

SHUC NEWSLETTER

Summer of Healing

Ah summer. Just thinking of the word “summer” makes me feel warmth on my face. The word “summer” probably brings a number of images into our minds. Think of summer holidays from school. Think of summer camp. Think of mosquito bites. Think of sunburns. Think of swimming. Think of bike rides. Think of camping trips. Think of canoe trips. Think of family BBQs.

Think of ... well, take a moment and reflect on whatever “summer” means to you.

I hope that when you reflect on “summer”, you think of good things. But I’m sure that for many of us, our memories of summers past are a bit conflicted. We have good memories. We have bad memories. That’s how life seems to unfold. Summer is just part of the gift we call life.

So, this summer, I invite you to put just a bit of time aside to consider any emotional healing that you need. Reflect on your life, and in particular look for the - perhaps very small - ways that you have not yet found forgiveness, wholeness and healing. And when you can name that need for healing, put just a bit of time aside to create or find that healing. You are worth it. And hopefully, as we go through the “lazy” days of summer, we can all find a bit more time to be reflective. And feel free to join in our “Healing Circles for Forgiveness” happening this summer.

Jesus did that himself of course. Perhaps it wasn’t during our summer, but Jesus often took intentional time to be away on his own. To create space so that he could reflect on life alone, or at least only with God. Needing time away does not mean you are weaker. Taking time away just makes you stronger. Spend time with yourself. Spend time with God. Just be.

And then come back! Come back in September refreshed and invigorated because life will continue. We will be here, and we will have missed you!

Perhaps this can be a summer of healing for you. Have a blessed summer!

Rev. Paul

Rev. Paul will be away
June 27 – July 10 on continuing education
July 11 – July 17 on holidays
Aug 8 – Sept 4 on holidays

**Highlighting:
Outreach / Stewardship Committee**



Hey everyone! we are thrilled to announce that our **Stewardship/Outreach Project** in partnership with Roger Boyd and his food ministry to the marginalized people in Hamilton, Brantford and Norfolk areas is a resounding success! A group of ladies from our congregation meets in the kitchen every Wednesday morning at approximately 9:30 am to make 2 large bins of sandwiches. Shelley Grisdale and Verna Timpener do the organizing and the number of ladies present varies each week. Volunteers are most welcome.

Also, monetary donations for our project are greatly appreciated. The monetary donations can be placed in the offering plate labelled **Outreach Project** or hand it in to the office. We then take them to Mt. Pleasant to Roger Boyd's home by 2pm. He has a food truck and off he goes. What a wonderful, committed man he is!! We feel that we are helping in our small way to make a difference-the kinship of God.

Submitted by,
Gail Merritt

**Highlighting:
Music Ministry**

Member Highlights:

As part of our Music Ministry column in our newsletters (and emailed weekly 'SNIPPETS'), we will be highlighting the various members of our choir to showcase their interests and musical muses!

Markeeta Thompson has always enjoyed singing from a young age. In fact if you were to ask her parents they would say she started singing before talking. Her parents, when asked would say "As a baby/toddler music was the only thing that could capture her attention for hours. You could leave Markeeta in front of the television to watch British boys' choirs and she would not move." Markeeta is a classically trained vocalist but she enjoys a variety of genres such as R&B, Pop, Reggae, Jazz and so much more.



I believe that choir is important in church because it brings individuals together and help you to build new friendships as well as to congregate with individuals who also enjoy singing.

Stay tuned for our next member highlight!



What's New?

SHUC Crafty Friends: It has been a very long time since we were able to get together to share conversation, meals, and projects, but if you love to knit, crochet, quilt, craft and would like to be part of a club of similarly interested crafters, please email me at tmatheson49@gmail.com and let me know where your interest lies and where your talents are.

Currently we meet on Tuesdays (1:00 pm and a second group at 7:00 pm) in the kindergarten room (off the Fellowship Room). Projects we're currently working on include knitted or crocheted blankets (48" x 64" or larger), knitted or crocheted 8 x 8 blocks for **Blankets for Canada**, small lap afghans, and small 3D projects for fridge magnets.

We have contacted two women's shelters (Woodstock & Simcoe) and two local Long Term Care homes (Fox Ridge & Brierwood) who were excited at our plans to share our homemade gifts with their clients and residents. We've also been researching some fun projects to add to this year's Christmas Bazaar and other projects of love. We even have quilters looking to finish up some long-forgotten projects and crafters looking for new ideas and inspiration. If you love to craft and love to share, we'd love to hear from you.

BIKING ENTHUSIASTS: We are organizing bike rides to the Windmill to share lunch together and enjoy the fresh air. This is not a race, just an excuse to eat pie. Join us Sat June 11 and Wed July 20



Starting locations and times:

- 9:45 leave from the church (19 km to restaurant from there)
- 10:00 leave from Wilkes Dam (16 km to restaurant from there)
- 10:30 leave parking lot across from fire station #4 (8 km to restaurant from there)

The entire route follows a safe paved bike path except for a small bit of quiet streets. Scenic, safe, fun. And the trail is downhill in both directions!

