



Weekly Update

High Country
United Church

February 18, 2026

Hello

Beginning Lent

We step into the quiet
with open hands.
Ash upon our foreheads,
hope within our hearts.

We carry what is heavy.
We lay down what we can.
We walk the long road
toward mercy and morning.

In our weakness, God is near.
In our waiting, Christ walks with us.
In this season of turning,
the Spirit makes us new.

Lent has begun and I hope pancakes were enjoyed by many on Tuesday.

As we begin Lent, we think of what we'll fast from. It took me a while to figure out what I needed to 'give up' - not busyness exactly, but the lack of boundaries around it.

When my office hours are interrupted regularly, I fall behind. Saturdays have quietly become bulletin and PowerPoint days instead of Sabbath and family time. That is not healthy or sustainable.

So I need your help.

For Lent, I am committing to clearer boundaries so I can serve you well and also protect time for rest and family. This will be a challenging and life-giving Lenten practice for me. Thank you for respecting my journey through Lent and beyond.

You will notice a sign on my door with office hours. If the door is open, please know you can say hello. (I have a 10 minute timer for us to see to help us recognize the time.) If it is closed, I am focusing on important work and need that time respected. Knocking will not change that. I love our conversations. They are a gift. But I also need intentional space to complete the work you have called me to do.

You will likely hear me say, "I want to respect our time." I hope we can normalize and honour that phrase together. If you need to talk, please call and book an appointment. I am always available for true pastoral need.

I also need to set a Sunday morning boundary. Before worship I have several hours of preparation. Please do not call my cell on Sunday mornings unless there is an emergency such as someone dying or who has just passed. Text updates about pastoral concerns are always welcome. Routine questions can wait.

I care deeply about you. These boundaries are not about distance. They are about sustainability, faithfulness, and being able to serve with energy and joy for the long haul. Thank you for helping me keep them.

*A huge thanks to some folks who are saying yes to some of the tasks I'm starting to hand off. Debbie S will be helping with Rentals and Bev will be taking care of phone messages.

This week's small group ministry summary:

Sunday in worship: Estimating 35 in worship on Sunday morning

Young Adults Group: A couple of us gathered online.

Peer Support for Addictions: 5 of us gathered for family and friends support in a hybrid form, and enjoyed some cookies that were provided.

Church History Project (Questions - Part 3):

Here is a link for a few more questions. You can use this link over and over again to reply for others in your family/friend circle if you wish: <https://www.surveymonkey.com/r/K36LFQL>. Paper or online survey responses are acceptable. (Paper copies are available in the lower hall.)

Volunteer opportunities / Looking For Items for the week ahead

- Volunteer: Thursday, February 19 at 4:30PM (tentatively): A helper to conquer the cataloguing of event supplies. It should only take an hour or so with one helper. We'll be mostly in the barn, so dress warm.
- Looking for: We'll take your Lego! If you have Lego laying around that's not being used, please considering donating it to the church. It's a great tool to use when teachers aren't available on Sundays and more.
- Looking for: We're looking for file folders in great condition: about 5 legal size file folders and a handful of letter size file folders.

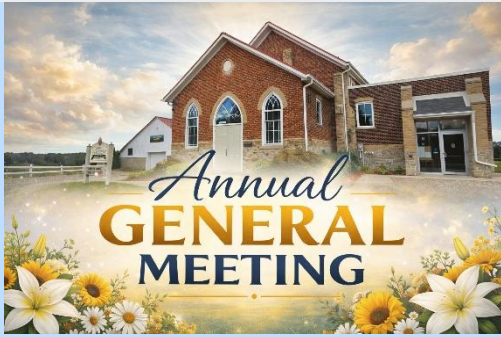
Please know that these are opportunities and not obligations. Many folks ask how they can help and so we're sharing those opportunities. When you sign up for a task, you're opening up my time and taking a little stress off my shoulders. Thanks for all your help in keeping the church run like a well-oiled machine, for continuing the hospitality we're well-known for, and for your love and compassion you share.

