



We are back to in-person worship!! If you would like to attend, please **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. 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: Ministry personnel within the United Church of Canada are very fortunate to have three weeks per year of Continuing Education. This time can be used in many ways, such as attending a course, to rest or as I will be doing – learn a new skill. I will be building a new website, to highlight the many wonderful events and programs that happen at RHUC.

I have been working with the Communications group and will be using the work that they have already done. Before the new website goes “live”, there will be opportunities for different groups, committees, and staff to give feedback.

I will be doing this work from June 20-26th and am very grateful to Lyn May and DJ McCready for leading worship on Sunday June 26th. For emergency pastoral care requiring a minister please call 416-575-0013.

I look forward to sharing worship with you on Sunday June 19, when we will continue to explore the theme “It only takes a spark”.

UPCOMING SUNDAYS

Sunday June 19:

[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



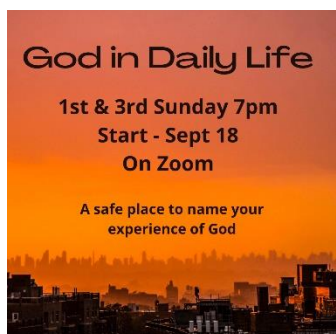
Join us at the **York Region Pride Parade on Saturday June 18th at 3:00 on Main Street Newmarket**. RHUC has been the only faith community to participate in this yearly event, showing our welcome of LGBTQ people, their inclusion in all areas of our work and worship, and support and advocacy to bring justice, peace and love to all of God’s people. This is a fun and joyous street celebration so come on out and “show your Pride”. Call Donna Smith, 905-884-6307 for information.

The parade starts at 3:00 but participants are asked to arrive at their staging location number at 2:00. This number hasn’t been sent to us as of Reflections issue delivery time, so please phone Donna Smith 905-884-6307 for our number.

Shalom Seekers: Please join us on **Monday, June 20th on Zoom at 10 a.m. for a social gathering** as we begin our summer break. We may continue to get together from time to time over Zoom in the summer and plan to resume our current book study in September. New members are always welcome to try out the group. Please speak to Sandra Loughton, Facilitator, for more information.



NEW!! God in Daily Life: This past spring, Carolyn Y. had an idea for a new group at RHUC where participants would come



together to talk about their experiences of God in their daily lives. The idea was brought to Karen who expressed her enthusiastic support.

Carolyn warmly invites you to be part of the new group, **God in Daily Life (GDL)** come September.

- Come and see...
- Come with your nerves and hesitations
- Come with your questions, doubts and beliefs
- Come be part of a safe and inclusive space
- Come with names for God that resonate with you
- Come explore your experience of God in daily life
- Come talk about significant moments in Sunday worship
- Come build community
- Come when you can. There's no expectation that you be at every meeting.

To express interest or if you have any questions, please e-mail Carolyn at n.carolyn.260@gmail.com

RHUC Book Club: IMPORTANT REMINDER: The RHUC Book



Club is meeting on **Wednesday, June 22 at 4 p.m. on Zoom** to discuss **The Lost Apothecary** by Sarah Penner. The Zoom invitation will be sent out on

Tuesday evening to regular participants. The book club will be taking a break for July and August and resume in September. New members are always welcome to join and see if a book club is for them. No prior book club experience is necessary! Please contact Sandra Loughton, Facilitator, for more details.

H.A.I.R.: The Monday evening study group devoted to exploration of questions, doubts and the relevance of our faith to our lives and actions, has suspended its meetings until the Fall. Please watch for announcement of the resumption of HAIR.

CC 'Cook's Corner'! Trying to eat less meat? Why not try 'Meatless Monday'! Watch this corner for new recipes. Send your favourite recipes to either Deb Fratin at office@rhuc.org or Lynn May at lynniemay@gmail.com. Thanks!!

This is a nice summer recipe for lunch or dinner.

Quinoa and mango salad

For people who aren't crazy about quinoa but want a protein! The mango is the dominant flavour.

- 1 tbsp coconut oil
- 2 cups chopped spinach
- 1 cup cooked quinoa
- 1 cup julienned mangos
- 1 tsp salt

Saute the spinach in coconut oil for 2 minutes, remove from heat and cool.

