

The Port Dover – Woodhouse Pastoral Charge

Woodhouse United Church and Grace United Church

NEWSLETTER

May—June 2021



From the minister's desk...

One time, when I was going through some difficulties, I went on a 3-day, solitary retreat. There was an outdoor labyrinth where I was staying and my second day there I went to walk and pray. Suddenly I heard God speaking to me. Well, not so much speaking as singing. When I got back to my room I wrote out this song. For those of you who are finding the ongoing Covid restrictions depressing, I hope this will help a little.

Take My Hand

When you're feeling sad; when you're feeling weary;
When you feel you can't go on;
When life's trials seem too heavy
And you think that you're alone....

Take the time to stop; take the time to listen
For God's whisper in your ear.
You will be surprised; you will be delighted
'Cause this is what you'll hear....

Here I am; I have never left you.
Take my hand; let me be your guide.
Have no fear; I'm always with you.
I'll never leave your side.

Let me be your mommy; let me be your daddy;
Let me rock you in my arms.
Let me be your strength to face tomorrow
Feeling loved and not alone.

Here I am; I have never left you.
Take my hand; let me be your guide.
Have no fear; I'm always with you.
I'll never leave your side

Kathryn

Rev. Kathryn Vance

TRIVIA

Name the person from the bible who:

1. Turned the Nile red.
2. Killed a Giant.
3. Slept with lions.
4. Had 3 denials.
5. Killed his brother.
6. Traveled the Mediterranean.
7. Was sold into slavery.
8. Built a boat.
9. Set wet wood on fire.
10. Was doubtful.

Calendar of Special Days

May	3-9	Mental Health Awareness Week in Canada
May	9	Children's Mental Health Day
May	9	Mothers Day
May	15	International Families Day
May	24	Victoria Day
June	5	World Environment Day
June	6	Canadian Armed Forces Day is a celebration of Canada's armed services, heritage, and personnel.
June	6	D-Day
June	8	Best Friend Day
June	20	Father's Day
June		National Indigenous History Month
June	21	National Indigenous Peoples day
June	27	Multiculturalism Day

In the last newsletter there were articles on diversity, equity and International Women's Day. Throughout the year we have many opportunities to support various groups, be it those who are special in our hearts such as mothers, fathers, friends and families or to take action and provide support to those at risk in society.

How will you support these special days of celebration and action?

In the past some of us would have joined parades, visited individuals and families or been active in a local event to celebrate or support special days. You still can make a difference.

Examples of things you can do on these days:

- Read and learn about the challenges and opportunities for groups such as the Indigenous Peoples of Canada.
- Participate in an online event for the cause of choice
- Call and celebrate with a family or friend.
- Send a card. Or post your thoughts on social media.
- Make a donation to the Mission and Outreach at our church

Breaking the Silence about Mental Health

By recognizing that mental health affects us all, congregations can decrease stigma and shame and instead offer grace and support.

The General Council Executive of The United Church of Canada recently named the first Sunday in May as Mental Health Sunday. This date was chosen to coincide with the Canadian Mental Health Association's Mental Health Week, which is marked annually the first week of May.

Historically there has been a separation among body, mind, and spirit in medicine, the church, and society. Western Christianity often characterized weakness in body or mind as a lack of faith. This notion caused persons experiencing mental illness or unwellness to be stigmatized in a place that should have offered acceptance, grace, and support.

Noting an increase in people turning to the church when they are experiencing difficulties with mental health and wellness, and that more and more clergy are experiencing burnout, the United Church struck a Mental Health Working Group to consider how we could create safer spaces for people living with mental health challenges. A diverse group of people was gathered from across the church to do this work, beginning in September of 2019. I served as one of three General Council Office staff members to support the work of the group.

Our work together was challenging, not only due to the topic and diversity of the group, but also because six months into our task our office was closed due to the COVID-19 pandemic. Churches and individuals scrambled to learn new ways of ministry and meeting. Along with many others, members of our group experienced fresh struggles with our own mental health and well-being.

One of the key things I learned during this process is that we all have mental health. Mental health is about mental wellness. Mental health is about coping with the normal stresses of life, and being able to work productively and contribute to one's community. At times my mental wellness might be good, and at other times I may struggle. My own mental health has varied drastically during this time of pandemic and all the uncertainties and restrictions that come with it.

⚭ Mental illness is when someone is diagnosed with a mental disorder.

Just as mental health can vary, one's mental illness can also be sometimes good and sometimes not good. This can depend on a number of factors including proper medication and other forms of treatment as well as stage in life.

I may have a mental illness that is under control, but my mental health may not be good. I may also experience a mental illness and have good mental health, coping well with life and my illness.