If you know someone we should send a card to (celebrations, illness, sympathies, etc.), please contact Debbie Baker who will be taking care of cards for the next month or so. Call 519-941-3972 or email dbaker002@sympatico.ca.

Thank you to those I know about in the past week: Susan, Sheila, Bev, Dave & Debbie; Lamont for keeping the lots clear and for a few folks who clear the entrances (we're very okay if they are clear before our regular volunteers arrive); Pam and Monday night support group participants for their encouragement and support; Sunday morning helpers: Darlene K & Bev for refreshments; Bev & Deb V for AVIT; Gladys, Linda, and Karen for music; Linda for reading scripture; and Rob V for greeting; Council as we prepare for the AGM; Bev, Don, and Mary H for all the cleaning they do so the church looks its best on Sunday mornings; Sheila for her help with photos; whoever remembered to unlock the solid doors before service - thank you!

Blessings,
Rev. Jan

To subscribe, send us an email at highcountryunited@gmail.com



Our Annual General Meeting is scheduled for Sun., Feb. 22 during worship.

AGM Reports can be downloaded [by clicking here](#).

For those interested in officially becoming members of the church: we are planning a service on Palm Sunday - March 29th to welcome new members. Rev. Jan has sent out an email earlier this week to some of our newer folks.

If you haven't received it and are interested, please touch base with Rev. Jan as it likely got lost in cyberland.

Did you know:

Every year about the same time when we're working on the AGM materials, we get a notice from the national church that our annual statistics are due. It's quite a time getting all of this together and I'm super thankful to Sue who has been the most time consuming part of the report for many years.

We are asked to send our AGM reports and gather specific statistics to the national church office. Statistics include a lot of accounting figures, but also the number of new members, members who have left or passed, baptisms, and weddings. It asks us to share information about how many groups and people are involved within them. The most challenging (and fun) is estimating how many people are involved in the life of the church who aren't necessarily connected like members or regular attendees. They are tracking the estimated total number of volunteer hours each year as well as our energy efficiency for all churches.

This Sunday in Worship

**The Temptation of Jesus
Annual General Meeting**

Scripture | Matthew 4:1-11



Sunday's Music:

- [Abba Father](#)
- [Make Me a Servant](#)

Reader: Cliff Bricker

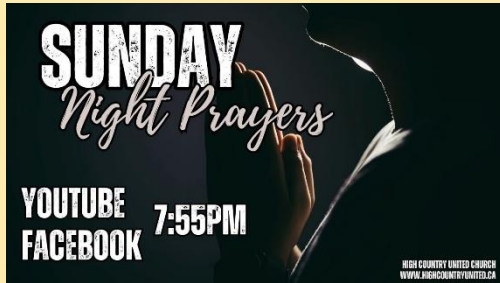
Greeter: Krista Parke

Refreshments: Debbie S.

Sunday School:

There will be an activity in the sanctuary this week

In Our Prayers: Isabel Bospoort in hospital after a stroke; Nancy Hossie in hospital; the Brickers nephew, Jamie and his wife Jessica as Jamie has't had much progress since his accident in the last nine months (praying for new ideas and care, and patience for all);

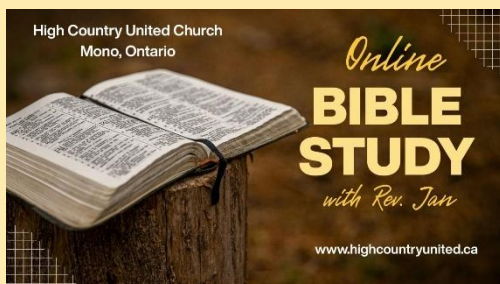


Each church season, we change up the song we sing after the scripture & reflection. Starting Sunday night, here is the sung response we'll sing through Lent - likely just a verse, maybe two: "[Stay with us Through the Night](#)"

Every Sunday night since the pandemic, Rev. Jan pops online goes live to offer a little scripture, a reflection, and prayers for our community and the world.

