

We are back to in-person worship!! If you would like to attend, please bring **your proof of double vaccination and 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:

Silent prayer is an important part of worship at the community of Taizé, in France. On Sunday, I invite you to participate in a Taizé style worship, as a way of pausing in our Lenten journey to listen for the sacred. The voice of God might be heard in a whisper or in a breath of silence.

A Breath Prayer is a spiritual discipline that has been practiced for centuries by our church mothers and fathers, using breath to help us focus and meditate on God. Bringing our attention to our breathing can help us to enter silent prayer.

Slowing our breath by inhaling and exhaling deeply is a way to slow our pulse and oxygenate our body. As you let go, invite the peace of Jesus, as the living Word of God, to meet you during the moments of your day.

You might want to use words as you inhale and exhale, as a way of leading into silent prayer –

*Bring us your strength,
that we might bear peace.*

[Psalm 29:11]



Lent Worship Theme: "Wrestling with Angels"

As the institutional church dies, are we ready for resurrection?
March 20, 27, April 3

Resource: "Dying Church, Living God: a call to begin again"
Chuck Meyer

March 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.

[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: Shalom Seekers is **cancelled for Monday, March 21st**. We will meet again on Monday, March 28th at 10 a.m. on Zoom. The material for the session will be sent out sometime next week. For more details about the group, please speak to Sandra Loughton. New members are always welcome to join us.

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



RHUC Book Club: Please join the RHUC Book Club on **Wednesday, March 30th at 4 p.m. on Zoom** to discuss **The Reading List** by Sara Nisha Adams. The Zoom link for the meeting will be sent out via e-mail the day before the meeting. New members are always welcome to try out the group. For more information, please speak to Sandra Loughton, Facilitator. church news

church news

Property: Please note that the boiler has been repaired and the **heat is back on in the sanctuary!**

Congregational Update: The Annual Congregational Meeting will take place on **Sunday, April 3 at 2.00 pm via Zoom**. Come and celebrate the ministry of RHUC and hear about possible directions for the future.
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!

outreach

Lenent Givings

This year's donations are being directed to **The UN Refugee Agency of Canada**.

"UNHCR is on the ground delivering aid to families who have been forced to flee their homes because of conflict in the Ukraine. Over 2 million refugees have fled the Ukraine since March 8th to neighbouring countries and the number is continuing to grow exponentially."

What happens to your money when you donate to UNHCR Canada?

We pride ourselves on ensuring resources are used responsibly and efficiently to benefit displaced people around the world. That's why we can send **84% of every donation directly to uprooted families living in dire conditions, giving them hope for a brighter future. In addition, 10% goes to support the implementation of our programs around the world—with only 6% going towards management and administrative costs.**
<https://www.unhcr.ca/our-work/where-your-money-goes/>



From the United Church of Canada

"We invite our communities of faith to continue to hold the people of the region in prayer. We also invite you to explore whether there is a Ukrainian Catholic church, Ukrainian Orthodox church, or Ukrainian community centre close to you to whom you might write a letter of concern and solidarity. We will continue to update this website and our social media channels with any developments."

We offer this prayer ... <https://united-church.ca/prayers/prayer-ukraine-church-scotland>

Period Pop-Ups Richmond Hill

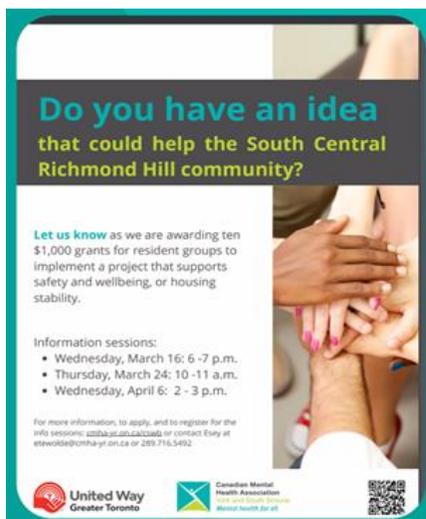
"McMaster University students Rita Audi and Meghna Varambally received a grant from TakingItGlobal's RisingYouth program to design and launch what they call Period Pop-Ups: a community-run pop-up pantry of feminine hygiene products made available free of charge to Hamilton residents who menstruate and may face financial hardship."

Since the initial launch of Hamilton's Period Pop-Up other communities have reached out to these ladies to start their own, including right here in Richmond Hill @ Richmond Hill United!

"Period Pop Ups Richmond Hill is a method of exchange between donors and community members struggling to afford basic menstrual products. During times like these, menstrual products have become secondary to other essentials, despite being a hygienic necessity. A public period pantry will give menstruators the ability to obtain the products that they need while feeling safe and comfortable. "

Items needed:

- pads
- tampons
- menstrual cups (<https://divacup.com/>)
- postpartum bleeding briefs
- for additional products see Amazon.ca
wishlist https://www.amazon.ca/hz/wishlist/ls/1T84TKHDLCHFDF?ref=wl_share



Community

Richmond Hill Speaker Series

There are so many benefits of lifelong learning. In these tumultuous times we believe it is important to stretch our thinking and be exposed to new ideas.

It would have been great to be meeting back in person but we feel that too many of those who have attended the talks in the past would not yet be comfortable in a crowded room. We hope that this fall things will be different. But being virtual does allow those who don't live near to also partake.

