



Weekly Update  
High Country  
United Church

February 25, 2026

Hello

**The Second Week in Lent**

We lay before you the desires of our hearts,  
that we may be transformed by their fulfillment.

We pray for grace to take your generous gift  
and step with courage on this holy path,  
confident in the radiant life that is your plan for us,  
made known and given in Jesus Christ our Lord. Amen.

Lent is on the go and it's in a rare time where Ramadan is also happening at the same time. Christians spend 6 weeks where we fast and get closer to God, read scriptures focusing on Jesus' life and ministry, and participate in some extra worship services. Our Muslim brothers and sisters spend a month where they fast during the sunlit hours (no drink or food), is a time of self-reflection and practice self-control, being grateful and sharing compassion with others. Extra time is spent reading scripture, worshiping, and praying. May all who take time to be closer with our Creator be blessed.

Thanks to everyone for helping me with the first week of my lenten practice of boundaries.

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**This week's small group ministry summary:**

**Family Night:** Just 2 of us but I had a great time with Harper who got more comfortable in the church and is learning to play hide and seek in the sanctuary. The weather was not the best.

**Sunday in worship:** 43 in worship on Sunday morning and has been viewed 112 times as of Wednesday night.

**United Generations Online:** 72 views online as of Wednesday night.

**Sunday Night Prayers:** 92 views online as of Wednesday night.

**Lunch & Learn** with One Small Cog: About 43 were in attendance and 283 views as of Wednesday night.

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

**Paper Airplane Club:** 5 of us gathered on a blustery night and I want to thank the Baker's grandson, Jake, for getting us more comfortable with making some. It was a lot of fun (and the cookies are super tasty too!)

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**Volunteer opportunities / Looking For**

- **Fixes:** Door handle of a cabinet with the chafing dishes is off
- **Fixes:** One of the chairs at the AVIT station is wonky

- **Looking for:** yes, even more Lego; and Magnetic Tiles! ([Like this](#)) The magnetic tiles would also be used for Sunday School or as an alternative, youth group, family night, and for toddlers.
- **Looking for:** a cleanable extra-large foldable/portable play mat we can use for toddlers and babies when we have a program in the lower hall (not interlocking pieces as we want easy/fast set up and clean up). Purpose: it would be used for circle times, preventing them from getting any random dirt from the floor, and keeping them a little more comfortable.
- **Volunteering:** A person or two I can delegate the task of creating a Memory Wall area. It would be a dedicated space of small photos and names of those who have passed away in our church community. Location of placement to be determined.

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**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](mailto:dbaker002@sympatico.ca).

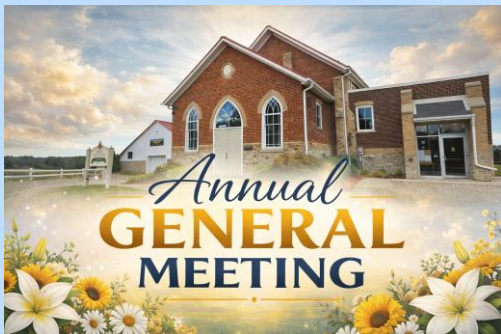
**Thank you** to those I know about in the past week: Susan, Sheila, Bev, Dave & Debbie; Lamont for keeping the lots clear and for a few folks who clear the entrances (we're very okay if they are clear before our regular volunteers arrive); Pam and Monday night support group participants for their encouragement and support; Sunday morning helpers: Debbie S & Sheila for refreshments; Bev & Deb V for AVIT; Doug & Donna for music; Cliff for reading scripture; and Krista P for greeting; Council in all the prep work for the AGM; Bev, Don, and Mary H for all the cleaning they do so the church looks its best on Sunday mornings; Bev and Sheila for miscellaneous tasks including new smaller bulletin boards to make a cleaner look when we have posters around; the wedding supplies inventory team; Carole B and Mary M for donating file folders; Linda and Jim for helping with some file clean up; a Lunch & Learn participant who donated some gliders for our paper airplane club (we'll use in the future for sure); and sooooo many more

