



*"Lent is the most important time of the year
to nurture our inner life.
When we live Lent attentively and gently,
then Easter can truly be a celebration
during which the full proclamation of the risen Christ
will reverberate into the deepest place of our being."*

- Henri Nouwen

How will you observe Lent this year?



A Lenten Challenge

Blessings to all as we prepare for our Lenten journey in 2022!

Your Outreach Team has prepared a "Lenten Challenge" to have you giving, rather than giving up! We ask that you simply decorate a box (have your children help) to put food items into during Lent. For example, The Pantry has a suggested list of 40 items you will find below. You can give an item some days, every day or only on special days of celebration for you. And the whole family can get involved!

Below is a list of suggestions:

Day 1: instant coffee	Day 2: chickpeas	Day 3: tuna	Day 4: juice
Day 5: pork & beans	Day 6: tea	Day 7: can corn	Day 8: shampoo
Day 9: tooth paste	Day 10: oatmeal	Day 11: cooking oil	Day 12: soap
Day 13: alphabet	Day 14: granola bars	Day 15: can fruit	Day 20: rice
Day 21: rice crackers	Day 22: jam	Day 23: kraft dinner	Day 24: can peas and carrots
Day 25: paper towels	Day 26: corned beef	Day 27: juice boxes	Day 28: kidney beans
Day 29: pudding cups	Day 30: laundry soap	Day 31: toilet paper	Day 32: coffee whitener
Day 33: cookies	Day 34: body wash	Day 35: mayonnaise	Day 36: feminine products
Day 37: cereal	Day 38: dish soap	Day 39: deodorant	Day 40: ketchup/mustard

Any boxes of donations you prepare will be gratefully accepted on the
Donation Drop-off Day, Holy Saturday, April 16th
from 10:00am -12:00pm
 at the gym doors at the church.

The Pantry clients and their families are ever so appreciative of your kindness and generosity. Your support is more important than ever as we work toward recovering from the pandemic and helping others every step of the way.
 Blessings and love to all!

- Your Outreach Team





Congregation Update Returning to the Church Building Committee (RCB)

Under the guidance of Returning to the Church Building (RCB) committee, the following are pertinent activities of Westminster's (WUC) activities during the pandemic:

- On Sunday, February 27th, 2022, the church returned to in-person attendance at the worship service. COVID guidelines will continue to be adhered to through: limited capacity of approximately 80 attendees, mask wearing throughout the service, physical distancing and prompt entry and exit when arriving at and leaving the church. Good news – attendees will be able to sing and/or hum to the hymns, **while continuing to wear their mask**. As was the case previously, individuals are required to register through Westminster's website, which can be done in the "In-Person Worship" section.
- On March 1, 2022, some of the Provincial COVID regulations will be lifted. The RCB committee has thoroughly reviewed these changes and has decided to maintain a status quo position at this time. The committee continues to remain close to all requirements and changes and will act, when appropriate. We are optimistic of a return to a more normal environment soon.
- The various WUC committees are welcome to return to the church for their meetings and other activities. The existing COVID guidelines must be adhered to. Additionally, committees must include, in their meetings and activities, consideration of how to include individuals who may not want to attend in-person. A hybrid solution, i.e. including Zoom as part of the in-person meeting, is recommended.
- Weddings and funerals continue to be conducted at Westminster. Starting in March, baptisms will become part of the Sunday services, as appropriate.
- The Guides and Brownies will be returning to Westminster starting the week of February 28th. In concert with the Property Committee, we are working with other groups and individuals who may be interested in returning to Westminster for their activities.
- For those who are not fully vaccinated (i.e. three shots) we encourage you to do so.

For more information or if you have questions, please contact Tom McNown,
tom.mcnown@gmail.com.

