



Carlisle
United
Church

Newsletter



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Summer 2025

Do Something Relaxing

My friend Claudia (also a UCC Minister) posted a picture on Facebook of her cat happily dozing on a blanket. Beneath the photo, she placed this quote: *"It's a good idea always to do something relaxing prior to making an important decision in your life."* (Paulo Coelho, The Pilgrimage, 1987).

"Perfect!" I thought, "That is exactly the sentiment I am going for." I wanted to find the words to encourage all of you to enjoy the church's slower pace in summer. As a Pastoral Charge, you have worked very hard through the late fall, winter and spring seeking to find a way forward. In February, you had to let go of your much-loved Minister, Allison, and work on the process of self-examination, as so many congregations before you have done, so you would be ready to call your next permanent Minister. As congregations, it became important to ponder who you are, who you want to be, what God/Love is calling you to do and be in this time and place.

It hasn't been easy. The present seems a little tangled and the future a bit murky. After much discussion and deliberation, Kilbride discerned their desired direction. Alas, it did not match Carlisle's direction which, while not fully formed, was formed enough for people working on "the way forward" to know it isn't the same as Kilbride's. So, the Boards of both Congregations met jointly with the guidance of the Congregational Support Commission from Regional Council and worked out their next steps. You have (or

by now ought to have) seen the three options given to the Transition Committee to research. The work has begun and a date for reporting back to the Boards and then the Congregations has been set for mid-September.

So, what do we do during the intervening time as the Transition Committee works?

"Do something relaxing", because we have/your board has/you have one or more important decisions to make in the fall. You will make more measured and clear-minded decisions if you are able to let anxiety slip away and relax into what will be.

Look to Jesus as an example. We know Jesus was a busy man with a lot of pressure being put on him and his disciples. We also know that Jesus often, very often, went off on his own to pray. He took time alone with God (TAWK).

TAWK is what I encouraged on a retreat for High School students one fall. They, however, did not have an entire summer – but a mere afternoon. I sent them off with an envelope and paper and pencil. Their task during these few hours alone was to write a letter to God, put it in the envelope, write their address on the envelope and seal it. When we gathered afterward, I told them that in two weeks I would

Summer Services

Sundays in July – Kilbride at 10 am

Sundays in August – Carlisle at 10 am

mail them their letter to God so they could re-read them. It was a way, a small way, a beginning way, to get them to talk to God

You have a couple of months of summer ahead of you. Some of you have to work at your "day job", but I hope all of you take time to enjoy some activity that brings you joy and/or peace. I hope that you find a way or a practice that helps you get in touch with God who dwells within you as well as within the world. Just breathing in and appreciating nature is one way to relax. Journalling is another, or simply colouring as children do. Creating something with your hands. Just take care of you. And let God do the rest.

Whatever the "way forward is", whatever the future brings, God is here beside us on the way and will be already there in the next place when we arrive. Take time to enjoy today, each day, so that when the time comes to make a decision you will have clear minds, a peaceful heart and confidence in God's presence.

"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today". ~ Matthew 6:34

Rev. M. Gayle MacDonald

Shred that Stuff!



Time to start gathering all those dusty files and tax receipts for another paper shredding event on **Saturday October 18**. We will again be offering secure document shredding for a modest sum, from the comfort and convenience of your car. Please tell your friends and neighbours!

Vacation Bible Camp

Summer has arrived and, with it, increasing excitement for CUC's Vacation Bible Camp being hosted **July 14 to 18** daily from 9am to noon.



Our amazing group of CUC volunteers have been busy planning for the 2025 Cokesbury program "Road Trip: On the Go with God", which incorporates creative lessons of God's love with

a fresh Canadian appreciation for our amazing country.

We are excited to share that not only have we had great response from community families registering campers, but we've also had a record number of youth volunteers offering to join us. More helpers means we can support extra spots for new campers, thereby growing our connection with our community.

Interested families can find details (including registration) on the church website at <https://www.carlisleuc.ca/summer-day-camp>. You can also direct inquiries to vbc.carlisleuc@gmail.com or speak with Erin McBryde in person.

Sincere thanks to all who are giving of their time and talent to continue this important community connection.

Erin McBryde

Minister contact: Rev. Gayle MacDonald, 289-442-8420 or mgmacd@gmail.com

Office contact: Andrea McRae, 905-689-8630 or secretary@carlisleuc.ca

Thoughts from the Board Chair

Over the past few months, members of the congregation have been involved in a number of “fund raising” activities including: fertilizer sale, plant sale, chicken dinner and Mothball concert. Although the main focus of these events has been fundraising, they have also had the secondary effect of team building. While it is not a fundraising event, the Migrant Workers dinner also falls into this category.

