



We livestream our Sunday service via Zoom. **There will be no in-person attendance** at this time.

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. 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, use the links found on our website and below.

worship and music

Minister's Message: Hello everyone! It is so good to be joining with you in ministry at RHUC. It has only been a few days but I am already feeling the love 😊 Thank you for all the messages, cards, packages of goodies, conversations, insights and laughter. It has been wonderful to have the support of Ruth, Deb, Dan and the Search Committee as I immerse myself in this new ministry.

I will never forget the day I started at RHUC, as it was Valentine's Day. This has influenced the theme which Ruth and I will be exploring in worship over the next two weeks "Love is?" Our hope is to colour outside the lines of the more traditional expressions of love. May this be a joy-filled, possibly messy but always a God-is-Love centered journey. *Karen Dale*

February 20 @ 10:30 a.m. via Zoom: The order of service and hymns are also found on our website under Home, Events & News and Our Ministry – Spirit pages.

February 20, 2022: [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, 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 Zoom at 10 a.m. on Monday, February 21st, the Family Day holiday. This week we will enjoy a social hour for our on-line meeting, and we may discuss upcoming possibilities for a new study. New members are always welcome. Please speak to anyone who is part of the group or to Sandra Loughton, Facilitator, for more details about the group. The Zoom link is sent out to participants on Sunday evenings.

RHUC Book Club: Please join us on Wednesday, February 23 at 4 p.m. on Zoom to discuss Jennifer Ryan's novel of historical fiction, **The Kitchen Front**. The Zoom link will be sent out the day before the meeting.

We'll be meeting again on Wednesday, March 30 at 4 p.m. on Zoom to discuss the contemporary novel **The Reading List** by Sara Nisha Adams. New members are always welcome to join for one meeting to see what it's all about. We are a friendly group. For more details, please contact Sandra Loughton, Book Club Facilitator.

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



church news

Congregational Update: Friends - it is the time of year when we moving towards our **Annual Meeting** which is going to be held after worship on **Sunday April 3rd** rather than March 6th. In preparation we will be putting our Annual Report together and also undertaking our nominations process for leadership positions. We welcomed Rev. Karen Dale on Feb 14th who will have a two week overlap with Rev. Ruth Noble as we transition to a new pastoral relationship.

Over the past few weeks during our Sunday worship, Ruth has focused on abundance and stewardship. We have been invited to think about our gifts and responding with deep gratitude - financially, but also with our time and talents.

There are many ways to be involved in the life and mission of this congregation. Involvement creates opportunity for building community, learning, service to the life of our community, our neighbourhood and the wider world and ways to deepen our faith. Over the next few weeks, we will be doing a deeper dive into some of those opportunities to give you a chance to reflect on what is happening and how you might engage in new ways! Thank you everyone for all the ways that you make RHUC awesome! *Jane Wedlock, Board Chair*

Annual Reports are due by February 22nd !

For those writing - please consider again how they fit with our MAP priorities - you only need to pick one, even if your activities address more than one. Please email report to office@rhuc.org.

1. Be A Culture of Welcome, Respect and Safety Where We Honour One Another and Respect Diversity
2. Engage With the Community in our Neighbourhood
3. Ensure our facilities align with our values, identity and purpose
4. Develop Intentional Opportunities for People to Gather to Build Relationships, Nourish Spiritual Wellness and Engage in Justice
5. Create Dynamic, Engaging and Meaningful Worship
6. Reach out with Care to People at All Stages of Life
7. Communicate our story both within and beyond the congregation
8. Be good stewards of our finances and our facilities
9. Foster and Value Leaders and Volunteers

We have a great story to tell - looking forward to all that has been done even in the midst of the pandemic!

Thanks, Jane Wedlock (Board Chair)

Cash Cards: The next order for cash cards will be **April 20**. This is an ongoing fundraiser for RHUC that gives 1 – 10% back to the church on your gas, grocery, restaurant, coffee or gift purchase!



Congratulations to Vince Conville, on the publication of his new book **Rearview Perspective**. Orphaned at an early age in his native Jamaica, Dr. Conville looks back on a life beset with obstacles he managed to overcome to become a successful educator. **Rearview Perspective** follows his story as he wandered from pillar to post, exploited and

abused by family and strangers alike. Through determination, hard work, and a few caring educators, he broke free from the chains of poverty to become a passionate educator who inspired his so-called underprivileged students to appreciate their innate value and ability and to strive to realize their potential. Dedicating himself to a life of service, Dr. Conville hopes his story will serve as an inspiration to others, especially his grandchildren: there is no obstacle that cannot be overcome; where there is a will, there is indeed a way.

