



## David's Dialogue

Dear members and friends of St. Matthew's,

**Psalm 51:12** Restore to me the joy of your salvation, and sustain in me a willing spirit.

Psalm 51 is one of the readings for Ash Wednesday this year. Ash Wednesday, of course, marks the beginning of Lent. Lent is generally a time when Christians who follow the tradition enter into a time of self-denial and reflection. It is a time when many will choose to give something up which they enjoy in order to cultivate humility and focus the mind on the sufferings and needs of others.

Seasons of the liturgical year, like Lent, are not simply for developing discipline. They are also about developing self-awareness. They teach us to recognize seasons in our lives which are not marked by a calendar but are part of a bigger and more complex rhythm of God's time. By purposefully giving something up for Lent, we are better attuned when life causes us to give up things, when our souls enter times of deprivation and sadness which

were unforeseen. We learn how to say, "Yes!, this is how I feel when I lose something. This is what it is like to be separated from something that is important to me."

Lent not only teaches us that there are times to give things up, it teaches us that those times do not last forever. Lent always ends in Easter. That is an insight which is essential if we are to faithfully make it through tough times.

As we enter into the season of Lent in our liturgical year, let us think about the rhythms of Lent that are playing out in our world and in the people we know. Let us attune our minds and hearts to the feelings of loss that are universal this year, as well as those which are particular to certain families and individuals. Let us share the journey of suffering. Let us also share the hope of Easter.

Peace like a river,

Rev. David Kim-Cragg ᐱᐱᐱᐱᐱᐱᐱᐱ *wahkohtowin*  
Minister at St. Matthew's United Church (he/him)

Missed a service? Watch Services for Jan 24th to Feb. 14th.

- [SMUC worship 24 Jan 2021](#) Sermon titled "No Black or White World" The Story of Lanier Phillips"
- [SMUC worship 31 Jan 2021](#) Naomi Knight speaks on Jesus' first act of healing in the Gospel of Mark .
- [SMUC worship 7 Feb 2021](#) Sermon by Dunc Urquhart, a theology student, on the parable of the sower.
- [SMUC worship 14 Feb 2021](#) Sermon titled "Darkness as Travel Companion"

## Invitation to a Bible Study

Rev. David would like to hold a Bible study group and is in conversation with the Health Ministry and Worship Committee about it. Suggested ideas for the Bible study have included mental health and Affirming ministry but suggestions are welcome. The meetings will likely be done online unless there are changes in our COVID status. Before the Bible study is finalized, he'd love to know who is interested in attending and your preferred day of the week and time of day to run these sessions. Last time we held a Bible study, most wanted it on a Tuesday afternoon with only 1 person wanting it in the evening. Rev. David would like to accommodate all that are interested.

Please respond to the church secretary before Feb. 26th with your interest, preferred day(s) and time of day (am, aft, evening). eMail the church by clicking on this email link— [st.matthewsuc.rh@gmail.com](mailto:st.matthewsuc.rh@gmail.com) or phone Doreen at 905-737-1387. The office coordinators will tally the information for our minister. Thank you.

## A Note from Melanie



Thank you St Matthew's! It was so nice of you to reach out with lovely cards, messages, flowers and gifts for my retirement. The beautiful Prayer Shawl presented to me by Linda Alldred-Johnson and Wendy Sinclair on behalf of the Health Ministry will keep me warm during this long winter. I admit it was hard to leave without having the opportunity to say goodbye. It's difficult to believe that it has been almost 20 years! To put it in perspective, our daughter, Jonelle was only in Grade 1, and our son, Blake was in Grade 3, when I joined St. Matthew's in March of 2001. Now, Jonelle is a High School Teacher and Blake is an Accountant. I feel fortunate to have had the opportunity to be employed part time while raising our family. What started out as a part time position turned out to be 20 years of memories. I'll miss the busy-ness of the church leading up to holidays and events. I enjoyed getting to know many of you personally. I've had the pleasure of attending the Pancake Supper, a hilarious Fashion Show, High Tea, Wednesday Coffee Hour, Rummage Sale, Lunch & Learn, Strawberry Supper and the Bazaar, often with members of my family. The heart of St. Matthew's lies within the congregation and its leaders. Thank you for welcoming me into your community. Stay safe and wishing you all the best in years to come.

