



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: David Kim-Cragg, minister at St. Matthews United Church encourages us to learn more about the appeal to end the war in Korea and then sign the petition. I have already signed; I hope you do too.

The Korean War began in 1950. While open clashes ceased in 1953 with the signing of an armistice, a peace treaty has not yet been established and the war is not over. For more than 70 years the Korean people have endured a constant state of hostility and war, which has solidified the division of the peninsula.

The Korea Peace Appeal is a global campaign that seeks to collect 100 million signatures by 2023, the 70th anniversary of the armistice. The National Council of Churches in Korea has challenged The United Church of Canada to add Ten Thousand Signatures by the summer of 2022.

<https://united-church.ca/social-action/act-now/korea-peace-appeal>



SPECIAL SUNDAYS

May 22: [Order of service](#) [Hymns](#)

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, 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: Please join us on Monday, **May 23rd at 10 a.m. for a Zoom chat**. We'll be taking a break from our book discussion this week, just catching up with each other. On May 30th at 10 a.m. on Zoom we'll be discussing the final half of Chapter 2: The Good Samaritan from Amy-Jill Levine's book Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi. Please read from the bottom of page 97 to the end of the chapter.

For more information about Shalom Seekers, please speak to Sandra Loughton, Facilitator, or any member of the group. New members are always welcome!

RHUC Book Club: Please join us for the discussion of Linda Rui Feng's debut novel, **Swimming Back to Trout River, on Wednesday, May 25th at 4 p.m. on Zoom**. This novel is the 2022 choice for the One Book One Aurora program. Book club members are invited to register for a culminating event in October featuring the author either virtually or at the Aurora Library. The organizers haven't decided on the format yet. Details at a later date.

For more information about the RHUC Book Club, please contact Sandra Loughton, Facilitator. New members are always welcome. No previous book club experience is necessary - just a love of reading and discussing books with friends.

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



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 Lyn May at lynniemay@gmail.com. Thanks!!

Red Thai Coconut Sweet Potato Chickpea Curry

Prep Time 20 minutes Cook time 40 minutes Total Time 1 hour Servings 6 servings Calories 300kcal



Ingredients

- 2 tablespoons vegetable oil
- 1 medium yellow onion, finely chopped
- 2 medium sweet potatoes, peeled and cut into 1-in cubes (about 2 cups sweet potatoes)
- 1 tablespoon grated fresh ginger
- 4 cloves garlic, minced
- 3 tablespoons **red curry paste**
- 1/2 teaspoon **ground turmeric**
- 1 can (14 oz) **coconut milk**
- 1 can (15 oz) diced tomatoes, undrained
- 1 can (15 oz) chickpeas, drained
- Salt and pepper to taste
- 2 cups fresh baby spinach
- 2 tablespoons fresh minced cilantro
- 2 tablespoons fresh lime juice
- Hot jasmine rice and additional cilantro/lime wedges for serving

Instructions

1. In a large skillet or wok, heat oil over medium-high heat until shimmering. Add onions and sweet potatoes to pan and let cook, stirring occasionally until vegetables begin to get tender and slightly browned, about 5 minutes.
2. Reduce heat to medium and add ginger, garlic, curry paste, and turmeric. Let cook 2-3 minutes until fragrant and vegetables are evenly coated.
3. Add coconut milk, tomatoes, and chickpeas. Season with salt and pepper to taste. Bring curry to a simmer over medium heat, then reduce heat to medium low and let simmer 20-25 minutes until sweet potatoes are tender and sauce is thickened.
4. Stir spinach, cilantro and lime juice into curry until spinach is wilted. Season with additional salt and pepper to taste if needed. Serve curry warm over jasmine rice with additional cilantro and lime wedges. Enjoy!

church news

Staff Holidays: The church office will be closed from May 27 – June 3. Please note that there won't be an edition of RHUC Reflections for June 5.

Phone Tree Initiative: Two years ago, at the beginning of Covid-19 pandemic, leadership at RHUC worked to keep in touch with our members, ensuring they knew we cared about them, especially during those very difficult and unprecedented early months. Phone Trees were developed and phoners volunteered to be Phone Tree Branch Leaders/phoners. This system was very helpful to people, especially those who needed extra support through the delivery of groceries, friendly telephone chats, and other needs which came to our attention.

We have decided to end the Branch Leaders' responsibilities as people's needs now are different and most of us have navigated around the protocols and changes in our lives. But there are several people who have developed a friendly relationship with someone they called and have said that they will continue. Branch Leaders have identified people who would appreciate and benefit from phone calls and others will follow through. And as always, situations do come into our lives where we need to ask our church family for assistance, and those calls to the Church Office Administrator, Deb Fratin, or our minister, Rev. Karen Dale, will always be addressed. Such situations may include illness, bereavement, grieving, relationship issues, whenever your faith is questioned, or you are searching for answers to life changes. Know that your church community cares and is here to listen and help. Even a phone call to let the Office know that you are moving is helpful! All this carried out our vision and goal to be a "Caring Community"

We want to extend a sincere **Thank You to the Phone Tree Branch Leaders** and now relieve them of this responsibility, that two years ago was expected to last about 6 months!

