



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](mailto: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:

Last Saturday members of the Board met for a virtual retreat. It was a time of deepening connections and reflecting on the theme of "transition" and we were blessed by the facilitation skills of Jane Sullivan, from Shining Waters Region. To lead us into thinking about the theme, I shared the following exercise on hands -

Look at your hands. Study them – shape, colour, texture. Look again – how have they changed? What can you do now you couldn't when you were young? What can't you do, that you could in your younger years? How can you move your hands – look at the different shapes. Close into a fist – open, with palms up. How does each position feel? Offer gratitude for your hands.

### SPECIAL SUNDAYS

**May 15:** [Order of service](#) [Hymns](#)

**Sunday May 15: Forest Church at 2:00** at Twickenham Park off Canyon Hill Avenue. We hope the trilliums are blooming in all their glory; in past years they have appeared in "blankets" along the forest floor. Twickenham Park is on the north side of Canyon Hill Avenue, closer to Bathurst. Parking is along the street. Hope you can join us!

**May 29:** Covenanting Service with Karen Dale, the RHUC congregation and Shining Waters Region. Guest preacher Rev. Debbie Johnson.



**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

**Women's Spirituality: Saturday, May 14 looks good to gather outside at 10:00** at the Heritage Centre Park on Church Street at the pagoda! There are benches but if you want, you can bring a lawn chair. I am preparing a program: "Being on the Emmaus Road". Hope you can join us!

**Shalom Seekers:** Shalom Seekers will be taking a one-week break this week. **No session on Monday, May 16th**, but we will be meeting on Monday, May 23rd at 10 a.m. on Zoom for a check-in and social time. (Holiday Monday). On May 30th we will be discussing the second half of Chapter 2: The Good Samaritan from Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi by Amy-Jill Levine. Please read from the bottom of page 97 to the end of the chapter - page 115 - for that session.

New members are always welcome to attend. It is a great way to start your week. Please contact Sandra Loughton for more information or speak to another member of Shalom Seekers.

**RHUC Book Club:** Please join us on **Wednesday, May 25th at 4 p.m. on Zoom** to discuss *Swimming Back to Trout River* by Linda Rui Feng. This novel is the OBOA (One Book ~ One Aurora) selection for 2022 and it was longlisted for the Scotiabank Giller Prize in 2021. The Aurora Public Library has provided us with enough copies of the book for everyone in the book club with a few to spare.

A lyrical novel set against the backdrop of China's Cultural Revolution that follows a father's quest to reunite his family before his precocious daughter's momentous birthday, which Garth Greenwell calls "one of the most beautiful debuts I've read in years."

For more information about the RHUC Book Club, please contact Sandra Loughton, Facilitator. New members are warmly welcomed.



**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](mailto:office@rhuc.org) or Lyn May at [lynniemay@gmail.com](mailto:lynniemay@gmail.com). Thanks!!

### Lyn's curry paneer

This is my first time using paneer - it's really easy and a bit like haloumi in taste and texture .

225 gm (1 package) paneer cubed, 1/2 tsp chili flakes, 1/2 tsp chili powder, 1 tsp paprika  
 2 onions thickly sliced  
 2 tbsp minced garlic  
 6 slices unpeeled ginger  
 1 tsp turmeric  
 1 tsp cumin  
 1tsp garam masala  
 1 tsp coriander  
 1 tsp garam masala  
 2 tsp chili powder  
 4 tomatoes  
 1/2 cup yogurt

Toss paneer in seasoning listed and fry in oil or butter for 8 min turning gently until golden. Set aside. In same pan fry onions, ginger, and garlic in oil for 5 min. Then add next 6 spices and fry for 2 minutes, turning to mix well. Add 4 tomatoes chopped, paneer, 1/2 cup yogurt and 1/2 cup water if needed. Simmer for 20 minutes. Serve with rice or naan bread. I added cooked spinach near the end - green peas also works well.

