



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@unitedchurch.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. 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.

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 coming Sunday it is National Indigenous Peoples Day. The idea for a day honouring the Indigenous peoples of Canada was first proposed in 1982 by the organization that would later be named the Assembly of First Nations, but called by them as National Aboriginal Solidarity Day. When adopted by the Canadian government back in 1996, the word "solidarity" was dropped. I realize that I have said this before, but as a first generation immigrant, I believe Indigenous peoples in Canada need a relationship of solidarity with settlers and immigrants and not just a holiday. The recent deaths of Chantal Moore and Rodney Levi, both in New Brunswick, plus the use of excessive force on both Chief Allan Adam in Fort McMurray and an unnamed Inuk man in Iqaluit, are stark reminders of the systemic racism in the RCMP, and more broadly in Canada. Similar to that faced by Black Canadians and Americans, Indigenous Canadians have been the subject of intentional marginalisation. In addition to Indian Residential Schools and the Sixties Scoop, the colonial and then Canadian government enacted one law after another to intentionally disenfranchise the original inhabitants of this land from their culture. Imagine the impact of being told you could become a lawyer, doctor, minister, could go to university and receive a degree, and when you did you would receive the perk of being "enfranchised", that is lose your status rights under the law. This kept Indigenous peoples dependent on "white" professionals for generations. The Indian Act prohibited Indigenous people from forming political organizations, hiring a lawyer, or soliciting funds, thus preventing them from fighting for their rights. The requirement to have permission from the Indian Agent to leave the reserve or selling farm produce meant Indigenous communities were often hampered in creating an economic base. The whole purpose of the Indian Act was to keep Indigenous peoples hobbled, to either assimilate them into "British civilization" or make them perpetual wards of the state. While at present the only legislated framework Canadians have is the Indian Act, it is clear that this unjust legislation needs to be replaced. As people pause from coast to coast to coast to celebrate Indigenous communities and cultures, may we also celebrate the resiliency and strength of Indigenous peoples. May all inhabitants of Canada, Indigenous, settler and immigrant, stand together in solidarity, to be a caring and just nation for everyone and not just a few.

worship and music

Sunday, June 21: We celebrate both Indigenous Peoples Sunday and our fourth Ember Day of the year. Guest preacher Jess Swance will be reflecting on Matthew 10:24-39 along with a passage from **Plants Have So Much to Give Us, All We Have to Do Us Ask** by Wendy Makoons Geniusz. Jess will focus on discipleship and how as Christians we are called to be a racially diverse community committed to doing good works. Part of this work is tending the earth and so as part of our Ember Day focus, we will divide into breakout rooms so people can name their personal commitments to the fight against climate change.

Sunday, June 28: We take time to reflect on Matthew 10:37-42 as Jesus invites us to take seriously what it means to offer true hospitality to others. Beginning this Sunday, the online worship services will include recently recorded solos by members of the Chancel Choir as well as instrumental meditations played by Barry.

Sunday, July 5: We reflect on several sayings of Jesus, especially how we are called to take on the heart of children rather than to rely on the intelligence of the learned if we are to live into the reign of God (Matthew 11:16-19, 25-30).

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, 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

A Minute from the Board: We live in challenging and exciting times. As protests against anti-Black racism continue around the world, people are standing up to be counted on the side of justice for all. To do that with sincerity, it is important that institutions as well as individuals consider the ways that they contribute to systemic racism. This includes churches. To this end, the Board has approved the establishment of a Task Group to consider ways that racism is at play in our shared life at RHUC and how we can more intentionally work towards being an intercultural community of faith. Stay tuned for more details.

A Minute for MAP: As noted last week, the Ontario government has given permission for church buildings to reopen up to 30% capacity. Be assured that we are in no rush to do so. We've called together a Transition Team to discern how best to implement the protocols that need to be put in place to keep everyone safe, including any renters who meet at "The Village Commons". We also have 2 groups who are looking at the particular needs of seniors, and of children and youth. As we move forward on slowly reopening, we will begin with how smaller groups, including tenants, can meet safely. We will look as well at worship and other larger gatherings in the knowledge that in these cases meeting protocols is much more complicated. Please feel free to contact James with any questions or concerns.

Secret Friend Revealed: On Sunday June 7th the 17th year of the Secret Friends ministry at RHUC was revealed. There has been 69 first year college/university students that have had a Secret Friend who kept in touch with them with cards, messages and encouragement throughout the school year, letting them know their church family is thinking about them. This year we had only one student, Matthew Warrick who completed his first year at York University studying Bio Chemistry. Matthew's SF, a former student in September '11 who had a SF, was Ian Wilgus! We celebrate with Matthew and Ian and their families and wish Matthew well as he continues his studies. Please let me know of any students starting college/university in September so a SF can be found for them; we know of David McBey, Jenny Huang, Isabel McCabe, Matthew Miller and Sara Perez and don't want to miss anyone! Donna Smith, Coordinator 905-884-6307

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.