As a member of a faith community, I cannot try to diagnose or treat another's mental illness. I also need to be careful not to assume that people are experiencing mental health and well-being when I encounter them at work or worship. What I can do, and what communities of faith can do is break the silence about mental health challenges and mental illness. Breaking the silence will decrease stigma and shame and shift congregational culture so that we all feel welcome with whatever we bring and whoever we are.

— *Written by: Amy Crawford who is the Leader of the Identity and Mission Team in the General Council Office of The United Church of Canada.*



Turning People into Trees

“... when you go out into the woods and you look at trees, you see all these different trees. And

some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree and you allow it. You appreciate it. You see why it is the way it is. You sort of understand that it didn't get enough light, and so it turned that way. And you don't get all emotional about it. You just allow it. You appreciate the tree.

The minute you get near humans, you lose all that. And you are constantly saying “You're too *this*, or I'm too *this*.” That judging mind comes in. And so I practice turning people into trees. Which means appreciating them just the way they are.” — Ram Dass, On Self Judgment

“It is a beautiful day in the neighbourhood.....”

To use some of Mr. Rogers’ words, it really was . That day when there was a knock at the door and a welcome face on the other side, bearing gifts and words of great joy from our church family.

From a tiny idea that popped up in the midst of pushups and weight lifting, something very special happened. That idea grew and grew, a few phone calls were made, different members of the Lift Up Your Spirit group thought about the ways they could offer to help. One volunteered to pick up some of the articles needed, another ordered the hot cross buns and picked them up, another used her gifts and talents to create gift tags, another one put together an Easter blessing to be included, someone (and you know who she is) whose shop in town carries a little bit of everything you might ever need, donated Easter cards and they were mailed to each of the members in retirement or nursing homes or confined to their own home.

The idea began to grow, thanks to the wonders of technology, as everyone gathered around



on Zoom and put together the master plan in just a matter of a few hours. Everyone in both congregations would receive a small gift that said, "Jesus Christ is risen today! Hallelujah!" and also "We miss you, but we will all be together again soon".

In just a few days everyone that could gathered at the church and worked at well spaced tables, with all the necessary precautions in place and in no time had two hot cross buns, carefully bagged, a few tasty chocolate Easter eggs, a thoughtful card expressing our Easter joy, all carefully fastened in a bag with a special card for each one and tied with a ribbon. Not a detail was missed.

Now to decide how to deliver them to both churches all throughout the Dover Simcoe area. In no time, each member had her list, her gifts and her enthusiasm all set to go, and before they knew it they were being warmly welcomed at the door of many friends they have not seen for months. There were imaginary hugs, and very real smiles and lots of laughter, words of encouragement and support and kindness and thanks. In a very short time that inspiring little idea blossomed into a full blown bouquet of love and kindness.

There were surprises for everyone all along the way. Certainly they were unexpected visitors at every stop, but so kindly received. Porch visits became the order of the day, a way to catch up, a way to brighten an otherwise quiet day. One member took her mom with her as navigator, but it was a welcome delight for her to be able to visit friends long unseen. By the end of the day, everyone could sit down with a cup of tea, or coffee, enjoy a very fresh, tasty treat that says spring and Easter, and reflect on the random act of kindness that had just passed through town that day. Both those who received and those who gave were blessed by the experience. Truly the church at work, truly the hands and feet of Christ touching the hearts of others. Truly, spirits were lifted that day. Truly,..... it was a beautiful day in the neighbourhood.....

M&O supports NACL Residents

Norfolk Association for Community Living (NACL) mission is to promote and support the inclusion of people with disabilities in all aspects of community life. NACL does this through a number of programs and services throughout Norfolk County including their LifeStyle Services and Supported Independent Living services. NACL supports over 110 people in Norfolk County through these residential type services. In addition NACL provides services to over 100 more people with employment and recreational services.

Adults with a developmental disability living in these services have been hit particularly hard by COVID19. Restrictions provided by the Provincial government meant people were not able to attend any of their regular activities and connect with people that are important to them. People were not even able to see their families and isolation has been a real challenge. When M&O committee contacted Stella Barker, the Executive Director to see how we could help, Stella said "These are such difficult times for people involved with our services and our employees as the anxiety and uncertainty of knowing when the virus will strike is very difficult to manage. The folks involved in our services are having a hard time with isolation and not being able to see their families. Most people involved in NACL services live at or below the poverty line and so covering their day to day living costs is an ongoing difficulty. The increasing cost of general items during the pandemic has really taken a toll on people's ability to afford basic needs. This leaves very little room for items like household goods that most of us take for granted"

After a quick query of NACL staff, the idea of providing much needed household goods was brought forward. The first step was to provide sets of pots and pans and so 5 sets of good quality pots and pans were purchased (with a steep discount on sale!). Bath towels were also high on the list and with most home locations having 4 residents, a total of 60 bath towels were needed. Last but not least, 14 sets of sheets were identified as high priority. Thanks to Steve and Carol Brightman, Lynda Simpson, Jim Dawson and Maureen Clements for their work on researching, purchasing and delivering the items to NACL.

