



Words from Warren

Jesus once said, *“Do not judge and you will not be judged; do not condemn and you will not be condemned. Forgive and you will be forgiven; give and it will be given to you” (Luke 6:37-38).*

In sitting down to write this article, I can't help but recall this time last year when I was asked to provide my first contribution to "St. Matthew's Matters" – I was on my first full week here and I hardly knew which way was up yet!

Well, here we are one full year later and I want you to know that I feel thoroughly blessed and ever so thankful to be in ministry with you – Lori and I have been so richly welcomed that it genuinely feels like home!

That said, let's realize something about blessings: we may receive them – indeed, we do all the time, whether we're aware of them or not! – but those blessings will only become real for us as we are able to

give them away. And so to that scripture text quoted above where Jesus points out the vital connection between giving and receiving.

I know that I, for one, will only feel my sense of blessing here at St. Matthew's to be real as I'm able to serve that blessing into the life and work of our amazing community. I pray that such a thankful blessing will inform my ministry here for many a year to come!



Wishing you a safe, blessed and blessing summer, Warren (a.k.a. Rev. Ball!)

submitted by **Rev. Warren Ball**

St. Matthew's Matters!

11 Quotes to Remember When You Feel Lost in Your Life- from Daily Health Post

- Always remember that your present situation is not your final destination. The best is yet to come.
- Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us.
- If you don't like where you are, move. You are not a tree.
- You can't start the next chapter if you keep rereading the last.
- If it doesn't open, it is not your door.
- Sometimes you need to step outside, get some air, and remind yourself of who you are and where you want to be.
- Sometimes you need to talk to a three-year-old just to understand life again.
- Listen & silent are spelled with the same letters. Think about it.
- Sometimes you have to stop thinking so much and go where your heart leads you.
- You don't have to have it all figured out to move forward.
- Never stop believing because miracles happen every day.

submitted by Linda Alldred-Johnson, Parish Nurse
Thanks to my friend Rev. Tom Doherty for sharing with me.



Salvation Army School Drive

Each summer, the Salvation Army (Richmond Hill based) embarks on a backpack drive for less fortunate students/families who can't afford school supplies needed for the September return to class. The drive normally runs during the month of August, but St. Matthew's Education and Outreach Committee is getting a head start on this project, in preparation for this year's August demand. Students in need range from Junior Kindergarten to Grade 12.



There will be a designated box in the Narthex for you to place your donations. These donations will be picked up each week. They will be delivered to the Salvation Army at the end of August.

ITEMS NEEDED:

- New or gently used backpacks or lunch bags.
- Binders, paper, notebooks, pens, pencils, erasers, glue, scissors, rulers, whiteout, highlighters, markers, coloured pencils, wax crayons, math sets, calculators

Please consider a donation to help a needy child.

submitted by

Christian Education and Outreach Committee

Health Ministry Clinics

The Health Ministry offers a number of monthly clinics:

- Blood Pressure & Therapeutic Touch Clinics on 4th Sunday after worship. NOTE: there will be no BP Clinic in July and August.
- 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. NOTE: there will be no Foot Clinic in August.
- Lunch & Learn at noon every 4th Wednesday except in the summer months.

submitted by **Health Ministry**

Sympathy

We extend our sincere sympathy to the families of:

Isabelle McAllister who passed away March 9

Pat Booth who passed away April 21

Celebrating Canada 150

On June 25, I would like to include stories in the church service from St. Matthew's folks about how and when their families came to Canada. If you would like to contribute to this, please write a paragraph about your family and submit it to me by June 18st.



submitted by **Helen Smith**

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

Note: activities are suspended during July and August.

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

Note: most committees do not meet in the summer.

Upcoming

May 12 (Fri) Euchre	7:30pm
May 17 (Wed) Health & Wellness Fair	12 noon – 3pm
May 26 (Fri) Euchre	7:30pm
May 28 (Sun) Blood Pressure Clinic	after worship
May 28 (Sun) Cash Card orders due	after worship
Jun 9 (Fri) Euchre	7:30pm
Jun 14 (Wed) Foot Clinic (book appointment)	9-1pm
Jun 18 (Sun) Cash Card orders due	after worship
Jun 21 (Wed) Strawberry Supper	5:00 – 7:30pm
Jun 25 (Sun) Blood Pressure Clinic	after worship
Jul 2 (Sun) Summer worship – first day	9:30 am
Jul 12 (Wed) Foot Clinic (book appointment)	9-1pm
Sep 3 (Sun) Summer worship – last day	9:30am
Sep 10 (Sun) Celebration Sunday worship	10:30am



St. Matthew's Matters!

Health & Wellness Fair

On Wednesday, May 17 the Health Ministry hosts the Health and Wellness Fair at St. Matthew's from 12noon until 3pm. This is a free event so come and have some fun! There will be information, finger foods, door prizes and give-aways. Don't forget to tell your friends and neighbours.



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

Committee Members

If you are interested in joining a St. Matthew's committee for the coming year, June 1, 2017 – May 31, 2018, please leave your name with the church office or contact the committee chair.

Volunteers and committee members are always welcome. Remember that joining a committee is a good way to contribute to our church community and it is also a great social activity as you get to know others in our church community and share your skills and knowledge.