Most of the time, it's live but sometimes it's pre-recorded if there are other things going on.

Join us on YouTube or Facebook and interact via the comment section as you feel comfortable. We'd love to see you there.



Starting Monday, February 23 we begin an online Bible Study. It starts with Bible Basics.

Visit this link to join the group:

<https://www.facebook.com/groups/2010151272902864>

Every Monday a video will be posted (10 minutes or less). Participants are encouraged to chat with each other, ask questions, and more.

We will have an online chat via Zoom (or hybrid if requested) once a month.

You can post comments and questions anonymously if you're feeling unsure about your post.

Construction News

The Barn: Information will be presented at the AGM.

The Solar Panels: Expected to begin in March (going on the main church building).

If you're interested in contributing to our upgrades/repairs you can make a donation to our church's building fund. We have our young people coming up with ideas and will share a Go Fund Me page soon. We hope you'll support their fundraisers and ideas.

Obituaries

Local Funeral Homes listings: (Orangeville, Grand Valley, and Shelburne)

Dods & McNair

Herlihy, Pete
Mongrain, Lynda
Newall, Paul
Russell, Amber
Russell, Baby Ivy Rose
Vico, Paolo

In Memoriam

Cockerill, Jim
McStravick, Rosemary
Urion, Diane

Jack & Thompson

No updates

THIS WEEK AT HCUC

THURS
FEB 19

Shut-In Visits
3:00pm Council Meeting

FRI
FEB 20

Rental: Rural Rescue Training, Lower Hall
Office Hours: 9:30am to 2:00pm
11:00am VON Smart Exercises in Sanctuary
6:30pm Family Night *watching the weather

SAT
FEB 21

Rental: Birthday Party, Lower Hall

SUN
FEB 22

Office Hours: 9:00am to 1:00pm
10:30am Worship Service *Annual General Meeting
7:00pm United Generations YouTube & Facebook
7:55pm Weekly Prayers on YouTube & Facebook

MON
FEB 23

11:00am Lunch & Learn
7:00pm Support: Living With Addiction
7:00pm Support: Families Support - Addiction

TUES
FEB 24

Office Hours: 9:30am to 2:00pm
10:30am Knitting & Puzzles
11:00am Exercises: Arthritis Foundations
11:30am Exercises: Indoor Walking Workout

WED
FEB 25

Office Hours: 9:30am to 2:00pm
11:00am Exercises: Strength & Stretch
12:00pm Book Club
7:00pm Paper Airplane Club

High Country United Church | Phone: 519-941-0972
346255 15 Sideroad WHS in Mono (Camilla) | www.highcountryunited.ca

FEBRUARY 2026

HIGH COUNTRY UNITED CHURCH

WEEKLY PROGRAMS & ACTIVITIES

| | |
|---|---|
|  | Mondays at 7:00pm Free peer <u>support group</u> for those of us living with addiction and recovery. |
|  | Mondays at 7:00pm Free peer <u>support group</u> for families and friends who are supporting loved ones living with addiction and recovery. |
|  | Tuesdays at 10:00am Free social space to gather to help with the community puzzle, or bring your knitting or other handiwork. |
|  | Tuesdays at 11:00am Free exercise class: Arthritis Foundations. Equipment provided. |
|  | Wednesdays at 11:00am Free exercise class: Strength & Stretch. Equipment provided. |
|  | Fridays at 11:00am Free exercise class: VON SMART Workout. Equipment provided. |
|  | Sundays at 10:30am An hour-long worship service followed by refreshments and fellowship. |
|  | Sundays at 7:55pm Join us on YouTube or Facebook for live prayers each week. |
| | Daily on Facebook A short prayer is posted at 6:00am. A workout is posted at 7:00am. |