Please contact Rev. Paul if you want to participate. Phone/Text: 647-700-7129 or email: paul.shuc@gmail.com.

From our Music Director: We have had an amazing year of strong musical performances from our small but mighty choir, alongside help from some talented instrumentalists and soloists. We are very grateful for the dedication and involvement in our talented congregation!

Amongst other things like creating an album (stay tuned!), our choir is working on a special performance for **Emancipation Sunday** (August 7), where music directors across the country are putting together their choir's voices into a massive, virtual choir performance.

There will be no choir rehearsals over the summer, with our last practice taking place on June 23rd, 2022 and **resuming September 1, 2022**. Our end-of-the-year choir party date and location will soon be announced.

New members are welcomed to join; our only requirement is that you love music!

Join with us for our Healing Circles for Forgiveness



What is a healing circle?

Accepting and expressing our deepest feelings are important steps in the journey towards healing and wholeness. A healing circle is a safe place to do just that.

Why healing circles for forgiveness?

Bad things happen to everyone. Our wholeness and happiness depend on our ability to forgive others and to receive forgiveness. Hardest of all can be to forgive ourselves.

Who should come?

If you struggle with offering - or receiving - forgiveness these healing circles are for you. In particular, if you struggle to forgive yourself you should feel free to come.

Dates

We will have 2 circles. Please select and commit to one of them. And please register with the church office.

- Tues July 19, 26, and Aug 2 @ 7 pm online.
- Thurs July 21, 28, and Aug 4 @ 2 pm in the fellowship room.

For more information contact Rev. Paul Phone/Text: 647-700-7129 or email: paul.shuc@gmail.com

Brantford UCC Shared Summer Worship Services

This summer, all of the Brantford United Churches are sharing worship together. It's very exciting!

If you participate in worship online

- use the SHUC online calendar to get links to the services, wherever the service is being held.

If you participate in person, here is the schedule:

- July 3, 10, 17, worship is at St. Andrews United Church.
- July 24, 31, and Aug 7, worship is at Sydenham-Heritage United Church.
- Aug 14, 21, worship is at Harmony United Church.
- Aug 28, Sept 4, worship is at Fairview United Church.

See you there!

CALLING ALL RECYCLERS:

DID YOU KNOW that the outer bag on a 3 litre bag of milk can be made into a mat for someone to sleep on? Well, they can and we have found a contact that will take them and do just that.

DID YOU KNOW that your empty pill bottles with the labels removed can be reused? Well, they can and we have also found a place that will refill them and send them to places that need them.

So, bring your milk bags and your pill bottles to the church and put them in the bin by the office, and we will get them to people who will make very good use of them.

Blessings from your Worship Committee

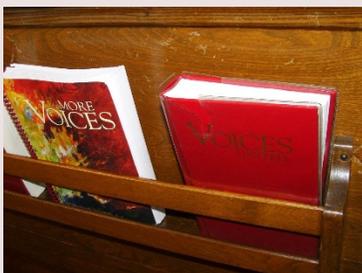


Blessings be upon you as we enter this new season of creation. It's indeed God's hands at work. If you are a gardener, and anything like me, you might be enjoying working in your gardens. And if you are not a gardener, then, please enjoy the beauty of other people's gardens. This is the time of resurrection, where creation comes alive after the winter sleep

The Worship Committee continues to ensure a meaningful worship experience for those who attend the in-person worship and those attending online. We hope that you are finding something in the worship that moves you or provides something for you to reflect on.

Though we've experienced some sound challenges at times for our online congregation, we are doing our best to alleviate those issues. We have a group of dedicated audio technicians who offer their time and talent to stream the service. We offer our thanks to them. I had the privilege of seeing the audio system and a walk-through of how it operates. The Tech Team is very much appreciated.

We are grateful for the Music Ministry. Our music director and the committed choir members continue to find ways to bring a variety of musical presentations to the worship services. They are slowly working their way back to live singing. It is a slow process, but they are appreciated. Measures remain in place for the safety of everyone.



We thank all of you for responding to the survey. This will help us to do the work of the worship committee. We understand that not everyone is comfortable or feels safe without having to wear a mask, but again for the safety and care of one another, we will continue to wear a mask during worship. The result of the survey will be communicated to you later. For those of you who are attending the in-person services, you will notice that the hymn books are back in the Pews. Bulletins will return in a small number as we know that some of you like to read your bulletin later. This is an effort to create a sense of normalcy to the service and in the worship space.

This summer, SHUC will be sharing summer services with the other United Churches in Brantford. (Harmony, Fairview, and St Andrews). Watch for the respective dates. You are encouraged to visit these other churches when they are hosting the services. It is a good way to share resources for the summer.

