



Sunday worship each week is livestreamed at 10:30 AM using 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 James (james@rhuc.org). Following the online service, a recording of the full service will be posted on our Facebook page. Follow this link: [facebook.com/RichmondHillUnitedChurch/](https://www.facebook.com/RichmondHillUnitedChurch/). In addition, the weekly message will be posted on the [RHUC Blog](#).

If you ever find you're encountering issues using Zoom on Sunday you can always visit <https://status.zoom.us/> to check the site status. To access the home based worship resource so you can use to follow along or take time for personal reflection, follow this link: [Home Prayers](#) [Hymns](#). For Virtual Sunday School from 9:30 – 10:00 a.m. contact Jeffrey Dale, Youth Ministries at [jdale@united-church.ca](mailto:jdale@united-church.ca).

In this challenging time, it is important that we look after each other. If you are able to pick up groceries and other supplies for those who are homebound, please contact the church. Equally, if you are in need of this support, call the church or email [office@rhuc.org](mailto:office@rhuc.org). If you are in need of pastoral care or spiritual support, please contact Rev. James Ravenscroft. Call him at 647-705-2754 or you can reach him by email, [james@rhuc.org](mailto:james@rhuc.org).

May we continue to keep each other and world in prayer, especially those who are most vulnerable, those who are grieving or struggling, and all of those on the frontline putting themselves and their families at risk to keep all of us safe. We will get through this together.

**Minister's Message:** The end of summer is often a time of transition. Young adults prepare to head off to university. Children start school or go up a grade. People move house. Members of RHUC are facing all of these things. (Don and Wendy Thomson did not want a fuss but I would be remiss if I didn't acknowledge how much you will both be missed. Good luck to you both as you settle in to Georgetown.) But this year, transition is taking on a whole new meaning. As schools get ready to reopen many teachers, parents and children feel more than a little anxiety. Thankfully, they have pressured our government into reworking their plan. University students are needing to decide if it is worth living on campus when so many courses will be online only. At RHUC, we are preparing for our own transition back to in-person worship. Like others looking ahead to a different fall than we are used to, we recognize that we can't turn the clock back to February. In order to maximize the safety of congregants and community members alike, we need to have elements of online gathering even as we reopen our buildings. And even then, in our "reopened" spaces we need to factor in lots of physical distancing, frequent sanitation, a greater awareness of who is in the building and how many (we are only allowed 30% of our capacity at any one time), the list goes on. The fact that I am aware of the extent of the list is testimony to the time and energy put into planning by our Transition Team. Stay tuned for more information as we prepare to reopen in the coming weeks. Be assured that our transition to in-person combined with online gathering is being thought through very carefully. Everyone's health and safety is our top priority. This is a different transition time than we are used to, but being a people of compassion and care never changes.

## worship and music

**Sunday, August 23:** We continue to reflect on words, although this week's word is a concept as much as it is a word - Bible. Reflecting on Matthew 16:13-20, James will look at why we take the bible seriously even if not literally.

**Sunday, August 30:** Reflecting on Matthew 16:21-28, James will look at the next word: sacrifice. Do we only mean the cross or do we mean something more?

**Sunday offering:** RHUC, like other churches, depends on donations and rentals to pay our bills. Our building continues to cost money even while closed and we continue to keep our employees working, albeit in ways that are different from normal tasks. We appreciate those who use Pre-Authorized Remittance (PAR). For those not PAR, please consider making sure you get your weekly envelope money in and we hope as well you will consider some extra to compensate for the loss in income. **You can use e-transfer to [office@rhuc.org](mailto:office@rhuc.org),**

**Canada Helps,**  
<http://www.rhuc.org/donate.html>,  
**or post-dated cheques to the**



**Church, 10201 Yonge St., Richmond Hill, L4C 3B2.**

## church news



### RHUC PHONE TREE CREATED & GOING LIVE NOW!

We have created a Phone Tree.

