



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](mailto: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:** This week we paused to celebrate Canada Day, albeit in a very different way than in years past. With non-essential travel still discouraged and social bubbles capped at ten people, Glen, my dad and I had a very subdued Canada Day. The biggest excitement was a surprise "red and white smoothie" that Glen made for us to top off the night. Apart from that, I honoured the day by tuning into coverage on CBC. I appreciated the reflective tone that was set. Usually the focus is on Parliament Hill with speeches given by politicians and other dignitaries. But this year the attention was given to frontline workers with several vignettes and interviews with "average" Canadians. While the reflective tone is a result of the ongoing pandemic, it captured a deeper mood in the country as we confront the reality of systemic racism towards Black, Indigenous and other racialized Canadians. You could hear it in the speech offered by Prime Minister Trudeau and Sophie Grégoire Trudeau, delivered from a farm near Ottawa as they helped harvest vegetables for the local food bank. Their message was muted and thoughtful, focused as much on who we need to be as a nation rather than on who we believe we are. Even the fact that they shared it said a lot to me, a recognition that we need to start doing things differently, be it in regard to gender equality, ending racism, working more concertedly toward Reconciliation with Indigenous peoples, supporting vulnerable seniors, assisting the many left behind because of poverty and other systemic issues, or living more sustainably. For me, the speaker who captured the mood best was Jilly Black, pushed back on Andrew Chang when he asked about future changes. "Change is now," she said, and then went on to quote the saying, "Change come fast and change come slow. But change come." Her words cut straight to my heart, reminding me that as much as this Canada Day was a time to be more reflective and honest about ourselves, it is not enough to just be reflective. We need action. We need to change. And it is happening, not in some future time but right now as we each do our part to be the Canada we want to see.

## worship and music

**Sunday, July 5:** We continue to worship online through Zoom as we reflect on Matthew 11:25-30. In this passage Jesus famously tells us that his yoke is easy and his burden light. He also thanks God for revealing the hidden things of God's Reign to infants rather than the so-called intelligent. His words are a profound remind of how God's wisdom flips everything on its head.

**Sunday, July 12:** We reflect together on Matthew 13:1-9 and 18-23 in which Jesus both shares a parable of a farmer who sows seed over an area which includes both poor and rich soil conditions and explains the meaning of the parable as well.

**Upcoming vacation:** James will be taking a 3 week vacation beginning on July 16 through to August 5.

**Worship Notes:** As the economy slowly reopens, as a congregation we are opting to continue worshipping online via Zoom in order to keep everyone safe. We have a Transition Team which is working on how best to implement public health protocols for congregants and renters. Even when we reopen the sanctuary for worship, we will continue to offer a livestreaming option. In addition, the worship services are recorded and available for viewing either through our Facebook page, <https://www.facebook.com/RichmondHillUnitedChurch/>. We also have a YouTube channel so you can access the service that way.

**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. We are keeping in touch with the United Church of Canada and governments to ensure we get what bridge funds might be available to us during physical distancing.**



## church news

**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.

**A Minute from the Board:** The Transition Team is looking at public health protocols along with other issues to determine how to eventually proceed with worship, programs and small group gatherings in a way that keeps everyone safe. The team is also looking at how to implement protocols with tenants. What is clear thus far is that we will need to continue with online worship in some capacity in order to keep the most vulnerable members of RHUC safe and healthy. We will also be looking at which rooms are best suited to hold various groups in order to maintain physical distancing. We will be sending out a survey soon to give us the information that is needed to make the best decisions for all concerned.

**A Request for Help:** As the self-isolating protocols continue, there is an escalating impact on our economy. Money is going to get tight for some, including friends, neighbours and members of RHUC. To this end, we invite you to help out if you can by donating grocery cards. When you order your grocery card (still a fundraiser for our church, BTW), donate a card to help someone who needs assistance. Contact Deb ([office@rhuc.org](mailto:office@rhuc.org)) for more information.



## 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)

## programs for all

**Shalom Seekers:** Shalom Seekers meets online on Zoom on Monday mornings. Please join us on **Monday July 6 at 10 a.m.** by phone or Zoom to catch up and stay connected. You will receive an invitation e-mail on Sunday with the Zoom link and the information you will need to call in. For more details about the group, please contact either facilitator, Peg Hiscoke & Sandra Loughton.

**Weekly Meditation:** Each Wednesday at 6:30 pm, James hosts 45 minutes of reflection and meditation via Zoom. If this is something that interests you, please let James ([james@rhuc.org](mailto:james@rhuc.org)) or Deb ([office@rhuc.org](mailto:office@rhuc.org)) know so that they can send you the log-in details.

**RHUC Book Club:** We decided that we would continue meeting for the summer, so here is the information for anyone who'd like to join the Zoom meeting -- via telephone or video! New members always welcome to join.

- **Wednesday, July 22nd at 4 p.m.** to discuss *The Aviator's Wife* by Melanie Benjamin
- **Wednesday, August 26th at 4 p.m.** to discuss *Five Wives* by Joan Thomas

For more information, please contact me at

[bookgirl8@hotmail.com](mailto:bookgirl8@hotmail.com). Please stay safe and keep on reading!

*Sandra Loughton, Book Club Facilitator*

**Pub Theology:** We meet online once again to discuss faith, spirituality and life's big questions. The next online gathering is on **Fri., June 26<sup>th</sup> at 7:30 PM**. Contact James for the meeting log-in info.