Add quinoa and mangos to the spinach and pour in 1/2 cup of dressing (recipe to follow).

Transfer to a bowl and chill.

Coconut Basil Dressing

- juice of 1/2 lemon
 - 1 cup coconut milk (full fat)
 - 1/4 cup fresh Thai basil
 - 1 tbsp garlic paste (finely chopped garlic mixed with a little oil)
 - 1 tsp fish sauce (optional) or anchovy paste (optional)
- Pulse in a blender until smooth or shake in a jar until mixed.

church news

On Sunday, June 12th, **Madeline Johnston was 99 years old/young!** Her son and family brought her from their home in Kirkfield, where she moved in 2020. She is doing well and looks great; if there had been dishes to do, Madeline would be at the sink washing, a job that was her chosen spot! A wonderful surprise visit and we wish Madeline good health and happiness - she's quite the lady!

UPDATES TO RHUC COVID PROTOCOLS:

Dear Friends,
On behalf of the Board, I want to thank you all for your collective efforts over these last two years to keep RHUC a safe place to gather, learn, work and worship. We have done well. As the situation allows, we want to adjust our protocols, so they continue to keep us safe, with as little disruption as possible. At our June meeting the Board reviewed our situation and approved some changes to the RHUC Covid Protocols, which are now in effect.



Here are the changes:

- Proof of Vaccination is no longer required for people using the building.
- Contact tracing is suspended for all regular functions on site. This includes Sunday worship services, and regular classes and group activities offered by our tenants. We will continue to record names and contact information for one-time events, such as weddings, because there will be no other way to contact many of those in attendance in the unlikely event of an outbreak.
- Mask wearing will still be required, but they may be removed in these situations:
 - When a person is alone at their own workstation
 - When eating or drinking, while remaining seated
 - When speaking from the lectern or at the Communion Table in the Sanctuary
- Social distancing is still required, and people should still stay away when they are sick.

Social events with food and beverages: In the near future we will begin to resume the familiar events people enjoy together, such as coffee time, refreshments for meetings, or pot-luck meals. Safety steps will be taken on these occasions that are appropriate for that specific occasion. These measures (eg: having one designated server instead of all helping themselves, spacing out tables) will be clearly described at the time, so that people may make informed choices about their attendance.

Once again, thank you to all of you for your support and your patience. Please let me know if you have any questions.
Doug Loweth, Board Chair

outreach

June is Indigenous History Month

Book Recommendation

On/Me by Francine Cunningham

"In her debut poetry collection *On/Me*, Cunningham explores, with keen attention and poise, what it means to be forced to exist within the margins. Cunningham does not hold back: she holds a lens to residential schools, intergenerational trauma, Indigenous Peoples forcibly sent to sanatoriums, systemic racism and mental illness, and translates these topics into lived experiences that are nuanced, emotional, funny and heartbreaking all at once."

<https://www.cbc.ca/books/on-me-1.5229365>

Orange T-Shirts

RHUC is once again making Orange T-Shirts available!

What is the significance of the Orange T-Shirt?

Please read Phyllis' story available on this link ...

<https://www.orangeshirtday.org/phyllis-story.html>

This year's tee is another in the **7 Grandfather Teachings** series used to teach us about truth (debwewin). "The **mshiikenh (turtle)** understands that life is about the journey as well as the destination, and has faith and trust in their teachings. The mshiikenh (turtle) understands their place in this life and applies their understanding to the way they walk. Being true to yourself will help you to be true to all other things."

[Source: <https://www.nishtees.ca/>]

Already have an Orange T-Shirt?

There are several opportunities in our community (and beyond) to support Indigenous Peoples, here are just a few;

- <https://www.orangeshirtday.org/donations.html>
- <https://giftswithvision.ca/collections/gifts-to-address-poverty-and-hunger/products/wasauksing-food-bank>
- <https://sites.google.com/view/tunm/home>
- <https://www.nogofc.ca/>

Please contact Deb Fratin (RHUC Office Administrator) for your t-shirt.

