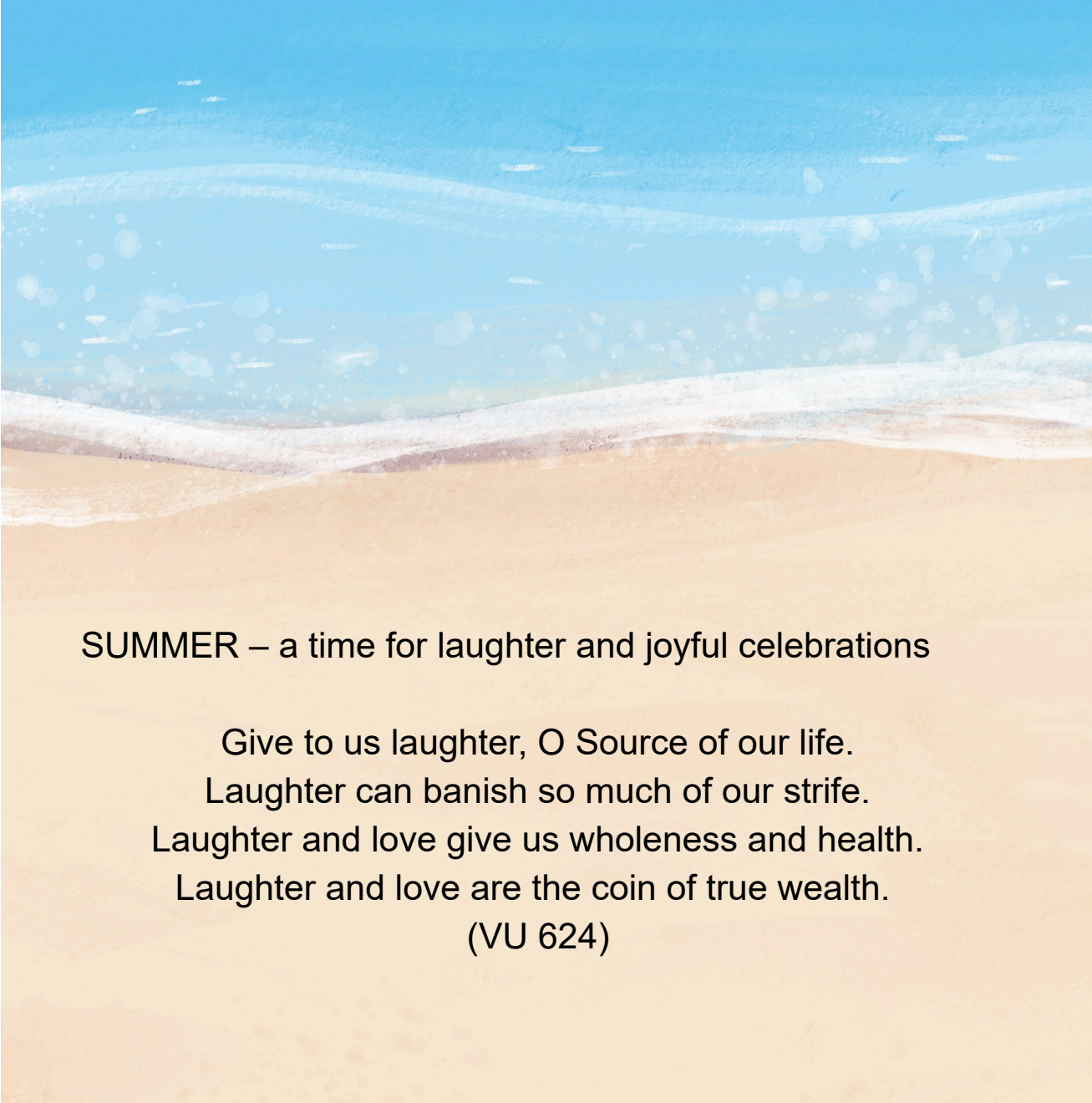

THE WESTMINSTER WORLD

JULY
2026



SUMMER – a time for laughter and joyful celebrations

Give to us laughter, O Source of our life.
Laughter can banish so much of our strife.
Laughter and love give us wholeness and health.
Laughter and love are the coin of true wealth.
(VU 624)

YOUTH GROUP

MAY and **JUNE** were busy months for the Kids and Youth of Westminster United Church as things were winding down before the summer break.

On **May 23**, Westminster youth met at **The Refuge** for a retreat! Leland H led the workshop on Bible journaling and Linda led a discussion on Mental Health and self-care for teens.