Everyone in the church has been assigned to a Phone Tree branch by their postal code, so each branch is a certain area.

#### Need to change your address or tel # or

Questions on Phone tree: Email/Call Nicole or Penny.

Nicole Moore 905-508-5253 [willowrose@pathcom.com](mailto:willowrose@pathcom.com)

Penny Fabbro 905-508-6594 [pennyfabbro@rogers.com](mailto:pennyfabbro@rogers.com)

**Grocery Home Deliveries:** Do you, or someone you know, need groceries delivered to your home during COVID-19? RHUC has a team of volunteers in place to respond. We can shop on your behalf for food, prescriptions and other basic needs in local stores, and deliver to your doorstep.

**Organizers:** June Blanchette 905-780-0048, Donna Smith 905-884-6307, Doug Loweth, 416-553-8706

**Drivers:** Heather Hartung, Marise Blanchette, Amy Hammer, Gaye Spence, Nancy Coxford, Doug Loweth

## programs for all

**Shalom Seekers:** Shalom Seekers continues to meet on Monday mornings at 10 a.m. via Zoom to stay connected and keep in touch with each other. E-mail reminders/invitations are sent out each week with the details you'll need to join the call. We are planning to have our first in-person meeting on **Monday, September 14th at 10 a.m. in Amos Wright Park on Church Street** (Dora Lamb's Garden). This gathering will be "weather permitting", of course. It will be B.Y.O.C.&C. (Bring Your Own Chair & Coffee).

Co-hosts: Peg Hiscoke & Sandra Loughton

**Zoom Coffee Time:** Thursday Zoom Coffee Time is at 10:30 a.m. weekly. Contact Deb for info.

**RHUC Book Club:** The RHUC Book Club will be meeting at 4 p.m. on Wednesday, August 26th to discuss the novel *FIVE WIVES* by Canadian author Joan Thomas. The Zoom invitation will be sent out the day before the meeting. We hope you can join us for the discussion! The club will be meeting again on Zoom on Wednesday, September 23rd at 4 p.m. to discuss the book *A MAN CALLED OVE* by Fredrik Backman. A book club set has been obtained from the Markham Public Library with 15 copies. In the next week or so, the books will be distributed for that meeting. Details to follow via e-mail. For more details, please contact Sandra at [bookgirl8@hotmail.com](mailto:bookgirl8@hotmail.com).  
ndra Loughton ~ Facilitator

**Weekly Meditation:** Weekly meditation is Wednesday evenings from 6:30 - 7:15 in the Chapel with social distancing and please wear a mask.

**Three Rivers Forest Church:** We are resuming in-person events for Three Rivers Forest Church (with masks and lots of physical distancing). On **Sunday, August 30 at 3:00 PM**, we will gather at Twickenham park for a Conscious Senses Meditation. Come for this meditation in which participants will go off both themselves to consciously engage each of their senses in turn. This exercise honours how each of our senses are a profound way in which we engage the world both physically and spiritually. We will meet at the arbour at the Canyon Hill Avenue entrance to the park. Please bring a mask and own refreshments.

**Pub Theology:** We meet online once again to discuss faith, spirituality and life's big questions. The next online gathering is on **Fri., August 28 at 7:30 PM**.

## keeping up our spirits

As we look to the coming days and weeks of "sheltering in place" it is important we keep our spirits up. RHUC Reflections will include some ideas, reflective words, poems, recipes, pictures (send to Deb at [office@rhuc.org](mailto:office@rhuc.org)), etc. to help in this challenging time.

### INGREDIENTS

- 1 cup water
- 1 large handful spinach
- 1/2 frozen banana
- 1/2 cup frozen strawberries
- 1 TBSP. Hemp Hearts
- 1 TBSP Chia
- 4-5 cubes of ice

### DIRECTIONS

Blend and enjoy!



