



## Words from Warren

**S**halom!

As our seasons shift, the days shorten, and we move unstopably towards winter, that Hebrew word, "shalom," seems like a particularly appropriate greeting. Yet it's meaning, much like God's love, is a challenge to define for it lives in vast word fields: be at peace; greetings; I pray that you find spiritual comfort; know that you're important; know that God is with you, in you, before you. What a joyous message! God is with us right now, and God will safeguard all our days, offering value and meaning to every moment – if only we allow that to happen!



stories are told of days gone by; exciting projects are planned and shared; we hope and dream; we laugh and learn; we pray and sing. The creative impulse that was first felt in the Garden of Eden is very much alive and well in our midst!




As Christians, of course, we all have a special privilege: to selflessly share in the life around us that we may also share in God's grace. Let us prepare for another Advent season; let us prepare to celebrate the miracle of God's love come down to earth, all over again; let us metaphorically begin to move towards Bethlehem and know the place anew!,

Speaking personally, I feel very blessed as we approach another winter season at St. Matthew's United Church for my job brings me close to many of the ways in which life is celebrated: children imagine;

Shalom, Warren (a.k.a. the Rev. Ball!)

submitted by **Rev. Warren Ball**

## Christmas at St. Matthew's

Dec 3	Advent I	Regular worship service to celebrate the 1 <sup>st</sup> Sunday of Advent and begin our spiritual preparation for the birth of Christ!	
Dec 10	Advent II & White Gift	On this special Sunday, we remember others less fortunate than ourselves. White-wrapped gifts of non-perishable food types and financial contributions will be collected and distributed to the local Richmond Hill Food Bank, and other worthy local projects.	
Dec 16 (Sat)	Christmas Dinner	Beginning at 5:30pm in the church hall, our St. Matthew's church family will enjoy a Christmas dinner with all the trimmings. Tickets available from the church office.	
Dec 17	Advent III	Regular worship service to celebrate the 3 <sup>rd</sup> Sunday of Advent.	
Dec 17	Carols by Candlelight	7:00pm special service presented by the voices of our St. Matthew's choir and by the voices of our hand bell choirs.	
Dec 21 (Thurs)	Longest Night	For those who are experiencing challenges with what should be a time of joy and peace. For those who are feeling the loss of someone close to you. Join us in a reflective time of worship, sometimes called a "Blue Christmas". The service is held at Richmond Hill United Church at 7:00pm, and will be followed by a reception.	
Dec 24	Advent IV	Regular worship service to celebrate the 4 <sup>th</sup> Sunday in our journey towards the birth day of a King.	
Dec 24	Christmas Eve	7:00pm Family celebration of this special, blessed night 10:30pm worship service when we celebrate Communion during a quieter, more reflective Christmas Eve service.	



## Financial Update

No deficit at the end of October! We are showing a \$1,200 surplus! The outlook is good for a positive yearend financially. Congratulations and keep up the good work. Thanks to everyone for your continued support.

as of October 31, 2017			
INCOME	2017 YTD	2016 YTD	DIFFERENCE
Congregational Givings	\$97,371	\$93,636	\$3,736
Cash Card	\$2,089	\$2,277	\$-188
Rentals	\$24,610	\$15,840	\$8,770
Fundraising & Other	\$14,616	\$14,781	\$-164
<b>Total Income</b>	<b>\$138,687</b>	<b>\$126,534</b>	<b>\$12,153</b>
<b>Total Expense</b>	<b>\$137,447</b>	<b>\$135,413</b>	<b>\$2,034</b>
<b>NET Income (Loss)</b>	<b>\$1,239</b>	<b>\$-8,879</b>	<b>\$10,119</b>

OUTREACH GIVINGS	2017 YTD	2016 YTD	DIFFERENCE
Mission & Service	\$15,264	\$15,422	\$-158
Health Ministry	\$5,497	\$4,491	\$1006
Food Bank	\$2,478	\$1,555	\$923

submitted by **Brian Stanger, Treasurer**

## Sympathy

Sympathy and prayers are offered to the family and friends of St. Matthew's family who passed away:

Vivian Mazur, September 10

Ruth Taskinen, October 12

Peggy Curtis, October 20

## 60<sup>th</sup> Anniversary

On Sunday, Oct 29<sup>th</sup>, the congregation celebrated St. Matthew's 60<sup>th</sup> Anniversary with Rev. Terry Thom as Guest Speaker.

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.

