

## Coming in June!

Mark **Friday, June 3 at 8 p.m.** in your calendar for a great concert at Forest Hill United Church! That's the venue for a benefit concert featuring Toronto musician **Royal Wood!!!**



Royal Wood is a musician, songwriter and recent nominee for a 2011 JUNO Award for Songwriter of the Year delivers "heartrending, and honest tales of love, loss and life". Piano is his main instrument, but he also plays guitar. His appeal spans all age groups. You can hear his music on his website [www.royalwood.ca](http://www.royalwood.ca) and click on the music link.

K-W's own Loneliest Monks will open the show. Tickets are \$22 and are available in the church office during the week and on Thursday, May 5 and Thursday, May 12 from 5 p.m. to 8 p.m.

All proceeds go to Forest Hill's Refugee Assistance Fund.

If you wish to contact **Rev. Marian or Rev. Murray** by email, their Forest Hill email addresses are as follows:

**Marian Gils-McLeod:** .  
[mariangmcl@bellnet.ca](mailto:mariangmcl@bellnet.ca)

**Murray McLeod:**  
[murraymcl@bellnet.ca](mailto:murraymcl@bellnet.ca)

## One Heart/Two Continents Returns in November

Just a heads up now--Shirley Westlake and her committee are preparing to hold the annual One Heart/Two Continents Fundraiser at Forest Hill on November 12, 2011. Monies raised will support education for women and children in Kimironko, Rwanda and in the villages along the Tahuayo River in the Peruvian Amazon. Glenna Murray and Shirley have volunteered in Kimironko and Shirley in the villages in Peru.

Shirley is looking for brand new items for sale and auction and would welcome any donations as well. If you know of any businesses that donate to local auctions, please ask them to consider making a donation to this fundraiser.

Shirley is also looking for people who are willing to advertise this event to the wider community.

If you think you can help in some way, please contact Shirley at 519-742-3046 or at [amazonia@sympatico.ca](mailto:amazonia@sympatico.ca)

### PLEASE NOTE:

**Deadline for the June Messenger will be Sunday, May 22 in order to have it in the boxes for pick up on Sunday, May 29. Please leave items in the envelope outside the church office or email Martha Leibbrandt: [mcleibbrandt@rogers.com](mailto:mcleibbrandt@rogers.com), or phone 519-568-7375.**

## THE MESSENGER

Celebrating God

Being in Community

Reaching Out to Others

MAY 2011

Forest Hill United Church, 121 Westmount Rd. E., Kitchener, ON N2M 4Y6  
Tel: 519-744-3481 Fax: 519-744-7674  
Email: [foresthilluc@bellnet.ca](mailto:foresthilluc@bellnet.ca) Website: [foresthillunited.org](http://foresthillunited.org)  
Ministers: Rev. Marian Gils-McLeod and Rev. Murray McLeod  
Director of Music: Peter de Sousa  
Office Administrator: Wendy Irvin

### Ministers' Message

#### Are you a carrot, an egg, or a coffee bean?

Welcome to the month of May. With any luck the weather will improve and the rigorous paces that have carried us so quickly from Advent onward will slow to allow a lifestyle that permits an occasional coffee break. While 'breaking' give some thought to that coffee... it really holds some fundamental characteristics that we as spirit-filled people of faith ought to emulate.



You may have heard the story of a young woman who went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed that as one problem was solved, a new one arose.

Her mother, a wise woman, took her to the kitchen. She filled three pots with water and placed each on a burner. Soon the pots came to a boil. Into the first, she placed carrots, in the second she placed

eggs, and in the last pot she placed ground coffee beans. She let them sit and boil, without saying a word.



After fifteen minutes or so she turned the burners off. She fished the carrots out and placed them in a bowl. Then she pulled the eggs out and placed them in a bowl. And finally she ladled the coffee out into a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?"

"Carrots, eggs, and coffee," she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Then she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does it mean, mom?"



You can find out what it means on page 5, where the story continues...



**REPORT FROM THE BOARD**

April 20, 2011

1. Now is the time to renew our Observer subscriptions.
  2. Bills are now being paid in priority order, as mandated by the United Church of Canada.
  3. We should consider using PAR; be sure that we are up-to-date with our financial commitments. We need more cash flow month by month.
  4. The visioning workshops with the Choir and UCW have been completed. More workshops are being planned. The final one will bring all the information together. We hope to have a new Vision Statement for Rally Sunday in September.
  5. Waterloo Presbytery has mandated that we have a pulpit exchange on May 1. Rev. Greg Smith Young from Elora/Bethany pastoral charge will be our speaker. A time to discuss our joys and concerns will follow each service.
  6. The Program and Governance Congregational Meeting is on June 12. There will be one service at 10 a.m. The meeting will follow the service and lunch will follow the meeting.
  7. The Stewardship Committee thanks all those who have taken part in our every family visitation. There will be a report to the Board at the May meeting.
  8. The Nominating Committee is working on its report.
  9. The Accessibility Committee has completed the first part of its report according to government regulations.
  10. The Space Committee (assessment of storage) has completed its report and was dissolved with thanks as an ad hoc committee. Dealing with the items or projects mentioned in the report will be the responsibility of the appropriate committees and assigned to them.
  11. The Board will review, at the May Board meeting, the recommendations of the *Pries Report*, *The Reference Committee for Worship and Music* and the *Walking with God* document.
  12. Board members are encouraged to bring their concerns to the Board for discussion.
  13. *Princess Ida* (Gilbert & Sullivan) tickets as a fund raiser for our general fund are available from Choir members.
- The next meeting of the Board is May 19 at 7 p.m. All are welcome to attend.

