



**Weekly Update
High Country United Church**

March 25, 2026

Hello

The Fifth Week in Lent

The road bends now toward the city, toward voices that will soon rise, and toward branches lifted in the air.

We can almost hear it. The distant echo of *Hosanna*. The sound of hope waking up. And yet... we know something the crowd does not.

We know the road does not end in celebration.

We know the cheers will not last.

We know how quickly joy can turn.

Still, we walk.

Step by step, we hold both the hope and the knowing, the light and the shadow.

Because this is where faith lives: not in perfect understanding, but in the courage to keep going.

So we follow toward the waving palms, toward the shouting crowds, and toward a love that does not turn back.

And somewhere between the *Hosanna* and the cross we begin to understand what kind of king this is.

This week's ministry snapshot:

Sunday's Worship Service: About 45 gathered for worship on Sunday morning and has been viewed 130 times as of Tuesday.

United Generations Online: 65 views online as of Tuesday.

Sunday Night Prayers: 75 views online as of Tuesday.

Peer Support for Addictions: 6 of us gathered.

Volunteer opportunities / Looking For Items

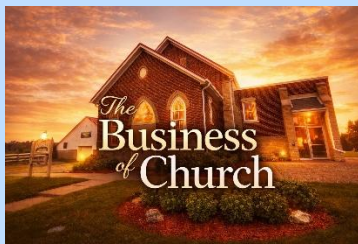
- **Visit our Wishlist on Amazon:** One of our young adults mentioned this is a great way to share the things we're looking for, so we all know exactly what to buy. When something is purchased from the list, it is removed from the list. https://www.amazon.ca/hz/wishlist/ls/2QVQN2YN4DYM5?ref_=wl_s...
- **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.

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, Doug & Mary for all they do through the week; Sunday morning helpers: Nancy Nocker for reading, John & Lynn Robertson for greeting, Krista & Shyanne for leading Sunday School, Gladys and Andrew for music, Calum & Silas for AVIT; for our friend who purchased one of the playmats off our Amazon wishlist; for Deb S and Bev who put together the rest of the prayer chain on Sunday; Bev for setting up alternative space for Tuesday's group; and folks who tidy up and do the things they don't tell me about (lol).

Blessings,
Rev. Jan

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



A congregational meeting will be called once we receive the engineer's drawings from the architect. Stay tuned.



Are you new? We're glad you're here!

Rev. Jan will be touching base with folks today and tomorrow for information and to share details for those who have expressed interest in becoming members this Sunday.

Not ready to become a member? We understand. There is no pressure. Becoming a member means you get to vote on important things in the church. It also lets us know you're wanting to be part of our church life more deeply.

Do you know:

High Country United Church is in the region of Western Ontario Waterways. They are a group of staff and volunteers who support congregations and ministers. They are overseen by Church House which is the main offices of The United Church of Canada.

As part of our affiliation with The United Church of Canada (often referred to as the UCC), we pay assessment fees to Church House to help with the costs of operating the church locally, nationally, and globally.

Our fees for Church House this year total \$5,810. If we were to divide that by our membership numbers, that would equal to about \$60 per person. If you wish to help our budget and cover some of the assessment, we'd be ever so thankful.

Interested in volunteering? We have a greeter, a reader, and help with refreshments after church each Sunday. If you're interested in helping in these areas, see Sheila Orton.

Do you have questions about how to make regular donations (offerings)? See Bev Dawkins.

Looking for pies? See Susan Butler.

Church History Project

Each month a new survey of about 6-8 questions is posted as we gather information for our next history book.

Church History Project (Questions - Part 4):

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/SS8FKLG>.

Paper copies are available in the lower hall or in the file folders on the desk in the main office. (All questions are in their applicable folders in the office.) Please leave your responses on Rev. Jan's desk.