Blessings,  
 Rev. Jan

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**To subscribe, send us an email at [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)**

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**Our Annual General Meeting was held on Feb. 22, 2026.**

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

**1) Property Team** - we're looking for folks who are interested in popping into the church to take care of various property-related duties like changing light bulbs, changing air filters, addressing loose handles on doors, ensuring fire code safety, etc. No big projects, not much time needed on any of them, and can be done at any time (as long as there's not a rental). This team would communicate with the Trustees if any bigger issues arise that need to be addressed. We encourage folks of all ages to be part of this team.

**Did you know:**

At our AGM this week, we agreed to start up two new teams (not committees). Teams are meant to do some planning but focus on doing and getting things done. Thanks to those who put their names forward already.

For questions or to put your name forward on one or both of these teams, please contact the church office.

**2) United Generations for**

**the Future** - we're looking for folks who are passionate about the future of our church and community. This group will focus on financial stability, sustainability, and growth. This team is filled with creative, visionaries, and people who have positive energy and are willing to try new things. The team would communicate with Rev. Jan or Council on a regular basis. We encourage folks of all ages to be part of this team.

**This Sunday in Worship****The Wilderness**

**Scripture** | Matthew 4:1-11

**Sunday's Music:**

- VU 222 - [Come Let Us Sing](#)
- VU 375 - [Spirit of Gentleness](#)
- VU 115 - [Jesus Tempted in the Desert](#)
- A song we'll sing each week through Lent: [In Christ Alone](#)

**Reader:** Kathy Farelly

**Greeter:** Gail Harrington

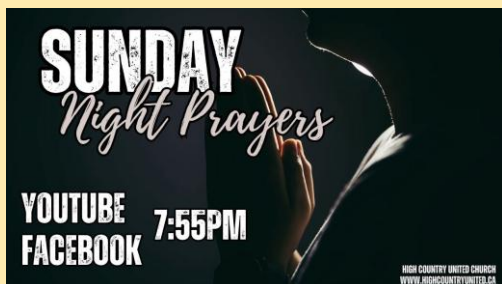
**Refreshments:** Faye Allan

**Sunday School:**

If teachers aren't available, we'll have an activity in the sanctuary for the kids.

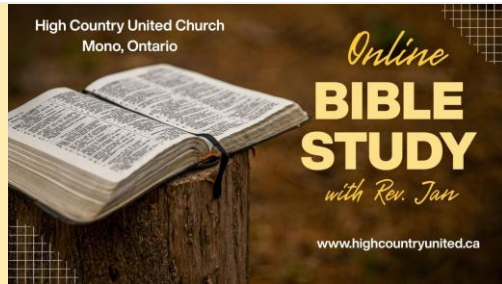
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**In Our Prayers:** Nancy Hossie still in hospital; Isabel Bospoort back in residence; Nancy Dickie has more cancer and new treatments starting, hopeful outlooks; Jan & her dad Huey; Jamie & Jesse



Sunday nights we gather to share the morning's scripture reading, a sung response, a short message, and prayers for all the people on our list and the world.

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### This week's focus:

If someone were to ask me what the Bible is, what would I say?

This week's video:

<https://bibleproject.com/videos/what-is-bible/>

Visit this link to join the group: <https://www.facebook.com/groups/2010151272902864>

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## Construction News

**The Barn:** We are waiting on drawings and information from the engineer and architects so we can assess the work needed. We'll call a congregational meeting to discuss what to do next.

