

## **July 2026**

### **Worship Services**

Our church is closed  
through the month of July.

Shorter pre-recorded worship services are offered online only at 10:30am on Sundays. In the summers, we explore famous singers and learn about their life and faith.

Some programs continue in July.  
We start back up with our delayed Christmas in July Service on August 2<sup>nd</sup>.

### **Programs**

Jul 21: Grief Support at 2:00pm  
Jul 30: Cancer Support at 1:00pm  
Jul 30: Cancer Support at 5:30pm  
Jul 30: Suicide Support at 7:00pm

### **FREE SUPPORT GROUPS AT HCUC**

#### **Smart Recovery - Addiction**

Living with active addiction and/or in recovery.

#### **Smart Recovery - Allies**

Loved ones wanting to learn more about addiction and recovery and understanding their loved one.

#### **Living with Hope**

Grief support for anyone longing for hope.

#### **Cancer Support**

Patients, survivors, and their loved ones.

#### **Let's Talk Suicide**

Those considering suicide, loved ones, and those left behind.

## **High Country United Church**

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Mono, ON L9W 6R9

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Rev. Jan's cell: 519-938-0213

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

Online at CanadaHelps.org  
or by cash or cheque.

Thank you for your support  
and we hope you enjoy  
our programs and services.

Find us on YouTube,  
Facebook & Instagram

## **Frozen Homemade pies are always available.**

To order pies, contact our  
Pie Coordinator, Susan, at  
[susanbutler55@icloud.com](mailto:susanbutler55@icloud.com)  
or by calling 519-941-6397

### **Meat Pies:**

Beef; Ground Beef; Turkey

### **Fruit Pies:**

Blueberry; Dark Sweet Cherry;  
Mixed Berry; Peach; Raisin;  
Raspberry; Rhubarb;  
Strawberry-Rhubarb;  
(and apple if available)

## **High Country United Church**

### **April to July 2026**

*\*All programs are free unless otherwise indicated.*

*Events subject to change*

### **Sundays**

10:30am: Worship Services

7:55pm: Weekly Prayers (online)

### **Mondays**

7:00pm: Smart Recovery: Living with Addiction

7:00pm: Smart Recovery: Families & Addiction

### **Tuesdays**

10:00am: Knitting/Puzzles/Social

11:00am: Arthritis Exercise

### **Wednesdays**

11:00am: Strength & Stretch Exercise

### **Fridays**

11:00am: SMART Exercise Class

### **Other Programs and Groups:**

Alone But Not Lonely (Singles & Friends)

Concerts & Dances

Cooking Classes

Family Nights

Grief Support Group

Supporting Addicts and Recovery Support Group

Living Life Conversations

Mental Health Courses/Programs

Moms & Tots Group

Paper Airplane Club

Self-Management Workshops

Seniors Lunch Speaker Series

Shut-In Visiting

Support Groups: cancer, grief, addiction, suicide

Technology Classes & Support

United Generations for the Future (all ages)

Young Adults Group (ages 18-35)

Youth Group (ages 12-17)

## **April 2026**

### **Worship Services**

Apr 05: Easter Sunday  
Apr 12: Unless I See  
Apr 19: Astound Us, Gospel Songs  
Apr 26: Knowing that Voice

### **Programs**

Apr 05: Long-Term Care Homes Worship  
Apr 07: Chronic Pain Week 6/6 at 2:00pm  
Apr 10: Bowl for Kids Sake at 6:30pm  
Apr 12: Youth Group at 5:30pm  
Apr 13: Tech Support 2:30-4:00pm  
Apr 17: Family Night at 6:30pm  
Apr 18: Concert: Alex Burnett 2:00pm  
Apr 19: Young Adults Group at 7:30pm  
Apr 20: Moms & Tots 10:00-11:30am  
Apr 21: Grief Support at 2:00pm  
Apr 22: Book Club at 12:00pm  
Apr 22: Living Life Conversation at 6:30pm  
Apr 26: United Generations at 7:00pm  
Apr 27: Lunch & Learn at 11:00am  
Apr 29: Paper Airplane Club at 7:00pm  
Apr 30: Cancer Support at 1:00pm  
Apr 30: Cancer Support at 5:30pm  
Apr 30: Let's Talk Suicide at 7:00pm

#### **Can't join us for worship in person?**

You can watch live or anytime by visiting our Facebook Page or YouTube Channels. You can share your offering via e-transfer at [highcountryunited@gmail.com](mailto:highcountryunited@gmail.com).

**Contact the church to sign up for our weekly emails or program notices.**

## **May 2026**

### **Worship Services**

May 03: World in Prayer  
May 10: Mother's Day  
May 17: Holy Humour, Gospel Songs  
May 24: Pentecost, Communion  
May 31: Trinity Sunday

### **Programs**

May 10: Youth Group at 5:30pm  
May 11: Moms & Tots 10:00-11:30am  
May 11: Tech Support 2:30-4:00pm  
May 17: Young Adults Group at 7:30pm  
May 19: Grief Support at 2:00pm  
May 20: Book Club at 12:00pm  
May 20: Living Life Conversation at 6:30pm  
May 22: Family Night at 6:30pm  
May 23: Concert: Elvis (S. Bristow) 2:00pm  
May 25: Lunch & Learn at 11:00am  
May 27: Paper Airplane Club 7:00pm  
May 28: Cancer Support at 1:00pm  
May 28: Cancer Support at 5:30pm  
May 28: Let's Talk Suicide at 7:00pm  
May 31: United Generations 7:00pm

**Check out "Nan Jan's Little Lights", a video series that offers prayers and songs for the littles, starting in April.**

**Our church welcomes children of all ages. Sunday School runs most Sundays and we have options when Sunday School teachers aren't available.**

## **June 2026**

### **Worship Services**

Jun 07: To Be a Blessing  
Jun 14: Father's Day, Gospel Songs  
Jun 21: Indigenous Sunday  
Jun 28: Celebrating Canada

### **Programs**

Jun 07: Long-Term Care Homes Worship  
Jun 08: Tech Support 2:30-4:00pm  
Jun 10: Paper Airplane Club 7:00pm  
Jun 12: Family Night at 6:30pm  
Jun 13: Concert (Gospel) at 2:00pm  
Jun 14: Youth Group at 5:30pm  
Jun 15: Moms & Tots 10:00-11:30am  
Jun 16: Grief Support at 2:00pm  
Jun 17: Book Club at 12:00pm  
Jun 17: Living Life Conversation at 6:30pm  
Jun 21: Young Adults Group at 7:30pm  
Jun 22: Lunch & Learn at 11:00am  
Jun 24: Strawberry Supper  
Jun 25: Cancer Support at 1:00pm  
Jun 25: Cancer Support at 5:30pm  
Jun 25: Let's Talk Suicide at 7:00pm  
Jun 28: United Generations at 7:00pm

### **High Country Book Club**

Books We're Reading:

The Forgotten Garden by Kate Morton  
The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid  
The Berry Pickers by Amanda Peters  
*Read along with us. Anyone can join.*