So here is our lineup:

April 7th

David Leyton-Brown:
The Embattled Presidency and Beyond

April 14th

Allan Bartley:
Ku Klux Klan in Canada

April 21st

Leah denBok:
But I Can Still Do Something

April 28th

Mark Kozak-Holland:
Lessons from the Project that Built, Launched and Sank the Titanic

May 5th

Daniel Black:
A Strange and Secret Wartime Journey

May 12th

Joanna Chiu:
China Unbound

The talks are at 10 am on consecutive Thursday mornings, starting April 7th. The cost is \$50 (+handling fee and tax) for the series. There are only series, not individual, tickets. The thought is that you'll discover new things. Visit the website [Home | Richmond Hill Speaker Series](#) to find out more about each speaker and what they are speaking about and order your ticket. Maybe you would like to have a friend over to watch the talk and Q&A with you? Maybe you'd just like to talk to them about it afterwards. The more the merrier!

The Village of Richmond Hill BIA and the Richmond Hill Board of Trade are having a **Spring Festival on Saturday, March 19, 2022 from 12:30 – 4:30 p.m.** This is a free event with music and dance performances, a business market of our businesses and some kids' activities. It will be fun. It is on the BIA's Facebook page

<https://www.facebook.com/richmondhillbia/photos/a.326592494431953/1360630004361525/>





shining water regional council

Research Survey

The United Church of Canada is conducting a research survey to better understand the opinions and perceptions of our community on a variety of topics, including our communications. Your feedback and insights will be critical in helping the United Church, and we would very much appreciate you taking the time to complete the survey.

As a thank you for your time, by completing this survey you will be entered into a draw for a \$500 donation to the charity of your choice. If you are selected as the winner, The United Church of Canada will make this donation directly to the charity. If you would like to participate, please [visit this link](#).

The United Nations has designated March 21 as the **International Day for the Elimination of Racial Discrimination**. This day offers a particular focus on dismantling racism in all its forms, and it has been observed around the world every year since 1966.

The United Church made a commitment to becoming an anti-racist church in 2020, and the church's anti-racism policy dates back to 2000. It is important to focus on anti-racism for a day, but anti-racism work is important on any and every day. Several resources are available, including the United Church's brand-new anti-racism action plan, a new blog post, and worship resources on anti-racism. A news item describes 10 ways to work towards anti-racism.

resources for seniors

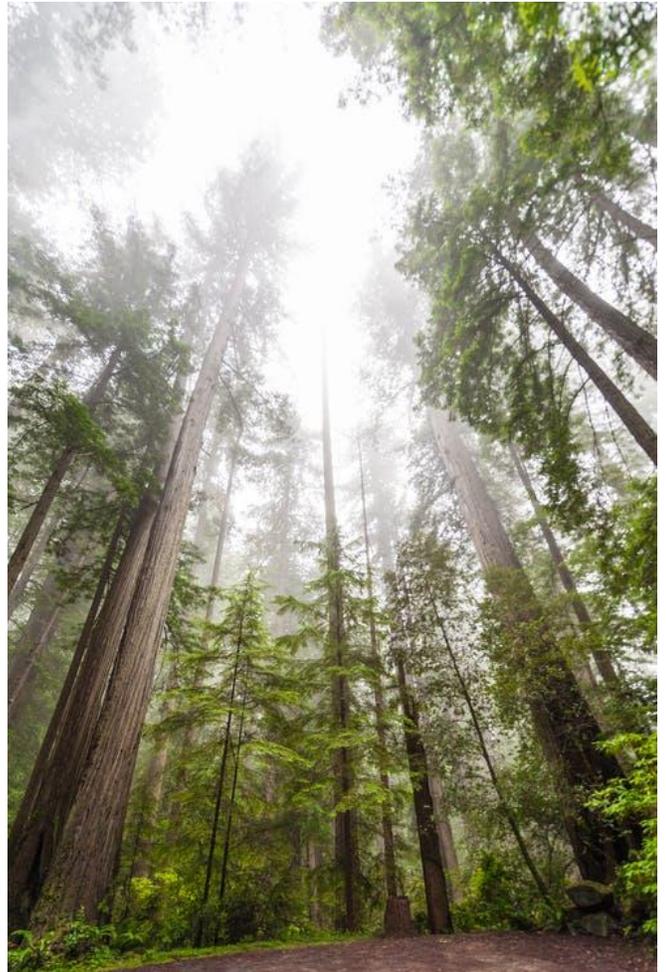
March is Fraud Prevention Month -
FRAUD...Recognize...Reject...Report

March is Everyone deserves to feel safe as we age, but currently older adults are reporting higher rates of scams than younger populations. This is an injustice that can be prevented through awareness raising, social supports and reporting mechanisms.

These scams not only impact an individual who has experienced theft, but also impacts the broader community. Assets lost from scams and frauds, can compromise a person's standard of living, especially true of older adults who may be living on a fixed income. The impact of emotional or physical stressors, have even higher costs in the healthcare and social services sectors.

To mark Fraud Prevention Month, EAPO is hosting a series of webinars to educate seniors about measures they can take to protect themselves from frauds and scams. The best way for everyone to avoid becoming a victim is to be alert, aware and informed.

National Institute on Ageing - [National Institute on Ageing \(nia-ryerson.ca\)](http://NationalInstituteonAgeing(nia-ryerson.ca))



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