The space at The Refuge allowed the group to play pool, play the piano, and enjoy the creative atmosphere while exploring scripture and fostering community.

We send a heartfelt thank-you to The Refuge for sharing the space with us!



After service on **June 7th**, children, youth and Families gathered in the kitchen at Westminster for the ***Wizards and Fairies Cupcake Topper Bake!*** Everyone rolled up their sleeves, did some baking and then some imaginative decorating.

There was a spirit of teamwork, creativity, and a whole lot of fun!



Westminster youth had the run of **Skyzone Trampoline Park** on the evening of **Thursday, June 11**. The excitement was palpable and the energy was pulsing! What an exciting evening it was!



On **June 25**, we had a fun-filled end of school party at Westminster.

We sang karaoke at the top of our lungs, created dazzling bite-sized desserts, played ping-pong, and made friendship bracelets.



To see the spirits of Westminster youth glow was the best part of the evening. What a gift it was to be together!



Congratulations students, one and all, for wrapping up another school year!

JUNE WINDUPS

Many groups mark the beginning of the summer break with a wind-up celebration.



The **choir** has an ice-cream social every June! This year was more poignant than some previous parties as there were many retirees to be honoured: Helen and John B, Steve C, Ian F and Brian W.

We also paid tribute to earlier retirees we were not able to honour during COVID: Bonnie B, Lynn M, Sharon M, Jennifer T and Gail W.

It was noted that these dedicated choristers, collectively, had been sharing their love of choral singing for more than 300 years. An amazing commitment to church choirs!



AdThis year the gathering was held at Coco Frutti in Whitby. Everyone enjoyed a delicious brunch, and laughter filled the restaurant.

The **UCW** marks their year-end with a well-deserved celebratory luncheon – in a restaurant! No kitchen detail on that day!



Many thanks to co-chairs Sues and Cecile for organizing a great event.



The **J.a.M.** program always ends their year on Picnic Sunday with a thank-you to the teachers by participating in the worship service. So much time, energy and care was put into the event: the youth practiced their Scripts, wrote and rehearsed a musical number, and celebrated the Holy Spirit with their friends, families, and the church community.



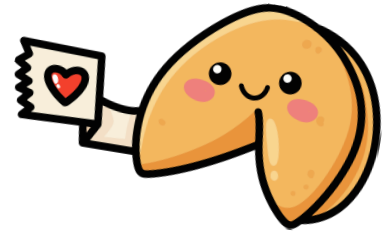
At this service, the youth who are graduating from high school are acknowledged and presented with prayer shawls to remind them that they are wrapped in the love of their Westminster Family as they journey onward. This year's grads are: Ethan B, Faith B, Kai C, Payton F, Jack H and Rohan M. Congratulations all!



After the service, everyone gathered in the gym for a picnic and some fun with a variety of games after lunch. Thanks to everyone for helping to make this day so special! We're already looking forward to next year!



Fortune Cookie Predictions to Ponder



A pleasant surprise is in store for you.

Going away for the weekend will help clear your mind.
Get ready for a daring adventure.

Your sense of humour will soon cheer up a friend.

Do not burden yourself with trivial matters.
Others will be impressed with your generosity.



In recognition of June's National Indigenous Peoples Day on June 21st and September's National Day for Truth and Reconciliation, ECORC's Indigenous Justice & Respective Relationships Forum has lent Westminster United Church their lending library of books. These books are found on a movable trolley in the narthex or the gym on Sundays or in the Founders' Room during the week. **They are at Westminster for us to borrow - to read – to study - to learn for the next 3 months.**

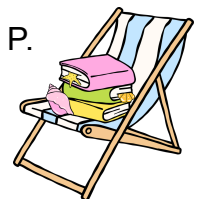


The book selections include: children's, youth, youth graphic novels, fiction, biographies, non-fiction, mystery, historical, meditations, poetry, and humorous books – something for everyone.



To sign out a book – please print your name, email, phone number, and the date you have borrowed the book in the spaces provided in the green file folder where every book is alphabetically listed by title.

If you have any questions or concerns, please contact Susan P.





to two of our OUTSTANDING Grads ...



Faith B has graduated from Sinclair Secondary School and will be attending Trent Durham in the Fall to study Psychology.

Faith received an entrance scholarship from Trent as well as the Ontario Principals Council Scholarship.

Congratulations Faith! Your Westminster family is very proud of your accomplishments!

