



## Words from Warren



*Advent summons us  
with the exuberant hopefulness of a  
child.*

*Advent holds us spellbound with child-  
like wonder.*

*Advent challenges us to care for the  
littlest child.*

*Advent amazes us, for God was made  
known in a tiny child.*

(Celebrate God's Presence, 1F005)

I realize that, going through the many rituals of Advent may seem like a matter of repetitive, mindless custom. However, genuinely living through the four Sundays of this season – genuinely living through Hope, Peace, Joy, and Love – is far from a matter of empty duplication. You see, it's as we repeat these time-honoured, cherished rituals that we, yes, go around; but we also ascend – we climb up into God's grace even as we repeat the customs.

I send you my prayers and very best wishes for your hope, peace, joy and love as we walk together towards the birth of God's love,

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

Once again, we prepare to enter the holy wonder of the Season of Advent, the time of preparation when, in peering backwards through history to something that happened a long, long time ago, we can catch a glimpse of what yet will be!



## Christmas at St. Matthew's

### December 2 Advent I

The 1<sup>st</sup> Sunday of Advent begins our spiritual preparation for the birth of Christ! 10:30am

### December 9 Advent II White Gift Sunday

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. 10:30am

### December 15 St. Matthew's Family Christmas Dinner

Beginning at 6 pm, in the church hall, our St. Matthew's church family will enjoy a Christmas dinner with all the trimmings. \$15 adults, children age 12 and under are free. A limited number of tickets are available.

### December 16 Advent III

We have our regular Sunday service at 10:30am, and then regather at 7:00pm for our **Carols by Candlelight** service with the voices of our St. Matthew's choir and of our hand bell choirs. You won't want to miss this!

### December 23 Advent IV

This Sunday is the fourth during our journey towards the birth day of a King, 10:30am worship

### December 24 Christmas Eve, with The Rev Warren Ball

At 7:00pm, we'll gather for a family celebration of this special, blessed night. Join us at 10:30pm, when we will celebrate Communion during a quieter, more reflective Christmas Eve service.



St. Matthew's Matters!

## 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

Nov 14 (Wed) Foot Clinic (book appointment)	9-1pm
Nov 18 (Sun) Cash Card orders due	after worship
Nov 23 (Fri) Euchre	7:30pm
Nov 24 (Sat) Breakfast Series	9-11am
Nov 25 (Sun) Blood Pressure & TT Clinic	after worship
Nov 28 (Wed) Lunch & Learn	12noon
Dec 2 (Sun) Advent I worship	10:30am
Dec 7 (Fri) Euchre	7:30pm
Dec 9 (Sun) Advent II worship White Gift Sunday	10:30am
Dec 9 (Sun) Cash Card orders due	after worship
Dec 12 (Wed) Foot Clinic (book appointment)	9-1pm
Dec 15 (Sat) Family Christmas Dinner	6:00pm
Dec 16 (Sun) Advent III worship	10:30am
Dec 16 (Sun) Carols by Candlelight service	7:00pm
Dec 23 (Sun) Advent IV worship	10:30am
Dec 23 (Sun) Blood Pressure & TT Clinic	after worship
Jan 9 (Wed) Foot Clinic (book appointment)	9-1pm
Jan 11 (Fri) Euchre	7:30pm
Jan 23 (Wed) Lunch & Learn	12noon
Jan 25 (Fri) Euchre	7:30pm
Jan 27 (Sun) Cash Card orders due	after worship
Jan 27 (Sun) Blood Pressure & TT Clinic	after worship
Feb 2 (Sat) High Tea	tba
Feb 23 (Sat) Rummage Sale	tba
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

## Sympathy

Sympathy and prayers are offered to the Hoogenboom family, on the loss of their Mother, Miena Hoogenboom, on September 6..