The Worship Committee is here to work with you. We continue to seek new members. If you have any desire to join the Committee, please reach out to any of the members. We will be happy to welcome you. Likewise, if there is anything that you need to be a part of your worship experience, please let us know.

May Christ be with you always.

Christ above you; Christ below you; Christ before you; Christ behind you; and Christ within you.

Submitted by Yvonne Wright
of behalf of the Worship Committee

**“So, I will call you Peter, which means “a rock.” On this rock I will build my church, and death itself will not have any power over it.”
MATTHEW 16:18**

REMEMBERING Joyce Walker
May 16, 1939 - August 30, 2011



Joyce Walker was the loving wife of our fellow congregant Bill Walker. Joyce's family were members of Colborne St. United Church. She was baptized and grew up in that church family.

Bill joined the choir at Colborne while dating Joyce, they were married for 49 wonderful years making Colborne and then Heritage their church family.

Joyce worked as a secretary at a downtown business for several years before staying at home to raise her three children, Scott, Cindy and Anne. She also had three beautiful granddaughters she adored.

Joyce was a well respected, dedicated, loyal servant, giving her all to every task she took on. Joyce wore many hats in the church and was dedicated and committed 100 percent to bringing them all to perfection.

She served as treasurer of the UCW for many, many years, at times keeping the finances of 4 units in perfect order. Joyce was faithful, taking her duty as an elder very seriously, visiting the families she was responsible for and helping with preparations for services.

She took on the position of Clerk of Session, a daunting job, looking after all the elders, keeping minutes, reports, the Rolls of the congregation and helping the minister prepare for baptisms and confirmations. Joyce mentored young people preparing to join the church, teaching them how to be good faithful congregants.



She was a kind, gentle soul, it was my pleasure to have known her and learn from her what dedication and commitment to the church means.

Respectfully Submitted by
Verna Timpener

**"In the same way, let your light shine before people, so they can see the good things you do and praise your Father who is in heaven."
MATTHEW 5:16**

Why do you give of yourselves, time, talent, and treasure to the church?

Why I Give.



My life at home was centred around the church, I was raised Mormon and we were expected to tithe. I questioned the beliefs and when I met Larry attended church with him at the Reformed Church sometimes. I joined there just before getting married. It was a stricter type of denomination and we decided to try Colborne St United where good friends attended.

We were happy there and got very involved with Sunday School, Youth, Committees, the Board and I joined UCW. I put my best effort into all that I was involved in and because I was taught to tithe, made sure the offering was in each Sunday. My Church Family is important to me and so is serving to the best of my ability!

Submitted by Verna Timpener

I was raised by a mother who attended the Christian School in the Netherlands. My family immigrated and went to the Reformed Church in Brantford where all the families were immigrants so the church was a great gathering place. Sunday was a day of worship, morning in English and evening in the Dutch language. Sunday afternoon was coffee with friends from church.

Giving of time and talents came easy because of my upbringing.

Submitted by Larry Timpener

Staying Connected

Worship services are always available to view online Sunday mornings. Just click on the link in the church calendar. But did you know that you can watch them at your convenience too? There are 3 options for finding our services online after Sunday service.

1. The online calendar at sydenham-heritage.ca includes links to past services (as well as future ones).
2. If you go to [youtube.com](https://www.youtube.com) and search for “**Sydenham-Heritage United Church**” you will find everything there. Click on our channel to see only our content.
3. If you go to paulshepherd.ca and click on “**reflections**”, you get links to our services. You also get links to the sermons. They are now available in 3 formats: pdf (great for printing), eBooks (great for reading at a comfortable font size), and video.

Wherever we are – online or in-person – we are **Sydenham-Heritage United Church!**

REMEMBER:
Masking is required when entering our church building. Stay safe!

IN THIS ISSUE

‘Summer of Healing’ by Rev. Paul Shepherd 1

Highlighting: Outreach/Stewardship by Gail Merritt 2

Highlighting: Music Ministry – Soprano, Markeeta Thompson 2

What’s New: *Crafty Friends* by Terry Matheson 3

What’s New: *Biking Enthusiasts* by Rev. Paul..... 3

What’s New: *From our Music Director, Trevor Dalton* 3

Healing Circles Invitation 4

Shared Summer Worship Schedule 4

Blessings from your Worship Committee: by Yvonne Wright 5

Remembering Joyce Walker, by Verna Timpener..... 6

Why do you give of yourselves, by Larry & Verna Timpener 7

Staying Connected – Worship services..... 7

Contact us: Sydenham-Heritage United Church,
120 Sydenham Street, Brantford ON N3R 3Y8 PH: 519-753-1248

Sydenham-Heritage United Church
ALL are welcome in this place



Editor: Terry Matheson
Printing by Paramount Printers