



St. Paul's Weekly Update – May 1, 2025

Minister's Message, Sunday, May 4, 2025

Beyond Sunday: Mental Health Sunday

This week the focus of worship will be on Mental Health, Healing, and Hope. The prayers and the resource below are from, "Radical Belonging: A Mental Health Sunday Resource for All." This resource was created "in prayer and partnership between the United Church of Christ Mental Health Network, an independent mental health ministry in ecclesiastical covenant with the United Church of Christ, and The United Church of Canada, with generous contributions by Rev. Dr. Sarah Lund, the United Church of Christ's Minister for Disabilities and Mental Health Justice.

Mental health is important for everyone. Whether you have a specific or ongoing issue in your own life or not, we are all in this together. Please take a look at the list below if you are wondering how to help.

Peace and healing to all.

Rev Kirsty

Five simple things you can do to make the world a better place for people with mental health challenges and their families:

1. Be a friend. Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group. Listen without judgement. Pray for those you know with mental health challenges, substance use disorders, and for their family members.
2. Share your story. Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.
3. Watch your language. Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy," "psycho," "lunatic" or "mental."
4. Be a "Stigma Buster." Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.
5. Learn the facts. Educate yourself about the various mental health challenges, substance use disorders, neurodevelopmental differences, and other brain disorders. Check out the resources at the UCC Mental Health Network (www.mhn-ucc.org), take a Mental Health First Aid class and host one at your congregation for the larger community. Offer a class or going a support group with the National Alliance on Mental Illness (www.nami.org) and check out the facts at the National Institute of Mental Health (www.nimh.nih.gov), the US Substance Abuse and Mental Health Services Administration (SAMHSA) (www.samhsa.gov), the Alzheimer's Association (www.alz.org). Visit the Mental Health Commission of Canada for education, supports and programs related to mental wellness <http://mentalhealthcommission.ca/>.

Dear St. Paul's Friends (especially those joining us online), you may have become aware of a change in the way that we are showing the Candle Lighting online. There was some concern about showing the children online without prior notice and obtaining consent. We are working on making a video to replace the static slide that shows now but have not got that ready

yet. This has also made us aware that we need to make clear signage for everyone in the congregation so that we can be respectful of everyone. We appreciate your feedback always. We are also working on having a consultation with people worshipping online to talk about ways to improve that experience. If you are interested in being a part of this please email Rev Kirsty at revkirsty@gmail.com
Kindly, Kirsty



<https://youtube.com/live/meyomAlRX1k?feature=share>

Office Hours

The office is open Tuesday, Wednesday and Thursday mornings from 9:00 a.m. to noon, with Judy in the office on Tuesday and Thursday mornings and Louise is in the office on Wednesday mornings. The balance of the time, Louise works from home so you can reach her by phone any time between 8:30 and 4:00 Tuesday, Wednesday and Thursday.

Pastoral care

For Pastoral Care, please contact Rev Kirsty Hunter at 705 717-1918. She wants to know if you are in hospital and seeking a visit from her. You can email her at revkirsty@gmail.com. **Please use Rev. Kirsty's direct phone number at all times to reach her**, as there isn't always someone in the church office to answer the regular phone line.

The Connections Group meets every Thursday at 2:00 p.m. in the Atrium. Anyone wishing coffee and informal conversation is welcome to drop in!

Fundraising

The Talent Auction last Saturday was a huge success. Thank you to all who donated items, to all the volunteers that helped at the Auction and to all the lucky people who managed to buy an item. Also thank you Judy and Louise for all their help and a BIG thank you to our auctioneer, Bruce Wilcox, who knew how to get us to spend our money and to Glenn for coming in on Saturday to set up the mic. The total raised for the church was just over **\$4,000**. What an amazing gift to the church! And more good news - we will be having another Talent Auction next year so please start thinking about what you can contribute. Everyone please give yourselves a pat n the back. Great work everyone!



Coffee Hour

Our next coffee hour is **this Sunday**, May 4th following worship.