They are: Sue Baker, Bev Blake, Laura Booth, Donna Byers, Barb Cooper, Diana Cowie, Anne Dunn, Sandra Loughton, Donna McErlain, Marg Moon, Ruth Perratt, Rose Ramsaran, Natalie Savoie, Lynne Saul, Colleen Steeves and those who organized this initiative: Penny Fabbro, Nicole Moore, Donna Smith

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, to respond. *Thanks, Donna Smith, Church Gardener*





Secret Friends Reveal: During worship on Sunday May 5th, our Secret Friends were revealed to the 2021-22 first year college/university students. These four Secret Friends have kept in touch with their student over the past school year with notes of encouragement and gifts of goodies to let our student know that their church family cares about them during their first school year away from home.

- Benjamin Horne is studying Aerospace Engineering at Carleton University and Benjamin's Secret Friend has been Elsa Crowley
- Will Mountain is studying Bio-Chemistry at Guelph University and Will's Secret Friend has been Sandi Dimma
- Sydney Shelton is studying Film Production at Concordia University and Sydney's Secret Friend has been Craig Lee
- Christian Skorotko is studying Bio-Resource Management/Environment at Guelph University and Christian's Secret Friend has been Colleen Steeves.

Our congratulations to Benjamin, Will, Sydney and Christian for this past year and we wish you all the best in your coming years. Our sincere thanks to Elsa, Sandi, Craig and Colleen for volunteering to care and support these young people for the RHUC community. In the past 19 years of having this ministry at RHUC, we have had 87 students participate, so that many people have volunteered to help this ministry!

In September, which will be the beginning of our 20th year of this ministry at RHUC. **I need the names of students in the congregation who will be starting college/university so please give their names to me - don't want to miss anyone. And if you would like to be a Secret Friend, please let me know!**
Donna Smith, Coordinator

outreach

Indigenous Summer Reading List

The PATH: Communication Strategies for the Reconciliation Era by Sandi Boucher

"Using the metaphor of two concurrent Paths, Sandi Boucher has written a thought-provoking guide on how Reconciliation may be achieved between Indigenous and settler cultures. Both elements have lessons to learn; the book's two sections show methods of building mutual respect and trust."

<https://sandiboucher.com/product-category/book/>



[Source: Shining Waters Summer Reading and Viewing List]

Caribou - A Cultural Hallmark

"For generations, Indigenous people have depended on caribou for both sustenance and cultural identity. Learning to hunt and dress a caribou was a traditional rite of passage for many Indigenous youth. In fact, they were among the first to detect the serious decline. But, as the herds began to dwindle, concerns have grown among Indigenous communities about the loss of a critical piece of their cultural identity and the traditions they could pass to the next generation. Some even feel that they are paying for the damage to the herds caused by others."

[Source: <https://www.natureunited.ca/what-we-do/our-priorities/innovating-for-climate-change/conserving-caribou/>]

Boreal Caribou

News release: April 22, 2022 – Gatineau, Quebec

"The governments of Canada and Ontario have reached an agreement to support the conservation and recovery of boreal caribou in Ontario. The boreal caribou is an iconic species. It is listed as a threatened species under both the federal Species at Risk Act (SARA) and the Ontario Endangered Species Act. By entering into a conservation agreement under section 11 of SARA, the governments of Canada and Ontario will collaborate to take important actions to benefit the caribou and its recovery in Ontario. Together, Canada and Ontario are acting on a shared commitment to caribou conservation and recovery. The agreement builds on Ontario's ongoing caribou conservation program and the federal caribou action plan, through cooperation and investment in monitoring, reporting, protection, restoration, planning, management, and stewardship actions. It includes the following commitments:

- Planning and implementing habitat restoration activities.
- Increasing protection of boreal caribou habitat through protected areas and other effective area-based conservation measures.
- Using the process of allowing a plant to transition from a protected indoor or greenhouse environment to the harsh outdoor conditions of fluctuating spring temperatures, wind, and full sun exposure. Evidence-based approaches to manage for self-sustaining local populations.
- Monitoring and reporting on current and projected future population and habitat conditions.
- Collaboration and implementation of conservation measures that are informed by independent experts, Indigenous communities and organizations, and stakeholders.

In Ontario, the boreal caribou is found north of Sioux Lookout, Geraldton, and Cochrane, with an isolated population along the shoreline and islands of Lake Superior."

[Source: <https://www.canada.ca/en/environment-climate-change/news/2022/04/canada-and-ontario-reach-agreement-on-boreal-caribou-conservation.html>]



RHUC's Community Garden - this week

"Hardening Off"

The process of allowing a plant to transition from a protected indoor or greenhouse environment to the harsh outdoor conditions of fluctuating spring temperatures, wind, and full sun exposure.



In the garage.
Out of the garage.
In the backyard.
In the house.
In the backyard.
(repeat!)

The weather has been tricky for these sensitive young plants before they are put in their new home @ Phyllis Rawlinson Community Garden.

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
Let's grow!

net zero

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 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>

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>

united church of canada

The United Church of Christ, a full communion partner with The United Church of Canada, has offered a prayer following the horrific racist killings in a Buffalo, New York, grocery store this past weekend. This hate crime in a predominantly Black neighbourhood by a White shooter, that resulted in the deaths of 10 people, has been condemned as an act of terrorism and of White supremacy. The Presbyterian Church USA, a United Church ecumenical partner, mourns these lives, as well as the killings of people at two Presbyterian Churches in Laguna Woods, California. Most of the people killed at the churches were of Taiwanese descent. While it may be tempting to distance these attacks as extreme events taking place solely in the United States, the realities of racism are also ever-present in Canada, and the impacts of these attacks are acutely felt here as well. [Read the full news piece and find more resources for anti-racism work.](#)

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