Gord Downie Chanie Wenjack Events Calendar for June 2022

Be sure to check out <https://downiewenjack.ca/indigenous-history-month-2022/> for events all month featuring..."Indigenous Elders, Knowledge Keepers, artists, and allies from Northwest Territories, Saskatchewan, and New Brunswick, and conclude with a special Canada-wide episode. All peoples in Canada, from coast to coast to coast, are invited to tune in for each of the events."

June 21 - National Indigenous Peoples Day & the Summer Solstice

There are a variety of events that may interest you, here's a couple of suggestions of events

<https://summersolsticefestivals.ca/>

<https://todoontario.com/indigenous-peoples-day-month-in-ontario/>

For more information on Indigenous news

<https://www.aptnnews.ca/>



York Region Indigenous Event - Elgin Barrow Arena - June 25 1- 4 pm

This free event is being organized by the *Indigenous Action Committee*.

<https://www.experienceyorkregion.com/event/indigenous-peoples-celebration-day-richmond-hill/>

Big Drum * Vendors * Traditional Food * Crafts * Live Music * Smudge Ceremony

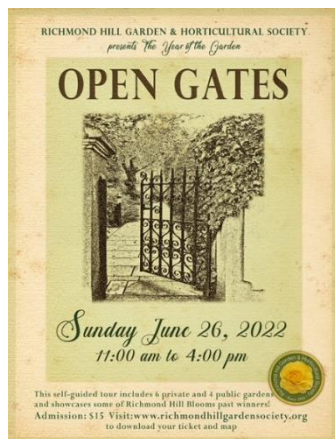
RHUC's Community Garden - this week

Crop failure happens... In this case, it was nurture not nature that failed these bush bean seeds. So, this week we're going to replant the seeds and see what happens. The plot is 10'x10' – takes about 30 minutes to weed if you have some time - drop by the Richmond Hill Community Garden site @ Phyllis Rawlinson Park and look at what's growing in plot 21D.



As you can see in this picture, like in and around Richmond Hill, there's lots of green and growth happening! It's amazing seeing the 'systems' other farmers/gardeners have built for their soon-to-be climbing plants.

community



If you love beautiful gardens, be sure to catch **Richmond Hill's Garden & Horticultural Society's Open Gate Tour**
 Date: June 26, 2022
 Time: 11:00 AM - 4:00 PM
 Price: \$15
 Location: Ten gardens in Richmond Hill

To Register go to:

<https://www.richmondhillgardensociety.org/GardenTour>



Food Bank Drive June 2022

LET'S HELP FEED THOSE WHO NEED IT THE MOST!

Items Needed:

Toilet paper, small bags of rice, pudding cups or fruit cups, baking, cake and muffin mixes, Jello, instant pudding, ketchup, mustard, BBQ sauce, salad dressings, soup noodles (Mr. Noodle), crackers, granola bars, tetra juice boxes (orange, apple, fruit punch), flour, sugar

Visit www.richmondhillbia.com
 Facebook and Instagram @richmondhillbia
 Discover community organizations collecting donations in June and where else you can donate.

Drop off - All of June 2022

Richmond Hill BIA Office Unit 1 10097 Yonge St. Richmond Hill, ON	Women's Fitness Clubs of Canada Unit 3 10341 Yonge Street, Richmond Hill, ON
Hours: Monday - Friday 10 am - 3 pm	Hours: Monday - Friday 6 am - 10 pm Saturday-Sunday 8 am - 5 pm



The Village of Richmond Hill BIA is doing a Food bank drive all of June 2022.

There are 2 locations for drop off:

1. our BIA office (across from McConaghy Centre, the 1st office/store in the condo buildings on the east side of Yonge street)
2. Women's Fitness Clubs (Crosby/Yonge)

In order to spread the word, it would be appreciated if you could do the following: • Print the poster and put it up in your facilities • Share this Food Drive with your congregations/ members via any email newsletters or bulletins • Share on your social media (if Facebook or Instagram, please tag the Richmond Hill BIA @richmondhillbia • Feel free to post on your website too – if feasible.

Our community food bank is running low and we would like to do what we can to replenish it this month.

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.