Each of these has been characterised by a group of individuals working together in a spirit of comradery and cooperation. Those involved have shown a willingness to do anything asked of them with humour and a feeling of fellowship. (After the chicken dinner, there are lingering questions as to which of the Gilbert parents Geoff takes after!)

At all of these events, we try to thank those involved; however, I'd like to make special mention of Michael Irish. He is always to be found working behind the scenes, whether it's lifting boxes of chickens, delivering fertilizer or putting away tables and chairs. He has been willing to take on any job quietly and efficiently and his efforts on our behalf are very much appreciated! I would also like to make special mention of the ladies involved with the Migrant Workers Dinner. Despite the challenges of the heat and a larger-than-expected number of guests, each of the guests was enthusiastically welcomed and served. Late arrivals were accommodated with courtesy and no one left hungry. Thank you to Catherine Swatten and her team!

A church's success is often measured by the number of worshippers in the pews on a Sunday morning or by the health of its finances. While the financial aspects are important, impact and outreach into the community are a very real measure of the success of our church. There have been a number of instances that have demonstrated the importance and value of CUC to the community, such as spontaneous offers to help unload vehicles and carry things into the church, unexpected donations to the Migrants

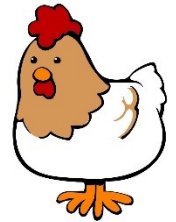
dinner, community response to flyers outlining church events such as Vacation Bible Camp, support to our fundraising events and a general willingness to help with donations and even refrigeration space.

I would like to celebrate each and every volunteer, and thank you all for your efforts to represent Carlisle United Church with grace and Christian spirit.

Bob Moulder

Drive Thru Chicken Dinner

Thanks to the many, many volunteers who helped with this event – a total of 40 from Carlisle and Kilbride. Their dedication helped make the dinner another great success.



Here are some of the numbers:
We sold a total of 351 dinners, including 58 for Kilbride. Total revenue was \$10,303. Carlisle portion was \$8,833 (including \$800 from sponsors) and Kilbride portion was \$1,470. The preliminary net profit for Carlisle is approximately \$5,700.

Thanks also to local businesses who donated products and services. They were Sobey's Waterdown, Harvey's Waterdown, Carlisle Farm Market and Sweet Paradise. We also had three sponsors this year. They were All Canadian Property Management, ICM Painting and Garden Goddess Landscaping.

Barry Gilbert.

Watch for restoration of the WWI memorial plaques on the Cemetery gates this month, thanks to a generous descendent. More info and photos in the next newsletter...

Path Forward Congregation Update

(The following message was shared with all in the Bulletin and by email announcement on June 15. It is repeated here for anyone who may have missed it.)

As you are probably aware, the work of the Transition Team was paused when it became clear that the vision of the path forward for the Carlisle/Kilbride Pastoral Charge became different for each church.

The leadership of both churches has met with Horseshoe Falls Regional Conference (Congregational Support Commission) representatives to determine the possible options we could explore that would meet the needs of both congregations. After much discussion, three possible scenarios emerged as avenues we could explore.

Briefly, they are:

- 1) Realignment of the Pastoral Charge. Each congregation would pursue its own vision independently, and an application would be made to the United Church CSC for a realignment. In this scenario, each church would be independent and a separate entity to determine its own path and future.
- 2) A congregational supply minister would be appointed who would work 30 hours/week (3/4 time) This minister would fulfil most congregational responsibilities for Carlisle, but at Kilbride would preside only at Sunday worship, perform emergency pastoral care and attend Board & Trustee meetings there. In addition, Carlisle would engage an independent consultant to determine and advise on a more deliberate path forward for Carlisle.
- 3) An Intentional Interim minister, (possibly ¾ time) would be called who would fulfill all the functions of an Intentional Interim Minister for Carlisle but would only preside at Sunday worship, provide urgent pastoral care and attend quarterly Board & Trustee meetings at Kilbride. This arrangement would be for a maximum of 2 years.

The focus of the Transition Team will, therefore, now change from searching for an

Intentional Interim minister to researching the viability, financial considerations and other implications of these options and reporting their results to the Joint Board. Based on this, the Joint Board will make a recommendation to the Joint Congregations for their consideration. The timeline for presenting the Transition Team's findings to the Joint Board has been set for mid September.