High Country United Church

346255 15 Sideroad WHS

Mono, ON L9W 6R9

Phone: (519) 941-0972

Email: highcountryunited@gmail.com

www.highcountryunited.ca

MORE PROGRAMS & ACTIVITIES

| | | |
|----|--|---|
| 06 | Friday, Feb 06 from 5:30-7:00pm Alone But Not Lonely (<i>not a dating group</i>) Potluck dinner and fellowship for singles |  |
| 08 | Sunday, Feb 08 from 5:30-7:00pm Youth Group (ages 12-18) with dinner |  |
| 09 | Monday, Feb 09 from 2:30-4:00pm Drop-in Tech Support, Free |  |
| 15 | Sunday, Feb 15 from 7:30-9:00pm Young Adults Group (ages 18-35) via Zoom |  |
| 17 | Tuesday, Feb 17 from 2:00-3:00pm Living Into Hope: Free Grief Support |  |
| 18 | Wednesday, Feb 18 from 12:00-1:30pm Book Club Discussion: Five Little Indians |  |
| 18 | Wednesday, Feb 18 from 6:30-7:30pm Living Life Conversations: How to live confidentially with faith. |  |
| 20 | Friday, Feb 20 from 6:30-8:00pm Family Night |  |
| 22 | Sunday, Feb 22 from 7:00-7:30pm United Generations Online Worship Service |  |
| 23 | Starting Monday, February 23 on Facebook Bible Study - An online group for those looking for bible basics as they grow in faith. |  |
| 23 | Monday, Feb 23 from 11:00am-1:00pm Free Lunch & Learn (Please register) Presenter: One Small Cog Seniors Services |  |
| 25 | Wednesday, Feb 25 from 7:00-8:00pm Paper Airplane Club for all ages |  |
| 26 | Thursday, Feb 26 (2 times offered) 1:00-2:00pm / 5:30-6:30pm Free Cancer Support Group for anyone living with or supporting someone with cancer. |  |
| 26 | Thursday, Feb 26 from 7:00-8:00pm Let's Talk Suicide: Free support group for anyone affected by suicide. |  |



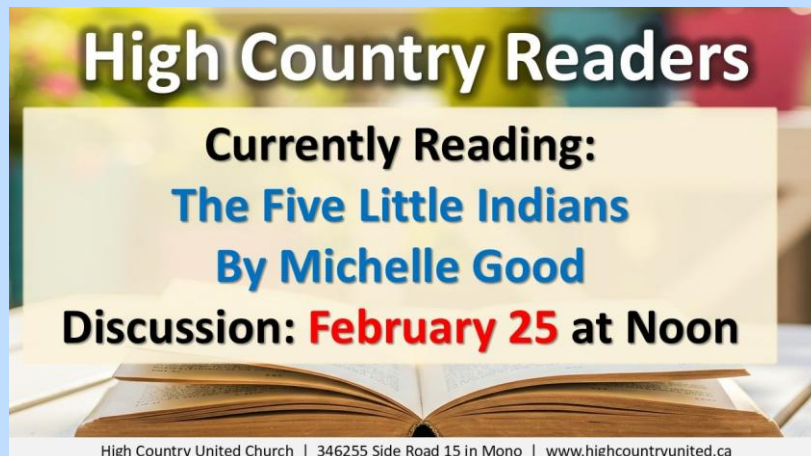
FAMILY NIGHT

FRIDAY, FEBRUARY 20

6:30PM TO 8:00PM-ISH

**THEME: CREATING ANIMALS
GAMES & CRAFTS**


HIGH COUNTRY UNITED CHURCH
www.HIGHCOUNTRYUNITED.CA



High Country Readers

Currently Reading:
The Five Little Indians
By Michelle Good

Discussion: February 25 at Noon



High Country United Church, Camilla presents

ALEX BURNETT & FRIENDS

country & gospel music

Jeff Scott John Fletcher Ross Beattie Lyman Smith Kim Wood
Kara Shaw Alex Burnett Bruce Woods



Sat. April 18, 2026 • 2 pm

High Country United Church

346255 Side Rd 15, Mono, ON L9W 6R9

Doors Open 1 pm • Wheel Chair Accessible • Everyone Welcome

Tickets \$25

Call: Janet 519-941-0972 or Doug 647-625-0006

This is a fun fundraising event for High Country United Church

Tickets for all concerts are now \$25.

