



## Words from Warren

I was watching a programme on my computer the other day when our internet connection 'crashed' – the screen went black, the speakers started hissing angrily and I was left very disappointed not to know how the programme ended!

Life's a lot like that, isn't it? All too often our well-laid plans are interrupted; all too often we don't get to watch our hopes come to fruition.

This season of fall that we're about to enter is a time of fruition – it's a time when the crops ripen and the harvest is gathered. But the ugly reality of life is that sometimes the harvest is poor, unable to sustain us through the long, cold months of winter.



That's why spiritual hope is SOOOO important for us! Bad things do happen, misfortune does occur, but we

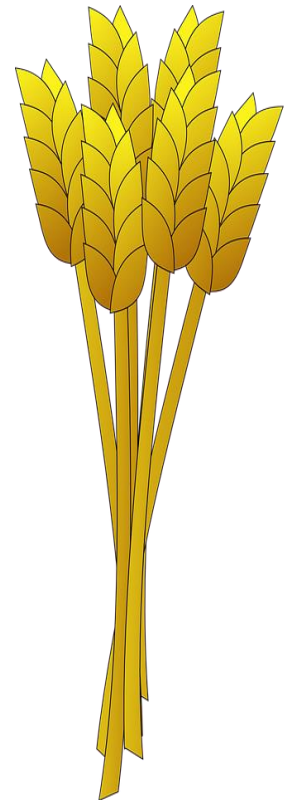
have to remember that we are part of a story that has a happy ending. And, while the various internet systems in life are always subject to interruption, God's connection with us knows no interruptions, save the ones we choose to impose. That's why it's also SOOOO important for us to work at listening for God's call – day by day; hour by hour. That's what we do every time we worship at church; that's what we do whenever we pray; that's what we do with all of our efforts to learn, to grow, to mature.

With prayers that you will harvest the fruit of God's Spirit this fall,  
Warren (a.k.a. the Rev. Ball!)

submitted by **Rev. Warren Ball**

## The Myths of Letting Go

1. To let go doesn't mean to stop caring  
It means I just can't do it for someone else.
2. To let go is not to cut myself off  
It's the realization that I can't control another.
3. To let go is not to enable  
but to allow learning from natural consequences.
4. To let go is to admit powerlessness...  
which means the outcome is not in my hands.
5. To let go is not to try to change or blame another...  
I can only change myself.
6. To let go is not to care for but to care about.
7. To let go is not to fix but to be supportive.
8. To let go is not to judge...  
but allow another to be a human being and make a mistake.
9. To let go is not to be in the middle arranging all the outcomes...  
but to allow others to affect their own outcomes.
10. To let go is not to be protective.  
It is to permit another to face reality.
11. To let go is not to deny, but to accept.
12. To let go is to fear less and love more.
13. To let go is not to nag, scold or argue...  
but to search out my own shortcomings and correct them.
14. To let go is not to adjust everything to my desires...  
but to take each day as it comes and cherish the moment.
15. To let go is not to criticize and regulate anyone...  
but to try to become what I dream I can be.
16. To let go is not to regret the past...  
But to grow and live for the future!



by Dr Riseborough, Find the Courage- Intuitive Life Strategies.  
submitted by Linda Alldred-Johnson, Parish Nurse



St. Matthew's Matters!

## Financial Update

What a difference a year makes! We expect to be in a deficit after the summer, but our deficit is \$16,000 less than last year at this time! Both givings and rental income are up significantly from last year. Thanks again for your continued support.

as of August 31, 2017			
INCOME	2017 YTD	2016 YTD	DIFFERENCE
Congregational Givings	\$78,355	\$68,088	\$10,267
Cash Card	\$1,567	\$1,553	\$14
Rentals	\$17,835	\$11,635	\$6,200
Fundraising & Other	\$10,300	\$9,353	\$947
<b>Total Income</b>	<b>\$108,057</b>	<b>\$90,629</b>	<b>\$17,427</b>
<b>Total Expense</b>	<b>\$111,998</b>	<b>\$110,986</b>	<b>\$1,013</b>
<b>NET Income (Loss)</b>	<b>-\$3,941</b>	<b>-\$20,356</b>	<b>\$16,415</b>

OUTREACH GIVINGS	2017 YTD	2016 YTD	DIFFERENCE
Mission & Service	\$12,163	\$11,865	\$298
Health Ministry	\$4,097	\$3,147	\$950
Food Bank	\$1,948	\$975	\$973

submitted by **Brian Stanger, Treasurer**

## 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:

- September 24
- October 22
- November 19
- December 3



submitted by **Brian Stanger, Treasurer**

## 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**

## 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 starting Sept 15

## Hands & Hearts Bazaar

Mark your calendars for the Hands and Hearts Bazaar on Saturday, November 4<sup>th</sup> from 9:30am to 1:00pm. Plan to bring the whole family for a scrumptious brunch with a large variety of tasty breakfast and lunch goodies.