## Health Ministry Clinics

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

- 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

## 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**

## Celebration

On November 4, we celebrated the Baptism of Rachel Margaret Wylie; parents: Jasmine Bamford & Stephen Wylie and sister: Heather



## Financial Update

Our deficit as of October 31 is \$-379, which is very manageable, so the outlook for yearend looks positive. The Beef & Salmon Dinner raised over \$1,600 on October 20. Thanks for all your support.

as of October 31, 2018

INCOME	2018 YTD	2017 YTD	DIFFERENCE
Congregational Givings	92,018	97,371	-5,353
Cash Card	2,308	2,089	218
Rentals	34,675	24,610	10,065
Fundraising & Other	11,189	14,616	-3,428
<b>Total Income</b>	<b>140,189</b>	<b>138,687</b>	<b>1,503</b>
<b>Total Expense</b>	<b>140,568</b>	<b>137,447</b>	<b>3,121</b>
<b>Net Income (Loss)</b>	<b>-379</b>	<b>1,239</b>	<b>-1,618</b>

OUTREACH GIVINGS	2018 YTD	2017 YTD	DIFFERENCE
Mission & Service	13,837	15,264	-1,427
Health Ministry	5,516	5,497	19
Food Bank	1,863	2,478	-615

submitted by **Brian Stanger, Treasurer**

## Carols by Candlelight

The annual Christmas service that features the St. Matthew's voice and bell choirs will be held at 7:00pm on Sunday, Dec 16. This is a lovely service with the sanctuary filled with candles, beautiful Christmas music and readings from the Christmas story. This service brings us Christmas joy, so plan to attend.



### Quotes to Inspire

Speak words that rebuild the torn down places in others.

*TobyMac#speake*  
from The Mindful Christianity Today

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.

## Family Christmas Dinner

Each year the St. Matthew's family celebrates Christmas together with a traditional meal of turkey and all the trimmings. Tickets will be on sale soon and must be purchased in advance; cost is \$15.00 and children age of 12 and under are free.



## 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, November 28**

Time: 12:00 noon – 3:00pm

Topic: Supporting Your Immune System through Nutrition to Improve Your Health in the Winter Months

Speaker: Rosemary Mele, Homeopathic Practitioner  
Daniella Cufis, Holistic Nutritionist

Join us and learn:

- How nutrition can support the immune system
- Natural supplements to prevent colds and flu
- How to speed recovery and reduce symptoms

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.

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

### Quotes to Inspire

The path isn't a straight line; it's a spiral. You continually come back to things you thought you understood and see deeper truths.

*Barry H. Gillespie*



## Christmas Fund Raisers

The CE&O committee has several fund raisers for this Christmas season. Each is outlined below. We'd appreciate your participation and donation.

### SOUP AND BUN Lunch:

We will be having a soup and bun lunch on November 18. Please join us. Cost is \$5 per person. Bertha Hurdman is coordinating this effort.

### SAMARITAN'S PURSE:

We have 25 boxes available for you to fill starting today for this worthwhile Christmas project. If more boxes are needed, you can use any shoebox you may have at home or contact someone on the Outreach committee. A leaflet on what is appropriate to put in the boxes per age group is provided when you pick up a box in the foyer after each Sunday service. The boxes need to be filled and returned no later than November 11th.

### JENSEN CHEESE:

We're taking cheese orders now as well. People enjoyed the selection of cheeses and gift boxes last year so we hope you will consider purchasing this year. Be sure we have your order by Nov 25. The cheese will be available to pickup at the church on Dec. 9th. Jayne Philip is coordinating this effort.

### MITTEN TREE:

Please contribute to the Mitten Tree again this year. It'll be up starting in December for your donations of mitts, socks, scarves, and toiletries. Marilyn Kemp is coordinating this effort.



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

## Quotes to Inspire

The mark of a great church is not how many people come, but how many people live differently for having been there.

*Clergy Coaching Network*

Forgive yourself for not knowing what you didn't know before you learned it.

*Maya Angelou*

We are not called by God to do extraordinary things, but to do ordinary things with extraordinary love.

