

28 May 2026



Worship
‘Live in Peace’
at 10:00 a.m.
Edith Rankin
Sunday 31 May 2026

This Week's Schedule for ERMUC Events

All events and room bookings are not on this page; please check ERMUC's online calendar at www.ermuc.ca/event/event-calendar for more info.

Sun 31 May

10:00 a.m. Live in Peace Sanctuary & [Zoom](#)

Mon 01 June

11:00 a.m. - 12:00 p.m. Limestone Ringers Sanctuary
1:15 - 4:00 p.m. ERMUC/SABTL Bridge Club Upper Room

Tues 02 June

9:00 a.m. - 5:00 p.m. ECORC Nursery, Upper Room
12:30 - 2:00 p.m. Swiss Chalet Bath Road
1:00 - 3:00 p.m. M&P Meeting Library
5:30 - 9:30 p.m. Limestone Ringers Sanctuary

Wed 03 June

9:00 - 10:30 a.m. Breakfast Brunch Rhodes on Princess
10:00 a.m. - 12:00 p.m. KDBC Board Meeting Youth Room
10:00 - 11:30 a.m. Bring Your Own Craft Welcome Centre
11:00 a.m. - 12:00 p.m. Pastoral Care Gathering [Zoom](#)
12:00 - 1:00 p.m. Welcome Centre Lunch Welcome Centre
1:30 - 4:00 p.m. U2 Forever Welcome Ctr/Upper Rm
2:00 - 3:30 p.m. Affirming Team Library
7:00 - 9:00 p.m. Tech Team Workshop Sanctuary

Thurs 04 June

7:00 - 8:30 p.m. Choir Music Rm, Sanctuary

Fri 05 June

10:00 - 11:30 a.m. Wellness Walking Sanctuary & Welcome Ctr
10:00 a.m. - 12:00 p.m. Library Team Library

Cutting Boards for Sale - all Proceeds back to Edith Rankin



Joe D'Agostino and Craig Pettis, Property Co-Chairs, have made beautiful cutting boards from church pews no longer in use. Please reach out to them if you would like to buy this special gift – freewill offering. The proceeds go back to Edith Rankin. Thank you.

Flutissimo
presents

The Breath of Spring

ENJOY AN AFTERNOON WITH
KINGSTON'S FLUTE ENSEMBLE
DIRECTED BY ANNE PALMER

SUNDAY, MAY 31st, 2026
@ 2:30PM

CHRIST CHURCH CATARQUI
990 SYDENHAM ROAD, KINGSTON



with Special Guest,
Neal Scott, bassoon

TICKETS AVAILABLE AT THE DOOR

\$20 ADULTS - \$10 STUDENTS - AGES 10 AND UNDER FREE

CARING CONNECTIONS

Pastoral Care Updates from Alanna

Last week, my friend Sally and I went on our first real hike of the season at Foley Mountain Conservation Area. It was the first time either of us had been there and it was a beautiful, albeit chilly, day. After we applied the requisite tick and mosquito repellent, we headed out for adventure. We were barely around the first corner of the storybook mobility path when we encountered this page of the story for contemplation:

Consider the ways in which we are all connected. How are you connected to the nature around you? How do you support and care for each other?

Had I taken a turn into a Care & Share lunch? It sure felt like it! These are exactly the types of questions we have been considering each month.

Connections. Where are we without them?

We continued along the trail, surrounded by trees bursting into leaf, chattering birdsong, a flowing stream, and a plethora of wildflowers. With every step I was reminded that creation itself is built on connection. Trees share nutrients through their roots. Birds rely on forests for shelter and food. Even the smallest wildflowers depend on the right balance of sun, rain, and soil to bloom. Nothing truly thrives alone.

Actually, no one truly thrives alone. In Romans 12:4-5, Paul shares "For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others." We belong not only to God, but also to one another.