Music is still a huge part of his life, and singing in his church choir is one of the great joys of his life. His greatest pleasure, however, comes from his interaction with family: talking to his sister, Vashti, dining in or out with his children and grandchildren, or just spending quality time with them.

To buy the book visit our online bookstore at <https://bookstore.dorrancepublishing.com/rearview-perspective/>

outreach

Ageism

Ageism won't go away by itself. Here are **five ways to combat it**:

1. **Recognize it.** To create awareness requires understanding that there is a problem. In other words, you can't change something you don't know needs changing, including yourself.
2. **Speak up!** If you hear something ageist, consider pointing it out. Rather than make someone defensive, you can calmly tell them you know they didn't realize what they were saying.
3. **Ask yourself**, "Would I like it?" Treat older people with the respect you will want. Think about whether you are being patronizing or talking to them like children (called "elderspeak"). And don't be that fully clothed health aide who gives a nursing home resident the "we" treatment, as in, "We are going to get dressed now."
4. **Be inclusive.** Promote intergenerational experiences. Yarmouth, Massachusetts, on Cape Cod, has a unique intergenerational Model UN program that pairs an elder with a high school student to learn about a pressing global issue, such as water conservation.
5. **Give yourself a break.** If you're thinking that some behavior you thought was respectful is really ageist, now you're enlightened. And you can make the choice to behave differently in the future.



It's not just seniors that experience ageism.

"Ageism cuts both ways," Professor Dominic Abrams at the University of Kent, told me. "It's true that people often apply patronizing stereotypes to older workers and so they are often assumed to be less employable. But younger people tend to be more exposed to all forms of prejudice and discrimination than older people — racism, sexism, and ageism."

[Sources: <https://extramile.thehartford.com/lifestyle/aging/ageism/> <https://hbr.org/2020/11/am-i-old-enough-to-be-taken-seriously/>]

National Institute on Ageing - great Canadian site with LOTS of information

<https://www.nia-ryerson.ca/>

Outreach

"Snowshoe Teachings" by Lucia Laford

<https://www.youtube.com/watch?v=i9UUco-lmIc>

This animated short video is one of four (4) featured during last October's Secret Path Week #secretpathweek . Stayed tuned for the others here over the next few weeks.

"Lucia Laford (Waawaaskone Kwe) is an Anishinaabe & Irish artist from Sault Ste. Marie. With vivid colour and crisp line work, Lucia paints in a woodland style that has been passed down to her by her father."

News: Keeseekoose First Nation announces of fifty-four potential unmarked graves at two previous Residential School sites

"Ground-penetrating radar was used to locate the graves at Fort Pelly Residential School, which was open from 1905 to 1913, and St. Philip's Residential School, open from 1927 to 1969. The institutions were located on the First Nation's land near Kamsack. Both schools were run by the Catholic Church."

https://www.thestar.com/politics/2022/02/15/cp-newsalert-first-nation-says-54-graves-at-former-saskatchewan-residential-schools.html?source=newsletter&utm_source=ts_nl&utm_medium=email&utm_email=BBB745640F48FC11F0B32F6C3C3FF362&utm_campaign=bn_106374

The Coldest Night of the Year 2022 - February 26, 2022 - Hosted by Blue Door

"The Coldest Night of the Year is a winterrific family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Team up, walk, and fundraise! It's cold out there... but there's no place like home."

For more information go to

... <https://cnoy.org/location/richmondhill>

community news

Now extended to February 28, 2022, explore Richmond Hill's Culinary delights from a wide variety of local restaurants with premium access to special menus and discounts on scrumptious meals! Each restaurant will be offering its own Winterlicious promotion so be sure to visit each of them:

Lone Star Richmond Hill
Sunnyside Grill Richmond Hill
Adrak
King Henrys Arms
Crave Restaurant at Sheraton Parkway
Miss P – Ready to Go Foods
Nerpys Inc.
Tochal Restaurant
Covernotes Coffee House
Istanbul Grill
Amazing Thai
Oyaji Sushi
Aneal's Taste of the Islands

resources for seniors



Ontario Society of Senior Citizens Organizations
La Société des Organisations des Citoyens Aînés de l'Ontario

[Ontario Society of Senior Citizens Organizations](https://www.oscso.org/)

North York Seniors Centre - [North York Seniors Centre - Enhancing Lives - North York Seniors Centre \(nyseniors.org\)](https://www.nyseniors.org/)

Let me know if there are other resources you would like published for others to find more information about.

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