This Sunday in Worship

Palm Sunday

Communion, Youth Skit & New Members Welcome

Sunday School:

No Sunday School this week. Children will participate in the skit. Colouring sheets and Lego will be out for them to enjoy.

Reader: Karen Gillett

Greeter: Will it be you?

Refreshments: Desserts!

Sunday's Music (Gospel Songs)

- VU 124 [He Came Riding on a Donkey](#)
- VU 123 [Hosanna, Loud Hosanna](#)
- VU 480 [Let Us Break Bread Together](#)
- VU 356 [Seek Ye First](#)
- [In Christ Alone](#)

Music:

Karen Gillett (Flute)

Linda MacGregor (Flute)

Andrew McArthur (Guitar, Vocals)

Doug McKeen (Organ)

Donna Rutledge (Piano)

In Our Prayers: Dale & John; Mary J's grandson, Dylan; Tony who is in hospice;

Journey with us through Holy Week

Sunday, March 29: Palm Sunday - In person and streaming at 10:30am

Monday, March 30: Holy Monday - Online only at 10:30am, pre-recorded

Tuesday, March 31: Spy Tuesday - Online only at 10:30am, pre-recorded

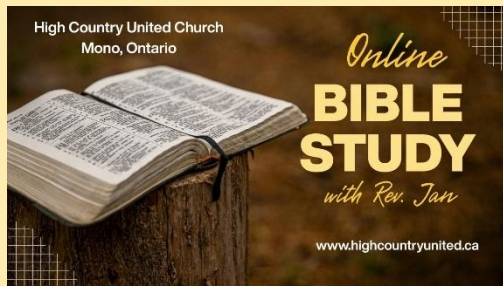
Wednesday, April 1: Holy Wednesday - Online only at 10:30am, pre-recorded

Thursday, April 2: Maundy Thursday - Online only at 7:30pm, live

Friday, April 3: Good Friday - in person and streaming at 10:30am

Saturday, April 4: Vigil Saturday - Online only at 7:00pm, pre-recorded
If you wish to have loved ones who have passed away and want to include their names in our vigil prayer, please send names to Rev. Jan by April 2nd.

Sunday, April 5: Easter Sunday - In person and streaming at 10:30am



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

This week's focus:

We're now diving into a summary of each book of the Bible. We're starting with the Old Testament.

Here is part 1 on Exodus:

<https://youtu.be/0uf-PgW7rqE?si=c2nKPRvn9bD3LkWd>

Here is part 2 on Exodus:

https://youtu.be/b0GhR-2kPKI?si=2zyq_8-i6L1hHz6j

Both videos are under 6 minutes each.

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 spring (they are 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.

Obituaries

John Krug

Peacefully at Dufferin Oaks on Thursday, March 19th, 2026 at the age of 69. Beloved husband of Lucy. Dear father of Melanie (Tyler) and Son. Beloved uncle of Jeremy (Sarah), Natalie, Sami, Laura, and Mary-Beth. Great Uncle of Meghan and Jacob. Cherished brother-in-law of Harry (Donna), Bill (Nina) and Lily. Cousin of Steve, Anne, Micheal, Alex. Dear friend of Alan (Charlene), Bill (Sue), Keith (Diane), Ken (Barb). John will also be greatly missed by other relatives, friends and many colleagues on the force. John was born on December 27, 1956, in Toronto. He pursued a dedicated career as a police officer for 45 years. He was known for his love of fishing trips, time spent at the family cottage, gatherings with loved ones, and hiking. After living with Parkinson's disease for many years, John spent his final year in the compassionate care of the staff at Dufferin Oaks Long Term Care, 3rd floor angels. He has now gone to his eternal home with his Saviour, the Lord Jesus Christ. "I have fought the good fight, I have finished the race, I have kept the faith" 2 Timothy 4:7. Funeral Service will be held at Compass Community Church, Orangeville ON on Tuesday, May 5th, 2026 at 11:00 a.m. In lieu of flowers, memorial donations may be made to Compass Community Church. A tree will be planted in memory of John in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. Condolences may be offered to the family at www.dodsandmcnair.com