All in all, the M&O committee provided \$1942 for the NACL program; funding for this project came from the TLC fund which is earmarked to help people in need. Stella Barker said people were thrilled to have the new household supplies and it gave a much-needed lift to what has been a very challenging year.

Thank you so much for your generous gift of the pots and pans to our group home. We've been saving up to buy some, and we truly appreciate your thoughtfulness & support. It made all of our day when our Supervisor delivered the box to our location. Here is a picture of one of our residents, David using a pan to prepare supper. He looks so happy! We can't wait to continue using them. Again, thank-you for your thoughtfulness and generosity.

Yours Truly
The St. Williams
Team

Norfolk Association
for Community Living

Thank you letter and
enclosed pictures from NACL.



Trivia

Solution

1. Moses.
2. David.
3. Daniel.
4. Peter.
5. Cain.
6. Paul.
7. Joseph.
8. Noah.
9. Ezekiel.
10. Thomas.

10 Morning Gratitude Affirmations

1. Thank you for this new day.
2. I'm filled with happiness and gratitude.
3. I'm grateful for another chance to live my life.
4. I'm grateful to feel the air in my lungs and the beating of my heart.
5. I'm thankful simply for being alive.
6. Thankfulness, appreciation and sincere gratitude are part who I am.
7. I'm grateful for who I am and for what I have.
8. I invite gratitude into my heart.
9. Today I will have an attitude of gratitude.
10. Thank you for the blessings this day will bring.

News and Updates

During the pandemic, the church continues to operate albeit a bit differently as we adapt to keep our members and community safe. Upcoming events and activities:

- Weekly Services on our YouTube Channel are prerecorded and posted. If you haven't seen it, check it out. Link on our Website graceunitedportdover.org
- The office is mailing and emailing members bulletins, announcements and links to weekly services. If you know someone who would like to be added, call the office at 519-583-0342 or email graceunitedportdover@gmail.com
- One can also subscribe to our email distribution by completing the form at <http://eepurl.com/gZrJH1>
- **Grace Council meetings**—May 3 and June 7 by ZOOM at 6:30pm
- **Mission & Outreach Committee** by ZOOM May 14 at 9:30am

Tell people what you
love about them.
Less criticism, more
compliments.

— Lori Deschene



JOKES

WEDDING WHITE

A little girl finally got to attend a wedding for the first time. While in the church, the girl asked her mother: “Why is the bride dressed in white?” The mother replied to the girl: “because white is the color of happiness and it’s the happiest day of her life today.”

After a little bit, the girl looks up at her mother and says: “But, then why is the groom wearing black?”

SOLOMON’S TEMPLE

Where was Solomon’s temple located? – On the side of his head.

THE SUNDAY SCHOOL LESSON

During a Sunday school lesson, a child learned about how God created human beings. The child became especially focused when the teacher explained how Eve was created from Adam’s ribs. Later in the week, the boy’s mother saw him lying down on the floor, so she asked him what was wrong. His reply was priceless: “Mom, I have a pain in my side—I think I’m getting a wife.”



How do people celebrate National Indigenous Peoples Day?

Across Canada National Indigenous Peoples Day is marked by ceremonies and celebrations that highlight cultural performances and activities, displays of arts and crafts, and events that recognize the contributions by Indigenous people.

This day is part of the annual series of Celebrate Canada festivities that begins with National Indigenous Peoples Day on 21 June, followed by St-Jean-Baptiste Day (La Fête nationale du Québec) on 24 June, Multiculturalism Day on 27 June, and Canada Day on 1 July.

You can learn more about the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit, and Métis peoples by reading a digital copy of one the books, watching documentaries or films made by Indigenous people from Canada or attending a museum virtually. Check out these sources.