Payton F has graduated from O'Neill CVI, earning many awards, including Honours, Ontario Scholar, the Performing Arts Certificate and the Senior Music Repertoire Award.

Payton will be studying Music Education at Laurier. She is pictured here with the Lieutenant Governor's Community Involvement Award.

If you'd like to congratulate her in person, drop by the Tim Hortons at Ritson and Adelaide over the summer!



“Summertime is always
the best of what might be.”

—Charles Bowden



The Benefits of Gentle Yoga Practice

Have you ever wondered about yoga?

The Wellness Committee offers series of gentle yoga classes with **Romain Perreira**. Classes take place in the gymnasium **from 5:00 to 6:00** on **Tuesdays**. There are **six** classes in each series. The cost per series is **\$60**. A portion of the proceeds is donated to the church.

The practice of gentle yoga offers benefits such as improved mobility, balance, strength building, and mental wellbeing. Gentle stretching can reduce joint and muscle stiffness. Balance is challenged in a controlled way. Building muscle strength improves posture and muscle tone. Mindful breathing practices can reduce stress and anxiety as well as improve memory by promoting oxygen flow to the brain.

The next yoga series **starts on Tuesday July 14th** and will run for six weeks through Tuesday August 18th. *A sign-up sheet is available in the Narthex.*



At close of day, may this prayer bring you comfort.
Day is done, but love, unfailing,
dwells ever here;
Shadows fall, but hope, prevailing,
calms every fear;

God, our Maker, none forsaking,
take our hearts of love's own making,
watch our sleeping, guard our waking;
Be always near.

"Saturday morning came, and all the summer world was bright and fresh, and brimming with life."

Expanding on these words of Mark Twain, may every day of your summer be bright and fresh and full of joy.

In the **Westminster World**, earlier this year, we featured an article on **Hudson's** scouting project. He was recently congratulated by *Zippaport* for exceeding his goal!

"We want to give a huge THANK YOU to Hudson for hosting a Zippaport shirt drive with his Scouts Troop! Hudson wanted to do something special for his Community Service project, and chose supporting Zippaport as a way to honour his friend Alex who bravely fought cancer for 764 days.

Hudson started out with a goal of \$650 and 114 shirts, and surpassed that goal with a donation of \$820 and 116 shirts.

"We are so grateful to Hudson and everyone who supported this shirt drive!"

Your Westminster family is proud of you, Hudson, and honoured to have contributed to your heart-warming project.



Summer – a time for rest, reflection and rejuvenation

Be still, my soul,
your God will undertake to guide the future surely as the past.

Your hope, your confidence let nothing shake;
all now mysterious shall be bright at last.

Be still, my soul,
life's tempests still obey the voice that once the waves' wild fury stayed.
(VU 652)

WHAT I DID ON MY SUMMER VACATION...

Your Homework for the Summer

Hoping to encourage us to take some much-needed time for rest and rejuvenation, Council was assigned the homework below. It seems only fair that the congregation be assigned the same task! Do your best to complete the assignment as often as possible!

Cook slowly

Watch the sky change colour - at sunrise or at sunset

Sit on your deck and watch the world unfold as you sip your first cup of coffee/tea

Listen carefully for the different bird songs you can hear in your backyard or at your cottage

Savour the first bite of your favourite food

Share jokes or stories that bring about deep belly laughs

Spend time outdoors – plant something and watch it grow

Spend time with a beloved child - play or read with them

Take a walk – along a beach or through a forest or through a park – what do you see and feel?

Drive out to the country one evening and star gaze

Curl up in a comfy chair or in a hammock and read your favourite genre book and fall asleep to the gentle breezes rolling over you

Have a wonderful summer!

And may God's peace fill your souls.

summer
time



Editor's Note



The time has come for the editor of the **Westminster World** to lay down her blue pencil. For twelve years I have been Chair of Communications, with the responsibility of gathering and editing material for the newsletter. I have worked with two very talented publishers, Cathy S and Mona T, and I am deeply grateful for their support (and patience with late submissions!) Their incredible computer skills have created the incredible monthly newsletters which have highlighted the activities of our busy Westminster family. The motto of the Communication Committee is "Communication Builds Community" and I hope that through the newsletter, you have felt connected to our faith community. I am confident that the new chair, Jordan H, will approach her responsibilities with enthusiasm and creativity and I look forward to the gifts she brings. With gratitude to all for your support and for your contributions which created the heart of the Westminster World.

Bev C