*Jean Vanier*

## Breakfast Series

The Health Ministry hosts a Saturday breakfast series that provides helpful information about health issues and serves a healthy breakfast.. A free will offering is taken. Everyone is welcome.

Date: **Saturday, November 24**

Time: 9:00 – 11:00am

Topic: 5 Common Myths That Lead You To Believe You're Over Past Hurts... That Might Keep You Stuck Without Knowing  
Speaker: Paul Meschino, Doctor of Chiropractic, New Directions in Health, Richmond Hill and Founder of "Live Your Best Life with Dr Paul Meschino"

Join us for a healthy breakfast and learn:

- What may be holding you back from living your best life
- How to free yourself from hurts of the past

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

## Cash Cards

Consider ordering and giving Cash Cards as gifts over the holiday season. This gift can be specifically selected for a favourite restaurant or retail store that will be appreciated by the recipient and will help with fundraising for the church. You can make orders after church on Nov 18 and Dec 9 and the cards will be available in church the next Sunday.



submitted by **Brian Stanger, Treasurer**

## Biblical Humour

Q. What kind of man was Boaz before he married Ruth?

A. Ruthless.

Q. What do they call pastors in Germany?

A. German Shepherds.

Q. Who was the greatest financier in the Bible?

A. Noah. He was floating his stock while everyone else was in liquidation.





## Fall Prevention

According to the National Council on Aging, every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips:

1. Find a good balance and exercise program: Look to build balance, strength, and flexibility. Find a program that you like and take a friend.
2. Talk to your health care provider: Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist: Make sure that side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses: Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe: Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members: Enlist their support in taking simple steps to stay safe. Falls are not just a senior's issue.

### Benefits beyond fall prevention

In addition to reducing falls and improving physical fitness, research has long proven that regular exercise provides many other benefits to older adults, including:

- Improves functional capacity, mental health and overall well-being
- Reduces the incidences of illness and delays the decline associated with aging
- Improves the ability to recover from poor health
- Helps build social networks that promote overall health

submitted by: Linda Alldred-Johnson, Parish Nurse

### Brush Off Dementia

If you need a little incentive to keep your pearly whites clean, consider this: A study from the University of California found that elderly people who didn't brush their teeth had a 22 to 65 per cent greater risk of dementia than those who brushed three times a day. What's the connection? When harmful bacteria colonize your gums, their inflammatory by-products seep through your gums and into your body -- that's when the inflammation can lead to heart disease and dementia.

So brush up!



## Flue Fighters

This flu season, protect yourself and others by:

- Getting your annual flu shot as early as possible. The flu shot takes 14 days to become fully effective. The sooner you get it, the sooner you are better protected. Visit [ontario.ca/page/get-flu-shot](http://ontario.ca/page/get-flu-shot) to find a free flu shot clinic in your area.
- Clean your hands correctly and often. Use hand sanitizer; it's fast, readily available and an efficient way to eliminate germs from your hands.
- Cleaning and disinfecting surfaces. Most household cleaning products will kill the flu virus, so keep common surfaces and items clean and disinfected.
- Covering up. Cover your mouth and nose with a tissue when you cough or sneeze. No tissue? Cough into your elbow, not your hand.
- Keeping away. Stay home if you are ill.

submitted by: Linda Alldred-Johnson, Parish Nurse



### The Truth About Hats

Remember how Mom used to warn you to wear your toque or you would lose 45 per cent of your body heat? It turns out that chilly assumption was based on U.S. Military experiments in the 1950s when volunteers wearing Arctic survival suits were exposed to bitterly cold conditions -- with their heads uncovered. Because their noggins were the only body parts exposed, that's how most of their heat was lost. And though a more accurate measure of head heat loss would be 10 per cent or less, a cosy hat still takes the edge off frosty days.

### Assurance of Forgiveness

God does not define us by our past,  
but by our futures.