Tickets for our concert on Saturday, April 18 are on sale now.



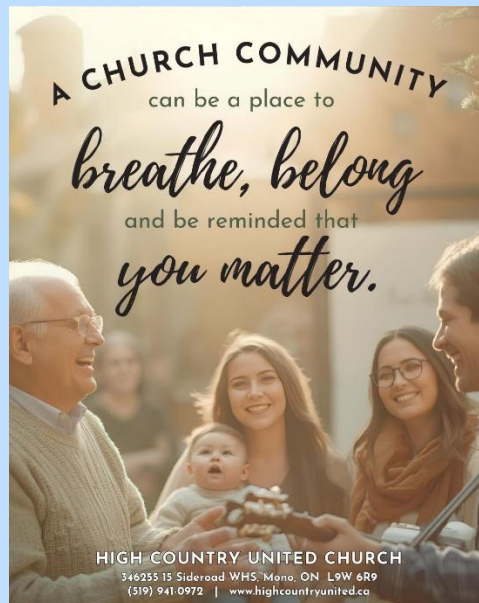
We're putting our team together for another cold walk to support The Orangeville Food Bank. To join or team or to make a donation online, visit: <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?...>

To make a donation in person, please see Sheila Orton.



High Country United Church

Join our team "Disciples on a Roll" and bowl with us on Friday, April 10th in the evening. <https://www.canadahelps.org/s/jBG4W9>



PEER SUPPORT GROUPS AT HIGH COUNTRY UNITED CHURCH 346255 15 SIDEROAD WHS IN MONO

FREE

**You are not alone.
Together we share stories, experiences,
resources, support, and hope.**

Cancer Support

For patients, survivors, loved ones and anyone affected by cancer. (Held on the last Thursday of the month at 1:00pm and 5:30pm.)

Grief Support

Open to anyone living with the loss of a loved one. (Held on the third Tuesday of the month at 2:00pm.)

Addiction & Recovery

For individuals experiencing addiction of any kind or in recovery. Meets Mondays at 7:00pm.

Recovery Allies

For loved ones supporting someone in addiction or recovery. Meets Mondays at 7:00pm, in-person or online.



Suicide Support

Let's Talk Suicide is a support group for anyone affected by suicide, including survivors (Held on the last Thursday of the month at 7:00pm)

www.highcountryunited.ca


Monday night's Families and Friends group link:

<https://us06web.zoom.us/j/84699895330>

For more information about any of our support groups

visit: <https://www.highcountryunited.ca/support-groups.html>

Youth and Young Adults



YOUTH GROUP

Come together in faith,
friendship, and prayer!
Dinner provided.

**SUNDAY, MARCH 8
5:30PM TO 7:00PM
(RSVP BY MARCH 5)**

High Country United Church
For youth ages 12-18

More Information:
519-941-0972 highcountryunited@gmail.com www.highcountryunited.ca

Youth: March discussion will include possibly preparing to do a skit/play during a worship service service. We're also looking to do a visit to the Food Bank.



YOUNG ADULT GROUP
HIGH COUNTRY UNITED CHURCH
SUNDAY, MARCH 15 FROM 7:30PM - 9:00PM
ONLINE VIA ZOOM

- Open to ages 18-35
- Guaranteed laughter.
- Make new friends.
- Explore faithful conversations.
- Networking.



QR Code takes you directly to the meeting
www.highcountryunited.ca

Young Adults: Send the church **your email address** that we can send any young adults news to, and your **cell number** as Sam Bradley is setting up a Whats App group. And let us know if you want to receive the newsletter via email.

Collective 2026 is a national gathering for Youth, Young Adults, and their leaders, presented jointly by The United Church of Canada and the Presbyterian Church in Canada. Collective is an opportunity to grow in faith, build community, and reflect on shared experiences—together.

August 12–15, 2026 at Brock University, St. Catharines, ON

Cost: \$450

If the cost is the only thing preventing you from attending, please let Rev. Jan know as we might be able to sponsor you through the church or a

church member.

