Heartbeat Newsletter ~ January Edition 2019

www.beachunitedchurch.com

Our special edition includes:

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- Upcoming events on page 3 and 4



Updates from the Beach United Church

More on the Beach United Church Garden

Mahonia Oregon Grape Provides Four Season Colour

Outside the south window all through winter, there's a small shrub with shiny pinky-green leaves glistening in the sun. It might be mistaken for holly, but is in fact a Mahonia Oregon Grape.

It is a broadleaf evergreen that, like holly, provides colour through all four seasons of the year. It is particularly noticeable after a snowfall, and then in early spring has colourful yellow flowers.

In fall, its fruit consists of blue berries resembling grapes or juniper berries. The plant is native to the West Coast, and indigenous peoples apparently knew how to make a beverage from the fruit, though modern texts discourage eating the fruit.

The Latin name Mahonia aquifolium recognizes American botanist Bernard McMahon who worked with the American explorers Lewis and Clark to catalogue western species. Aquifolium means that the leaves are like those of holly trees, though they are in a different family.

Its presence in our church garden is thanks to Anne Colquhoun who donated it - one of two plants donated in memory of her late husband Peter, and it happens to be among the very first plants planted in the garden. Added to its other benefits, it is easy to maintain. It likes a location shaded by other vegetation from the hot summer sun, with well-drained soil. Although in Western forests it can be invasive, sending out many suckers, in our garden, it is a delightful addition without any such problems.

All this and butterflies too! Oregon grape is recommended as part of a wildlife garden to attract butterflies, bees, and birds. This picture we've selected shows the plant in its natural setting - the mountains and lakes of Western Canada and the US.

-Hastings Withers, Animator, Ministry of Engagement and Communications



but how much love we put in the giving.

- Mother Teresa



Thank You for the "White Gifts"

People were invited to bring in gifts on Sunday, December 16 to support 2 of our outreach programmes - Out of the Cold and the Thursday Inter-faith Lunch. You generosity was amazing!

• 98 cards with \$5 and \$35 cash

90 large socks, 4 small socks, 6 hats, 10 large gloves and 8 small • gloves

Thank you so much!

Family Skate

Where and when

Kew Gardens Rink (at foot of Kew Gardens park by the lake) Reached via Lee Avenue or Waverley Road Sunday, February 17, 1:00 to 2:30 p.m.

On Ice Activities

The rink is "under permit" (city hall vernacular) to the church and we organize the following on ice activities:

- Free skating
- Games including shinny (plastic sticks only)
- Skating certificate earned by young people, in keeping with Winter
- Activity badge for Girl Guides/Brownies/Cubs and Scouts (Open to all kids)

Off Ice

Outside the rink we provide free hot chocolate with seating around a fire pit overlooking the lake. There are also heated changing rooms and washrooms.

Our Partners

Girl Guides and Knitting for Shivering Children.

Widening the Welcome



Working together to nurture inclusive communities Jan 6 Epiphany & Communion

Jan 13 Disability & Inclusion - Nicole Tanti (Community engagement coordinator)

Jan 20 Gender Identity - Leslie Kirsh "Families in transition" Central TO Youth Services

Jan 27 Refugees - presenters "Beach Cares" (Syrian refugee sponsorship group) catch the wave 10:30 am Sundays

church is changed 140 Wineva Ave.



Upcoming Events

Worship Matters

Widening the Welcome - working together to nurture inclusive communities

Jan 6 Epiphany & Communion
Jan 13 Disability & Inclusion - presenter Nicole Tanti [BUC Community engagement coordinator]
Jan 20 Gender Identity - presenter Leslie Kirsh ["Families in transition" Central Toronto Youth Services]
Jan 27 Refugees - presenters from "Beach Cares"[Syrian refugee sponsorship group]

Knitting Circle, Saturday, January 12, 10 a.m.

Calling all knitters, mark Saturday, January 12, 10 a.m on your calendars for our first meeting of 2019. We are excited to welcome a special guest, Jeanene Luckhart from Canadian Food for Children; the organisation which distributes the blankets, vests and toys to places in the world where pneumonia is a killer. Every stitch counts!

Pat Davies, Coordinator

Concert of Hope, Saturday, January 26, 7.30 p.m.

Ticket cost- 20 for adults and 10 for children on eventbrite.ca. You can also buy tickets at the church office from Monday to Friday from 9 a.m. to 1 p.m.

Featuring 60 voice "Shout Sister" choir & Abby Zotz, award winning singer/songwriter. Abby Zotz, a Whitby native, is an actor, singer, and director of the Durham Evening Chapter of Shout Sister! She is half of the singer-songwriter duo "Two Roads Home" and is the founder of the celebrated a cappella Renaissance trio "MadriGALS."

Young Adults, February 1, 7-9 p.m. (Great Hall, Beach United Church, 2nd Floor)

Music Empathy-Understanding our role as listeners in sharing compassion and developing understanding through a musical lens. Meditation, song and listening mindfully is our vehicle. Open to all faiths, dinner will be provided.



Jazz and Reflection, Saturday, February 2, 4:30 p.m.

Nebyu Yohannes, trombone and vocals, Yunjin Claire Lee, piano and Eric West on drums.

Nebyu is a trombonist, composer, and arranger currently residing in Toronto, ON. He has been playing trombone for 8 years and has the pleasure to play alongside world-class musicians, such as Martha Reeves, Michael McDonald, Joe Lovano and Donny McCaslin, to name a few. He is also a recent graduate of the Bachelor of Music program at Humber College, studying under Canada's top-tier musicians, such as Alastair Kay, Kirk McDonald, Pat Labarbera and Mark Kelso.

Nebyu plays frequently within, and outside of Toronto, playing in various styles such as jazz, R&B, funk and pop, and also leads his own group called Nebyu Yohannes Group (NYG). NYG plays in the style of contemporary jazz, drawing inspiration from groups like Brian Blade and the Fellowship Band, and Ambrose Akinmusire, all while containing original compositions and arrangements written by Nebyu.

Circles of Friendship-A Women's Spirituality Event, Saturday, March 2, 9:30 p.m. to 12:30 p.m.

Come and make connections with women throughout the community. The program will include music, discussion and a Guided Meditation "Befriending Yourself." RSVP to vicar28@gmail.com (so we can plan for numbers).

Childcare will be provided. Please bring a donation to the Calvary Baptist Foodbank.

Fair Trade Fair, Saturday, March 30

I am organizing a Fair Trade Fair on Saturday, March 30 at Beach United Church. We will have a guest speaker and then a small fair style event with several fair trade vendors. This is an opportunity for us to fundraise for BUC and I would like to explore this option further with those who are interested in volunteering. If this is something that interests you, please email me at community@beachuc.com.

Thank you!

-Nicole Tanti, Community Engagement Coordinator