- **Indigenous Made Films** at <https://www.reelcanada.ca/indigenous-made-films/> **Indigenous Made film** catalogue This selection of **Indigenous**-made films by filmmakers from diverse Nations across Canada reflects diverse **Indigenous** experiences and provide an opportunity for dialogue, cross-cultural exchange and greater understanding.
- **First Peoples of Canada Virtual Exhibit at Museum of History** <https://www.historymuseum.ca/cmc/exhibitions/aborig/fp/fpint01e.html>
- Books from the **#IndigenousReads** reading list at <https://www.rcaanc-cirnac.gc.ca/eng/1100100013718/1534874583157>
- Documentaries or films about Indigenous life in Canada on APTN₁₃

Grace: Memorial Candle lighting

May 16- We remember:

Robert Anstee, Deborah Bennett,
John "Jack" Dosser, John Hankforth, William Innes, Robin Pilgrim,
Faye Tisdale



June 20 - We remember:

Marion Anstee, Dolores Ball, Janiece Buck, Mary Dougherty,
Martin Dykstra, Ethel Farslow, Mary Jean Follington,
Kathleen Goodwill, Sheila Macrae, Joseph Misener,
Michael Mitchell, James Mummery, Audrey Vokes

Woodhouse: Memorial Candle lighting

June 20 - We remember:

Linda Moodie, Russell Cullimore, Jean Bethune



A gift we offer others
is our prayers.

Keep in our prayers the family and friends of:

Joyce Donaldson who passed on March 1, 2021

Mary Lou Bridgwater who passed on March 19, 2021

Ann Mary Higho who passed on 26th of March 2021

Isabel Emma Powell who passed on April 2, 2021



CANADIANTM HEARING SERVICES

Allan Quinton

Hearing Care Counsellor

225 Colborne Street, Suite 139,
Brantford, ON N3T2H2

T: 1-866-518-0000 Ext. 4240 | **C:** 226-387-
2948 | **TTY:** 1-877-215-9530

Update: The Canadian Hearing Society in Brantford is now closed permanently. It is important to note that their services will continue virtually. This includes communication with the counsellors by phone, by email or by Zoom.

May we never again take for granted

*Dinner Night with Friends
Birthday Gatherings
Packed Dance Floors
Coffee with a Friend
Crowded Church Pews
Sitting with Grandchildren
The Roar of the Stadium
Hugging the Ones we Love
Laughing with Friends
Visiting Loved Ones in the Hospital*

Life Itself



Scripture Readings May 2 to June 27, 2021

May 2 - 5th Sunday of Easter

Acts 8:26-40 Philip and the Ethiopian eunuch

Psalm 22:25-31 Praise God who has heard our call.

1 John 4:7-21 Everyone who loves is born of God.

John 15:1-8 Jesus is the true vine.

May 9 - 6th Sunday of Easter

Acts 10:44-48 The gift of the Holy Spirit comes as Peter preaches.

Psalm 98 Sing to God a new song.

1 John 5:1-6 To love God is to obey God's commandments.

John 15:9-17 Love one another as I have loved you.

May 16 - 7th Sunday of Easter

Acts 1:15-17, 21-26 Matthias is elected as an apostle.

Psalm 1 Blessed are those who delight in God's law.

1 John 5:9-13 The testimony of God is greater than human testimony.

John 17:6-19 "May my joy be made complete in them."

May 23—Pentecost Sunday

Acts 2:1-21 The coming of the Holy Spirit.

Psalm 104:24-34,35b Wisdom was creating at God's side.

Romans 8:22-27 The Spirit prays for us with sighs too deep for words.

John 15:26-27, 16:4b-15 Jesus will send the Advocate, the Spirit of Truth.

May 30 - Trinity Sunday

Isaiah 6:1-8 The call of Isaiah

Psalm 29 God's voice is over the waters.

Romans 8:12-17 Adopted by the Spirit as children of God

John 3:1-17 Nicodemus visits Jesus by night.

June 6—2nd after Pentecost

1 Samuel 8:4-20, 11:14-15 Appoint a king for Israel

Psalm 138 I praise God with all my heart.

2 Corinthians 4:13-5:1 Our inner nature is renewed day by day.

Mark 3:20-35 Who gives Jesus his power?

June 13—3rd after Pentecost

1 Samuel 15:34-16:13 David is anointed as King.

Psalm 20 Trust not in horses or chariots, but in God.

2 Corinthians 5:6-17 Walk by faith, not by sight.

Mark 4:26-34 Parables of the growing seed and the mustard seed

June 20 - 4th after Pentecost

1 Samuel 17:32-49 David and Goliath

Psalm 9:9-20 I will tell of God's marvellous deeds

2 Corinthians 6:1-13 Now is the acceptable time, the day of salvation.

Mark 4:35-41 Jesus stills a storm.

June 27—5th after Pentecost

2 Samuel 1:1, 17-27 David's lament for Saul and Jonathan

Psalm 130 Out of the depths, I cry to God.

2 Corinthians 8:7-15 Excel in generosity.

Mark 5:21-43 Young girl raised; hemorrhaging woman healed