Strawberry Supper

Wednesday, June 21, join your St. Matthew's family for the Strawberry Summer. This is a delicious meal of cold roast beef, ham and assorted salads. Dessert is home-made cake and ice cream served with fresh Ontario strawberries. Dinner is served between 5:00 and 7:30pm. Tickets are available by contacting the church office at 905-884-3606. Tickets are \$18 for adults and children 12 and under are free. Tickets will be available at the door.



Summer at St. Matthew's

During the summer months we change our time of worship so please note the earlier start time of the worship service. Also, the hours that our church office is open are reduced:

- Summer worship from July 2 to Sep 3, inclusive – start time is 9:30am
- Office hours from July 5 to Sep 3 are Wednesdays from 9:30 to 12:30
- Please leave a message if you require assistance. Messages will be checked regularly.

Financial Update

The numbers are positive compared to last year at this time. Our deficit is still over \$7,000, but that is \$5,000 less than last year at this time. Rental income is a big contributor, but our givings are also up which is encouraging. Thanks for your continued support.

as of April 30, 2017

INCOME	2017 YTD	2016 YTD	DIFFERENCE
Congregational Givings	\$37,506	\$34,692	\$2,814
Cash Card	\$845	\$935	-\$90
Rentals	\$9,460	\$5,100	\$4,360
Fundraising & Other	\$4,903	\$4,681	\$222
Total Income	\$52,714	\$45,407	\$7,306
Total Expense	\$60,367	\$58,313	\$2,055
NET Income (Loss)	-\$7,654	-\$12,905	\$5,252

OUTREACH GIVINGS	2017 YTD	2016 YTD	DIFFERENCE
Mission & Service	\$5,844	\$5,734	\$110
Health Ministry	\$1,853	\$1,679	\$174
Food Bank	\$838	\$355	\$483

submitted by **Brian Stanger, Treasurer**

Cash Cards

The next two Cash Card orders are due on May 28 and June 18. These are the last orders before the summer so remember to stock up for the summer holiday months. This is a great, and painless, way to help your church with extra fundraising.



Cash Cards cost you nothing but the church is given a rebate on all orders. Use Cash Cards for groceries, gas and all your regular shopping. They also make great gifts. See the Cash Card order form for all the ways they can be used.

submitted by **Brian Stanger, Treasurer**



A Time for Reflection.....

"Other things may change us, but we start and end with the family." Anthony Brandt.

Summer is usually a more laid back time of the year. For many of us it is a time to visit parents, family and friends for the annual visit, or gives us more time to spend with loved ones for a longer, more dedicated period of time. You may start to notice some changes that are disconcerting to you but you are not sure what to say or do about them. Here is some food for thought....

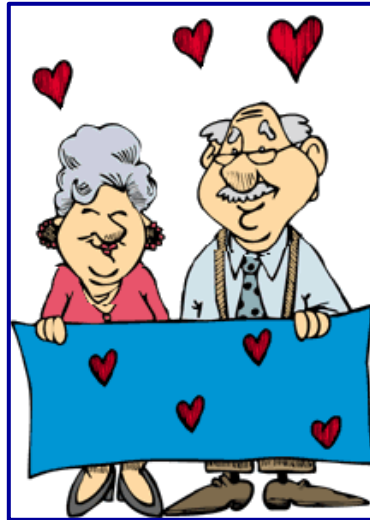
How Do You Know When Your Parents (Or A Loved- one/ Senior Friend) Need Help?

So you have recently visited your parents and, subtle as these changes were, things were not the same. Perhaps you have noticed:

- Difficulty with or inability to perform routine activities, such as dressing.
- Physiological changes, such as gaining or losing weight or sleeping too much or too little.
- Certain physical clues around your parents' home, such as unopened mail or an unusually untidy environment.
- Abnormal behavior, such as aggression or lack of motivation.

There is clearly a pattern of decline in your parents, but you are unsure what to do next. However, one thing is certain: it is never too early to start planning for what might come. Here are some possible steps to take:

1. Talk with your parents (or loved one) about your concerns. Begin the initial conversation by mentioning what is worrying you, and then suggest measures you can take to make things better.
2. Discuss the idea of having a health assessment done by their primary care physician.



3. Determine if your loved ones have legal questions and would benefit from making an appointment with an attorney-preferably one who specializes in elder law.
4. Have a family meeting. This is essential, especially if you have siblings.

5. Your parents may need help with house cleaning or bill paying. Ask how they feel about having some assistance with the care of their home or in personal care a few times a week.

6. In-home care is a logical first step for those who need help for a few hours a day. You may be able to convince your parents of this by reminding them that keeping them healthy and safe would allow them to continue living in their home.

7. Plan for health emergencies. Keep a record of your parents' doctors, medications etc. Know where they keep their important documents.

8. Identify people that can be your eyes and ears when you go home, such as neighbours, family or friends. Make sure everyone on your list has your contact information in case of emergency.

9. Learn about resources and services available in your loved ones community.

The more systems you have in place, the more your parents will be kept independent and safe in their own home, giving you peace of mind as you return home from your holiday.

NOTE: The best time to create a care plan is before a senior parent becomes ill or unable to make decisions.

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

from: Newsletter of Living Assistance Services-Caregivers Corner, Issue 3.

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.