



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](mailto: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:** The scripture for this Sunday is from Jeremiah, Jeremiah was a teenage prophet, affectionately known as the "weeping prophet" Jeremiah loves to share doom and gloom, but there are also images of hope within the prophet's words. Words of "all shall be well" When I hear these words I think of Julian of Norwich, the 14th century anchorite that wrote after surviving another pandemic known as the Plague, that all shall be well, all manner of things shall be well."

Julian shared a vision of a hazelnut: "And in this he showed me a little thing, the quantity of a hazel nut, lying in the palm of my hand, as it seemed. And it was as round as any ball. I looked upon it with the eye of my understanding, and thought, 'What may this be?' And it was answered generally thus, 'It is all that is made.'"

As we continue our journey through Called to be the Church, the stewardship resource that is renewed each year, I invite us to reflect on the hazelnut, as the church, we each hold the church in our hands, how will we care for the church, the way that God cares for all even the tiniest hazelnut?!

So in the next number of weeks think about what it is that makes you continue to come to Richmond Hill United, think about if you had 90 seconds to share with someone why you give to Richmond Hill United Church, what would you say? It is an important reflection of why we are here and why we give our time and treasure to Richmond Hill United Church. Blessings, Rev. Ruth Noble

**January 23 @ 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. [Order of service](#) [Hymns](#)

**Memorial service for Dorothy Houlden via Zoom on Sat. Jan. 22:** Slide presentation from 12:30 – 1:00 p.m. Service starts at 1:00 p.m



**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

**Bible Study Session:** From Julia Ye: Hello everyone! My preaching course this semester at Emmanuel College requires me to run a Bible Study on Luke 5:1-11 in my own congregation. I will be preaching the passage on February 6th, 2021. You don't need to prepare anything. We will read and discuss the passage together. I'm excited about the idea of sermon brainstorming. We will enrich each other in discussion and your insights will be valuable for me to prepare the sermon message.

I am so glad to have Ian Wilgus to be my co-host. This session will be on **Sunday, Jan. 23rd, 2022 from 12:30 - 2:00 pm**. If you are interested to participate, please contact me at [chenyunus@yahoo.com](mailto:chenyunus@yahoo.com) or Ian Wilgus at [ianwilgus@rogers.com](mailto:ianwilgus@rogers.com) to get the zoom link! We look forward to seeing you there.

**Shalom Seekers:** Please join us on **Monday, January 24th at 10 a.m.** on Zoom for a discussion of Chapter 16 of the memoir *The Other Side of the River: From Church Pew to Sweat Lodge* by Rev. Alf Dumont. This week's chapter is entitled *Talking to Myself: Is Anyone Listening?* Can you relate to that title?

The Zoom link will be sent out on Sunday evening. For more details about the group, please speak to Sandra Loughton, Facilitator. New members are always welcome.



**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 for the RHUC Book Club meeting on **Wed., Jan. 26th at 4 p.m.** to discuss **Fast Girls: A Novel of the 1936 Women's Olympic Team** by Elise Hooper. The Zoom invitation will be sent out to everyone the night before the meeting. New members are always welcome to join this lively discussion group. Please contact Sandra Loughton for more information. We meet once a month throughout most of the year and discuss mainly fiction as well as some non-fiction.

## church news

This Poinsettia was part of the Advent/Christmas sanctuary decorations in December 2020. Come spring 2021, it was planted out in the church garden where it grew larger and was a lovely large green “bush”, so I brought it back into the church Garden Room. I cut it back to generate growth and it brought forth the red leaves/bracts and the small yellow “flowers” at the base of each red leaf bunch. Wonder if I can repeat the same process in the spring?

Submitted by Donna Smith



## net zero

**Upcoming events:** We have scheduled a third **Climate Lunch and Learn for February 6th, 2022.** Registration is at this link: <https://www.eventbrite.com/e/climate-lunch-and-learn-3-tickets-218772433237>

The zoom link will be sent out in an email to you about a week before the event - so don't worry if you are not sure how to access it. Contact Esther Collier, Chair, Net Zero Committee at [targetclimatechange@gmail.com](mailto:targetclimatechange@gmail.com) if you want to chat or want me to send you the zoom link directly.