**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.

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## Obituaries

### **BELL, Peter Harold April 20, 1941 – February 13, 2026**

Peter, born on April 20, 1941, in Brampton, grew up in Cataract. After just six weeks of high school, he decided that was enough and embarked on his career as an entrepreneur, exploring many options in his earlier years. Peter sold and delivered baled shavings and hay from South River before he was even 16 years old. He hauled blocks for Peel Block, bought and sold cedar rail posts from Manitoulin Island, trucked potatoes from Alliston and hauled equipment for many from all over. In 1968, Peter married Marjorie (nee Gray), who passed away in 2009. Peter and Marjorie had two sons, Craig (D-2013) and Darryl and blended their family with sons Gary, Brent (D-2021), Paul, and Mark. Peter purchased 100 acres in Mono Township, five miles north of Orangeville on Highway 10 in 1966 and from there he began buying and selling farm and industrial equipment, which he continued to this day. Peter possessed a sharp mind for numbers and a keen eye for a good deal. He frequented equipment auctions and sales across the province, never missing a Saturday auction and amassing a unique collection of goods. He was known for his hard bargaining skills and unwavering commitment to his prices. Peter also provided valuable financial solutions as a private lender to many when traditional banks were not an option, helping to make homeownership a reality. Peter was old fashioned and still enjoyed reading newspapers from all over and listening to radio broadcasts for the latest news and weather updates. Peter didn't mind driving many miles to pick up the papers from small communities and stopping to check out potential deals and tend to his many properties along the way. He was fond of drinking strong beer and had a wicked sweet tooth for chocolate milk and Chapman's ice cream. He will be deeply missed and remembered by his numerous associates across the province,

friends, neighbours, and family. Peter is survived by his son Darryl (Coralee), daughter-in-law Debbie (Craig, predeceased), and stepsons Gary (Bettina), Paul (Patty), and Mark as well as grandchildren Jeffrey, Amy, Adam (Jayda), Tyler, Tonya, Sean (Melissa), Dustin, Rio (Kaleigh) and Carter, and eight great-grandchildren. Peter was the son of Harold Thomas (D-1981) and Doris (nee Moore) (D-1961) Bell, brother of Diana (D-2018). The family would like to thank the nurses of E Wing at Headwaters Health Care Centre, and Dr. Akula for their compassionate care in the last few weeks of Peter's life. As expressions of sympathy donations to [Bethell House Hospice](#) or [Matthews House Hospice](#) would be appreciated. A Celebration of Peter's Life will be held at In Memoriam Funeral Services Inc. (28 Main St N, Grand Valley). on Saturday, March 14, 2026. from 11:00 a.m. to 1:00 p.m.

Online condolences can be made at [www.imfunerals.com](http://www.imfunerals.com)

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

**Dods & McNair**

English, Doug  
Jennex, Carol  
McClughan, Al  
Stewart, Elizabeth

**In Memoriam**

Bell, Peter  
Cockerill, Jim  
Jackson, Christine  
Urion, Diane

**Jack & Thompson**

No updates

# THIS WEEK AT HCUC

THURS  
FEB 26

Shut-In Visits  
1:00pm Cancer Support \*In Person  
5:30pm Cancer Support \*Hybrid  
7:00pm Suicide Support

FRI  
FEB 27

Office Hours: 9:30am to 2:00pm  
11:00am VON Smart Exercises in Sanctuary  
1:00pm Book Club \*Hybrid on request

SAT  
FEB 28

Rental: Rural Rescue, Lower Hall  
Offsite: Coldest Night of the Year

SUN  
MAR 01

Office Hours: 9:00am to 1:00pm  
10:30am Worship Service  
7:55pm Weekly Prayers on YouTube & Facebook

MON  
MAR 02

Hospital Visits  
7:00pm Support: Living With Addiction  
7:00pm Support: Families Support - Addiction

TUES  
MAR 03

Office Hours: 9:30am to 2:00pm  
10:30am Knitting & Puzzles  
11:00am Exercises: Arthritis Foundations  
11:30am Exercises: Indoor Walking Workout  
2:00pm Health & Wellness: Chronic Pain Week 1

