



## Weekly Update

High Country United Church

May 20, 2026

Hello

### Lightening Our Spirits

When the day hangs heavy on your shoulders  
and the sky seems stitched with grey,  
may you still notice how stubbornly the dandelions rise  
through cracks in the pavement.

May laughter return not all at once, but quietly,  
like sunlight slipping across a floor you thought would stay cold forever.

There is no rule that says a weary heart cannot also be hopeful.  
Even tired birds keep singing before dawn fully arrives.

So tonight, set down what you cannot carry.  
Leave room for small mercies, warm tea, a familiar voice,  
the courage to begin again tomorrow.

And remember,  
storms do not apologize for passing through,  
yet every one of them eventually runs out of rain.

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### This week's ministry snapshot:

**Sunday's Worship Service:** <https://www.youtube.com/watch?v=rkGve0zkw38>

A good crowd gathered on Sunday, and over 90 views online.

**Sunday Night Prayers:** No weekly prayers on May 17th but we'll be online on May 24th.

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### Volunteer opportunities / Looking For Items

- **High School Volunteer Hours:** Looking for a student who is willing to come in and do some scanning documents for us. There is probably at least 8 hours of scanning to do be done. We can work with the student's schedule and training is provided. Please message Rev. Jan.
- **Collecting: egg cartons, paper towel rolls and toilet paper rolls** for some intergenerational crafts.

**Visit our Wishlist on Amazon:** When something is purchased from the list, it is removed from the list. It includes some office supplies (we always need paper!) and supplies for safety, young children and more. ***\*If you submit your receipt, your purchase can be designated as a Gift-In-Kind. Receipts can be put in the offering plate, emailed to Bev Dawkins or the office, or dropped off in the office.***

<https://www.amazon.ca/hz/wishlist/ls/2QVQN2YN4DYM5>

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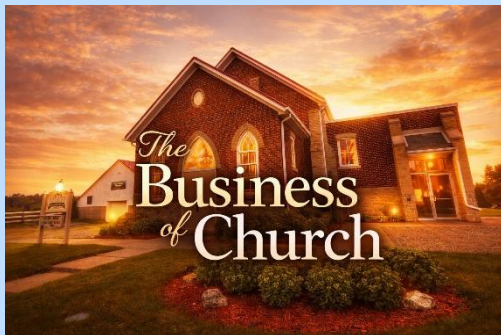
**If you know someone we should send a card** to (celebrations, illness, sympathies, etc.), please contact Debbie Sheardown by phone 519-940-1954 or email [gdsheardown@gmail.com](mailto:gdsheardown@gmail.com).

**Thank you** to those I know about in the past week: Susan, Sheila, Bev, Doug & Mary for all they do through the week;

Sunday morning helpers: Doug McKeen for reading and leading worship, Sheila Orton for greeting, Nancy Noecker for lunch/refreshments, Musicians: Gladys, Karen, and Linda; Callum and Seth on AVIT; and Krista and Aster for leading Sunday School.

Throughout the week: M&P, Bev helps to set up exercise classes, Lighter donations that came in, including a bulk tray from Brian Buchanan, Taylor and team for the donations of Saran Wrap

Blessings, Rev. Jan



### **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.

**May is PAR month!** We encourage folks to consider making their regular church donations via PAR (Pre-Authorized Remittance). Your offering is then deducted from your bank account on the 25th of the month (or the next business day if it's a weekend or holiday). PAR makes budgeting, planning, and accounting just a little simpler for church teams.

To sign up, [click this link](#) to download the form. Fill it out, attached a void cheque, put in an envelope and you can leave it in the offering plate or bring it into the office (or Bev directly).

**Looking for other regular donation options?** Contact Beverly at 519-942-2977 or email [beverlyjdawkins24@gmail.com](mailto:beverlyjdawkins24@gmail.com)

**Looking for pies?** See Susan Butler or call 519-941-6397.



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

If you're coming on a regular basis, please ask for a contact sheet so we can have your information on file. This is not a commitment to join the church, but a way for our minister and others to be in touch if a volunteer opportunity comes available or an outing is being planned. It also gives us direction on how to let you know if church is cancelled due to weather.

**COMMITTEE SPOTLIGHT**

**Ministry & Personnel** - Did you know that the "M&P committee" acts as a supportive and consultative team responsible for fostering a healthy relationship between staff and the congregation? If you have any concerns related to our staff, please direct them through this committee and not through Council and its' membership.

