




For the New Year - 7 Spiritual Practices


Gain a new perspective of yourself, others, and God in 2019.


Cultivating our faith life is an important part of wellness. Here are a few ways to gain a new perspective of yourself, others and God throughout the year.


- 1) Try praying at different times during the day. You may notice that you pray differently at different times of the day. 

- 2) Laughter and rejoicing need to be part of our faith life. Think of something funny that has happened and thank God for giving humour in our lives. 

- 3) Loving yourself is the first step in "Love your Neighbour as Yourself." Spend a few minutes writing about what it means to love yourself. Remember God Loves you. 

- 4) Meditation or Listening is a part of our faith life that we often neglect. Consider taking 5 minutes to sit quietly and breathe. Try to quiet your inner voice and just listen. 

- 5) Go for a prayerful walk and remember that all creation belongs to God. It can be easy to forget that the air you breathe and the ground you walk on belongs to God so be mindful of this. 

- 6) Pray a movement prayer. Stretch out your arms, touch your toes, stretch your neck and feel the brilliance in God's creation and the way that your body is put together. 

- 7) Thankfulness comes in a variety of forms. Each day make a list of everything that you encounter for which you are thankful. At the end of the day incorporate the list into a prayer.

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



A Time for Reflection and Inspiration.....

Do something today that your future self will thank you for.

Author: Unknown

The secret of getting ahead is getting started.

Mark Twain

If you don't like something, change it. If you can't change it, change your attitude.

Maya Angelou

Be gentle with yourself, you're doing the best you can.

Author: Unknown

Just trust yourself, then you will know how to live.

Johann Wolfgang von Goethe

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





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

Upcoming

Jan 11 (Fri) Euchre	7:30pm
Jan 23 (Wed) Lunch & Learn	12noon
Jan 25 (Fri) Euchre	7:30pm
Jan 27 (Sun) Blood Pressure & TT Clinic	after worship
Jan 27 (Sun) Cash Card orders due	after worship
Feb 2 (Sat) High Tea	1-2:30pm OR 3-4:30pm
Feb 10 (Sun) Congregational Annual Meeting	after worship
Feb 13 (Wed) Foot Clinic (book appointment)	9-1pm
Feb 23 (Sat) Rummage Sale	9:00am-12noon
Feb 24 (Sun) Blood Pressure & TT Clinic	after worship
Feb 24 (Sun) Cash Card orders due	after worship
Feb 27 (Wed) Lunch & Learn	12noon
Mar 13 (Wed) Foot Clinic (book appointment)	9-1pm
Mar 24 (Sun) Blood Pressure & TT Clinic	after worship
Mar 24 (Sun) Cash Card orders due	after worship
Mar 27 (Wed) Lunch & Learn	12noon
Apr 27 (Sat) Walk-a-thon & Heart Healthy breakfast	tba
May 15 (Wed) Health & Wellness Fair	tba
May 28 (Tues) Curtain Club Charity night	8:00pm

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.

Health Ministry Clinics

The Health Ministry offers a number of monthly clinics and information events:

- 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

Theatre Charity Night

Each season the Richmond Hill Curtain Club donates the proceeds of one night of a production to a local charity. On Tuesday, May 28, 2019 St. Matthew's Health Ministry will be supported. Please mark this night on your calendar and come out for an evening of entertainment with the play starting at 8:00pm.

Title: The Savannah Sipping Society
Author: Jessie Jones, Nicholas Hope, Jamie Wooten



Synopsis:
 In this delightful comedy, four unique Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by Fate and an impromptu happy hour and decide it's high time to reclaim the enthusiasm for life they've lost through the years. Over the course of 6 months, filled with laughter, hilarious misadventures, and the occasional liquid refreshment, these middle-aged women successfully bond and find the confidence to jumpstart their new lives. Together, they discover lasting friendships and a renewed determination to live in the moment and realize it's never too late to make new old friends.

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

Mindful Tips for Everyone

1. Always believe in yourself. You are strong, beautiful and resilient.
2. Be kind to yourself. Make time for yourself and don't be too hard on yourself.
3. Kindness can change your day. Be kind to others at every opportunity you get.
4. Let go. Whether it's people, the past or things you simply cannot change.



