



St. Matthew's Matters!

Words from Warren

I'm writing this on the last day of February and, with Easter on the early side this year, we're already into the 2nd week of Lent! (Remember, Easter is determined according to the phases of the moon – Easter falls on the first Sunday after the first full moon after the vernal equinox, sometime between late March, at the earliest, and late April at the latest!)

Oh, how I used to regret the bleak, solemn nature of this season in the Christian calendar! For example, Lent begins on Ash Wednesday and just think of the scripture readings for that day: in all three years of the lectionary cycle, we read from Joel 2 ("The day of the LORD is near, a day of darkness and gloom"), Psalm 51 ("I was born guilty, a sinner when my mother conceived me"), 2nd Corinthians 5 ("As servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger" [trust me, the list goes on and on and on!]), and Matthew 6 ("Do not store up for yourselves treasures on earth, where moth and rust consume

and where thieves break in and steal"). I ask you, how much fun is that?

However, as much as Lent is definitely a time set aside from the normal course of events, let us always look to where it leads, for Lent leads to Easter's new life. But let's also face a deep spiritual truth: how can we ever hope to understand and really 'own' Easter's new life if we aren't willing to experience all the Good Fridays that come our way in faithfulness?

So let us walk through the 40 days (and 6 Sundays) of Lent with courage; let us be willing to look long and hard at ourselves, and at our lives. Let us also hold on to each other as we do that, for there is strength in community that will enable us to do everything that needs to be done! Then, having tasted of Lent deeply, we'll really be ready for what Easter brings.

I pray that you have the most meaningful Lent – and, therefore, most meaningful Easter – of your life.

Warren (a.k.a. Rev. Ball!)

Lent



Easter Worship

March 30th, **Good Friday**, 10:30 am

April 1st, **Easter Sunday**

Sunrise 7 am, followed by light breakfast
Family 10:30 am.

submitted by **Melanie DeLuca**,
Office Co-ordinator



Christian One Liners

Don't let your worries get the best of you; remember, Moses started out as a basket case.

Some people are kind, polite, and sweet-spirited until you try to sit in their pews.

People are funny; they want the front of the bus, the middle of the road, and the back of the church.

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



St. Matthew's Matters!

Accessibility Improvements

St. Matthew's is now more accessible! In December, we had a new hand rail installed along the outside ramp leading up to the front doors. And, after many delays, our new automatic front doors are now in place and working. The front doors were replaced at the end of December, but after delays in delivery of some parts and electrical work the automatic, push button, door openers were finally operational on March 2nd. Seniors and the handicapped will now be able to more easily access St. Matthew's without assistance.

Our thanks go to the Health Ministry for initiating these improvements and for contributing to the financing of both these upgrades to our facility. Also, thanks to all those who contributed to the Front Door Fund which raised \$7,500. Altogether, with the funds contributed by the Health Ministry, the Euchre Group and funds designated from Memorial Funds, we raised over \$14,000 which covered the (\$12,000) cost of the new front doors with the remainder helping to pay some of the (\$4,000) cost of the new back door which was also replaced.

submitted by **Brian Stanger, Treasurer**

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.

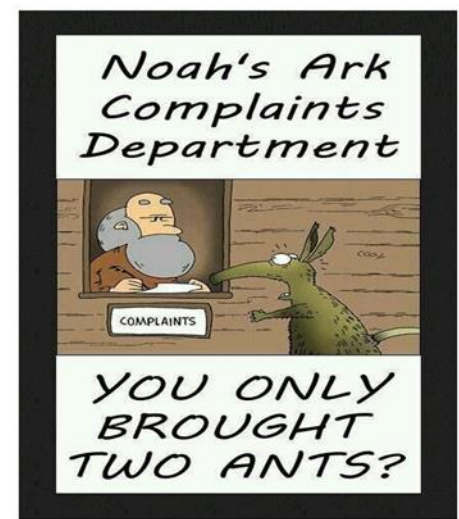
Upcoming

Mar 14 (Wed) Foot Clinic (book appointment)	9-1pm
Mar 16 (Fri) Euchre	7:30pm
Mar 25 (Sun) Blood Pressure Clinic	after worship
Mar 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) Sunrise Easter worship with breakfast	7:00am
Apr 1 (Sun) Family Easter worship	10:30am
Apr 6 (Fri) Euchre	7:30pm
Apr 11 (Wed) Foot Clinic (book appointment)	9-1pm
Apr 20 (Fri) Euchre	7:30pm
Apr 22 (Sun) Blood Pressure Clinic	after worship
Apr 22 (Sun) Cash Card orders due	after worship
Apr 25 (Wed) Lunch & Learn	12:00 noon
May 4 (Fri) Euchre	7:30pm
May 16 (Wed) Health and Wellness Fair	12 noon-3pm

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, March 28**
 Time: 12:00 noon – 2:20pm
 Topic: Keeping Our Seniors Safe
 Speaker: Constable Deb (Bussie) Woods, York Region Police

Lunch sponsored by: Amica @ Thornhill

Join us and Learn:

- Most common Frauds/Scams targeting
- Senior Tips on how to keep yourself safe online
- General home and personal safety tips



Date: **Wednesday, April 25**
 Time: 12:00 noon – 2:20pm
 Topic: Brain Gym to Optimize Your Living & Learning
 Speaker: Fran Burke M.ED. Life Skills Coach
 Lunch sponsored by: Delmanor Elgin

Join us and Learn:

- This remarkable program
- Its broad reach
- How it works
- How it can benefit you



Funny Puns....