Sincerely,

*Melanie DeLuca*

### **Want Professional Foot Care at Home?**

**Submitted by Linda Alldred-Johnson** This is the group that provides services at our Church.

Although the Church can't offer foot care (toenail trimming and filing) right now, you can still get this service at your home from nurses that are specially trained in the provision of elderly foot care and diabetic foot care. The programs are designed to provide foot care for seniors and patients with the techniques, knowledge and information required to take responsibility for the health and well-being of their feet. Call 1-866-944-6378 for more information or to book a private foot care service in your home.

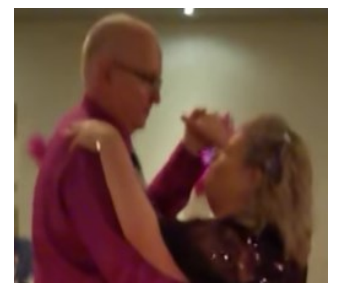
### **Passing of Gordon James (Jamie) Morrison**



Beloved husband, father, brother and son, Jamie Morrison passed away February 6, 2021 at Grand River Hospital, age 60, from a progressive Birkitt's Lymphoma. Survived by his loving wife Allison (nee Miloff). Jamie will be sorely missed by daughter Jenette (Adam Taylor) and son Thomas, his father Gordon Neil Morrison (Neil) and brothers, Robert and Tim, sister-in-law Amanda Miloff (Navin Prasaud) and mother-in-law Anne Miloff. Per Jamie's wishes, there will be no visitation or services. Cremation has taken place; a Celebration of life will be held when circumstances permit.

***"The song has ended  
but the melody lingers on" - Irving Berlin***

From Amanda: Our hearts break for everyone who had the pleasure of knowing Jamie; his presence will be missed. But for the family, I can't find the words. What I do know is that we will miss him beyond measure.



## St. Matthew's Annual Meeting

The Annual Meeting is planned for Sunday Feb. 28th after the service. Assuming that the service is online, then you will join the online Annual meeting using ZOOM at 11:30am - similar to what has been happening for the virtual coffee hour after services. You can join using ZOOM on your iPad, Laptop, or Smartphone or by telephone! Here's how to do it.

1. Join Zoom Meeting by [clicking this link](#).  
Should you be asked for a passcode, please enter these numbers: 073787
2. If you prefer to join the meeting by phone, please follow these steps:
  - Dial in by phone: 647 558 0588
  - You will be asked to enter the Meeting ID. Enter the following: 836 1171 6500# (the last digit is the #, typically under the 9 on your phone's keypad).
  - You will then be asked for the Participant ID. There is no Participant ID. Just press #.
  - Finally, you will be asked for the Passcode. Enter: 073787#

You should have received a copy of the Annual Report. It was emailed to most and mailed to those without an email address. If you did not receive one, please email the office for a copy asap.

**Please join this important meeting on Feb. 28, 2021 at 11:30am.**

### What's cancelled Until Further Notice

- Foot Care Clinics & Blood Pressure Clinics
- In Person Church Services
- Parking lot recycling at Bertha Mohl's van.
- Our Winter Fundraisers including High Tea and the Rummage Sale.

### What's still happening!

- Sunday services. These will be ONLINE for viewing at the normal service time and available for replay. You'll get an email with the link.
- Helping your neighbours and friends.
- Phoning church friends and family. It will make them feel better but you'll find you'll feel better too.
- Asking for help when you need it.

