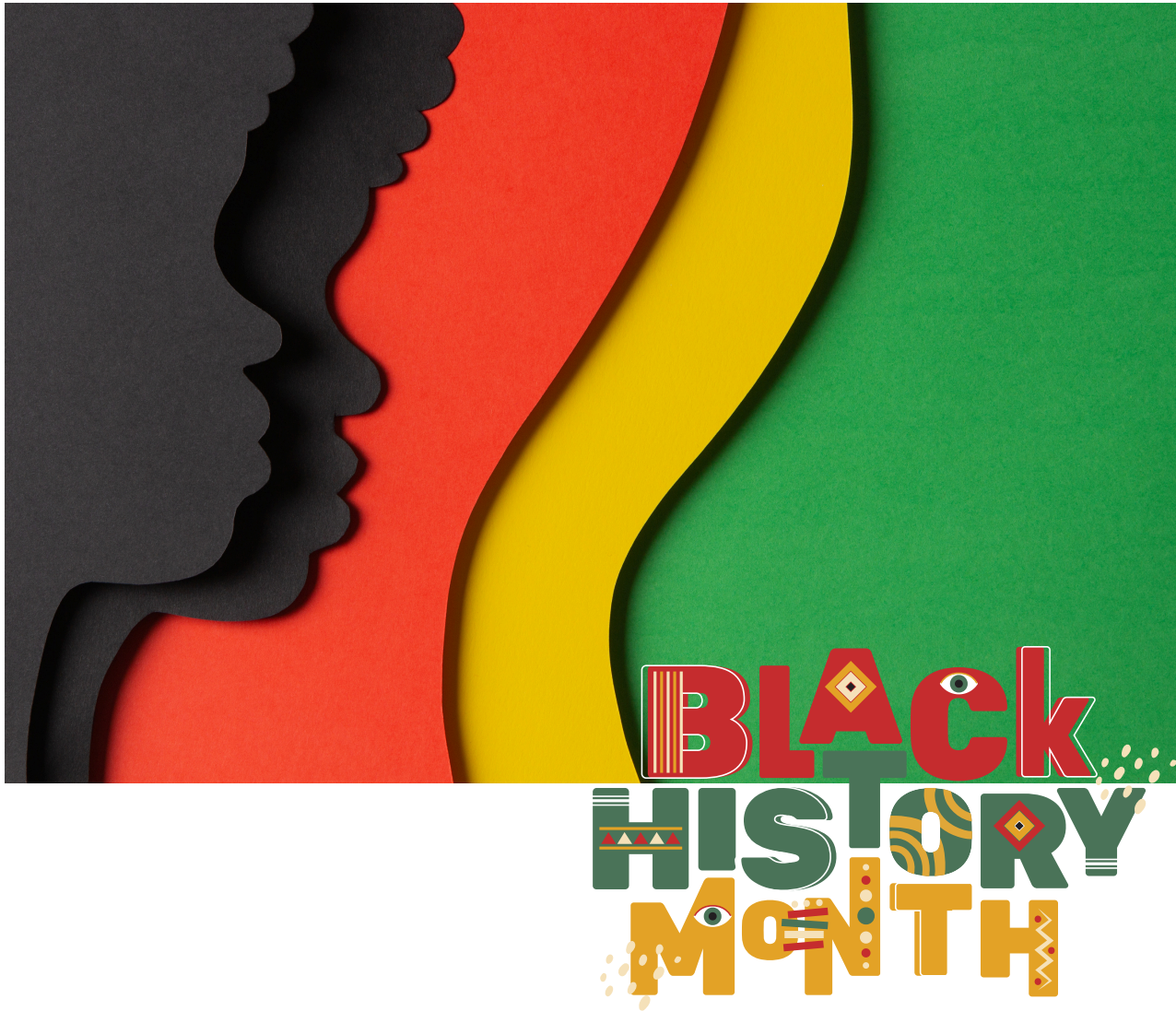


THE WESTMINSTER WORLD



The first week of February marks the beginning of
Black History (or African Heritage) Month.
Officially recognized in Canada since 1996, it is a time to not only honour
and celebrate the many achievements and contributions,
but also to acknowledge the struggles of those of African descent.
This month is a powerful reminder of our shared humanity.



The prayer below, written by **Alydia Smith** from the United Church of Canada, is a moving and heartfelt plea:

Bright Shining Christ,
There is much for Black and Brown bodies to dread, here, in the Americas.
The trauma of the transatlantic slave trade
 lives in our bodies.
The legacy of enslavement
 lives in our systems.
But the thin gospel of oppression
 could die in our worship.
If we choose to shine bravely, reflecting your glory,
if we choose to reject the lies of racism and White supremacy,
if we choose to dance,
 make music ...
 share pain ...
 spread joy ...
 wake up and be magic.
We can choose to fight for a better society, and
we can remember that
 we are of the earth and of the stardust,
 we are precious, loved, and called to shine bright,
 like the stars we are made of and the son that we follow.
Help us to make good choices.
Help us to shine brightly.
Amen.