In a season when life becomes busy and scattered, it can be tempting to drift into isolation, to assume connection can wait until the fall returns. But faith is nurtured in community: in shared worship, in laughter over a glass of lemonade, and even in quiet walks with friends on chilly spring mornings.

Maybe that's why Jesus so often gathered people around tables, along roadsides, and outdoors among the hills and water. Connection was never meant to be an optional part of life or faith. It is through one another that we grow in faith, care for our neighbours, and continue Christ's work in the world.

And perhaps, every once in a while, God places a sign around the bend in the path simply to remind us of that.

Here are a few photos from our hike at Foley Mountain Conservation Area last week.



Some Upcoming Pastoral Care Activities:

Breakfast Bunch: Join this lively group at **Rhodes Restaurant at 9:00 am** on the first Wednesday of every month for breakfast and conversation. Our next gathering will be on **Wednesday, June 3rd 2026.**

Wellness Walking: Everyone is invited to join in the fun this **FRIDAY at 10:00 AM** for a bit of exercise walking around the sanctuary with friends new and old, unhindered by the elements. Afterwards, stay to enjoy some social time together. Please note that we will continue Wellness Walking at least through June. It may become too hot to walk in the sanctuary, but we will still gather for some social connection time.

Tuesdays at Two: I will be starting a new Pastoral Care initiative through the summer on Tuesday afternoons at 2:00 pm, start day to be determined. Join me for cookies and lemonade in the shade for conversation and connection on the beautiful banks of Collins Bay. Watch for more information about this event in the coming weeks!

Care & Share Lunch: Save the date! The next Care & Share Lunch will be **Tuesday, June 16th at 12:30pm in the Welcome Centre.** Our theme will be "Joy in Full Bloom" and a sign-up sheet will be available in the Welcome Centre closer to the date.

**I will be available for Pastoral Care visits throughout the summer months.
Please contact me using the information below to make an appointment.**

HOW TO CONTACT ALANNA: PASTORALCARE@ERMUC.CA · 613-389-2530 X 102

'Wife Saver' Breakfast

Well, that is what it is called, but I'm sure many others can make this too! I shared this a long time ago in Tidings and thought it was too good to not share again :)

Casserole:

- 16 slices white bread with the crusts removed
- 16 slices Canadian back bacon or deli sliced ham
- 2 cups shredded cheddar cheese sharp is most flavourful
- 6 large eggs
- 3 cups whole milk
- 1/2 tsp pepper
- 1 tsp dry mustard
- 1/4 cup minced onion
- 1/4 cup finely chopped green or red pepper
- 1 tsp. Worcestershire sauce
- dash Tabasco

Topping:

- 1/2 cup melted butter
- crushed corn flakes cereal



Instructions

Prepare a 9×13 glass baking dish by greasing the inside lightly with butter.

Lay out 8 slices of bread.

Layer the ham over the bread, making sure to cover it.

Sprinkle on all of the shredded cheese.

Lay the remaining 8 slices of bread over the cheese.

In a separate bowl whisk together the eggs and milk until smooth.

Add the pepper, dry mustard, minced onion, chopped peppers, Worcestershire sauce, and Tabasco. Mix well.

Pour the egg mixture over the layered bread/ham/cheese.

Cover with tin foil and let rest overnight in the fridge.

In the morning, preheat your oven to 350 degrees F.

Melt the 1/2 cup of butter then pour it over the wife saver.

Top with crushed corn flakes.

Bake, uncovered, for 1 hour (until the top is not jiggly).

You might want to place a baking sheet on a rack under the wife saver as sometimes it can bubble over.

Let sit for about 10 minutes before serving.



SUN JUNE 7 PRIDE! SUNDAY



SAT JUNE 13 PRIDE! PARADE

12 noon - Princess St Alfred St to City Hall

Meet at Memorial Center

11:30 to walk or ride in the parade

10:30 to decorate the ERMUC trailer

Help Spirit Sisters Help Others

Spirit Sisters is working on an outreach activity and we would like the congregations help as well. We are going to be filling small bags (shaving kit size) for the unhoused in Kingston. Once we have filled the bags they will be given to Loving Hands for distribution .