## outreach

### Outreach Winter Enjoyment

1. *Check the weather before leaving the house - this ensures you're prepared for changing weather conditions*
2. *Layer Up - this gives you options when moving from outdoors to indoors*
3. *Get Moving - this just makes you feel better! helps those with S.A.D. (seasonal affective disorder), ask a friend to join you!*
4. *Eat Well - make sure you get enough fruit and vegetables, when you eat healthy you feel better*
5. *Moisturize - winter air and wind can be very drying, don't forget lip balm*
6. *Do Winter Things!*

### Feeding Our Community

Calling all Gardening Enthusiasts!

- Does feeding people in our community appeal to you?
- Do you like spending time outdoors with your hands in rich soil?
- Would you like to experience the joy and wonder of watching a seed grow and then share the plant to feed and support our community?

Some of the 'ground' work has already been done;

- An application to the City of Richmond Hill to acquire a garden plot this Spring has already been made

The City is very supportive of collective gardens and provide some or all of the following:

- initial construction and site preparation (i.e. clearing site, building garden beds, fencing)
- garbage and compost receptacles
- signage
- water hook-up and ongoing cost for water
- administration of garden agreement
- garbage and organic pick-up
- tiling and soil amendments (including provision of mulch)
- promotion



- provide support for groups who choose to apply for additional funding from grants

If you'd like to be a part of a group to grow food in Richmond Hill's Community Garden this is for you! Feel free to contact me (Tracy - [tewixon3@gmail.com](mailto:tewixon3@gmail.com)) and I can help all those interested connect with each other.

### Bell Let's Talk Day - January 26, 2022

Five (5) simple ways to end the stigma and start a conversation:  
1. Language Matters: The words you use can make all the difference. Words can help, but they can also hurt. What would you choose?

Schizo vs Person with schizophrenia

Crazy vs Person with a mental illness

#### 2. Educate Yourself

- When it comes to mental illness, education is key. Having the right tools, knowing the right words to use and understanding how to correctly speak with someone experiencing a mental illness can make all the difference. View the Bell Let's Talk Toolkit

#### 3. Be Kind

- Simple kindness can make a world of a difference. Whether it be a smile, being a good listener or an invitation for a chat over coffee, these simple acts of kindness can help open up the conversation and let someone know you're there for them.

Expressions like "You'll get over it" and "Just relax" can hurt more than help. Instead, offer your support and say "I'm sorry you aren't feeling well" or better yet, ask what you can do to help.

#### 4. Listen and Ask

- Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help or simply just being there for people you care about can be the first step to recovery.

Here are a few examples of what to ask:

I'm sorry you aren't feeling well.

I've noticed you've been down lately. Is everything OK?

How can I help?

#### 5. Talk about It

- Two out of three people suffer in silence, fearing judgment and rejection. Being open to a conversation is the first step towards eliminating the stigma.

Know the facts, be kind, be a good listener and a friend. Be part of the conversation to eliminate the stigma once and for all.

[Source: <https://letstalk.bell.ca/en/>]

#### Fundraising - Book Sale

If you're at home and find yourself wanting to purge books...**STOP!** We're planning on having a Book Sale this year and will happily take your novels (no textbooks or workbooks please). You can contact the church office at [office@rhuc.org](mailto:office@rhuc.org) and/or [tewixon3@gmail.com](mailto:tewixon3@gmail.com) if you need to arrange pick up or to arrange dropping off your books. Thank you!

**Amazing internet activities to do:** If you find you're losing too many evenings to the rabbit hole that is the internet, these engaging (and free!) activities sub in delightfully for doomscrolling. Crosswords, quizzes, travel, trivia, drawing and dancing — all can be done on your phone or your computer, alone or with friends. Cheers to spending these darker and colder post-daylight-savings evenings staring at our screens in a way that makes us quite content.

Spend some time with word games and puzzles. Test yourself daily and tackle the New York Times mini crossword: <https://www.nytimes.com/crosswords/game/mini> Its smaller stature is less challenging than their full-sized classic (which helps up any puzzler's confidence!) and it's a lot quicker to complete, too.

Play one of the classic word games with friends using the Scrabble App <https://scrabble.hasbro.com/en-us>, or use Scrabble Go through Blue Stacks <https://www.bluestacks.com/apps/word/scrabble-go-on-pc.html> for desktop gaming. No tiny tiles to keep track of anymore!

Seek out some words in one of the many categories on The Word Search.com <https://thewordsearch.com/> on desktop, tablet or mobile. Topics like ice cream flavours, The Muppets or '90s movies not your style? You can also build your own.

Shake things up with a game of Boggle (on desktop) <https://www.zynga.com/games/boggle-with-friends/> or use the Boggle with Friends app to sharpen your skills in solo play or earn bragging rights in tournaments.

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