### "A Quiet Life" by Brian Wormser

What a person desires in life  
 is a properly boiled egg.  
 This isn't as easy as it seems.  
 There must be gas and a stove,  
 the gas requires pipelines, mastodon drills,  
 banks that dispense the lozenge of capital.  
 There must be a pot, the product of mines  
 and furnaces and factories,  
 of dim early mornings and night-owl shifts,  
 of women in kerchiefs and men with  
 sweat-soaked hair.  
 Then water, the stuff of clouds and skies  
 and God knows what causes it to happen.  
 There seems always too much or too little  
 of it and more pipelines, meters, pumping  
 stations, towers, tanks.  
 And salt - a miracle of the first order,  
 the ace in any argument for God.  
 Only God could have imagined from  
 nothingness the pang of salt.  
 Political peace too. It should be quiet  
 when one eats an egg. No political hoodlums  
 knocking down doors, no lieutenants who are  
 ticked off at their scheming girlfriends and  
 take it out on you, no dictators  
 posing as tribunes.  
 It should be quiet, so quiet you can hear  
 the chicken, a creature usually mocked as a type  
 of fool, a cluck chained to the chore of her body.  
 Listen, she is there, pecking at a bit of grain  
 that came from nowhere.

## outreach

**Net Zero:** The Net Zero Committee is encouraging our congregation to choose a few friends to connect with about working on the climate crisis. Our world needs to become Net Zero by 2050 and this won't happen without planning and organization. The pandemic is helping us understand how connected our world is and the fires in California and floods in England and end of the Greenland icecap are just a few of the current flags showing a world in a climate crisis.

So here is what some of us have done. I and two friends have formed the Green Bees, a network of mutual encouragement and accountability. We have had several virtual conversations - about eating vegan cheese, converting to LEDs, and retrofitting roofs and HVAC systems. I have found that the conversations and the friendships have motivated me to buy more vegan products and to investigate more home renovation products.

Please make your own group if you haven't already. If you are making a group, please let me (Esther Collier) know ([a.collier@sympatico.ca](mailto:a.collier@sympatico.ca)) so we can keep track of how many groups there are in our community. I would only need to know the name of your group and how many members you have.

Linking with [www.neighboursfortheplanet.ca](http://www.neighboursfortheplanet.ca) is a good place to start if you are wanting to stay engaged with the climate community in the GTA. Targeting Climate Change - RH is currently on a pandemic hiatus but will be considering virtual meetings in the fall. I am currently involved with an attempt to link the Toronto District School Board with the City of Toronto's Climate Emergency Task Force - Transform TO in order to develop community education and networking on the climate crisis around schools. There are some efforts being made to apply this model to York Region municipalities. *Esther Collier*

**Minute for Mission:** Many of the Plains, Dakota, and Nakota peoples have a sacred connection to the horse. For them, the horse holds immense cultural and spiritual significance, and its energy is a powerful catalyst for change. The spirit of the horse was certainly present among Indigenous youth from Plains Presbytery in Saskatchewan Conference during the equine-assisted learning (EAL) program at Cartier Farms in Spruce Home, Saskatchewan, a Healing Fund project that's also supported by Mission & Service. Ten young men participated in the week-long leadership program in July 2018. The tools and strategies the EAL facilitators and Traditional Knowledge Keepers used would help the young men grow into strong Indigenous adults. By interacting with these incredible animals, the young men brought innovation, strength, and energy to everything they did at the farm. Despite the injustices that Indigenous youth face every day, the skills these young people took home helped them understand their place in the circle of life and equipped them with the inner resources to strengthen it. The EAL program acknowledges the need to support young people as they deal with difficulties in life stemming from systemic racism and intergenerational trauma. For Indigenous youth, the trauma from colonial oppression continues to reverberate powerfully in their lives and circumstances. The impact from the Indian residential school system and other colonial practices is still felt today. The EAL program is a place for Indigenous youth to begin their healing.

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.