## Church Front Doors

In September the Board approved that we proceed with a project to replace our front doors with new automated, assessable-friendly, doors. Our Health Ministry had been advocating for the installation of automated front doors for several years. To support this project, the Health Ministry pledged \$3,000 toward the cost. In addition, the Board approved the use of \$3,500 from the Memorial Fund to help pay for the cost of the new front doors. Total cost for the new front doors was estimated to be over \$11,000. To help pay for the remaining cost of the front doors, a Front Door fundraising effort was initiated. As of the end of October we had raised \$6,573 from contributions from the congregation, as well as \$500 from the Euchre Club. So we have raised over \$13,500 to more than pay for our new doors! What a tremendous response! Congratulations to the congregation and thank you.

In addition to replacing the front doors, it had also been approved that we should replace the south exit door in the hall. Although the fundraising effort was focused on paying for just the front doors, the congregation was aware that any excess funds raised for the front doors would be used to help pay the cost of the new south exit door. The estimated cost of this door is over \$4,000.

The new doors are expected to be installed in December.

submitted by **Brian Stanger, Treasurer**

## Church Office Hours

The church office will be closed during the week of December 25 – 29, 2017. The office will reopen on Wednesday January 3 at 9 am. If you are in need of Pastoral Care during the holidays or to speak with Rev. Warren Ball, please do not hesitate to contact Warren.

## 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



## Lunch and Learn

The Health Ministry hosts a lunch and learn session at noon on the 4<sup>th</sup> 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, November 22**

Time: 12:00 noon – 2:20pm  
 Topic: Say Goodbye to Headaches & Back Pain

Speaker: Dr Judith Snider, Chiropractor, Homeopath & Nutritionist

Join us and Learn:

- Posture and how it affects your back
- Good habits to minimize neck and back pain
- Foods that trigger headaches

**Date: Wednesday, January 24**

Time: 12:00 noon – 2:20pm  
 Topic: Evergree 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

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

## St. Matthew's Choirs

The Bells of St. Matthew's are very pleased to be invited as guest artists with Chorus York at their Fall concerts, Top Hats & Tunes, a Programme of Broadway hits will be presented Sunday November 19, 3 pm at Thornhill Presbyterian Church and St. Matthew's United Church on Saturday November 25 at 8 pm. Tickets are available from Joanne Gray, Vicki White or Joan Plume. We would love to see some familiar faces in the audience.

The choirs of St. Matthew's are pleased to present **Carols by Candlelight**. Come and sing familiar carols and listen to voices, handbells, organ, piano and flute perform old favourites, as well as some new.

Sunday, December 17, 2017, 7 pm, FREE.

submitted by **Joan Plume, Music Director**



## Curtain Club Charity Night

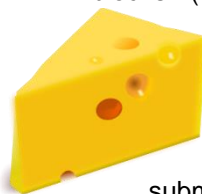
The play the 'Quartet' by Ronald Harwood about aging opera singers will be presented on Tuesday January 16, 2018 as the Curtain Club Charity Night. On this night some of the proceeds from the ticket sales are donated to the Health Ministry at St. Matthew's. The play starts at 8:00 pm and tickets are \$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**

## Cheese for Christmas

We are offering Jensen Cheese as a fundraiser for the church. Select from Gift boxes, Cheese blocks (Brick, Marble, Cheddar (5), Colby and Mozzarella), Imported Cheeses, Shredded cheese and Curds. Your orders will be taken now until Nov 26. Delivery on Sun Dec 17th. To place and order see Jayne Philip or Doreen Coyne.



submitted by **Doreen Coyne, CE&O Committee**

## Christmas Dinner

St. Matthew's annual Christmas dinner will be hosted in the church hall on Saturday, Dec. 16. A traditional Christmas dinner with all the trimmings will be served at 5:30pm. Tickets are available at the church office – Adults \$15 and children age 12 and under are free.

## High Tea – Save the Date

The High Tea served at St. Matthew's is an event not to be missed. There are lovely tea sandwiches and a wonderful variety of sweets served with a selection of teas and coffee. Mark the date of Saturday February 10, 2018 so that you can plan to attend. Please also invite family and friends to mark this date.



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



## Cash Cards

Cash Cards make wonderful gifts and can be used for groceries, gas and all your regular shopping. This is a great, and painless, way to help your church with extra fundraising, ~\$3,000 in a year. Cash Cards cost you nothing but the church is given a rebate on all orders. See the Cash Card order form for all the ways they can be used. Submit your order on one of the following order dates and pick up the next Sunday:

- November 19
- December 3
- January 21
- February 25



submitted by **Brian Stanger, Treasurer**

## 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

## Upcoming

Nov 19 (Sun) Cash Card orders due	after worship
Nov 22 (Wed) Lunch & Learn	12:00 noon
Nov 24 (Fri) Euchre	7:30pm
Nov 26 (Sun) Blood Pressure Clinic	after worship
Dec 3 (Sun) Advent I worship	10:30am
Dec 3 (Sun) Cash Card orders due	after worship
Dec 8 (Fri) Euchre	7:30pm
Dec 10 (Sun) Advent II worship & White Gift	10:30am
Dec 10 (Sun) Blood Pressure Clinic	after worship
Dec 13 (Wed) Foot Clinic (book appointment)	9-1pm
Dec 16 (Sat) Christmas dinner	5:30pm
Dec 17 (Sun) Advent III worship	10:30am
Dec 17 (Sun) Carols by Candlelight service	7:00pm
Dec 21 (Thurs) Longest Night service @ RH United	7pm
Dec 24 (Sun) Advent IV worship	10:30am
Dec 24 (Sun) Christmas Eve family worship	7:00pm
Dec 24 (Sun) Christmas Eve Communion	10:30pm
Jan 10 (Wed) Foot Clinic (book appointment)	9-1pm
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

## Health Ministry Clinics

The Health Ministry offers a number of monthly clinics:

- Blood Pressure & Therapeutic Touch Clinics on 4<sup>th</sup> Sunday after worship.
- Foot Care Clinics on 2<sup>nd</sup> 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 4<sup>th</sup> Wednesday

submitted by **Health Ministry**

## A Time for Reflection....

"People will forget what you said,  
they will forget what you did,  
but they will never forget how you made  
them feel."

Maya Angelou

"If you want OTHERS to be happy....  
practice compassion  
If YOU want to be happy....  
practice compassion."

Dalai Lama

"It's not how much you do....  
It's how much love you put in the doing."

Mother Theresa

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

## Thank You

I would like to thank everyone who attended my 80<sup>th</sup> Birthday Party and made it a "Day to Remember" for me. Thank you for your donations to the Richmond Hill Food Bank. Two shopping carts of food were taken to the Food Bank along with \$390 in monetary donations. The Operations Manager of the Food Bank was very grateful for your generosity and so am I.



I would like to thank the UCW for providing and serving their usual tasty and abundant refreshments.

The whole day was wonderful. I enjoyed myself very much and I hope you did also.

Thanks for the memories.

**Bertha Mohl**



## Days for Girls

**D**ays for Girls began in 2008 when founder and CEO Celeste Mergens was working with a family foundation in Kenya when she began assisting an orphanage in the outskirts of Nairobi. In the wake of historical post-election violence, the population at the orphanage had swelled from 400 children to 1,400.

Days for Girls is dedicated to creating a freer, dignified and educated world through providing lasting access to feminine hygiene solutions and health education. Celeste learned that girls dropped out of school due to lack of feminine supplies. Celeste felt she had to do something and that is when she started Days for Girls. Thus far, Days for Girls has reached over 800,000 women and girls. The global movement can reach them all with our help. St. Matthew's CE&O has sent a donation to Days for Girls.

submitted by **Bertha Hurdman**

## 8 Tips for Staying Healthy and Happy During the Holidays

Christmas, Hanukkah, New Year's — these are supposed to be times of celebration, togetherness, and happiness. Yet, they can bring challenges to our physical and emotional health. Here are eight tips for staying healthy and happy during this season of joy.

**#1. Eat well.** It's common to pack on 5-10 pounds during the holiday season, but there are ways you can eat both healthy and well! Know which foods are high in caloric content and low in nutrition. Don't deprive yourself of such treats, but indulge in moderation. Eat smaller meals instead of "saving yourself" for one huge buffet. Opt for healthy options at home, and when visiting others, bring a healthy dish to share. Be careful of liquid calories, including alcoholic beverages.

**#2. Stay active.** Exercise is just as important during the holidays as any other time of the year. You should be active at least four to five times a week, preferably with some aerobic exercise every day. The weather may be cold outside, but the winter offers additional fun, too! Ice skating, sledding, snow sprints — all of these can be great exercise. Enlist your loved ones to join you for quality bonding time.

### A Thought....

The fact that there is a 'Highway to Hell' and only a 'Stairway to Heaven' says a lot about anticipated traffic numbers.

**#3. Prevent illness and injuries.** Colds and the flu are most prevalent in the winter. Prevent them by washing your hands regularly and urging others to do the same. Stay warm by dressing in layers. Sprinkle sand on icy patches. Watch young ones and assist the elderly, who are at increased risk of falls and other injuries during this time.

**#4. Check your heating system.** Making sure your heating works and is safe. Carbon monoxide is a silent killer. Install a carbon monoxide detector and test it once a month. Keep grills and generators out of the house, and don't run your car for long periods of time in the garage. Most residential fires also occur in the winter; never leave fireplaces, stoves, and candles unattended.

**#5. Travel safely.** Whether you are going down the block or halfway across the world, follow extra precautions. Give yourself plenty of time in the additional holiday traffic. Never drink and drive. Be on the lookout for reports of extreme weather and heed warnings. If you're traveling away from home, make sure to pack and take your medications. Know how to contact your doctor when you are away and have a medical problem, and where the local ER is.