WED  
MAR 04

Office Hours: 9:30am to 2:00pm  
11:00am Exercises: Strength & Stretch

# MARCH 2026

## HIGH COUNTRY UNITED CHURCH

### WEEKLY PROGRAMS & ACTIVITIES

	<b>Mondays at 7:00pm</b> Free peer support group for those of us living with addiction and recovery.	
	<b>Mondays at 7:00pm</b> Free peer support group for families and friends who are supporting loved ones living with addiction and recovery.	
	<b>Mondays on Facebook</b> Online Bible Study that starts on Monday and continues through the week.	<b>NEW</b>
	<b>Tuesdays at 10:00am</b> Free social space to gather to help with the community puzzle, or bring your knitting or other handiwork.	
	<b>Tuesdays at 11:00am</b> Free exercise class: Arthritis Foundations. Equipment provided.	
	<b>Tuesdays at 2:00pm (6 weeks from Mar 3-Apr 7)</b> Free health & wellness program on <u>Living with Chronic Pain</u> led by Central West's Self-Management Team. <b>Register</b> by contacting the church.	<b>NEW</b>
	<b>Wednesdays at 11:00am</b> Free exercise class: Strength & Stretch. Equipment provided.	
	<b>Fridays at 11:00am</b> Free exercise class: VON SMART Workout. Equipment provided.	
	<b>Sundays at 10:30am</b> An hour-long worship service followed by refreshments and fellowship.	
	<b>Sundays at 7:55pm</b> Join us on YouTube or Facebook for live prayers each week.	
	<b>Daily on Facebook</b> A short prayer is posted at 6:00am. A workout is posted at 7:00am.	

### MORE PROGRAMS & ACTIVITIES

06	<b>Friday, March 6 at 5:30pm</b> Alone But Not Lonely ( <i>not a dating group</i> ) Potluck dinner and fellowship for singles & friends.	 <b>NEW</b>
08	<b>Sunday, Mar 08 from 5:30-7:00pm</b> Youth Group (ages 12-18) with dinner	
09	<b>Monday, Mar 09 from 2:30-4:00pm</b> Drop-in Tech Support, Free	
15	<b>Sunday, Mar 15 from 7:30-9:00pm</b> Young Adults Group (ages 18-35) via Zoom	
17	<b>Tuesday, Mar 17 from 2:00-3:00pm</b> Living Into Hope: Free Grief Support	
18	<b>Wednesday, Mar 18 from 6:30-7:30pm</b> Living Life Conversations: How to live confidentially with faith.	
20	<b>Friday, Mar 20 from 6:30-8:00pm</b> Family Night	
25	<b>Wednesday, Mar 25 from 12:00-1:30pm</b> Book Club Discussion: The Women	
25	<b>Wednesday, Mar 25 from 7:00-8:00pm</b> Paper Airplane Club for all ages	
26	<b>Thursday, Mar 26 (2 times offered)</b> 1:00-2:00pm*In Person / 5:30-6:30pm*Hybrid Free Cancer Support Group for anyone living with or supporting someone with cancer.	
26	<b>Thursday, Mar 26 from 7:00-8:00pm</b> Let's Talk Suicide: Free support group for anyone affected by suicide.	
29	<b>Sunday, Mar 29 from 7:00-7:30pm</b> United Generations Online Worship Service	
30	<b>Monday, Mar 30 from 11:00am-1:00pm</b> Free Lunch & Learn (Please register) Presenter: Alzheimer Society	

**High Country United Church**  
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Email: [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)  
[www.highcountryunited.ca](http://www.highcountryunited.ca)

# Health & Wellness Program



## Living with Chronic Pain

Six weeks beginning Tuesday, March 3

2:00pm to 4:00pm



*Register in the church office.*

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



*Back By  
Popular Demand!*

**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 \$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.

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**The World Day of Prayer**

is being hosted by Westminster United Church,  
247 Broadway, Orangeville  
on Friday, March 6th, at 1:30 p.m.

This is an ecumenical service written  
by the Christian women of Nigeria this year.  
Refreshments will be served following the service.  
Everyone is welcome. Fully Accessible.

