



Words from Warren

Some of my earliest memories go back to the little hardware store that used to be in the village where my father's parents lived. Although those memories come out of the early 60's, I don't believe that the store had changed much since the 30's or 40's when my Dad was growing up! Right in the middle of the great big wooden counter at the front door was a huge set of scales. I used to wonder about the sorts of things they had measured over the years: nuts and bolts; fertilizer and seed; washers and nails. The clerk would take the bulk items you wanted to buy and put them on one side of the scales. Doubtless, that side would then fall to the counter top with a bang! Then pre-measured weights would be added to the other basket until the weight of your order was found as the scales balanced. Have you ever seen something like that?



You know, in a spiritual sense, it seems to me that we all live with a set of scales just like that for much of the way in which life can be said to either succeed or fail can be explained in terms of whether we've managed to balance our spiritual scales or not. If we concentrate too much on our own personal matters, our life-scales will go out of balance. If we try

to keep too many of the resources that God constantly places in our path, again we'll begin to feel off kilter. If we allow too many material values into our spirits, the scales will tip yet again!

I write this in the last week of 2017; I write this as we prepare to enter the exciting new vista of 2018! Well, I believe that much of how we end up feeling this year depends upon looking long and hard at our internal, spiritual scales. Sometimes, it's not very pleasant to do that; often, it's not easy to acknowledge how realities like greed and anger, self-doubt and fear, can enter our lives. However, listen to the great glad news of our faith: it doesn't matter how desperately out of balance we've made our spiritual scales, God is going to set them right again as long as we're open and honest in asking for God to do that.

That's exactly why I can say with complete confidence that St. Matthew's United Church is a great place to be – because it can play a huge part in balancing our lives!

Accept my prayers and best wishes for a joy-filled, healthy 2018, Warren (a.k.a. Rev. Ball!)

submitted by Rev. Warren Ball

I didn't have Time

I got up early one morning
and rushed into the day;
I had so much to accomplish
that I didn't have time to pray.
Problems just tumbled about me
and heavier came each task;
"Why doesn't God help me", I wondered.
He answered, "You didn't ask."
I wanted to see joy and beauty,
but the day toiled on gray and bleak;
I wondered why God didn't show me,
He said, "But you didn't seek."
I tried to come into God's presence,
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."
I woke up early this morning
and paused before entering the day.
I had so much to accomplish
that I had to take time to pray.

Author unknown

God's Promises

God has not promised
Skies always blue
Flower strewn pathways
all our lives through.

God has not promised
Sun without rain,
Joy without sorrow,
Peace without pain.

But God has promised
Strength for the day,
Rest for the labour,
Light for the way,

Grace for the trials,
Help from above,
Unfailing sympathy,
Undying love.

Anne Johnson- Flint

submitted by Linda Aildred-Johnson,
Parish Nurse



2017 Financial Status

It was another successful year financially as we have again achieved an operating surplus in 2017. Final numbers are pending but see all the details in the annual report. Congratulations and thank you, again, to everyone for your financial support and fundraising work to make this happen.

submitted by **Brian Stanger, Treasurer**

Annual Meeting

The St. Matthew's Congregational Meeting will be held on Sunday, February 4 after the worship service. The Annual Report will be available in church on the preceding Sunday, Jan 28 to allow you time to review it prior to the meeting. All members and adherents are invited to attend.

Committee chairs, group leaders and treasurers are asked to provide annual reports by Sunday, Jan 21. Please submit your reports and a list of committee/group members directly to Nancy Stanger at stangerfamily@sympatico.ca.

submitted by **Melanie DeLuca, Office Coordinator**

Committee Meetings

Many committees meet once a month on a set day of the month:

- CE&O Committee 1st Wednesday @ 7pm
- Congregational Care 3rd Monday @10am
- Health Ministry 1st Monday @ 10:30am
- Official Board 3rd Monday @ 7pm
- Worship Committee 1st Tuesday @7pm

Weekly

- Tuesday:
- Craft Group 1:30-3:30pm
- Wednesday:
- Coffee Hour 10:30am
 - Senior Choir practice 7:30-9:30pm
- Thursday:
- Bell Choirs practice 7:00-8:30pm
- Friday:
- Euchre card night (every other Fri) 7:30pm

St. Matthew's Matters! is published 5 times a year, every other month from Sept to June for current and past members of St. Matthew's United Church congregation and the wider church community in Richmond Hill.