We are looking for donations and if you are able to help please place your items in the basket in the welcome centre. If you would like to make a financial donation to enable us to purchase items needed please place cash in an envelope and give to Florence, Patti or Lorna

What Do We Need (remember small sizes of everything)

Shampoo, conditioner, soap, hand sanitizer, face cloths, tooth brushes (in packaging), tooth paste, dental floss, razors, shaving cream, brushes, combs, Chapstick, facial tissue, deodorant, tampons, maxi pads, granola bars, nail files, bandaids.

What Is Loving Hands Kingston?

This is an organization with a dedicated team of volunteers that believe everyone deserves access to basic necessities of warmth, hygiene and food. Their mission is to support individuals through their journey from unhoused to stable housing, Founded in 2015 by Maryann Ruttan. Loving hands works to fill the needs of people moving into their new home by setting them up with furniture, dishes , beds, bedding, everything needed to start them off in stable housing.

Every year they also organize a secret Santa Program for Adults in Need. You can follow them on Facebook or Instagram.

The past two years they have come to the garage sale at the end of the day and taken items left over that can be used in setting up new homes.

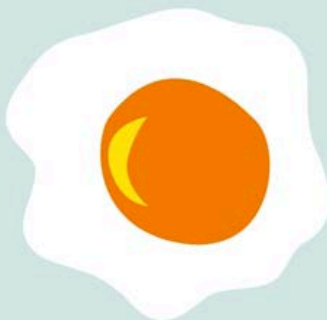


**Join us for
Wellness Walking
this Friday
at 10:00 AM**

**Walk in the
Sanctuary & stay
for social time & treats.**



BREAKFAST BUNCH



Join us at
Rhodes Restaurant
2360 Princess Street
at **9:00 am**
WEDNESDAY, JUNE 3RD
for fellowship & fun

The United Church of Canada turns 101!



Last year we celebrated the 100th Birthday of the United Church with a great Collaboration Service ... so this year we decided to do it again!

Edith Rankin has the honour of hosting this Collaboration Service this year here in the back garden. So please mark your calendar for **JUNE 28th** and be sure to come and mark this special occasion.

There will be Worship, then BBQ lunch with a Strawberry Social in the garden. Come and bring a friend to this incredible day of celebration.



Short Stories about 'Living in Peace'

The Empty Box

An elderly woman named Mabel lived a simple life. Though she had no wealth or family, she remained entirely content. One day, her cat found a small, locked wooden box. She spent weeks trying to unlock it, but when it finally opened, it was completely empty. Instead of being disappointed, Mabel smiled, realizing that the empty box was a reminder that she already had everything she needed, and peace came from her contentment.

The Two Nests

A king held a contest to find the best painting depicting peace. The first featured a calm, mirror-like lake reflecting perfectly peaceful skies. The second featured turbulent, angry mountains with a jagged waterfall. But behind the roaring waterfall, nestled in a crack in the rock, sat a mother bird calmly on her nest. The king chose the second painting, explaining that peace is not the absence of trouble or noise, but finding a calm heart in the midst of life's storms

The Unbothered Painter

A wealthy man, driven by anxiety, ordered his servants to paint everything in his sight thick green. He felt this would bring him comfort. When a monk visited, the servants attempted to pour green paint on him so the wealthy man wouldn't be disturbed by the monk's red robes. The monk laughed and suggested that the wealthy man simply buy a pair of green glasses worth a few dollars, rather than trying to paint the entire world. True peace comes from altering your own perspective rather than trying to control the world around you.



Happy Birthday to our Classics !

Marlene Wentzell	01 May
Barbara McMahon	03 May
Barb Parks	07 May
Sheila Billings	08 May
Pat Bowman	11 May
Bob Martin	17 May
Tysie Mitchell	21 May
Bill Hartling	24 May
Bill Creighton	26 May
Paul Herrington	30 May