Stock Exchange- Soup for Sale! Frozen soups in 500ml portions make great meals for all sorts of needs. Funds support outreach efforts. **Soup will be for sale during Coffee Hour** this Sunday. Cost is \$6 each or 2 for \$10. On the menu this week we have sweet potato carrot ginger, tomato vegetable or beef borscht. **Note** this will be the last soup sale until September. Thank you for your enthusiastic support of this initiative.

National Volunteer Appreciation Week

"Volunteers Make Waves" is the theme this year for Volunteer Week (April 27-May 3rd). **All volunteers are welcome to join us for cake and coffee after worship on Sunday May 4th.** Let's get together to honour the work that is accomplished by all of you at St. Paul's United Church. See you there!

Christian Family Sunday

Christian Family Sunday is May 11. Since we are thinking about history this year, we are inviting people to participate in decorating our sanctuary with a little family history that Sunday. **You are invited to bring in quilts or blankets** that are older, heritage, or share an important family story. The more delicate ones will be placed around the balcony and you are welcome to share a little bit about the quilt's story after church.

Outreach

Thank you for your generous donations to the Easter Food Drive. Monetary donations were made to both the Georgian Bay Food Network and Salvation Army. A trunk full of food donations was delivered to the Salvation Army.

Please continue to pray and call for actions towards more just solutions to the food security crisis facing many in our communities. Recently Kairos Simcoe County undertook a letter writing campaign on Basic Income. To learn more about food security visit <https://www.simcoemuskokahealth.org/Topics/FoodNutrition/poverty=hunger>

Guesthouse Meal Preparation- Did you know that teams of St. Paul's Volunteers create a meal for the guesthouse twice a month? In addition to that, we also have another team that prepares meals that can be frozen and served "as needed" by the Guesthouse staff. This is such important work by our Outreach Committee and we thank all the Volunteers. There are a couple of ways to get involved including donating to the Benevolent Fund, offering to make a meal or even one piece of the meal such as dessert. Let Zena (zenapendlebury@hotmail.com) or Kathy Stewart (kathystewart2025@gmail.com) know if you would like more information.

United Church Women

The next UCW meeting will be held on May 13th at 1:30 p.m. in the Parlour, where we will enjoy afternoon tea, complete with fancy sandwiches; bring your appetite! All women welcome.

The United Church Women will be holding a **Spring Garage Sale on Saturday, May 24th.** This is your opportunity to part with items you no longer want or need and let someone else enjoy them! Please drop off your items on May 23rd between 11:00 a.m. to 4:00 p.m. in the Great Hall. We welcome all donations, such as gently used clothing, books, linen, china, household items in working order, small pieces of furniture. Unfortunately, we cannot accept baby furnishings, large furniture, and sports equipment. All proceeds go to the work of the UCW, which supports St. Paul's Mission & Service Fund and a variety of organizations who support people in the community and beyond. For information, please contact Zena at 705-527-6789 or zenapendlebury@gmail.com.

United Church of Canada 100-year anniversary



Don't forget to order your tree seedlings to be part of our 100 trees project in celebration of the 100-year anniversary of the UCC. Pick up is now expected to be May 9-11, 2025. We have ordered 70 tree seedlings from SSEA that will be small, bare root plants ready to go into the ground - 10 each of the following: White Pine, White Spruce, Tamarack, Red/Silver Maple Hybrid, Nannyberry and 20x Red-Osier Dogwood. Please see Pat File after church on Sunday to order your selection or send her an email pat@patriciafile.ca.

If you are planning to plant a tree or a shrub this spring - we would like to include it as well for the remaining 30 trees. Please plan to take a photo of your tree or shrub when planting and send it in to be part of our display.

Also save the date for a celebration picnic on Sunday June 8 at the pavilion in Little Lake Park. More info to come. We are looking for your memories of songs from camp or other church activities over the years for a song sheet which will be shared at the picnic. Please send along the name of the songs and the lyrics if you have them. Please also lend us copies of photos over the last 100 years of church related activities that we hope to put on display closer to the picnic date. Plan to join us for games, Sunday hats, food and fellowship.