Upcoming

Jan 10 (Wed) Foot Clinic (book appointment)	9-1pm
Jan 16 (Tues) Curtain Club Charity Night	8:00pm
Jan 19 (Fri) Euchre	7:30pm
Jan 21 (Sun) Cash Card orders due	after worship
Jan 24 (Wed) Lunch & Learn	12:00 noon
Jan 28 (Sun) Blood Pressure Clinic	after worship
Feb 10 (Sat) English High Tea	1:00pm or 3:00pm
Feb 14 (Wed) Foot Clinic (book appointment)	9-1pm
Feb 2 (Fri) Euchre	7:30pm
Feb 16 (Fri) Euchre	7:30pm
Feb 21 (Wed) Lunch & Learn	12:00 noon
Feb 24 (Sat) Rummage Sale	9:00am – 12 noon
Feb 25 (Sun) Blood Pressure Clinic	after worship
Feb 25 (Sun) Cash Card orders due	after worship
Mar 28 (Wed) Lunch & Learn	12:00 noon
Mar 30 (Fri) Good Friday worship	10:30am
Apr 1 (Sun) Easter worship	10:30am

Contact Info Update

If you have recently moved or changed your email address, please inform the church office at st.matthewsuc@on.aibn.com.

submitted by **Melanie DeLuca, Office Coordinator**

Health Ministry Clinics

The Health Ministry offers a number of monthly clinics:

- Blood Pressure & Therapeutic Touch Clinics on 4th Sunday after worship.
- Foot Care Clinics on 2nd Wednesday from 9am to 1pm. Foot care is completed by a trained nurse and by appointment only. Call the church office to book (or cancel) an appointment 1 week in advance.
- Lunch & Learn at noon every 4th Wednesday





Lunch and Learn

The Health Ministry hosts a lunch and learn session at noon on the 4th Wednesday of the month. Each session is a talk by a health care professional presented while a healthy lunch is served. Everyone is welcome. There is no charge but a free will offering is encouraged. For more details contact the church office.

Date: Wednesday, January 24

Time: 12:00 noon – 2:20pm
 Topic: Evergreen Hospice Services & Programs
 Speaker: Jan Pierce, Executive Director & Virginia Bidwell, Coordinator of Volunteers, Evergreen Hospice

Join us and Learn:

- The Programs and Services offered by Evergreen Hospice.
- Bereavement Support
- The Healthy Living Now Workshop

Date: Wednesday, February 28

Time: 12:00 noon – 2:20pm
 Topic: What is Retirement Living?
 Speaker: Sandy Greene, Marketing Manager, Revera Glynwood

Join us and Learn:

- What is the difference between Independent Living and Assisted Living
- What is Respite versus Convalescent Care

Date: Wednesday, March 28

Time: 12:00 noon – 2:20pm
 Topic: Keeping Our Seniors Safe
 Speaker: Constable Deb Woods, York Region Police

Join us and Learn:

- Fraud Prevention and more!

submitted by **Linda Alldred-Johnson, Parish Nurse**

Curtain Club Charity Night

The play the 'Quartet' by Ronald Harwood about aging opera singers will be presented on Tuesday January 16, 2018 as the Curtain Club Charity Night. On this night some of the proceeds from the ticket sales are donated to the Health Ministry at St.



Matthew's. The play starts at 8:00 pm and tickets are \$20. You can purchase tickets from the church office or Health Ministry members.

Summary - At a country home for retired opera singers, Cecily, Will and Reggie are preparing for a Verdi birthday concert. When the renowned diva Jean arrives unexpectedly, secrets of the past emerge, emotions run high and hilarity ensues. You'll laugh and applaud at what it takes for this show to go on.

submitted by **Helen Smith, Health Ministry**

English High Tea

The English High Tea served at St. Matthew's will be held on Saturday, February 10. This is an event not to be missed. Sip tea from fine china teacups and enjoy a selection of homemade scones, finger sandwiches and desserts. There are a limited number of seats at each of the 2 sittings (1-2:30pm or 3-4:30pm) so consider purchasing your tickets early. To purchase tickets or to reserve a table for a group of 6 or more please call the church office.



All proceeds go to local charities.

submitted by **Valery McMurdo, CE&O Committee**

8 Reasons to Exercise

1. Strengthen muscles and stabilizes joints
2. Reduce the risk of osteoporosis
3. Protect against high blood pressure
4. Improve blood cholesterol
5. Improve the quality of sleep
6. Maintain body weight
7. Manage stress
8. Maintain independence

Source: Pitts Center for Healthy Aging
 submitted by Linda Alldred-Johnson, Parish Nurse



Rummage Sale

The St. Matthew's annual Rummage Sale will take place on February 24th from 9:00am to 12:00 noon. This is a large event that raises over \$2,000 each year for the church as well as provides goods to various community charities.

We ask for your donations for this sale. We generally take anything that is in good condition with the exception of electronics, adult bedroom furniture and bicycles. Electronic waste such as TVs, computers, printers and electronic game equipment can be disposed of at York Region's Environmental Centre on Elgin Mills so please don't bring to this sale.