**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)

## church news

**Memory Garden:** Each year, annual flowers are planted in a special section of the church garden to remember family members and friends who have died the past year. The Memory Garden is located at the Yonge Street entrance to the Commons (1957 addition); a sign is added listing those we remember. Contact Donna Smith, 905-884-6307, if you would like to participate.

**Help needed:** The Church Gardener started to create and maintain the garden in 2005.

Entering her 18th year, she is beginning to realize, because her body is telling her, that digging is hard to do and now must ask for help. Can you give an hour or two? Contact her, 905-884-6307, respond. *Thanks, Donna Smith, Church Gardener*



to

## outreach

### Being an Ally - Toronto's Tarragon Theatre

One example of being an Ally is by "Passing the mic' to Indigenous peoples

at events, in the arts, in music, in film, in theatre ..."

### **The Herd - now playing**

Partners in life and creative endeavours Andy Moro and Tara Beagan's current Toronto

project **The Herd** playing at Toronto's Tarragon Theatre (May 11 through June 12).

Andy Moro is a mixed-blood multi-disciplinary artist who designed the sets and projections.

Director Tara Beagan is proud to be Ntlaka'pamux and, through her late father's side, of Irish ancestry.

### **Storyline...**

"When twin white bison are born into a First Nation herd, an ambitious blog reporter posts it and the story goes viral.

Is this a miracle in the spiritual life of a Saskatchewan First Nation or a one in a billion scientific event?

Is this a prophecy coming true or laboratory gene doctoring? Culture, science and politics collide when a media circus and a 'new age mob' descend on the herd to witness a sacred prophecy and the scientific goal to achieve 100% pure-bred Bison. Torn between honouring Indigenous traditions, scientific truth and economic necessity, one Indigenous scientist battles to keep her ethics intact and her herd alive."

Described as "searingly funny...that we can laugh at what is sacred and we can find a sacred element in the things we find funny."

[Source: <https://www.tarragontheatre.com/plays/the-herd/?occurrence=2022-05-11>]  
<https://www.thestar.com/entertainment/stage/2022/05/05/indigenous-theatre-like-the-herd-is-taking-up-space-on-main-stages-but-work-remains-to-be-done-say-tara-beagan-and-andy-moro.html>



## Myths about those experiencing Homelessness (#5)

**Misconception: "It's easy to apply for and get a job"**



In order for a person to obtain employment, they usually need to have a permanent address. This is a large barrier for a person who is experiencing homelessness while they are job-hunting. Also, searching for a job without access to a reliable phone or computer is increasingly difficult in the modern technological world we live in. Something as simple as printing a resume to hand out or having access to a shower or transportation can prevent someone from making a good first impression in order to secure employment.

With that being said, some people who are experiencing homelessness are employed, although more often than not, it is precarious employment. Part-time or minimum wage employment may not be able to meet the income needs of an individual, let alone if they have a family to support, especially in urban centres or higher-priced neighbourhoods.

## RHUC's Community Garden

Last Saturday a visit was made to **Richmond Hill Horticultural Sale** to purchase plants for the garden. What a great venue with SO much to offer. So far, our garden will have; cherry



tomatoes, squash, brussel sprouts, kale, peppers and zucchini. Some veggies we'll be able to start from seed - bush beans were recommended. A visit to the garden on Monday was inspiring thinking of all the possibilities.

This year will be a 'test' year to determine interest from RHUC. If we can get at least five (5) volunteers, we can share in the success and care of the garden!

A commitment for everyday/all day/every week is not required. Whatever 'speaks' to you and time allows - all help is appreciated! All produce harvested will be given to **Richmond Hill Community Food Bank**.

Please let me know if you're interested in getting your hands in dirt, experiencing the wonder of growing food and providing for those in our community.

Tracy @ [tewixon3@gmail.com](mailto:tewixon3@gmail.com) Let's grow!

## net zero

**Upcoming even #1:** Target Climate and DRAWDOWN Richmond Hill host an All-Candidates Debate for the upcoming Provincial Election

What: ONDebate Richmond Hill 2022

Focus Topic: Climate mitigation and adaptation, focussing on issues relevant to Richmond Hill

When: Thursday, May 12th, 7:00 - 9:00 p.m.