Butter Tart Festival

Once again St. Paul's will be running their annual "Loonie Raffle" during the June 14th Butter Tart Festival. We will be selling raffle tickets on the church lawn and the winners will be picked that afternoon. If you are able to donate a couple of hours to help with this fundraiser, please contact Sheila at 705-526-2186. Thank you!!



Faith Formation

SAVE THE DATE! St. Paul's Discovery Kids Camp will be held August 11-15, 2025. It will be a FULL DAY program running from 9-3. Details soon...

Community News and events

The Midland Y's Men's Music Festival is on now. We have completed three days of Instrumental music and three days of French Vocal music. Starting Monday, May 5th, we begin the piano classes through to noon Wednesday and then English Vocal classes through to Friday. You are invited to come out and hear some of the best young talent in our area. In particular, we hope you will come Monday at 5:00 p.m. to hear the Bell A'Peal Handbell Choir ring AND Thursday evening, beginning at 5:45 for Choir Night. That night there will be performances by our own St Paul's choir and the Bay Sound choirs including The Little Treble Makers, Children's Choir, VIVO and The Bay Sound Singers. The evening also includes Vox Huronia Community Choir and Vox Femina. It's the best deal in town at a \$5 entry fee!

VOX Huronia Community Choir presents "Over the Sea and Back Again", on **Saturday May 31st at 7:00 p.m.** at St. Paul's. Tickets available at Johnstone's Music Land, from choir members and at the door.

The Bay Sound Choir concert will take place at St Paul's on **Sunday, June 8 at 3:00 p.m.** This year's concert will, of course, include all the Bay Sound Choirs: Little Treble Makers, Children's Choir, VIVO and the Bay Sound Singers and our special guests will be young musicians from Georgian Bay District Secondary School. Tickets are \$20 for adults, \$15 for

youth and under age five is free. Tickets are available on our website at www.baysound.ca or at the door.

St. Paul's website

Want to know what's going on at St. Paul's? Visit our **website** at <https://www.stpaulsmidland.org/>. There is lots of information and worth the look. You can also follow us on **Facebook** at <https://www.facebook.com/search/top?q=st.%20paul%27s%20united%20church>

This Week's Minute for Mission

Thank you for helping to uplift voices, preserve heritage, and walk in respectful relationship.



Language carries the unique way a community understands the world. It shapes how people relate to one another, to the land, to the spiritual, and to the sacred. When a language is lost, a way of seeing the world is lost with it.

Preserving language enables future generations to engage in their rich culture in a rounded and essential way. Without understanding dialect-specific phrases and expressions, the vital wisdom of a culture can be lost.

As part of the ongoing work of preserving the Mohawk language, a complete translation of the Bible into the Mohawk language was developed, through the devotion, knowledge, and artistry of Harvey Satewas Gabriel and supported by generations of women in the Gabriel family and the communities of Kanesatake and Kahnawake.

Those partnering on the Mohawk Language Bible have taken great care and effort in ensuring proper language interpretation and translation. Working in agreement with the Mohawk Nation, collaborators have taken the time to listen to each other and learn in order to move the project forward.

Your gifts to [Mission and Service](#) allow projects that preserve language and culture to flourish. Thank you for helping to uplift voices, preserve heritage, and walk in respectful relationship.

Blessings everyone

Minister: Rev. Kirsty Hunter, **705-717-1918** revkirsty@gmail.com

Church Administrator – Louise Therrien, (Wednesday mornings 9:00 a.m. – 12:00 at the church), stpaulsunited@rogers.com **705-526-1640 (home office)**

Administrative Assistant – Judy McConnell (**Tuesday and Thursday mornings, 9:00 a.m. to 12:00**) officesecretaryspuc@gmail.com 705-526-6077