Ideally, we would like you to wait to bring your stuff to the church until the Thursday or Friday before the sale (anytime between 8:30am and 9:30pm). However, if you need to get it out of your house before then, Marshall Funeral Home has, once again, provided storage space for rummage sale goods.

To put on an event as big as the Rummage Sale requires a large number of people, the more the better. Before the sale we need people to distribute flyers to key stores, libraries and community centres and, the weekend before the sale, to put up lawn signs. From Thursday night, Feb. 22, through the early afternoon of Saturday, Feb. 24, we will need a variety of help at the church.

If you wish to make use of the space at Marshall's, need a pick-up of goods from your home, or have any questions please contact Paul Gray. A sign-up sheet will be posted in the church in February.

submitted by **Paul Gray**



Prayer for Inner Strength....

Dear God,
Please give me the strength to endure this situation, and to find the blessings and the lessons inherent within it. Please give me the endurance to continue on. Please guide my thought, words and actions, so that I may walk Your path of peace and love. Amen.

Author Unknown

submitted by **Linda Alldred-Johnson, Parish Nurse**

Special Outreach Donations

During the Christmas season, the CEO Committee invested in helping people in other countries with donations, listed below, that will provide longer term change for those in need.

- 1) Health worker training. This gift provides training for two health workers of various types: from midwives to community health volunteers to nurses. These trained workers can then help families and communities get, and stay, healthy.
- 2) Latrines. Properly built and installed latrines, along with hygiene education, improves health for a whole community. A practical and impactful gift.
- 3) Five baby chicks. Once the chicks mature, they can help feed a family with their nutritious eggs, provide an income for women selling eggs, and teach girls important poultry management skills for a better future.
- 4) Protective Footwear. We bought 4 pairs of protective sandals for people with leprosy to prevent cuts and scrapes that lead to infections and future disability. For afflicted people to be able to walk, avoid deep ulcers, or amputation, custom footwear is required.

submitted by **Doreen Coyne, CEO Committee**

A Time for Reflection....

The best way to "find yourself" is to "lose yourself" in the service of others.

Mahatma Gandhi

Today's To Do List:

- 1) Practice Kindness
- 2) Let go of what I can't control
- 3) Count my Blessings
- 4) Listen to my Higher Power
- 5) Instill calmness around me
- 6) Share my light with others
- 7) Pass this on to encourage someone else

*Reflection from "Healing Light"
by Teri Van Horn*

submitted by **Linda Alldred-Johnson,
Parish Nurse**



February is Heart Month

Pains You Should Not Ignore: Recognizing these six types of pains could save your life.

As you age, aches and pains will become frequent visitors. They may come so often that it is easy to ignore them and to go about your daily life. However, there are six key types of pain medical professionals all agree you should never ignore.

1. Discomfort in the Chest

Although pain or discomfort in this area can often be diagnosed as heartburn or acid reflux, it may also indicate pneumonia or a heart attack. It is imperative that you contact a doctor since prolonged or misinterpreted pain can often allow more damage to be caused.

2. Pain between Lower Back and Shoulder Blades

It is possible that this can be caused by joint, ligament, tissue, or muscle damage. However, many organs also lie in this area. Anything from a heart attack to gallbladder issues to certain types of cancer can manifest as pain in the lower back & shoulders.

3. Lower Leg Pain

Leg pain is easy to explain away. If you having been walking all day, or worked out too hard, you may experience some discomfort in calves or lower legs. However, when this pain is accompanied by swelling or redness, you should seek medical attention immediately.

4. Abdominal Pain

Abdominal pain can occur anywhere from the chest to the groin. Though it is frequently excused away as food poisoning or heartburn, pain in this area can be indicative of appendicitis, pancreatic issues or gall bladder problems and should be treated immediately.

5. Severe Headache

Everyone gets headaches occasionally and they do not need medical attention, However, headaches that become so severe you cannot function need to be discussed with your doctor, since they can indicate other issues such as ruptured blood vessels, or brain tumours.

6. Tingling or Burning Foot Pain

Anyone who has worn uncomfortable shoes for long periods of time is familiar with this painful sensation at the end of the day. It is when this pain is accompanied with persistent tingling that it becomes a concern. Although not often thought of, diabetes can present with nerve damage, which may manifest itself as pain and tingling in the feet. When this occurs, a trip to the doctor is warranted.

It is easy to ignore the aches of daily life, particularly if you have a high pain tolerance. Knowing the six types of pain you absolutely cannot ignore or push through is vital as it can save your life or the life of a family member.

Source: health-local.com with permission from Living Assistance Services submitted by **Linda Alldred-Johnson, Parish Nurse**



Funny Puns

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

No matter how much you push the envelope, it'll still be stationery.

Time flies like an arrow. Fruit flies like a banana.

Atheism is a non-prophet organization.