We'll get through this by working together!

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) 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

Penny Fabbro 905-508-6594 pennyfabbro@rogers.com



programs for all

Shalom Seekers: We hope everyone is having a good week. Please join us on **Monday, June 22nd at 10 a.m.** for a Zoom chat and a chance to check-in. An invitation e-mail will be sent to you on Sunday, June 14th. You may join the meeting via Zoom video (laptop, smartphone, or tablet) or by telephone.
Sandra Loughton & Peg Hiscoke, Co-Facilitators

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) or Deb (office@rhuc.org) know so that they can send you the log-in details.

RHUC Book Club: The Book Club met on Zoom on June 17th to discuss Ann Patchett's latest novel *The Dutch House*. 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. 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 26th 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.

Learning about Edible Native Plants: There are two final ways by which some native plants are a source of food. The first is for their nuts. We usually think of hazelnuts as coming from Eurasia but they are native to this area as well. Humans love them and so do squirrels. Black walnuts are also native to southern Ontario. Smaller than the walnuts we buy in stores, black walnuts are also more walnutty in flavour. They are really hard to shell though, the inner nut surrounded by both the hard shell and a softer green covering.

Given that, you may prefer to tap a black walnut tree for its sap. The second source of food is as a spice. The obvious candidate here is spice bush, a deciduous shrub that grows about 2 metres tall. It is like a native forsythia with lovely yellow flowers. Its seeds are similar to peppercorn. Did you know that the staghorn sumac can be used for food? The fine hairs from the flowers are similar in flavour to the sumac spice that is common in Iranian kitchens and the berries can be soaked to make a "pink lemonade". Humans are not the only ones who can eat the berries. Birds are quite fond of them as well.

• Rhubarb Tea Biscuits

INGREDIENTS

- 2 1/4 cups all-purpose flour (550 mL)
- 1 Tbsp baking powder (15 mL)
- 1/4 cup granulated sugar (60 mL)
- 1/2 tsp salt (2 mL)
- 1/4 cup canola oil (60 mL)
- 1/4 cup milk (60 mL)
- 2 eggs (2)
- 1 Tbsp grated orange zest (15 mL)
- 1 cup finely diced fresh or frozen rhubarb (250 mL)



DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. In a large mixing bowl, combine flour, baking powder, sugar, and salt. In a small bowl, combine canola oil, milk, eggs, and orange zest. Make a well in the center of dry ingredients. Pour in liquid ingredients. Add rhubarb. Mix only to combine ingredients.
3. Place dough on a well-floured board: knead 6 to 7 times to form into a ball. With a rolling pin, roll dough into 1/2 inch (1.25 cm) thickness. Cut into rounds using 2-inch (5 cm) floured cutter. Place on canola oiled baking pan.
4. Bake for 12 to 15 minutes or until golden brown. Serve warm.

outreach

Join the United Church Toronto Pride Gathering

Sunday, June 28, 2020, 1:00 PM. Join with other members of our region and some of our neighbours to celebrate Pride for our own pre-gathering before the Toronto Virtual Parade. The program will include music and prayers and a video about banning conversion therapy. Bring your own beverage and get ready for the parade with United Church friends. Host is [Greg Daly](#)
[Link to Zoom Toronto Pride Pre-Gathering](#)

Minute for Mission: Our gifts for Mission & Service support community ministries like Stella's Circle. People come to Emmanuel House at Stella's Circle for a variety of reasons. Some have experienced mental illness or addiction, and others have suffered emotional stress or trauma or had a conflict with the law. The staff and volunteers at Emmanuel House are dedicated to helping them move forward in their lives. Emmanuel House is a 14-bed, residential counselling centre in St. John's, Newfoundland, where people of all genders live for four months at a time. They participate in group and individual counselling on topics such as addiction, recovery, mindfulness, trauma, and personal effectiveness skills. Residents also participate in therapeutic yoga, recreational activities, and household chores. Emmanuel House was the home of Stella's Circle founder Stella Burry. The staff assist residents with concrete issues related to their adjustment back into the community and being able to live independently. Many receive help finding safe and supportive housing or obtain employment assistance. The approach at Emmanuel House is a strengths-focused recovery model. Ivy Lundrigan is a social worker at Emmanuel House. She expresses what it means to work with residents: I am always in awe of the strength, resilience, and courage that come through these doors. Sometimes they don't have much hope when they arrive, but with support and guidance, they are able to move forward with their lives. I'm grateful to be part of that process. If Mission & Service giving is already a regular part of your life, thank you so much! If you have not given, please join me in making Mission & Service giving a regular part of your life of faith. Loving our neighbour is at the heart of our Mission & Service.



