanting to purge books...**STOP!** We're having a Book Event this year and will happily take your novels (no textbooks or workbooks please).



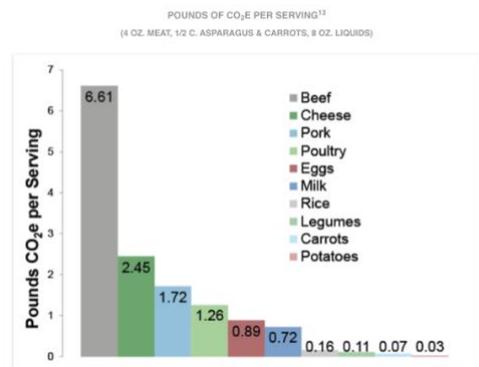
We're collecting them now so we can organize them. Please contact Tracy Wixon [tewixon3@gmail.com](mailto:tewixon3@gmail.com) for pick up or drop-off of your books. Thank you!

## net zero

Beef, from cows, takes 6.61 pounds (yes, American) of CO<sup>2</sup> emissions per serving as compared to the next highest (sadly) cheese at 2.45 pounds of CO<sup>2</sup> emissions per serving. Here are some resources to help you find information on the importance of reducing the meat and dairy in your diet in light of the climate crisis: Plant-based diet can fight climate change (**UN via BBC**) - <https://www.bbc.com/news/science-environment-49238749>



Carbon Footprint Factsheet (**University of Michigan**) - <https://css.umich.edu/factsheets/carbon-footprint-factsheet>





So here at RHUC we are trying to find ways to make eating vegan more fun. First, after church [today](#), check in with the people you talk to: any great recipes they have for vegan eating? Any tips on how to make being vegan equally palatable and equally cheap? What are they finding the hardest about eating less meat? What's a vegan Easter dinner alternative to lamb? (By the way, after cheese, it's pork so don't go to ham...). Secondly, find a friend to make changes with you and to check in with you now and then.

Some of my food choice changes are to cook rice, potatoes, carrots and legumes in delicious sauces with spices and coconut milk and flavoured oils. I like to roast peppers for flavour and try foods with meat-like textures like mushrooms and eggplant.

You can find a quick footprint calculator here to help you figure out some different food choices you could make: **Climate change food calculator: What's your diet's carbon footprint?** (BBC) - <https://www.bbc.com/news/science-environment-46459714>

**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.

## community news

You can help give Richmond Hill a spring cleaning during Clean Up, Green Up Weeks from



**Friday, April 22 to Friday, May 6.** The city will provide registered groups with gloves, garbage and recycling bags, and arrange for collection of the filled bags. Please register by April 10 at [Richmondhill.ca/CleanUpWeeks](http://Richmondhill.ca/CleanUpWeeks)

The Richmond Hill 2022 Summer Company program is open for applications! If you know a student between 15 and 29 who has a great idea for a business, ask them to get in touch with us today! The Summer Company program provides students with training, mentorship, and a grant of up to \$3,000 to kick-start a summer business. Summer Company applications begin in January and close in May.

[Entrepreneurship Funding Programs - City of Richmond Hill](#)

## mission & service

Support those affected by the crisis in Ukraine. The only positive part of all this is knowing that 100% of your donation to the United Church goes to emergency response relief; 85% to Ukraine and 15% to responding to future emergencies. No part of your donation is deducted for administration, advertising, or consultants; all money goes towards emergency relief.

### How to donate:

1. online – UCC website [united-church.ca](http://united-church.ca)
2. call the United Church of Canada 416-231-5931 ext. 2738
3. mailing a cheque to: The United Church of Canada Philanthropy Unit, Emergency Response, 3250 Bloor Street West, Suite 200, Toronto, Ontario M8X 2Y4

## resources for seniors

National Institute on Ageing - [National Institute on Ageing \(inia-ryerson.ca\)](http://NationalInstituteonAgeing.inia-ryerson.ca)



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.