How: Register for the zoom link through the link here → [Registration Link](#)

Contact for more

information: [targetclimatechange@gmail.com](mailto:targetclimatechange@gmail.com)

Community Partners:

- Richmond Hill United Church
- Neighbours for the Planet
- ClimateFast
- GreenPAC
- VanCity
- Bluedot York Region
- DRAWDOWN Richmond Hill
- Connecting the Community

Please invite your friends!

**Upcoming Event #2: Virtual Climate Lunch and Learn #4 on Sunday, June 5, 12-1:30**

Topics: Being climate-friendly in an apartment or condo, including adjusting your eating practices. Retrofitting homes to use ground-sourced heat, with guest Kurt Andre.

Register for the event on [Eventbrite](#) or email [targetclimatechange@gmail.com](mailto:targetclimatechange@gmail.com) to get the zoom link for the event. If you register on Eventbrite, the link will be emailed to you near the event (it is also available online to ticket holders but sometimes is tricky to find on the site).



Remember to talk about the climate crisis in your everyday conversations - and invite your connections to the event.

Looking forward to seeing you there!

Beef, from cows, takes 6.61 pounds (yes, American) of CO2 emissions per serving as compared to the next highest (sadly) cheese at 2.45 pounds of CO2 emissions per serving. Here are some resources to help you find information on the importance of reducing the meat and dairy in your diet in light of the climate crisis:

**Plant-based diet can fight climate change (UN via BBC)** - <https://www.bbc.com/news/science-environment-49238749>

**Carbon Footprint Factsheet (University of Michigan)** - <https://css.umich.edu/factsheets/carbon-footprint-factsheet>

So here at RHUC we are trying to find ways to make eating vegan more fun. First, after church **today**, check in with the people you talk to: any great recipes they have for vegan eating? Any tips on how to make being vegan equally palatable and equally cheap? What are they finding the hardest about eating less meat? What's a vegan Easter dinner alternative to lamb? (By the way, after cheese, it's pork so don't go to ham...). Secondly, find a friend to make changes with you and to check in with you now and then.

Some of my food choice changes are to cook rice, potatoes, carrots and legumes in delicious sauces with spices and coconut milk and flavoured oils. I like to roast peppers for flavour and try foods with meat-like textures like mushrooms and eggplant.

**You can find a quick footprint calculator here to help you figure out some different food choices you could make: Climate change food calculator: What's your diet's carbon footprint? (BBC)** - <https://www.bbc.com/news/science-environment-46459714>

## community

**Licence Renewals:** With every 'happy birthday' message ahead should be this info from a cp24 article: "The province recently stopped mailing paper renewal notices to people with expiring driver's licences, licence plates and health cards, saying that people who wanted to be reminded needed to sign up for a digital reminder.

The ministry stressed that Ontario drivers still need to renew their plates, adding they have the option to apply for a one or two-year renewal. There is no cost to renew. Ontario drivers can renew their licence plate at a ServiceOntario location, online or by mail."

**Our Richmond Hill Community Food Bank** has confirmed that



they are short of food and their concern is that with the coming summer months when food donations go way down, they will run out. Recently, they provided food for 1800+ people in one month, the highest number ever. People are

registered with them and can come for help every four weeks and receive food for 2-3 days. People in our community are turning for help because,

as we all know, everything is costing more, like food, gas, and housing. Many have not recovered from job loss at the beginning of the pandemic. **How can we all help?** The Food Bank is located at 55 Newkirk Road and is open Monday to Friday, 9:00 till 11:45 to receive non-perishable food donations. Cash donations can be made as outlined on their website: [richmondhillcommunityfoodbank.ca](http://richmondhillcommunityfoodbank.ca). They can make our money go further with wholesale and bulk purchasing power. We have not received such a direct message of need from them for years; we can respond in gratitude to help our neighbours. Thank you.



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.