**Jodie McArthur, Chair**  
[rjmcarthur.oville@rogers.com](mailto:rjmcarthur.oville@rogers.com)

**Don Hawkins:**  
[dhawkinsconsult@aol.com](mailto:dhawkinsconsult@aol.com)

**Phil Brett:**  
[bbpb22@gmail.com](mailto:bbpb22@gmail.com)

**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 6 - May 2026):** <https://www.surveymonkey.com/r/MC3QG3C>

Paper copies are available 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.

**Sunday Morning Worship at 10:30AM**

Pentecost with Communion  
Scripture: Acts 2:1-15



**Sunday School:** Krista will be leading Sunday School this week.

**Sunday Morning Helpers**

**Reader:** Beverly Dawkins

**Greeter:** Don & Mary Hawkins

**Refreshments:** Lynn Robertson

**Sunday Morning's Hymns**

VU 375 [Spirit of Gentleness](#)

VU 471 [Eat This Bread](#)

VU 202 [Bread for the Journey](#)

VU 579 [The Church is Wherever](#)

VU 575 [I'm Gonna Live So God Can Use Me](#)

[Thank You, God, for Your Blessings on Me](#)  
[Go Now in Peace](#)

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**Our Music Team**

Karen Gillett (Flute)

Linda MacGregor (Flute)

Andrew McArthur (guitar, vocals)

Gladys Meek (Keyboard)

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**In Our Prayers:** The Dickie family on the passing of our dear friend, Nancy; The Cornelius family on the passing of our beloved Wayne; The Westenbrink family on the passing of 91-year-old Joan



We're going through summaries of the books of the Bible. We now go into "The Historical Books." **The Books of 1st and 2nd Kings**

Visit this link to join the group:

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

<https://youtu.be/bVFW3wbi9pk?si=NQJJvtqYSDf33-1Y>

## CONSTRUCTION NEWS

**The Barn:** We are still in the building permit stage. / **The Solar Panels:** Expected to begin in spring. If you're interested in contributing to our upgrades/repairs we thank you for making a donation to our church's building fund.

## OBITUARIES

### Dickie, Nancy (nee Wenn)

Peacefully at Bethell House on Thursday, May 14th, 2026 at the age of 70. Beloved wife of Robert Dickie. Dear mother of Scott (Tatiana) and Adam (Jessie). Cherished grandmother of Maxwell. Remembered by her sister Diane Dennis (Stuart). Nancy will also be greatly missed by other relatives and many friends. A Celebration of Nancy's life will be at a later date. In lieu of flowers memorial donations to High Country United Church or Bethell Hospice Foundation would be appreciated by the family. A tree will be planted in memory of Nancy in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. Condolences may be offered to the family at [www.dodsandmcnair.com](http://www.dodsandmcnair.com)

### Westenbrink, Joan

Peacefully at Headwaters Health Care Centre on Wednesday, May 13th, 2026 at the age of 91. Beloved wife of the late John Westenbrink (1985). Loving mother of Helena (Steve Woodland), Bill (Gail), Jim (Charlene) and the late Lisa Jotham (2018). Cherished Oma of the late Jeremy (2021), Melanie, Nathan, Eric, Evan, Jessica, Thomas and Liam. Great Oma of Joe, Elliot, Charlie, Myles, Phoebe, Jacob, Naomi, Aurora, Opal, Rocky and Clover. Joan will also be greatly missed by other relatives and many friends. Visitation will be held at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Friday, May 22nd, 2026 from 10:00 am to 11:00 am. Funeral Service will be held at Dods & McNair Friday, May 22nd, 2026 at 11:00 am. Reception to follow. Interment at Greenwood Cemetery in Orangeville. Memorial donations to Canadian Cancer Society or Westminster United Church would be appreciated by the family. A tree will be planted in memory of Joan in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. Condolences may be offered to the family at [www.dodsandmcnair.com](http://www.dodsandmcnair.com)