English High Tea

St. Matthew's has the BEST High Tea in the area. You'll enjoy your time with us as you sip tea from fine china teacups and eat a selection of homemade scones, finger sandwiches, and desserts. All proceeds go to local charities.



Date: **Saturday, February 2**
Time: 1:00 -2:30 or 3:00-4:30
You must reserve your seating time
Cost: \$15.00 – adult; \$6.00 – child under 12
submitted by **Doreen Coyne, CEO Committee**

Rummage Sale

St. Matthew's annual Rummage Sale will take place Saturday Feb. 23 from 9 until 12. As usual we need your donations. Last year our donations were down so if you know of friends and family that would be willing to donate goods that would help. Generally, the goods should be dropped off at the church on Thursday or Friday (Feb 21 – 22). If necessary, we can pick up goods before then and store them at Marshall's Funeral Home. We take almost anything that is in saleable condition with the following exceptions: bicycles, large bedroom furniture (children's furniture is OK), mattresses, old style TVs (flat screen are OK), computers and computer accessories, electronic games, tires, baby cribs, car seats and swings.



As usual, we need lots of volunteers for the sale so if you help on either or all of Feb. 21, 22 or 23 we would appreciate it. It is particularly important this year that we get as many volunteers as possible as two of our regulars will not be able to help this year. We also provide volunteer hours so if you know of high school students needing hours please let them know.

The money raised from the sale goes to the church, while some of the remaining goods go to specific charities such as children's reading programs or women and youth shelters. The remainder goes to a local charity, usually the Salvation Army Thrift Store.

If you have any questions or wish to volunteer or donate goods please call Paul Gray.

submitted by **Paul Gray**

2018 Financial Status

It was another successful year financially as we have again achieved an operating surplus in 2018. 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 help make this happen.

submitted by **Brian Stanger, Treasurer**

Lunch and Learn

The Health Ministry has a full schedule of Lunch and Learn events for the fall. This is an informative presentation by a local health professional about topics related to our health and well-being, accompanied by a nutritious lunch. A free will offering is taken. Everyone is welcome.

Date: **Wednesday, January 23**
Time: 12:00 noon – 3:00pm
Topic: 35 Years of Hope & Healing – Your Community Hospice offers a lot more than you think
Speaker: Heidi Bonner, Executive Director, and The Hope House Team

Historically, hospice was refuge for travelers and care for the ill. In a very real way Hope House Community Hospice embodies this by providing a safe space for those who are journeying some of life's most difficult paths. Hope lives here for those who need it most.

Date: **Wednesday, February 27**
Time: 12:00 noon – 3:00pm
Topic: How to Eat Healthy on a Budget
Speaker: Sonia Smith, Nutritionist and Wellness Coach

Date: **Wednesday, March 27**
Time: 12:00 noon – 3:00pm
Topic: Tips for Cooking for One to Stay Healthy

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

Mindful Tips for Everyone

- Trust your instincts and where they lead you. Stop second guessing yourself.
- Timing is everything. Recognize this and understand that there are greater things in life.

Don't mess up with old people

George Phillips, an elderly man from Walled Lake, Michigan, was going up to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light, but saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?"

George said "No," but some people are breaking into my garden shed and stealing from me."

Then the police dispatcher said "All patrols are busy, you should lock your doors and an officer will be along when one is available."

George replied, "Okay." He hung up the phone and waited 5 minutes. Then he phoned the police again. "Hello, I just called you five minutes ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just shot and killed them both; the dogs are eating them right now," and he hung up.

Within five minutes, six police cars, a SWAT Team, a helicopter, two fire trucks, a paramedic and an ambulance showed up at the Phillips' residence, and caught the burglars red-handed.

One of the policemen said to George, "I thought you said that you'd shot them!"

George replied, "I thought you said there was nobody available!"



TRUST AND OBEY

Figure out the names of these Bible people who trusted and obeyed God.

Cross out every other letter (start with the first letter) to find the answers:

1. B P A E R T M E W R
2. P G Z I A D V E A O M N
3. T A O B A R F A G H I A R M
4. A D I A C N D I O E M L
5. H M S O G S A E M S
6. R P E A O U X L
7. K M W A I R E Y O
8. S N A O N A I H R
9. A R E U X T M H I
10. V E O S W T O H A E P R