- ...Two silk worms had a race. They ended up in a tie.
- ...Atheism is a non-prophet organization.
- ...A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
- ...A backward poet writes inverse.
- ...In a democracy it's your vote that counts. In feudalism it's your count that votes.
- ...If you jumped off the bridge in Paris, you'd be in Seine.
- ...Two fish swim into a concrete wall. One turns to the other and says 'Dam!'
- ...Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'

Health and Wellness Fair

The Health Ministry is hosting the annual Health and Wellness Fair. This is a free event with information, finger foods, door prizes and give-aways. Plan to come and have some fun, and don't forget to tell your friends and neighbours.



Date: **Wednesday, May 16**
 Time: 12:00 noon – 3:00pm
 Topic: A Passport on TIPS for Healthy Living

Experience: FREE mini treatments-to improve your mind, body& spirit

Obtain: FREE Resource Information from the Experts

Free: finger food, door prizes, and many other give-aways

To register: Contact: St Matthew's United Church Office: 905-884-3606

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

Rummage Sale

The Rummage Sale was a big success! The net proceeds from the sale was just over \$2,500. Thank you to Paul Gray and the many, many volunteers that work tirelessly to prepare, sell and cleanup over a 3-day period. Thank you, too, to all of the people who donated goods that will get a second life after the sale. Everything that was donated and did not sell was donated to the Rotary Club and the Salvation Army.



March is Nutrition Month

This year (2018) dietitians will help Canadians **Unlock the Potential of Food** by highlighting how food, not only nourishes, but also fuels active lives, inspires children, helps to heal, prevents chronic diseases and, most importantly, brings people together.

The 2018 Nutrition Month campaign will explore five topics that help **Unlock the Potential of Food**:

1. **Potential to fuel:** Stay energized by planning nutritious snacks into your day.
2. **Potential to discover:** Foster healthy eating habits in children by teaching them to shop and cook.
3. **Potential to prevent:** Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease.
4. **Potential to heal:** Learn how food can promote healing and how dietitians work with health care teams to make a difference.
5. **Potential to bring us together:** Enjoy the benefits of bringing families and friends together with food.



Throughout March, dietitians will host events in their communities, on social media and in their workplaces to help **Unlock the Potential of Food**. Healthy living tips, nutritious (and delicious) recipes and helpful links – including one that helps Canadians find a dietitian in their area. For more information check out NutritionMonth2018.ca.

See the recipe on the next page for Mexican Squash and Bean Salad. Give it a try.

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

A Time for Reflection....

Don't walk in front of me; I may not follow. Don't walk behind me; I may not lead. Just walk beside me and be my friend. *Albert Camus*

Coming together is a beginning. Keeping together is progress. Working together is success. *Henry Ford*

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has. *Margaret Mead*

You cannot truly listen to anyone and do anything else at the same time. *M. Scott Peck*

The human spirit will endure, but a broken spirit – who can bear? *Proverbs 18:14*

Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. *Helen Keller*

submitted by Linda Alldred-Johnson, Parish Nurse

MEXICAN SQUASH AND BEAN SALAD

RECIPE PROVIDED BY: Dairy Farmers of Canada
 RECIPE SOURCE: Cookspiration.com;
 Find more recipes at www.NutritionMonth2018.ca
 SERVINGS: 4 PREPARATION TIME: 20 minutes
 COOKING TIME: 25 minutes



INGREDIENTS

- 1 tbsp (15 mL) butter
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) dried oregano
- Salt and pepper
- 1 1/2 cups (375 mL) diced (1/2 inch/1 cm pieces) fresh or frozen butternut squash, thawed
- 1/2 cup (125 mL) water
- 1 1/2 cups (375 mL) canned no-salt-added diced tomatoes with juice
- 1 cup (250 mL) cooked or drained and rinsed canned unsalted black beans
- 1/2 cup (125 mL) frozen corn kernels, thawed
- 2 small corn or whole wheat tortillas
- 1/2 to 1 tsp (2 to 5 mL) grated lime zest
- 1 1/2 tbsp (22 mL) freshly-squeezed lime juice, divided
- 1/2 cup (125 mL) plain Greek yogurt
- 1 cup (250 mL) shredded Mozzarella
- 8 cups (2 L) torn romaine lettuce
- 1 cup (250 mL) cherry tomatoes, cut in half
- Chopped fresh cilantro (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (180°C).
Line a large baking sheet with parchment paper.
2. In a large skillet, melt butter over medium heat. Sauté onion, garlic, chili powder, oregano, 1/8 tsp (0.5 mL) salt and 1/4 tsp (1 mL) pepper for about 2 minutes or until onion starts to soften. Add squash and sauté for 1 minute or until onion is soft. Stir in water. Cover and boil for 5 minutes.
3. Stir in canned tomatoes, beans and corn. Reduce heat to medium-low, cover and boil gently, stirring occasionally, for about 15 minutes or until squash is soft.
4. Meanwhile, cut each tortilla into 12 thin wedges. Arrange in a single layer on prepared baking sheet. Bake in preheated oven for 8 to 10 minutes or until golden and crisp. Set aside.
5. In a small bowl, stir lime zest and 1/2 tbsp (7 mL) lime juice into yogurt and season with a pinch each of salt and pepper.
6. Remove squash mixture from heat. Stir in remaining lime juice and half of the shredded cheese until melted. Season to taste with pepper and up to 1/8 tsp (0.5 mL) more salt.
7. In a large bowl, combine half of the lime yogurt and lettuce; toss to coat. Divide lettuce among serving plates. Spoon squash mixture on top of salad and top with remaining shredded cheese and grape tomatoes. Dollop with remaining lime yogurt, top with baked tortilla chips. Sprinkle with cilantro (if using).

Quotes to make you think...

Believe you can and you're halfway there.

Theodore Roosevelt

It is never too late to be what you might have been.

George Eliot

Your future is created by what you do today, not tomorrow.

Robert T. Kiyosaki

Remember that happiness is a way of travel, not a destination.

Roy Goodman