**#6. De-stress.** Holidays can be a stressful time. You may be working, and feel the stress of managing your work duties along with additional commitments to your friends and family. You may feel the financial stress of gifts and the interpersonal stress of conflicts. Try to anticipate sources of stress and develop a plan to manage them. This may involve committing to fewer get-togethers or setting a tighter budget. Don't feel guilty; you have to take care of yourself before you can take of others.

**#7. Help others.** Depression and suicidality increase during the holidays. Watch for signs of depression among your friends and family. Take an active role to support those in need. Invite those colleagues or friends who are alone over the holidays to spend them with you. Volunteer and give to those less fortunate.

**#8. Treat yourself.** The holiday spirit is about helping others around you, but you also have to make time to take care of yourself. So treat yourself with something over the holidays. It may be something as simple as sleep. Wake up late and enjoy a day of rest; you need it. How about reading that book you've been meaning to for a long time, or getting a manicure or massage? Take the time to do the things that make you happy.

by Leana Wen, M.D.,  
published in the Huffington Post, 22 Dec 2012  
submitted by **Linda Alldred-Johnson, Parish Nurse**



St. Matthew's Matters!

## A Christmas Blessing



May there be harmony in your relationships. May sharp words, envious thoughts, and hostile feelings be dissolved.

May you give generously. May this love echo in your heart like the joy of church bells on a clear December day.

May each person who comes into your life be greeted as another Christ. May the honor given the Babe of Bethlehem be that which you extend to every guest who enters your presence.

May the hope of this sacred season settle in your soul. May it be a foundation of courage for you when times of distress occupy your inner land.

May the wonder and awe that fills the eyes of children be awakened within you. May it lead you to renewed awareness and appreciation of whatever you too easily take for granted.

May the bounds of love for one another be strengthened as you gather with family and friends around the table of festivity and nourishment.

May you daily open the gift of your life and be grateful for the hidden treasures it contains.

May the coming year be one of good health for you. May you have energy and vitality. May you care well for your body, mind and spirit

May you keep your eye on the star within you and trust this Luminescent Presence to guide and direct you each day.

May you go often to the Bethlehem of your heart and visit the One who offers you peace. May you bring this peace into our world.

**Joyce Rupp** ( printed with permission)

Sister Joyce Rupp, O.S.M., is an award-winning author who is also a retreat and conference speaker.

She is the co-director of The Institute of Compassionate Presence, a member of the Servite Order, and a volunteer for Hospice.



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

## Gifts to Share for the Holidays

1. **The Gift of Time:** Just "being" with someone can be a great comfort to them.

2. **The Gift of a Good Example:** Most people learn fundamental attitudes and behaviors by observing other people.

3. **The Gift of Acceptance:** People begin to change when they know they are accepted for who they are.

4. **The Gift of Seeing the Best in People:** When we expect others to respond in a positive way, they usually come through for us.

5. **The Gift of Privacy:** Too often we tend to "smother" other people with questions and demands on their time.

6. **The Gift of Self-Esteem:** Criticism stunts growth. Encouragement and recognition help a person to blossom.

7. **The Gift of Giving Up a Bad Habit:** You display love for yourself and others when you give up activities that are hurtful or unhealthy.

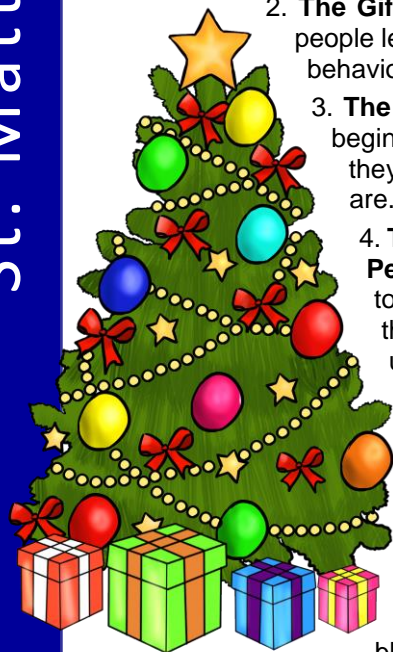
8. **The Gift of Self-Disclosure:** Bottling up feelings and resentments deprives the other person of truly knowing who you are.

9. **The Gift of Helping Someone Learn Something New:** Helping someone learn something new is an important investment in their future happiness.

10. **The Gift of Really Listening:** Few of us know how to listen in an effective manner -- give it a try for someone!

11. **The Gift of Fun:** It's important when you can help those close to you to find fun in ordinary small events.

12. **The Gift of Letting Others Give to Us:** When we let others give to us, and when we can accept their gifts in a gracious and mature manner, we may be giving them one of the most important gifts of all.



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