Tom McNown
Chair - Returning to the Church Building

Happy



Anniversary



Cassandra and Grant Bennie
March 17th

A Prayer for Lenten Grace

*Loving God,
During the sacred season of Lent, bring me close to you.
Prepare a place in my home and heart for silence and solitude,
so that I may re-discover the grace of prayer-full life.
Enlarge my heart so that I give to those in need, and in so doing
re-discover the grace of gratitude and generosity.
Help me to fast from those things that threaten the well-being
of body and soul,
and remind me of grace and simplicity.
May this season be grace-filled time
to rekindle my love for and faith in you.
Amen.*



PRAY



FAST

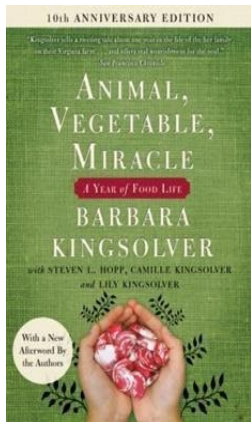


GIVE

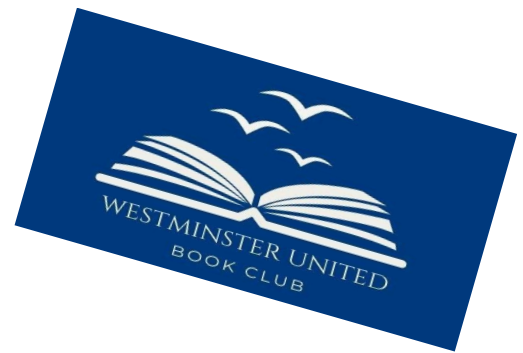
THANK YOU!

With your love, kindness and compassion, you helped our Westminster Team raise \$7,510.00 in our Coldest Night of the Year Walk for the ministry of The Refuge Youth Outreach Centre..





The next gathering of the Book Club is
Wednesday March 23rd, 2022 at 1:00pm
by Zoom
(through the internet or via phone hook-up)



We will be discussing the book:
Animal, Vegetable, Miracle, A Year of Food Life
by Barbara Kingsolver

This is a Book in a Bag selection so there are books to lend/borrow.
 Please contact Susan for a copy.

When Barbara Kingsolver and her family moved from suburban Arizona to rural Appalachia, they took on a new challenge: to spend a year on a locally-produced diet, paying close attention to the provenance of all they consumed. Concerned about the environmental, social, and physical costs of American food culture, they hoped to recover what Barbara considers our North American's lost appreciation for farms and the natural processes of food production. The Kingsolver family's experiences and observations remain just as relevant today as they were ten years ago.

We are also choosing our books for the next year. Please email your suggestion list of 5 general titles (fiction or non-fiction) and 3 classic titles that you would like to reread.
 If possible these titles need to be emailed to Susan (auntx2@gmail.com)
 by Wednesday, March 16th, 2022.

All are welcome. To borrow the book or for more information, please call Susan at 905-493-3122.

**If you have not attended a previous book club gathering,
 please let Susan know that you are interested so that she can email you the
 Zoom links information.**

A request from Stewardship/Finance

Friends:

Do you love to have fun?
 Are you gifted with planning skills?
 Are you willing to learn about this?
 Could you spare a few hours over the year to help?
 Have you ever attended special events in support of Westminster?
 Do you have fundraising/event ideas that you would love to share?
 Do you want to see a specific event organized at Westminster?

If you have answered "YES" to ANY of the above, please reach out to us:

Margaret Suepaul: margaretsuepaul@gmail.com
 Brian Woodlock: brianwoodlock@rogers.com



Making Connections

Westminster is returning to in-person worship.
It's time to start thinking about re-establishing some
'old' activities and creating some new ways to connect -
maybe via Zoom, maybe in person.

Remember the Foodman Group?
the Westminster Walkers?
the Faith and Fellowship Group?
Movie Night?
Games Night?

...And some of our activities have continued during the
pandemic, switching to a Zoom platform –
Bible Study, Book Club, Trivia Night.

If you have an idea for a short-term or long-term activity, please let us know.
Send your thoughts to Cathy Shaw: westminster.cathy@gmail.com



Pray, Praise, Ponder

An Irish Blessing

Lucky stars above you,
Sunshine on your way,
Many friends to love you,
Joy in work and play,
Laughter to outweigh each care,
In your heart a song,
And gladness waiting
everywhere
All your whole life long!

Westminster UCW

are collecting the following items:

- ◆ Pop tabs
- ◆ Used stamps
- ◆ Hearing aids
- ◆ Glasses
- ◆ Devotion books
- ◆ New winter hats, gloves and scarves

Please note:

We will no longer be
accepting plastic bread
tabs, soup labels or milk
bags.