Winegar, Robert (Bob) Elliot, P.Eng, April 18, 1940 – March 11, 2026

At Bethell House in Inglewood, Robert passed away surrounded by his wife of 58 years, Joyce (Boettger), and daughters Tracy E. Winegar and Ivy Michelle Young. “Poppa” will be deeply missed by his cherished grandchildren, Skarlytt and Sebastian Winegar-Tontegode. He is predeceased by his parents, Winnifred and W. Ray Winegar, his brother John, and his sister Ann. Bob was loved by his brothers-in-law David Cunningham, Greg Koehn, Murray Shantz, Stan Shapiro, Herb Quickfall (D), and David Boettger Jr. (D), and by his sisters-in-law June Cunningham, Edith Shantz, Bonnie Koehn (D), and Barbara Quickfall (D). He was an inspiration to many nieces, nephews, great-nieces and great-nephews, schoolmates, and friends. By example, he encouraged countless people to take up cross-country skiing, triathlons, marathons, skating, biking, and hockey. His love of the outdoors was reflected in his beloved “Little Piece of Heaven” property. “Well done, good and faithful servant.” No pain, no more fears. You’ve earned your rest—now go teach the angels how to ride a bike. A Celebration of Life will take place Saturday, April 18, 2026, at Westminster United Church (247 Broadway, Orangeville) prelude at 12 :30 Service to start at 1:00 pm. Reception to follow. In lieu of flowers, donations may be made to [Bethell House](#) in Inglewood or to Westminster United Church Roof Fund in Orangeville. E- Transfer to wucorangevilleroof@gmail.com. Online condolences can be left at www.imfunerals.com

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

Dods & McNair

Argentino, Paola
Graves, Patricia
Krug, John

In Memoriam

Winegar, Bob

Jack & Thompson

Young, Ken

THIS WEEK AT HCUC

THURS
MAR 26

Rental in the Lower Hall all day

Shut-In Visits
1:00pm Cancer Support Group
5:30pm Cancer Support Group
7:00pm Let's Talk Suicide, Support Group

FRI
MAR 27

Rental in the Lower Hall all day

Office Hours: 9:30am to 12:00pm
11:00am VON Smart Exercises
7:00pm Family Night

SAT
MAR 28

Office Closed

SUN
MAR 29

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

MON
MAR 30

Rental in the lower hall all day

10:30am Online Holy Monday Service
11:00am Lunch & Learn (Alzheimers Society)
7:00pm Support: Living With Addiction
7:00pm Support: Families Support - Addiction

TUES
MAR 31

Office Hours: 9:30am to 3:00pm
10:30am Knitting & Puzzles
10:30am Online Spy Tuesday Service
11:00am Exercises: Arthritis Foundations
2:00pm Health & Wellness: Chronic Pain Week #5

WED
APR 01

Office Hours: 9:30am to 3:00pm
10:30am Online Holy Wednesday Service
11:00am Exercises: Strength & Stretch

MARCH 2026

HIGH COUNTRY UNITED CHURCH

WEEKLY PROGRAMS & ACTIVITIES

| | |
|---|--|
|  | Mondays at 7:00pm Free peer support group for those of us living with addiction and recovery. |
|  | Mondays at 7:00pm Free peer support group for families and friends who are supporting loved ones living with addiction and recovery. |
|  | Mondays on Facebook NEW Online Bible Study that starts on Monday and continues through the week. |
|  | 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. |
|  | Tuesdays at 2:00pm (6 weeks from Mar 3-Apr 7) Free health & wellness program on <u>Living with Chronic Pain</u> led by Central West's Self-Management Team. NEW Register by contacting the church. |
|  | 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. |