**Ken Carter,**  
**Chair of the Church Board**

**Pulpit Exchange on Sunday, May 1**

Waterloo Presbytery is holding a pulpit exchange on Sunday, May 1. This will provide an opportunity for the various congregations to get to know their neighbours in Christ and help in the general Pastoral Oversight role. Forest Hill will have a guest minister, Rev. Greg Smith Young while the McLeods will be preaching in Ayr. Our congregation is invited to remain after worship for a brief time to share our joys and concerns with the visiting minister and presbyter/delegate. A one-page form report will record these points, be signed by the visitors then returned to the Pastoral Oversight Committee.

**Calling All Mothers!**

The Men's Breakfast are issuing a cordial invitation to all mothers of Forest Hill United Church to join them for breakfast on Mothers' Day, Sunday, May 8 at 8 a.m. at Forest Hill. This has become something of a tradition now! If you plan to attend, please call Rob Steele at 519-745-8101 to reserve your place.



**Come, and be pampered!**

**Happy Mothers' Day on Sunday, May 8!**



*Last year, during Easter Week it was the men of Forest Hill who took part in a service marking the Last Supper on Maundy Thursday evening. This year, it was the women's turn to take on roles of women who played a part in Jesus' life leading up to the Crucifixion. The dramatic depiction, while marking a solemn occasion, gave immediacy to this important time in the Christian calendar and experience.*

## Kids' News from Judi

\*The next PA day program will be June 3, from 9 - 3, for 6 to 12 year olds. The cost is \$10 for the day. Bring your friends and join us for crafts, baking, games, stories and lots of fun. Registration forms are available at the office or contact Judi.

### God doesn't take the summer off!

\*Our kids need to know that worship is not a part time activity. To keep the Kids' Church program going year round we need summer volunteers. Curriculum will be provided in advance and will be simple to follow. So please, check your calendars and sign up for a week or two. Nursery volunteers are also needed. Sign up in the Fireside Room every Sunday until all services are covered.

\*Our 2011 Vacation Bible Sensation is **SHAKE IT UP CAFÉ**. We need adult and teen volunteers to make this year as successful as 2010! We are aiming for 50 campers this year. We need at least 4 more adult volunteers for leadership roles and 2 more lunch prep volunteers volunteer to make things run smoothly. High school students can get volunteer hours. Sign up in the Fireside Room after services.

**Registration for SHAKE IT UP CAFÉ begins May 1.** A display with information up will set up in the Fireside Room after the 9:15 services.

\*Please note that if you bring young guests, and would like to have them join us downstairs, you need to fill in a Kids' Church Guest Registration card. This is important as the card contains information regarding allergies and photos. We need the information for safety reasons. It also helps us make our young guests feel more at home here if we know a bit about them. Cards can be found in the pews or ask an usher.

\*Everyone is welcome to join us for a **summer potluck picnic and games day on June 12**. This will mark the end of the regular Kids' Church program and the beginning of Summer Sunday Cool Days. More details to follow but we wanted you to mark your calendars.

*For information about child and youth programs contact Judi Knetsch at 519-742-3913 or [jknetsch@yahoo.ca](mailto:jknetsch@yahoo.ca).*



## Are you a carrot, an egg, or a coffee bean?

*(Continued from front page.)*

Her mother explained that each of these objects had faced the same adversity -- boiling water -- but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

And each of us should answer the same question for ourselves. Which are you? The carrot that seems strong, but with pain and adversity wilts and becomes soft and loses its strength?

Are you the egg that starts with a malleable heart, but changes with the heat? Did you have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have you become hardened and stiff? Does your shell look the same, but on the inside are you bitter and tough with a stiff spirit and a hardened heart?

Or are you like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour of its life. If you are like the bean, when things are at their worst, you get better and change the situation around you.

How do you handle adversity? Are you changed by your surroundings or, by the spirit of Christ within you, do you bring life, flavour, and change to them?

Are you a carrot, an egg, or a coffee bean?

May you find rich blessings in your life as a human "bean"!

**m&m**



*Guess Who's Coming to Dinner was all about meeting friends and, what else at Forest Hill?...eating of course. Here, Shelley Steele feeds some cake to Gillian McLeod. Yum!*