When the church building
re-opens, please bring
in your collected items
and place them in the
small wooden box, which
is located in the Narthex,
near the front door.

Thank you for your
donations.
UCW



Sending Westminster's Love to Sunnycrest Long-Term Care Facility Residents & Staff

As you may know, Sunnycrest LTC Facility will be closing in April 2022 and residents will be relocated to new facilities. There are over 100 residents and staff at Sunnycrest.

Westminster United Church has had a long-standing spiritual relationship with Sunnycrest residents and we would like to let them know that we are thinking of them and wishing them many blessings in their new homes.



Your Outreach Team at Westminster is looking for a few volunteers from our congregation to help us hand-sign pre-printed cards for delivery to residents and staff in March.

If you wish to help with this small project ministry, please contact the Church office at 905-723-6442 and leave your name, number and email address for us to reach you.

Thank you for considering sharing your time.

Blessings from your Westminster Outreach Team



SUNDAY, MARCH 13th

2:00am



Easter Flowers

Traditionally, Easter is a time to remember our loved ones who are no longer with us. At Westminster, we do that by making a memorial donation in their honour, which is used to purchase flowers that decorate the sanctuary on Easter Sunday. Following the service, the flowers are then donated to friends and family within the Westminster community who have a need to be reminded of God's love.

Donations will be gratefully received via:

♦ **E-transfer:**

Please use the security questions "Easter?" and the answer is "Flowers".
The message should state "Easter flowers in memory of..."

♦ **Canada Helps:**

Select "Easter Flowers" under the Fund option.
In the "Dedication Information" field, click on either "in memory of" or "in honour of"

♦ **Drop off at Westminster:**

Cheque or cash – indicate "Easter Flowers" on the envelope.
Be sure to include who it is from and who it is in memory of.

Flowers will be delivered after the church service on Sun. April 17th. If you are able to assist with the deliveries, please contact either the church at wuc@westminster-uc.ca and let Amy Medlock know or contact Crystal Smith directly at crystal.a.smith55@gmail.com

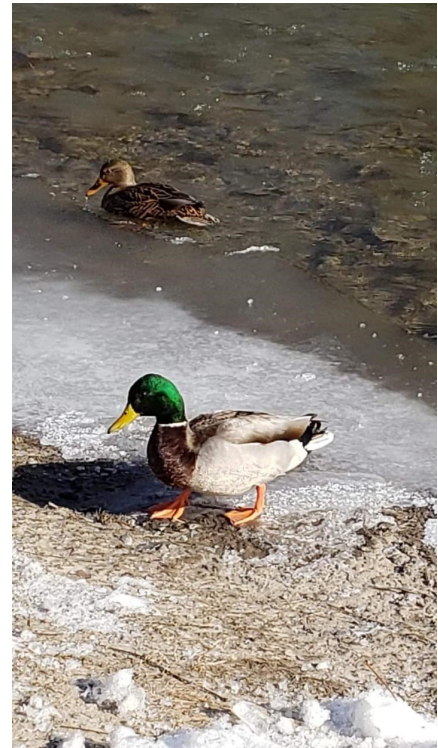
The Wellness Committee thanks everyone for their participation in this loving ministry.



Walking for Wellness

Walking - most of us have been doing it since we were 1 or 2 years old. We should have the skill perfected by now. But are we doing it often enough? There are so many health benefits received by walking, which improves both our physical and mental fitness. There are also environmental benefits if we choose to walk instead of taking the car. The Westminster Wellness Committee would like to encourage our members to get outside and go for more walks this year as a good way to combat some of the many issues that have occurred due to the pandemic and in support of the Climate Disruption Mitigation Committee goals. We were planning on organizing large group walking sessions with various themes and different locations, but that isn't appropriate at this time. What we will do for now is write a walking column for the newsletter with a different focus in each issue.

Baby it's cold outside! It sure is, but bundle up and get moving. Walks can be quite enjoyable on a sunny, winter day with little or no wind. Since it is [March], find someone you love and go for a walk together. This month, I ask you to watch out for unique Ontario winter photo opportunities; maybe a sledding or skating activity or an interesting snow drift or even a close-up of a snowflake. How about some winter birds? This photo was recently taken by Sandra Kell-Cullen while on a walk.