You can start your Christmas shopping with hand-crafted items or gently used household items and stock up on home-baked goods and cookies.



## Bertha Mohl's Birthday

It's Bertha Mohl's 80th Birthday!

The family cordially invite the congregation of St. Matthew's to a Birthday Open House on Saturday, Sept 16 from 1:30- 4:00 pm, in the church hall. Bring your favourite story of Bertha. In lieu of a gift, an item for the RH Food Bank would be appreciated. There will be CAKE!



## Beef and Salmon Dinner

Each year the Finance Committee hosts a Beef and Salmon dinner that is not to be missed. Dinner will be served on Saturday, October 21 with sittings at 5:00 and 6:30pm. Tickets must be purchased in advance by calling the church office: adults - \$20 and children under 12 - \$9. This is a full meal with your choice of beef or salmon, lots of potatoes and veggies and, of course desserts – home-made pies with ice cream.

submitted by **Brian Stanger, Finance**

## Upcoming

Sep 10 (Sun) Celebration Sunday worship	10:30am
Sep 13 (Wed) Foot Clinic (book appointment)	9-1pm
Sep 15 (Fri) Euchre	7:30pm
Sep 24 (Sun) Blood Pressure Clinic	after worship
Sep 24 (Sun) Cash Card orders due	after worship
Sep 27 (Wed) Lunch & Learn	12:00 noon
Sep 29 (Fri) Euchre	7:30pm
Oct 11 (Wed) Foot Clinic (book appointment)	9-1pm
Oct 13 (Fri) Euchre	7:30pm
Oct 14 (Sat) Breakfast Series	9:00am
Oct 21 (Sat) Beef and Salmon dinner	5:00pm
Oct 22 (Sun) Blood Pressure Clinic	after worship
Oct 22 (Sun) Cash Card orders due	after worship
Oct 25 (Wed) Lunch & Learn	12:00 noon
Oct 27 (Fri) Euchre	7:30pm
Oct 29 (Sun) Anniversary Sunday worship	10:30am
Nov 4 (Sat) Hands & Hearts Bazaar	9:30am
Nov 8 (Wed) Foot Clinic (book appointment)	9-1pm
Nov 19 (Sun) Cash Card orders due	after worship
Nov 22 (Wed) Lunch & Learn	12:00 noon
Nov 26 (Sun) Blood Pressure Clinic	after worship

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.

## Breakfast Series

The Health Ministry is hosting a breakfast and talk. Please call the church office to register. There is a free-will offering for the lunch

**Date: Saturday, October 14**

**Time: 9:00 – 11:00am**

**Topic: Bone Health with Exercise and Nutrition**

**Speaker: Dr Judith Snider, Chiropractor, Homeopath & Nutritionist**

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

## 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, September 27**

**Time: 12:00 noon – 2:20pm**

**Topic: Strategies to Deal with Stress as We Age**

**Speaker: Vandita Trivedita, Coordinator, CHATS Luncheon: sponsored by Richview Manor**

**Join us and Learn:**

- Common symptoms associated with stress and its impact as we age
- How to support seniors dealing with stress
- Information & tips for stress prevention
- Self-care strategies to deal with your own stress

**Date: Wednesday, October 25**

**Time: 12:00 noon – 2:20pm**

**Topic: The Changing Seasons of Dementia**

**Speaker: Mona Lancaster, Memory Lane, Richmond Hill**

**Luncheon: sponsored by Amica @ Thornhill**

**Date: Wednesday, November 22**

**Time: 12:00 noon – 2:20pm**

**Topic: Say Goodbye to Headaches & Back Pain**

**Speaker: Dr Judith Snider, Chiropractor, Homeopath & Nutritionist**

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



### *A Time for Reflection.....*

#### **ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN**

**Uncommon Thoughts on Common Things by: Robert Fulghum**

Most of what I really need to know about how I live and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sand pile at Sunday School. These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that are not yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Warm cookies and cold milk are good for you.
- Live a balanced life- learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out into the world, watch out for traffic, hold hands and stick together.
- Be aware of wonder.

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