**We will try to do this too.**

God does not define us by our mistakes,  
but by our potential.

**We will try to do this too.**

God does not define us by our problems,  
but by our depth.

**We will try to do this too.**

God has given us a new name.

**We are now "Forgiven." Amen.**

## Brain Storm – Headaches and Migraines

For many Canadians, throbbing headaches are just an uncomfortable reality of everyday life. In fact, 2.7 million of us suffer from chronic migraines, according to MigraineCanada.org, with women accounting for 75 per cent of those sufferers. Thankfully, there are plenty of prevention and treatment options for these painful episodes. Whether you suffer from migraines or headaches, here are smart tactics for treating and preventing them.

### The difference between a headache and a migraine

Simply put, headaches cause pain, pressure and discomfort, but they aren't debilitating, says Brent Lucas, executive director of Help for Headaches (headache-help.org), a charity providing research and support for headache sufferers in Ontario. Symptoms may include an aching, dull pain and sensation of tightness or pressure on the sides and/or back of the head or forehead. There may also be tenderness in the shoulder area, neck and scalp. While headaches can be mildly painful and will interrupt daily life to a degree, people are often able to continue with their day and function somewhat normally.

In the realm of migraines, the main difference is pain. "Migraines are often one-sided, but can be two-sided and often cause moderate to severe throbbing pain that is typically associated with nausea, sometimes vomiting, intolerance to light or sound, and even temporary vision loss," Lucas says. Symptoms can include pulsing pain, an aura that presents in the form of blind spots, a flashing light, or pins and needles in extremities or the face.

### Who's most likely to get them

Though migraines tend to be hereditary, Lucas says some sufferers have them for no apparent reason. "I generally refer to this as being 'migraine-prone,' just as someone can be diabetic-prone. Some researchers believe some people are born with a faulty gene, but more research needs to be done in this area."

### How to treat and prevent them

The best way to treat your pain depends on the degree of severity, Lucas says. Often, sufferers will seek a dark, quiet room and lie down to cope. Anti-inflammatory medications, like ibuprofen, can also be helpful, as are hot or cold compresses, small amounts of caffeine and light massage. Those with recurrent bouts may benefit from doctor-prescribed medications to ease their pain.

In terms of prevention, listening to your body is key. Some migraine sufferers experience symptoms a day or two before the pain arrives -- displays of irritability, constipation, depression, unusual food cravings and neck stiffness are common -- which opens the door to preventive measures. Eliminating trigger drinks like alcohol and caffeine can help, as can taking steps to reduce stress. Doing your best to avoid or minimize dehydration, muscle strain, anxiety, severe heat, stress, the ingredient MSG, missed meals and sleep-pattern changes can also limit a migraine's effects.

"Record-keeping is another great way to keep sufferers and their doctors informed about the patterns or clues that may end up being responsible for triggering a migraine," Lucas says. "Trigger-avoidance is always the easiest solution, and it's one that patients have 100 per cent control over."

### When to seek professional help

"When you suspect it's migraines you're experiencing, your physician will have suggestions on how to treat them -- whether with medicine or a non-drug therapy," Lucas says, adding that, occasionally, doctors will refer cases to a headache neurologist for a more intense discussion. "What's important to remember is not to self-diagnose. Patients can get into trouble by trying to treat themselves at home with over-the-counter medicines, and especially when these medicines are taken too frequently."

### Brain Boost



For a healthy, strong body, you have to challenge yourself. And it seems the same applies to the brain, according to a study published in JAMA Neurology. The findings indicate that adults aged 70 and older who engage in mentally stimulating activities have a decreased risk of developing mild cognitive impairment, the middle stage between a healthy brain and dementia. How do you challenge your brain? It's as easy as learning a new activity or craft, and by staying socially active and engaged in your community.

by Liz Bruckner from Mackenzie Health Times Fall 2018  
submitted by: **Linda Alldred-Johnson, Parish Nurse**