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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](http://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

A poster for the Youth Group. At the top, a group of five young people (three women and two men) are sitting around a table, looking at a laptop. The background is white with blue and orange decorative elements. The text is in blue and black.

**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:  
509-941-0972    highcountryunited@gmail.com    www.highcountryunited.ca

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

A poster for the Young Adult Group. It features a young man in a grey polo shirt pointing towards the right. The background is dark blue with light blue circular accents. The text is in white and yellow.

**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**

**Registration deadline: June 15, 2026.**

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.*



One Small Cog  
Seniors' Services  
Counselling & Advocacy  
(226) 558-4128

## Really Good Resources for People Supporting Someone With any Life-Changing Illness/Diagnosis

**Great book! Hope for the Best, Plan for the Rest - Seven Keys for Navigating a Life-Changing Illness** by Dr. Sammy Winemaker and Dr. Hsien Seow

This book can be accessed in a variety of formats and is a very down-to-earth and extremely helpful roadmap on how to best prepare yourself to manage the medical system, whether you're the patient, or, one of the patients' "inner crew"/caregivers. No matter what your personality, personal preference, or skill level is, these doctors understand and accommodate each style of how people accept and process health information and they speak to each one. If you have a life altering, life limiting illness, or are helping someone who does, this book is definitely for you.



**Corresponding Podcast:** Alternatively, these same two South Western Ontario doctors (Dr. Sammy and Dr. Hsien) also have an interesting and engaging podcast called **The Waiting Room Revolution**. \* One of the most encouraging and helpful episodes I've listened to so far is with Amy Couple, CEO of the **Ontario Caregiver Organization** (OCO). <https://ontariocaregiver.ca>

I've attached the link to that episode here; <https://www.waitingroomrevolution.com/podcast/episode/32d59af9/s8-episode-89-amy-couple> (Season 8, Episode 89) and again, if you're supporting or providing care for someone at any level *you will want to hear what they discuss* - OCO is a great resource.

If you have recently assisted someone in moving to Long-Term Care (LTC), or are already in (or may soon be in) the process of doing so, then you will find a special connection with another Ontario author/consultant, Deborah Bakti, through her book; **Now What? Managing the Emotional Journey of Long Term Care - for families**, which is available in a variety of formats.



Deborah also has an open-minded and insightful podcast for families/caregivers originally called **The Empathy Exchange** and now named **The Relational Approach**. Here is a link to that — \*note that the Empathy Exchange is found under *previous season*. <https://deborahbakti.com/podcast-2/>

**Take note!** There is a wonderful *extensive* 'booklet' put out by Family Councils Ontario (FCO). The LTC Navigation Guide covers virtually every single question related to anything around Long-term Care and also includes **tips and links**, "everything needed to navigate the complexities of the system, ensuring a positive and informed experience." **Check it out at** <https://hubs.ly/Q02TwYq10>



I'll be wishing you all the best as you go through this journey. Please reach out if you need any further assistance.



For more seniors related information [Click here to see my Facebook page for resources](#) and follow **One Small Cog Seniors Services** as I share their updates



## 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.

**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](mailto:onhandsupp@gmail.com)

**Sparkle Clean:** Calum Boston (519) 307-0521

Exterior Window Washing Services. Email: [519sparkleclean@gmail.com](mailto:519sparkleclean@gmail.com)

### **A prayer for the week**

God of all, thank you for the grace and encouragement for us to be authentically who we all are. We thank you that you take our errors and quirks and make them into something beautiful. Thank you that we're doing things to learn and grow together, and for those who partner with us along the way. But God... the snow. May we see more sunshine and feel the warmth of it on our skin as the toughest month of the year comes to an end. 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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Email: [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)

Website: [www.highcountryunited.ca](http://www.highcountryunited.ca)

### **To donate:**

\* E-transfer

[highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)

\* Cheque payable to

"High Country United Church"

\* Cash

\* Pre-Authorized Payments

\* Through [CanadaHelps.org](http://CanadaHelps.org)

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