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

#### **Dods & McNair**

Dickie, Nancy | Downard, Jay  
Smits, Albert | Welling, John  
Westenbrink, Joan

#### **In Memoriam**

Ritchie, Murray  
Simpson, Russell  
Smith, Sharon

#### **Jack & Thompson**

Gath, Robert

# THIS WEEK AT HCUC

- THURS MAY 21** Office Closed  
**Shut-In Visiting**
- FRI MAY 22** Office Closed  
**11:00am Exercises: VON SMART Program - Sanctuary**  
**11:00am Funeral: Westenbrink Family at Dods & McNair**  
**6:30pm Family Night**
- SAT MAY 23** Office Closed  
**2:00pm Concert: Spencer Bristow as Elvis**
- SUN MAY 24** Office Hours: 9:00am to 1:00pm  
**10:30am Worship Service**  
**7:55pm Weekly Prayers on YouTube & Facebook**
- MON MAY 25** Office Hours: 10:00am to 1:00pm  
**11:00am Lunch & Learn with One Small Cog (M.A.I.D.)**  
**7:00pm Support Groups for Addictions and Families**
- TUES MAY 26** Office Hours: 9:30am to 3:00pm  
**11:00am Exercises: Arthritis Foundations**
- WED MAY 27** Office Hours: 9:30am to 2:00pm  
**11:00am Exercises: Strength & Stretch**  
**12:00pm Book Club (The Seven Husbands of Evelyn Hugo)**  
**7:00pm Paper Airplane Club**

## HIGH COUNTRY UNITED CHURCH MAY 2026

### WEEKLY PROGRAMS & ACTIVITIES

- Mondays on Facebook**  
Free online Bible Study.
  - 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 with Sunday School followed by refreshments and fellowship.  
Live and streaming on YouTube and Facebook.
  - Sundays at 7:55pm**  
Join us on YouTube or Facebook for live prayers each week.
  - Daily on Facebook & Instagram**  
A short prayer is posted at 6:00am. A workout is posted at 7:00am.
- ### SUPPORT GROUPS
- Mondays at 7:00pm**  
Free peer support group for those of us living with addiction and recovery and those of us supporting loved ones with addiction or in recovery.
  - Tuesday, May 19 from 2:00-3:00pm**  
Living into Life: Grief Support
  - Thursday, May 28 at 1:00pm & 5:30pm**  
Free Cancer Support for patients & caregivers
  - Thursday, May 28 from 7:00-8:00pm**  
Let's Talk Suicide: Free support group for anyone affected by suicide.

### MORE PROGRAMS & ACTIVITIES

- 01 Friday, May 1 at 6:00pm**  
Alone But Not Lonely potluck dinner & fellowship.  
(RSVP by Apr 29)
- 04 Monday, May 4 from 11:30-12:30**  
Free, Seniors Safety Lunch Series  
Topic: "Is this email real?"  
(RSVP by May 01)
- 11 Monday, May 11 from 10:00-11:30am**  
Free, Moms & Tots Group
- 11 Monday, May 11 at 2:00pm**  
United Church Women (UCW)
- 11 Monday, May 11 from 2:30-4:00pm**  
Free Drop-in Tech Support
- 20 Wednesday, May 20 from 6:30-7:30pm**  
Free, Living Life Conversation  
Topic: Planning a Funeral
- 22 Friday, May 22 from 6:30-8:00pm**  
Free, Family Night
- 23 Saturday, May 23 at 2:00pm**  
Concert: Spencer Bristow as Elvis (\$25)
- 24 Sunday, May 24 from 7:30-9:00pm**  
Young Adults Group (ages 18-35) via Zoom
- 25 Monday, May 25 from 11:00am-1:00pm**  
Free Lunch & Learn  
Presenter: One Small Cog - M.A.I.D.  
(RSVP by May 18)
- 27 Wednesday, May 27 from 12:00-1:30pm**  
Free, Book Club Discussion:  
The Seven Husbands of Evelyn Hugo
- 27 Wednesday, May 27 from 7:00-8:00pm**  
Free, Paper Airplane Club for all ages
- 31 Sunday, May 31 from 7:00-7:30pm**  
United Generations Online Worship Service

High Country United Church is located at 346255 15 Sideroad WHS, Mono, ON L9W 6R9  
 Our programs are open community programs where anyone can attend.  
 Phone: (519) 941-0972 | Email: [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com) | [www.highcountryunited.ca](http://www.highcountryunited.ca)

## LUNCH & LEARNS

HIGH COUNTRY UNITED CHURCH  
 WWW.HIGHCOUNTRYUNITED.CA | 346255 SIDE ROAD 15 IN MONO (CAMILLA)  
 11:00AM TO 1:00PM

### MAY 25, 2026



**One Small Cog** - Joanne Jordan  
 Medical Assistance in Dying (M.A.I.D.)  
 Lunch registration closes May 18, 2026  
**Menu:** Beef Lasagna & Caesar Salad

### JUNE 15, 2026



**Master Gardeners**  
 Stunning and Easy Care Plants  
 for your Dream Garden  
 Lunch registration closes June 8, 2026  
**Menu:** Gourmet Sandwiches, Soup, Salad

### SAVE THE DATES

**Monday, September 28** (register by Sep 21)  
**Monday, October 26** (register by Oct 19)  
**Monday, November 30** (register by Nov 23)  
**Monday, December 14** (register by Dec 07)

Cost to attend: \$0. Donations appreciated. Catered by Absolute Catering.  
 Let us know if you have dietary needs when you register.