P.S.A.



Westminster United Church is scent-free
for the health of those with allergies and breathing issues,
such as asthma and COPD.

For the comfort of all who worship here,
please do not use scented products.



Here we are at the end of January already, but not without a look back at the generosity of the closing day of 2024 at **The Pantry**.

In November, the Church held a Christmas Bazaar. After the sale was over, Arlene Jones, convener of the jewellery table, took the unsold items to her seniors' residence. She sold many items at their bazaar and she made \$80 for *The Pantry*. **Thank you, Arlene - you are amazing!**

The Cooking Class held their December Class on the 10th. They had Christmas dinner napkin rings and Christmas napkins left over which they passed on to Pantry clients for their Christmas celebrations at home. **Thank you Susan, Shirley and Joanna** for making many tables sparkle at Christmas.

On Christmas Eve, Glen Hill Terrace brought over 1,000 items for *The Pantry* again this year. Residents held a food drive and had a thermometer to count down ... or up to 1,000! This was well received by the residents, family members and visitors. **Thanks for thinking of us, Glen Hill Terrace!**



Another welcome donation to *The Pantry* was a frozen turkey; and a draw was held for it. Tolu was the very happy recipient of a delicious dinner for her family. **Blessings to our donor!**

A very merry Christmas was had by our Pantry clients because our Church Family and Community chose to put their love into action.

"By the Holy Spirit, we are gifted again and again!"

Blessings and Thank you!

Your Pantry Team

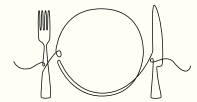
Merci

Miigwech

Thank You



Valentine's Day Dinner



The tickets for this wonderful event are selling for **\$99 a person** and this includes a \$50 tax donation receipt. A table of 8 can be purchased for \$750 (also includes tax donation receipts).

Please join us for this delicious dinner and *support the work of Westminster!*



Feast your eyes on the menu ...

Valentine's Dinner MENU

DRINKS

House-made Hibiscus Punch. A refreshing blend of hibiscus flowers, ginger beer, sprite, and pineapple juice. Expertly crafted for a vibrant, tropical taste. Coffee and tea available.

HORS D'OEUVRES

Artisanal Pizza Bites. Prepared in-house, each bite features a savoury blend of rich pizza sauce, mozzarella, fresh bruschetta topping, fragrant basil, drizzled pesto, in perfectly portioned bite-sized pieces.

APPETIZER

Arancini rice balls with shredded zucchini, stuffed with mozzarella cheese resting on a bed of marinara. Paired with zucchini pasta with pesto sauce for garnish.

SALAD

Classic caesar salad with crisp romaine lettuce, parmesan cheese, mushrooms, tossed together with an in-house dressing.

MAIN

Chicken breast stuffed with vegetables and mushrooms, draped with mozzarella cheese paired with pasta with a lemon based piccata sauce, and roasted seasonal vegetables.

DESSERT

Silky panna cotta finished with a lush blueberry compote.



Kindly contact Paul P or Joanne M via the office (905-723-6442) for more information.

YOUTH NEWS & EVENTS

GRADES 7-12



- 30 JAN.
- 24 FEB.
- 20 MAR.
- 24 APR.
- 22 MAY

Make your own Pizza and Movie Night

Sign up and let us know your favourite Pizza Toppings, then sit back and relax with your friends.

6:45-9:00

YOUTH ROOM/
KITCHEN



Let's Play Pickleball!

Come out for this fun, active evening. Never played before? No problem! We have the equipment and the Pickleball Pros! Sign up for this awesome event!

7:00-9:00

GYM

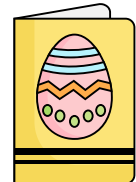


Cards for our Community

Want to spread some joy to residents of a local Nursing Home? Come out tonight and make homemade cards to be distributed for Easter... there will be cookies for you too! No experience is needed, just you and your creativity. Sign up and help us bring a smile to a stranger!

7:00-9:00

ROOM 1

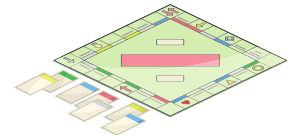


Board Games and Ice Cream Sundaes

We have a whole bunch of Board Games just waiting to be played! This fun night wouldn't be complete without some fun food to go with it...so, join us and make your own Ice Cream Creation.

7:00-9:00

YOUTH ROOM/
ROOM 1



Hiking and Birding at Lynde Shores

This will be an OFF-SITE event! Please join us for a walk in the woods by the lake, as we explore and get close to nature. More information will follow, as this event draws near, but save the date and walk with us.