### Latest Outreach Effort

For the last 2 years we offered our church for the **Colest Night of the Year** Walkathon as a place to rest and get warm during the February fundraiser. This year, the walk is virtual with would be walkers soliciting donations from friends and relatives. Our CEO team has donated \$200 to this cause. If you care to make a personal donation or learn more about this activity, please visit this site: <https://cnoy.org/location/richmondhill>

### Want to learn to grow Succulents?



On Mar 2nd at 7:30pm, the Richmond Hill Garden & Horticultural Society will feature an online presentation using Zoom on Succulents presented by sisters Molly & Alex Shannon. Doreen Coyne is extending an invitation to you to join us as a guest for this

session for a nominal fee of \$5. Please register in advance at the Society's website [using this link](#).

Or try our FREE Growing Vegetables seminars. Please register at <https://rhgahs.wildapricot.org/Events> The next three are:

- Feb. 24th 7pm. Growing Vegetables from Seeds.
- Mar. 10th 7pm. Square Foot Gardening
- Mar. 24th 7pm. Selecting the Right Soil and Fertilizer



### A REMINDER FROM WORSHIP:

During lockdown, church services are being recorded and links emailed out. The Worship Committee is looking for readers and musical talent who can participate in the services. If interested, please contact Naomi Knight. If you are scheduled as a lay reader please confirm with Naomi whether you are able to do the reading.

## Bored? Entertain yourself with these ideas!

- **Shoulder Taps.** This is a great video reminding us that God needs our help to do his work of love and caring. This is by Coach Bill Hart [Click here](#).
- **Laughter is the best medicine.** I find I need a good laugh everyday and sometimes that doesn't seem to happen. So at those times, I get out my iPad and google "**James Corden's Carpool Karaoke**". These are a series of YouTube Videos that are excellent and will invoke a laugh, a smile, or you may even find yourself singing along! He also does another version called Crosswalk The Musical in which a group do the key portions of a play while the light for traffic coming at them is red.
  - Try this one -- With **First Lady Michelle Obama and James Corden** done in 2016. James Corden's White House tour takes an unthinkable turn when First Lady Michelle Obama joins him for a drive around the grounds singing Stevie Wonder and Beyonce songs. Surprise guest, Missy Elliott, drops in to sing "This Is For My Girls". Before it plays and sometimes mid way through you may have to click "Skip Ads" at the lower right of the video window — it's a YouTube thing. [Click here to enjoy](#). And it is only 14 minutes long.
  - Or how about trying his prep then production of "**Crosswalk The Musical: Beauty and The Beast**". [Click here](#). For the more daring, try "**James Corden, Sting, & Shaggy Attempt Subway Karaoke**" which was a comedy performance done for the 2018 Grammy Awards: [Click here to watch](#).
  - Want more? Google "Carpool Karaoke" and the name of any good singer from Paul McCartney to Lady Gaga to Barbara Striesand. James has done them all.
- **Mental Health First Aid (MHFA) Training.** Do you know someone suffering from increasing depression? COVID has had a strong impact on the mental health of our entire community. Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Find a course at a date and time suitable to their needs [using this link](#).
- **Gardening Tips from RHGHS featured in onRichmondHill.com.** View all the tips using this link [gardening tips | OnRichmondHill](#). Latest Tips:
  - Jan. 31: What I learned This Christmas
  - Feb. 14: Christmas Cactus for Easter

There's lots to do and see. Take a walk or listen to music. You can make yourself happy. Try some of the links above and the SUDOKU puzzles below. Want more—ask me for my current list!

*Submitted by Doreen Coyne*

**Try these SUDOKU puzzles.** They are considered *easy* to complete. More puzzles available at <https://www.puzzles.ca/>

1	3		2			7	4	
	2	5		1				
4	8			6			5	
			7	8		2	1	
5				9		3	7	
9				3				5
	4				6	8	9	
	5	3			1	4		
6								

1						2	7	6
		9	1	4				
	2				6		9	1
	8				9	6	1	
7	3			8	4			
		2			5		8	
5		6			3			
		7					5	
3	4		5	9				

**NOTE: World DAY of PRAYER is coming soon.** It's typically held on the first Friday of MARCH. Click for [more information](#).