MORE PROGRAMS & ACTIVITIES

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

High Country United Church
346255 15 Sideroad WHS, Mono, ON L9W 6R9
Phone: (519) 941-0972
Email: highcountryunited@gmail.com
www.highcountryunited.ca

HIGH COUNTRY UNITED CHURCH



PAPER AIRPLANE CLUB

WEDNESDAY, MARCH 25 AT 7:00PM

346255 15 SIDEROAD WHS IN MONO | 519-941-0972 | HIGHCOUNTRYUNITED@GMAIL.COM

**HCUC'S
Book Club**

Discussion:
 "The Women" by Kristin Hannah
 Wednesday, March 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

Please return borrowed books to the church office by Sunday, March 29 at the very latest.

Your Experience Could Help Improve Cancer Care in Canada

Are you living with **skin cancer** or **lung cancer**?

Your story matters — and it could help shape better support and treatment for others.

What the study involves:

- 2 hour online digital diary completed over 2 weeks
- Optional 2 hour Zoom interview
- Flexible timing — complete activities when it suits you
- Confidential and anonymous (your identity is protected)

Thank-you for your time:

You will receive **CAD 75** for each hour you take part.

Who can join:

- Adults living in **Canada**
- Diagnosed with **skin cancer** or **lung cancer**
- Willing to share your experiences

Take our quick 2 minute screening to see if you're eligible - **CLICK THE LINK**

Living with skin cancer or lung cancer? This research team has reached out to ask if we can share this research opportunity widely. Research is an important part of finding a cure and helping patients have better care. Be sure to mention you heard about this opportunity from High Country United Church.

<https://ldaresearch.questionpro.eu/t/AB3vBHUZB3wWij>



High Country United Church

To make a donation to our team online, [click here](#)

To register online: <https://www.canadahelps.org/s/jBG4W9>.

To register without going online: Contact Sheila Orton.

Join our team "Disciples on a Roll" and bowl with us on Friday, April 10th at 6:30pm at the Best Western in Orangeville. We head over to Boston Pizza for dinner or snacks afterwards.

Creative Partners on Stage

May 29 to 31, 2026. Tickets are \$25 per show or \$40 if you're seeing both. Our Artian market will feature neurodiverse-led businesses and artists from our community. You have the chance to pursue the market, purchase art pieces, make your own art pieces and meet these incredible members of our community!



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, APRIL 12
5:30PM TO 7:00PM
(RSVP BY APRIL 10)
High Country United Church
For youth ages 12-18
More Information:
909-948-0972 | highcountryunited@gmail.com | www.highcountryunited.ca

Youth: Stay tuned for info on April's meeting. Please RSVP by text at 519-938-0213 or email highcountryunited@gmail.com.

YOUNG ADULT GROUP
HIGH COUNTRY UNITED CHURCH
SUNDAY, APRIL 19 FROM 7:30PM - 9:00PM
ONLINE VIA ZOOM
Open to ages 18-35
Guaranteed laughter.
Make new friends.
Explore faithful conversations.
Networking.

www.highcountryunited.ca

Young Adults:
[Click here](#) to join us online on Sunday at 7:30pm.

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 Randraand is always looking for yarn or wool - scraps and full balls. You can leave it in Rev. Jan's office and she will deliver.

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: 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.

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.

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

OnHand Support Services: Rides, cooking, cleaning, and PSW care - "Life without Limits". Contact Sam Bradley (519) 939-0166 [Email: onhandsupp@gmail.com](mailto:onhandsupp@gmail.com)

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

A prayer for the week

God of all, thank you for the gift of being anointed by tears and by your love. We pray that everyone feels some comfort and peace in their lives, no matter what they are going through. We pray that we all hear your voice calling us when we need to hear you most. And God, thank you for the presence of Jesus. Knowing we are not alone makes walking in this world a little easier. God be with us. 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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To donate:

~ E-transfer highcountryunited@gmail.com

~ Cheque payable to High Country United Church

~ Cash

~ Pre-Authorized Payments