Registration deadline: June 15, 2026.

Collective 2026 will include large-group gatherings, along with dedicated sessions designed to inspire, challenge, and equip the diverse streams of young people attending. Each day will be filled with worship, recreation, discipleship groups, interactive workshops—and of course, delicious meals! Find out more: <https://www.collective-gathering.ca>

Theatre Orangeville Night

In April, we're heading to the theatre for a community give back night. It's a fundraiser for us that happens the night before a show officially opens. We're heading to see: *The Wedding Party* by Kristen Thomson. Call the box office and tell them you're ordering tickets for High Country United Church.

The Wedding Party takes us behind the scenes with two families, mistaken identities, and love - all tied up in a madcap comedy that invites the audience to take a seat ringside on the big day.

Dress up in your 'wedding best' and join our cast (who each play a multitude of hilarious family and friends attending the wedding), as they hit the dance floor, indulge perhaps a little too much, and try to get along.



DECLUTTERING?

If you're organizing a pick up at your home and have room to add more stuff, let us know and we'll share it here.

If you have items to give away or you want to sell, let us know. We'll provide very basic info here to help your stuff find a new home.

Pies available year-round

Contact our Pie Coordinator, Susan
Phone 519-941-6397 or email susanbutler55@icloud.com

Meat Pies: Beef; Ground Beef; Turkey
Fruit Pies: Blueberry; Dark Sweet Cherry; Mixed
Berry; Peach; Raisin; Raspberry; Rhubarb;
Strawberry-Rhubarb (and Apple when available)

Contact the church office if you're looking for a location to host an event,
ongoing program or a meeting. We may have the perfect space for you.

LOOKING FOR: Nienke Randeraand is asking if anyone has any wool/yarn you want to get rid of. She's looking for scraps and full balls. You can leave it in Rev. Jan's office and she will deliver.

FOR SALE: The church has two rectangular window fans that we used in the windows in the sanctuary during the heat of the summer. We will no longer need them. They are currently in the office on a chair. For sale by donation.

LOOKING FOR: Deb Arenburg is looking for a good used truck. Please call 519-942-7148. Ideally a 4x4 with an extended cab, but open to any consideration.

FOR SALE: Darlene & Wally K have a face cord of hardwood for sale. Normally costing \$110 plus delivery. They are selling it for \$80. Please contact them directly.

FOR SALE: Gladys has a Honda generator for sale if anyone is interested. Please contact her directly.

OnHand Support Services: Sam Bradley (519) 939-0166
Rides, cooking, cleaning, and PSW care - "Life without Limits"
<https://onhandsupport.carrd.co/#>
Email: onhandsupp@gmail.com

Sparkle Clean: Calum Boston (519) 307-0521
Exterior Window Washing Services. Email: 519sparkleclean@gmail.com



**USED BATTERIES
AND EGG CARTONS
CAN BE DROPPED
OFF IN THE
CHURCH
OFFICE**



A prayer for the week

God of all, as we begin Lent, help us to be intentional with our time and focus. May we make the time to draw closer to you in our hearts and souls. Where we give something up, strengthen us to succeed. Where we try something new, give us courage to carry through. Help us to support each other and offer our encouragement where it is needed. Be with us as our church family meets for our annual general meeting on Sunday. May your will define our purpose and ministry in all our days. And God, can we see a little more sunshine? It's been a long winter... God, thank you for being with us through all our days. In Jesus' name we pray. Amen.

***Heal, comfort and strengthen the world.
Extinguish all evil and kindle the good.***

A link to our 365 days of prayer:

<https://highcountryunited.ca/blog>

High Country United Church

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Mono, ON L9W 6R9

Phone: (519) 941-0972

Email: highcountryunited@gmail.com

Website: www.highcountryunited.ca

To donate:

* E-transfer

highcountryunited@gmail.com

* Cheque payable to

"High Country United Church"

* Cash

* Pre-Authorized Payments

* Through CanadaHelps.org

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