7:00-8:45

OFF- SITE
LYNDE SHORES





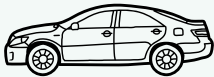
SUV's are Driving us Toward Climate Calamity

Look around any parking lot in your neighbourhood. It is likely filled with SUV's. On average, SUV's consume around 20% more oil than an average sedan. From 1990 to 2019, emissions from SUV's and trucks more than doubled in Canada, leading to a 40% increase in total passenger vehicle emissions. This has threatened Canada's commitment to cut greenhouse gas.



Slick SUV commercials paint pictures of freedom and fun, of getting into nature, failing to mention that the prevalence of SUV's is putting nature and human survival at risk.

VS



People feel a false sense of security in an SUV. Yet they are more prone to roll overs and are a serious threat to pedestrians, cyclists and smaller vehicles.

Driving SUV's and trucks when less polluting options would serve as well or better is irresponsible. Smaller cars, hybrids, electric vehicles, bicycles and public transit are more earth friendly options. We owe it to ourselves and the rest of the world to do better.

From the David Suzuki website

Congratulations to our very own,
Kai Chor
on winning the **Gold Medal** at the
Brazilian Jiu-Jitsu (BJJ)
European Championship Tournament
held recently in Lisbon, Portugal.

Kai also took the **Silver Medal** in December
when he competed in the
International Brazilian Jiu-Jitsu
Federation Tournament (IBJJF) in New Jersey,
and this March we will be sending our love
and support as he competes again in Florida.

Way to Go, Kai - We're so proud of you!





Shrove Tuesday **PANCAKE SUPPER**

Mark **Tuesday, March 4th** on your calendar! Westminster's annual pancake supper will take place in our gym from **5:30 to 7:00 pm**. Bring your family and friends for a pancake feast (with sausages and fruit) ... smothered in syrup!

A free-will offering will be gratefully received at the door.



If you're interested in helping out with this fellowship event, we will need: a set-up crew and decorators, pancake flippers, servers, a coffee/tea team, bussers, kitchen helpers, a clean-up crew ... and ... of course, **diners!**

Please contact Mona T., Kaireen A., or Bev C. to volunteer.



Did you know that ...

... the Senior Choir was so busy in December practising the special Advent and Christmas music that they had to have their Christmas Party in January? On January 23rd, the choir members gathered at the Mandarin, in all of their glittery Noel finery, with spouses, partners and children for an evening of singing (grace), feasting and fun. The highlight of the evening's festivities was the singing of their original Christmas songs written to the tune of *The Farmer in the Dell*.

They are back to their regular practices now, preparing weekly anthems and special music for the upcoming season of Lent and Easter.

One of the Christmas games they played at their Party was "Guess the Carol". The clue for #9 was: *We are Kong, Lear and Whitney*. Do you know the Carol?



The **GO Project** strives to offer meaningful, faith-filled and Spirit-led programs for youth in the United Church of Canada each year.

This overnight program currently runs for 8 days and nights. During the program, participants and staff reside at the host church, cook and eat together, serve with local environmental and social justice organizations, and discern how they are being called into action in their own lives and communities through discernment workshops.

Youth programs provide the mission trip experience without having to leave Canada *and* for a fraction of the cost.

If you are between the ages of 13 - 18, please go to the link below to register or to find out more info about the **GO Beyond: Youth Summer Project** being held in Oakville from July 19-27, 2025.

<https://thegoproject.ca/youth-go-project/#register>

The registration fee per participant is \$499.
This cost covers all meals, travel during the program and accommodation.
For those interested, there may be ways for the Church to help with the cost.



Pray, Praise, Ponder

**There are blessings hidden everywhere.
Seek and you will find.**

Winter Wellness Presentations

Mark your calendars and plan to attend these information sessions!

FEBRUARY PRESENTATION

Sunday, Feb. 9th at noon in the Founders' Room:

Dementia Friendly Communities, delivered by Carol O'Neil from the Alzheimer Society Durham Region

Learn about:

1. Current types of dementia and a different perspective
2. Signs / Recognition
3. Communication / Interaction

The focus will be on the early / mid-stages when individuals living with dementia are still active in the community but may exhibit "signs" and some practical tools for you to utilize.

MARCH PRESENTATION

Sunday, March 23rd at noon in the Founders' Room:

Sickle Cell Awareness, delivered by Temple Samuel from the Sickle Cell Awareness Group



Come Walk with Us on the COLDEST NIGHT OF THE YEAR!

DATE: Saturday, FEB. 22nd

PLACE: LVIV Ukrainian Hall, Oshawa

TIME: 4:30pm - 7:00pm

SUPPORTING: The Refuge Youth Outreach Centre

HOW TO WALK OR DONATE:

Go to Westminster's Team Page to Register or for Online Donations (preferred) or visit the church gym for cash/cheque donations on Feb. 2nd and Feb. 9th.

The link to our Page can be found in the Friday Email Blast

INFORMATION AND ASSISTANCE:

Contact Co-Captains:

**Lisa Wells or Judy Collard
or Cathy Shaw (after Feb. 16th)**