Pull out your electronic device and snap a picture, then if you'd like, please send it to me at crystal.a.smith55@gmail.com and I will share them in an upcoming issue of *The Westminster World*. I know that many of us are not able to connect right now, so seeing photos helps to cheer us up and remind us that we are part of a much larger group. May God be with you as you enjoy the great outdoors!

Crystal Smith
Wellness Committee

[ed. note : article omitted in February issue]



Westminster United Church

Presents

Diane Leah, Heather Bambrick and Julie Michels
in **Broadway**

"From Gershwin to Gaga. It's Broadway... Their way"

1850 Rossland road East Whitby

An Irish Prayer

May God give you...

For every storm, a rainbow,

For every tear, a smile,

For every care, a promise,

And a blessing in each trial.

For every problem life sends,

A faithful friend to share,

For every sigh, a sweet song,

And an answer for each prayer.



Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:

Shamrock

■ Small, three-leaved herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

Irish flag

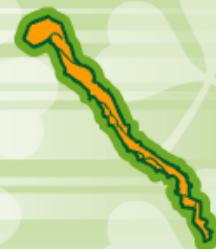
■ Green stands for Catholics; orange for Protestants; white for wish for harmony

Leprechauns

■ Fairies who work day and night mending shoes of other fairies

Shillelagh (shi-lay'-lee)

■ Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow



Patrick: Saint and legend

387: Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s: Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432: Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

Familiar legend
He drove the snakes from Ireland by beating a drum

Source: "Shamrocks, Harps and Shillelaghs" by Edna Barth, "All About American Holidays," World Book

© 2002 KRT

From the **C**limate **D**isruption **M**itigation **C**ommittee (CDMC)

As we face up to the urgency of the climate crisis, we need to be very careful of the sources that we use to glean information and opinions. This might be media or social media or books, and be from governmental, scientific or environmental organizations. Some environmental organizations that we monitor are: from churches – For the Love of Creation, Kairos, Faith and the Common Good; and from non-profit organizations – The David Suzuki Foundation, 350.org, The Council of Canadians and Environmental Defense.

The following notes are from sources that I trust to guide my thinking.

- **Do any innovation in the next ten (now eight) years** as it takes twenty years to realize a measurable impact.
- **Big Oil's influence is the biggest barrier to climate action in Canada.** Their lobby is five times as active as that of environmental groups. They want continued subsidies, less regulation and lower taxes. Fossil fuels don't only produce emissions when they are extracted, transmitted and used but their pipelines affect natural ecosystems and indigenous land rights and their leaching ponds affect the health and safety of many.
- **Clean energy is now the cheapest energy in Ontario.** Alberta could go this route as well, as they are well placed to use geothermal energy which requires the same worker skills as the fossil fuel industry. New money from government should go to green energy options which create more jobs than the present oil industry.
- Plastic, a fossil fuel product, is ubiquitous. We should strive for a **circular economy for plastics** and also for **zero waste**. Recycling creates more jobs than landfills.
- And then there is the **present and future pandemics**. As the climate warms and we further disrupt natural ecosystems, viruses lose their usual animal hosts and look for new hosts – us! So we need to watch hunting and logging activity and check increased urbanization with careful urban planning.

So, a lot to think about: guides for our individual actions and guides for our interactions with municipal, provincial and federal governments. *Our* governments!



Manning Mews Non Profit Homes Corp.
1850 Rossland Road E., Whitby, Ontario, L1N 3P2

On behalf of the Board of Directors of the Corporation, I would like to invite applications for a Director's position on the governing Board of the Corporation.

The Board of Directors are volunteers who meet monthly in the evening of the 3rd Wednesday in the months of September to November and January to June to review the insurance, maintenance, operation, and capital expenditures for the 20 seniors' homes of Manning Mews. Ten of the 20 apartments are rent geared to income homes for which the tenants pay only 30% of their income. The dedication of the volunteers enables the Mews to offer exceptionally low rents to all the Tenants while maintaining the condition of the buildings and grounds. The Corporation carries Director's Liability Insurance and covers exceptional expenses of the Directors (not mileage to meetings).