CONTACT CHURCH TO REGISTER  
 (519) 941-0972 | [HIGHCOUNTRYUNITED@GMAIL.COM](mailto:HIGHCOUNTRYUNITED@GMAIL.COM)

You're Invited to

## AN AFTERNOON CONCERT

### HIGH COUNTRY UNITED CHURCH

# SPENCER BRISTOW

## AS ELVIS

SAT., MAY 23 AT 2:00PM

For tickets: Call 519-941-0972  
 Email [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com),  
 Online at <https://www.ticketscene.ca/events/60392/>

**\$25**

[www.highcountryunited.ca](http://www.highcountryunited.ca)  
 346255 Side Road 15 WHS in Mono (Camilla)

## Senior Safety Lunch Series



A series on identifying and preventing frauds, scams, and abuse. Light lunch provided. Free.

Monday, June 1 at 11:30AM  
Dufferin OPP speak on Frauds and Scams

High Country United Church  
346255 Side Road 15 in Mono (Camilla)  
Phone: 519-941-0972  
Email: [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)  
[www.highcountryunited.ca](http://www.highcountryunited.ca)

FREE

## CHRONIC DISEASE SERIES

PRESENTED BY CENTRAL WEST'S SELF-MANAGEMENT TEAM

June 1 to July 6, 2026  
Mondays from 1:00pm – 3:30pm

High Country United Church  
Save your spot by calling (519) 941-0972 or email [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)

[www.highcountryunited.ca](http://www.highcountryunited.ca)  
346255 Side Road 15 WHS, Mono

# STRAWBERRY SUPPER

## HIGH COUNTRY UNITED CHURCH

**Supper Pick Up:**  
Wednesday,  
June 24, 2026  
4:30-6:30 p.m.

**\$20.00 each**  
Order before June 10th

Ham, potato salad,  
coleslaw, carrot salad,  
dinner roll, strawberries  
and 2 butter tarts.

**TAKE OUT ONLY THIS YEAR**  
as the shed is under construction

TO ORDER TICKETS CONTACT:  
GAIL: [GHARRINGTON4949@GMAIL.COM](mailto:GHARRINGTON4949@GMAIL.COM) | (519) 941-5826  
SHEILA: [JAMESORTON@SYMPATICO.CA](mailto:JAMESORTON@SYMPATICO.CA)  
346255 15 Side Road WHS in Mono | [www.highcountryunited.ca](http://www.highcountryunited.ca)

**Creative Partners on Stage:** May 29 to 31, 2026. Tickets are \$25 per show or \$40 if you're seeing both. "Our Artisan 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!"

## Youth and Young Adults

**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.

Email Laura at [Lblack@united-church.ca](mailto:Lblack@united-church.ca) for a **discount code before registering** a youth or young adult **to save \$350**. Adults can also sign up as youth leaders or apply to be Discipleship Group Leaders. **August 12–15, 2026 at Brock University, St. Catharines, ON / Cost: \$450 (full cost, without any discounts) / Registration deadline: June 15, 2026.**

Find out more: <https://www.collective-gathering.ca>

### Pies available year-round

Contact our Pie Coordinator, Susan  
Phone 519-941-6397 or email [susanbutler55@icloud.com](mailto: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:** A teen is very interested in fly tying (fly fishing-related) and would love a mentor and supplies. She's even willing to tie a bunch for you. Please message Rev. Jan to connect.

**LOOKING FOR:** Nienke Randeraand is always looking for yarn or wool - 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.

**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 sunny days and sporadic temperatures, thank you for surrounding us and reminding that life has its ups and downs. Where people say "God doesn't give us more than we can handle," I pray that you, our Great Creator, don't give us trials but instead, journey with us through them to help us reach the other end. You are our strength, our life, and our way. What you have given us throughout our lives cannot be measured by something tangible, for each of us experiences your blessings in different ways. God, help us to focus on gratitude, compassion, and especially empathy as we journey through this world. And may you continue to remind us that what we do, as individuals or as a community, matters and ripples beyond our little footprint. 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

346255 Side Road 15 WHS

Mono, ON L9W 6R9

Phone: (519) 941-0972

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

Website: [highcountryunited.ca](https://highcountryunited.ca)

### To donate:

E-transfer to: [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)

Cheque payable to: High Country United Church

Cash

Pre-Authorized Payments

[Unsubscribe](#)