## 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. Each week RHUC Reflections will include some ideas, reflective words, poems, recipes, pictures (send to Deb at office@rhuc.org), etc. to help in this challenging time.**

### The resilient generation

The pandemic landed like a meteor  
on your young life  
wiping out graduation  
in the way you had imagined it for so long  
and I know  
it may not make it feel better now  
but you are the ones  
we will talk about  
years from now  
*the resilient generation*  
we will call you,  
the ones who learned sacrifice  
and the secret of happiness,  
that it blooms  
from the hole you dug  
to keep others safe,  
and you will see the ones  
next year and the year before you  
who didn't miss out  
who got everything  
they want  
except what you have  
which is all everyone wants  
at the end of the day  
but it grows  
as you know  
only when you give  
some away.

By Samantha Reynolds



### Vegan Lentil Moussaka

PREP TIME 1 hour COOK  
TIME 30 minutes

#### Ingredients

3 medium-large eggplant, sliced in ½ inch thick rounds  
4 tbsp coconut, or olive oil; divided  
Salt & pepper  
1 cup lentils, French, dried; soaked overnight

4 medium potatoes, Yukon gold; peeled and quartered  
2 tbsp olive oil, plus more for brushing the mashed potato layer  
1 large onion, yellow; chopped  
2 medium carrot, sliced  
2 stalks celery, sliced (optional)  
Pinch red pepper flakes  
1 tsp thyme, fresh or dried  
1 tsp oregano  
1 tsp marjoram, (optional)  
3 cloves garlic, sliced  
1 lb mushrooms, baby bella or crimini; sliced  
1 28 can tomatoes, crushed  
1 tbsp tomato paste  
1/2 tbsp paprika, smoked

#### Instructions

1. Preheat oven to 400° F (200° C). Prepare two parchment paper-covered baking sheets. Arrange the eggplant slices on the baking sheets in a single layer, oil with 2 tablespoons of coconut oil/olive oil, sprinkle with salt and pepper, and roast for 20 minutes. Flip the slices and roast for another 15 minutes, until silky. Set aside. Lower the oven temperature to 375° F (190° C).
2. While the eggplant is roasting, drain and rinse the lentils. Cover them with water in a medium pot, and bring to a boil over high heat. Reduce the heat to a simmer and cook, covered, for 10-15 minutes or until cooked, but not mushy. Add salt at the end. Drain over a colander and set aside.
3. Place the potatoes in the same pot you used to cook the lentils, cover with water and bring to a boil over high heat. Reduce the heat to a simmer and cook until soft throughout. Add salt at the end, then drain, reserving ¼ cup of the cooking water. Return the potatoes to the same pot. Mash them with 2 tablespoons of olive oil or ghee, black pepper and ¼ cup of the reserved cooking water. Taste for salt and adjust if needed. Continue to mash until smooth. Set aside.
4. Warm the remaining 2 tablespoons of coconut oil/olive oil in a large saucepan over medium heat. Add onion, carrots, celery, if using, salt and pepper, red pepper flakes and oregano/thyme/marjoram, if using. Sauté for 7 minutes, until the vegetables soften up. Add the mushrooms and sauté for another 8 minutes, until the water released by the mushrooms evaporates and they begin to brown. Add garlic and stir around for another minute.
5. Add the lentils, crushed tomatoes, tomato paste, smoked paprika, cinnamon and nutmeg, if using, to the pot with the mushrooms. Stir to combine, then cover and cook for 5 minutes for the flavors to incorporate.
6. Arrange half of the eggplant slices on the bottom of a 9" x 9" baking dish. Top with half of the lentil mixture, followed by the remaining eggplant slices and lentils. Spoon the mashed potatoes on top, evening them out with a spoon into a smooth layer. Brush more olive oil over the potato layer and place the dish in the oven. Bake for 30 minutes. Remove from the oven and serve.

## outreach

**Minute for Mission:** Since 1947, Camp Bimini has been offering memorable camping experiences for all ages. Adventures in nature, sports, crafts, music, swimming, campfires and more encourage staff, campers, and volunteers to play, laugh, learn, love, sing, grow, teach, create, and simply be. The well-being of children and adults is linked to the amount of time spent in nature: The more time spent outdoors, the better off people are. At Bimini, God's creation is vibrant and dynamic, an awesome and awe filled place and space. The camp is energized for the upcoming season and all that it will be offering. They are energized, too, for what our campers, staff, and volunteers will be sharing with one another. Friends are always nearby, and times of discovery and opportunities to do both familiar and new things are always there. Everyone looks forward to all the adventure, discovery, fun, and friendship. When you are at Bimini, you are repeatedly reminded that you are indeed a precious child of God. The camp hopes everyone experiences that "Bimini friends are always friends."



Join us online this year for a fun and educational line up of programming for your child. We hope to see you there!

Programs include:

- Dipping into the world of drama and exploring their artistic side
- Music fundamentals where we learn the basics of music and spending time together sharing our musical interests
- Moving and shaking and enjoying getting active with fitness programs
- Learn a new language or practice what you already know in French or Spanish

And much, much more! See our website for more detailed program information and to register your little camper for a summer of fun together apart.

[More Camp Awesome Info and Registration](#)

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.