The Corporation owns the buildings and the property on which the buildings are constructed. The Corporation is a **community outreach** of Westminster United Church whose Council are the members of the corporation and who review the audit report of the Corporation annually in April or May at a joint meeting of the Council and Directors. Directors do not have to be members of the Westminster United Church congregation.

The Corporation works cooperatively with the adjacent Christ the King Lutheran Church to share garbage collection, storm sewer, landscaping, paths and visitor parking.

The Board looks forward to applicants interested in this rewarding public service, particularly those applicants with skills in:

- property management, or
- engineering or construction trades, or
- finance or banking, or
- business management, or
- legal fields related to properties, or
- landlord and tenant relations, or
- experience as a director on a not-for-profit board.

Sincerely,
Arthur J. Smith

Please send your application c/o Arthur J. Smith at: prof.ajsmith@gmail.com .



**Westminster United Church
Statement of Operations - LOCAL FUND**

	ACTUAL	FORECAST	VARIANCE	ACTUAL	VARIANCE	FORECAST
	Jan 2022	Jan 2022	Jan 2022	Jan 2021	Jan 2022 vs. Jan 2021	Full Year 2022
RECEIPTS & REVENUES						
Offerings - Local Fund	18,242	20,000	-1,758	18,868	-626	280,000
Donations	375	0	375	0	375	25,000
Total Receipts	18,617	20,000	-1,383	18,868	-251	305,000
Rentals	3,932	3,900	32	3,932	0	65,000
Net Fundraising	0	0	0	0	0	17,500
Other	948	80	868	91	857	1,000
TOTAL RECEIPTS & REVENUES	23,497	23,980	-483	22,891	606	388,500
EXPENDITURES						
Salaries & Benefits	23,008	23,000	8	19,354	3,655	284,500
Property	5,618	6,250	-632	4,603	1,015	82,500
Mortgage Payment (P&I)	2,670	2,670	0	2,670	0	32,000
Other Expenses	3,989	3,368	621	2,342	1,647	65,625
TOTAL EXPENDITURES	35,285	35,288	-3	28,969	6,316	464,625
SURPLUS (+) / DEFICIT (-)	-11,788	-11,308	-480	-6,078	-5,710	-76,125
Government Wage Subsidy	0	0	0	1,167	-1,167	0
NET SURPLUS (+) / DEFICIT (-)	-11,788	-11,308	-480	-4,911	-6,877	-76,125

**Westminster United Church
Statement of Operations - OTHER FUNDS**

	ACTUAL	FORECAST	VARIANCE	ACTUAL	VARIANCE	FORECAST
	Jan 2022	Jan 2022	Jan 2022	Jan 2021	Jan 2022 vs.	Full Year 2022
Capital Fund - Offerings	0	0	0	0	0	20,000
Capital Fund - Expenditures	0	0	0	0	0	0
	0	0	0	0	0	20,000
The Pantry - Donations	695	825	-130	3,664	-2,969	10,000
The Pantry - Expenditures	1,082	1,500	-418	1,820	-738	18,000
	-387	-675	288	1,844	-2,231	-8,000
Mission & Service - Offerings	2,043	2,080	-37	2,295	-252	25,000
Mission & Service - Disbursements	2,043	2,080	-37	2,295	-252	25,000
	0	0	0	0	0	0

Thank you for your continued & generous support!

Total Available Funds

	as at Dec 31, 2021	2022 Net Outflow (-) / Inflow (+)	as at Jan 31, 2022
Local Fund	262,363	-7,737	254,626
The Pantry	12,641	-387	12,254
Capital Fund	3,500	0	3,500
TOTAL AVAILABLE FUNDS	278,504	-8,124	270,380

Long Term Liabilities

UCC MORTGAGE LOAN - Dec 31, 2021	353,067
Principal Paid in 2022	1,934
Interest Paid in 2022	736
UCC MORTGAGE LOAN - Jan 31, 2022	351,132

CEBA (GOV'T) LOAN - Dec 31, 2021	60,000
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* \$20,000 will be forgiven if \$40,000 is repaid prior to Dec 31, 2023

You're invited...

**...to join us for
In-person Worship
(please register)
or to continue
worshipping at home
via Livestream.**

Many Blessings!

