



MOUNTAINSIDE UNITED CHURCH

August 2026 Newsletter

" Let the sunshine of August inspire you to shine your brightest"

Calendar

August 2. Worship at BHC led by Rev. Dr.Throop.

August 9. Worship at BHC led by Rev.Dr.Throop.

August 16. Worship at BHC led by Juyoung Lee, M.Div.

August 23. Worship at BHC led by Juyoung Lee, M.Div.

August 30. Worship at BHC led by Juyoung Lee, M.Div.

“Being HAPPY never goes out of style”

August 2 - On SEPTEMBER 27, 2026, Mountainside United COF will go to Kahnawake United COF to have a United Worship Service. Please mark your calendar. L&L will meet today to outline some guidelines for the visit. KEEP IN TOUCH for more information.

August 23. Join all for an August LUNCH after the Service and join in our celebration of JOY with those who celebrate an August Birthday.

Elva Crawford, L&L



July Birthday Celebration
Featuring Maria Santos' Watermelon Cake!

Minister's Message

Dear Friends at Mountainside,

I am reminded of the lyrics from one of Simon and Garfunkel's great hits, *The 59th Street Bridge (Feel'n Groovy)*.

Slow down, you move too fast you got to make the morning last

Perhaps we need to have this song broadcast regularly over the airways, on iPod's, and whatever other streaming method for music these days. Here I confess that I find it hard to keep up with the changes in platforms. Given the rise in highway fatalities as highlighted in the following excerpt.

Provincial police say at least six people were killed in three separate road crashes between Friday and Sunday, while additional fatal collisions investigated by municipal and Sherbrooke police have pushed the overall death toll to at least eight. Road safety advocates say the troubling start mirrors last year's historically deadly construction holiday, underscoring the devastating consequences that can stem from a single decision behind the wheel. *CTV News posted by Adriana Gentile July 20, 2026.*

These days I am grateful to make it home in one piece when on the roads given what I am observing as senseless speeding, needless aggressiveness, and casual disobedience of the road signs and lights.

I am finding the same nature with younger gym members who disregard your changing because they want access to their locker above yours right now.

Slow down, you move too fast you got to make the morning last

On the fitness track – the message these days is eat slowly to know when you are full and not to over consume. You are advised to take the time to eat properly and not on the run. There is also a rise in advocates for slow cooking for better nutrition.

Earlier in my last autumn newsletter I raised the recommendation of slow looking when it comes to viewing fine art. The National Gallery of Canada published an article on slow looking and the recommendations of psychologists to employ this for stress release and mental health. It led to our meditation series in Advent and Lent, **Eyes to See**. I commented that we look but do not see because of our impatience.

Today as I was reading the next chapter in Maria Ressa's book, *How to Stand Up to a Dictator*, again the theme of slowing down came to the fore. Ressa warns of the intentional use of platforms like Facebook to enrage and polarise viewers to increase user time (scrolling) and the use of likes and comments as a means of manipulating public opinion. I think that she makes a cogent argument for the need for caution and awareness when participating in online posts.

If you read something that makes you emotional and prone to share and act, slow down; think slow, not fast. Our ability to slow down, though, is limited because over time, Facebook knowingly created a disastrous and extremely harmful feedback loop: the more time you spend on Facebook, the more data the company gets to trick you into spending more time on Facebook. **P.141**

I am still hopeful that more of you will make the time to participate in our learning event because I am finding the book to be both amazing and frightening in terms of what she is revealing from her experience as a journalist in the Philippines and the global implication of her observations. There is good reason for her receiving a Noble Prize! Those sharing in this study appear to appreciate the book and the discussion sessions.

Slow down, you move too fast you got to make the morning last

Sunday morning worship follows a Reformed tradition that is now centuries old and follows one from the Western Church before the Reformation, and from our roots in Judaism that are now thousands of years old. The form and nature of readings, prayers, hymns and sung Psalms go back a long way and reminds us of the continuity of what we are doing. It is a way for us to slow down and centre ourselves in the eternal. By so doing we might find ourselves to be more at peace both with ourselves and our neighbours.

Slow down, you move too fast you got to make the morning last

Blessings,
Rev. Doug

Message from the Chair of Session

GREETINGS !!! Let's talk about SUMMER. Our weather this year is quite erratic, one day it's day it's very sunny and comfortable, then the following day it's very hot and unbearable humidity and then downpour heavy rain, thunderstorm and very windy.

Well, that's Montreal and I personally don't complain because our summer is very short live and for all we know the cold weather starts. I enjoyed tending my flowers and tomatoes in my balcony and have my dinner there. Of course, my KOBE (cat) keeps me company although he's busy watching the pigeons-talking to them and try to catch insects as well.

So, what about you? I guess some of you go for trips, visiting family and friends, or just going for adventure somewhere out of Montreal. Regardless, enjoy your summer, stay safe, drive carefully, enjoy the scenery, savour the food you love to eat and try some unfamiliar delicacies.

This week, I did my first harvest of my cherry tomatoes. It tastes so good. And also, I enjoyed my balcony at night since I put my summer lights and colourful dandelions and humming birds lights. This is my oasis during summer.

Until next time, I hope you like my summer story for this year. Take care and God bless.

Yours Truly,

Ethel Ann Flores
Chair of Session