Talking to children about racism: It can be a challenge to talk to children about difficult topics, especially about injustices in the world like racism. But difficult as they may be, it is important to talk about them just the same. Perhaps this video from the Tutu Teacher will help get you started: <https://youtu.be/1vHymutysWU>

It is important during this time to take care of each other and ourselves. For youth who are struggling with feelings of anxiety, organizations like [Kids Help Phone](#) are working around the clock to help Canadians. For more information on the spread of COVID-19 in Canada, the interactive COVID-19 [Situational Dashboard](#) gives up-to-date information on the situation in Canada.

Light of Peace: June 25, 2020 marks 70 years since the start of the Korean War, which has never officially ended. We invite you to join us on that day for [A Light of Peace](#), an online prayer vigil led by Moderator Richard Bott, with HyeRan Kim-Cragg (Timothy Eaton Memorial Church Associate Professor of Preaching at Emmanuel College) and representatives from United Church partners the National Council of Churches in Korea (NCCCK) and the Presbyterian Church in the Republic of Korea (PROK).

The United Church of Canada is adding its voice to the global A Light of Peace Prayer Campaign for Peace and Reunification on the Korean Peninsula. In solidarity with Korean people, we pray for healing, reunification, and an end to war.

A Light of Peace will be livestreamed on The United Church of Canada's [YouTube channel](#) at 8:00 p.m. Eastern / 5:00 p.m. Pacific time, Thursday, June 25. Please join us!



Baillie Volunteer Awards 2020: Application Deadline Extended to July 15: In these difficult times there is still much to celebrate - in particular the work and witness of our youth and young adults. TUCC's Baillie Volunteer Service Awards recognize young people in the United Church who make valuable contributions to our ministries and are of service to our broader communities. Nominating someone for an award offers you the opportunity to recognize that contribution in a tangible way.

Is there a young person (15-35) who has made a difference in your community of faith's operations or who volunteers their time for community service work? If so, it is time to nominate them for the 2020 round of awards. Nominations are normally due by June 30th, but recognizing the impact of COVID-19 on communities of faith we have extended the 2020 deadline to July 15.

More information on award eligibility and selection criteria can be found on the [application form](#).

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.



'Kiara Fabbro hopes to become a secondary teacher for the York District School Board. She is also investigating Private Schools in the area.'

Celebrating our Graduates!!

This year we are highlighting the achievements of RHUC grads in a special way. We know it does not replace the in-person ceremonies that have been missed this year because of COVID-19, but we hope that showcasing each of you lets you know how proud of you all of us are.

'David McBey completed his M.Sc. (Kinesiology) with a focus on

Exercise Physiology, at Western University in London last fall.

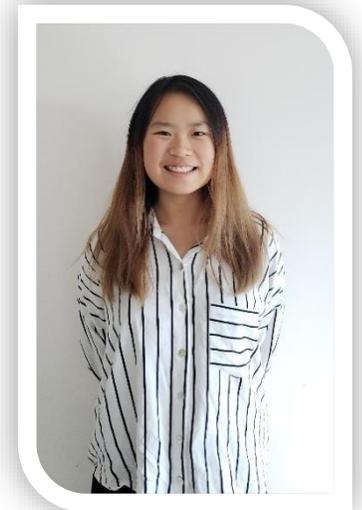
He researched Type 1 Diabetes using targeted exercise therapy as a supplement to insulin treatment, to reduce the amount of insulin required, enhance quality of life, and improve long-term disease outcomes (also relevant in countries where insulin prices are out of control).

David has started his PhD at UWO in Stem Cell research, focusing on the role of these fascinating cells as a treatment for autoimmune disorders.'



'Four years ago, I found this wonderful community of loving people; since then, the experiences I've had at RHUC have made me grow as a person, and I'm so grateful to have walked into those doors seeking guidance that summer day in 2016.

Now, as we trudge through a year of tragedies and revolution, I'll be saying goodbye as I head off to post-secondary education, across the country, but, my roots are here, my heart is here, and they always will be. I will carry with me the memories made within these walls and beyond it as I journey throughout the rest of my life.



Thank you for these last four years; I look forward to what the infinite future holds.' Best, Jenny Huang

'It is a world full of un-certainty but Matthew (Miller) will continue with a positive attitude, persevering



through the upcoming challenges as he has always done. He will enter McMaster Engineering in the fall, remotely for now, but is looking forward to the full experience of on-campus life and being away from home as soon as that is possible.

He hopes to enter into the field of Mechatronic engineering after his first year

and continue pursuing a career as a professional engineer.'



'I am very excited to be attending York University in the fall of 2020 for International Development. Thank you for all the support RHUC.' Sara Perez