If you would like more information, please speak to Bob Moulder, Board Chair, Carlisle, or Helen Callaway, Board Co-Chair, Kilbride, and Tino Ditoro, Board Co-Chair, Kilbride, or Catherine Swatten, Chair of the Transition Team.



Finance Comments

Thanks to your generosity, to the end of May, envelope and PAR givings were \$28,500, a 4.4% increase over last year. Mission and Service donations were \$3,548.

Rental income is over \$10,000, thanks in part to two elections. Film company revenue has been very slow. Excluding the chicken dinner, we had numerous fundraising events with total revenue of \$18,300, generating a net profit of \$7,575.

Total salary and benefit costs so far are down \$11,500 from last year. Our deficit, at May 31st was \$15,400. Please note that because the chicken dinner was at the end of May our financial statements do not include all the revenue and expenses relating to the dinner. They will be reflected in June's results. The same applies to the Sean Heeley and The Mothballs concert.

Our investments in the Planned Gift and Manse Funds have remained relatively stable, even with all the financial market turmoil.

Barry Gilbert, Treasurer

Kilbride Is Winding Down for the Summer!

Kilbride United Church is winding down for the summer. We had a very successful bottle drive in June. Coming up, we are looking at some seasonal 'pop-up' opportunities. Please check our website or the Sunday bulletin for details.

'Yoga at Kilbride' has finished after a successful 12-week program. We will be starting up again in September. The program was very flexible and accommodated all levels of yoga practice including chair yoga. More information will follow in August.

We are saving egg cartons for a local farm. If you have any 12 egg cartons, please bring them to Kilbride in July when we have our joint services.



Looking into the fall, we are planning some interesting talks. We will be announcing the first of these early in September.

Helen Callaway

Migrant Worker's Event

Before the event...

By the time you read this, our Migrant Workers' event will have taken place and we anticipate that about 75 workers will now be feeling welcomed, well fed and will be enjoying all the donated clothing and gifts that will make their lives a little more pleasant as they resume their labours in our area farms and nurseries.

As I write this, our church parlour is burgeoning with donations, a testimony to the huge heart of the Carlisle and Kilbride communities. Dozens of you have signed up to prepare the meal, and to come on the day to help. Some have thoughtfully provided gift cards and other items for prizes. We are humbled and grateful for the very generous monetary support from our partner church Kilbride and individually

from Kilbride congregants to honour the memory of dear friends Murray and Eros Callaway, Sharon Banks, Maureen Trenkler and Rose Telfer.

With kudos to our Communications Team, the flyers advertising future church events and handed out at the Chicken Dinner resulted in some heartwarming connections with people from the wider community, who, intrigued and moved by this outreach, made very thoughtful donations of useful items for door prizes.

After Sunday June 22, I look forward to providing you with an account of what promises to be a grand celebration of our migrant heroes and hopefully a memorable, enjoyable experience for all our wonderful volunteers.

After the event...

It was another occasion when God laughed at our plans and sent the hottest day of the year so far. The Gathering Room was indeed warm, cramped, noisy, but wonderfully full of our migrant worker heroes, all enjoying being together, eating well and having fun. The unofficial number of guests was 83, including three delightful young ladies from Guatemala (Cedarfield Flowers) and three from Cambodia (Aldershot Nurseries).

Despite the number of guests and the heat of the day, Bob's strategic placement of fans kept the room comfortable. Dennis and Margriet cooled and dispensed the much appreciated soda pop.

The amazing kitchen helpers, aided by the very expert Larry McDonald, rose to the challenge of making the food "stretch" since there were many late arrivals and we had planned for only 75 guests. Well done, Larry, Shirley, Janice, Linda, Sally, plus Beth and Sheila from Migrants Matter Flamborough!

Marcelino (Village Barber), dutifully acted as MC, while he and brother Uvaldo, provided translation services for our Spanish-speaking guests. Heather's easy-listening piano music

was the perfect backdrop for the activities, especially for the musical balloon game. In very cramped conditions, Lynn managed to group and dispense the copious raffle prizes fairly and with perfect composure. With little room to manoeuvre, Cathy was observed collecting visual recordings with her new camera, and we look forward to having a few photo mementos of the evening.

Understandably, our guests declined to play soccer in the heat, but thank you to Andrea for supplying the ball, coolers, food items, for setting up the sound system, the store and for helping “everywhere”.

This is again another instance where a mere thank-you seems inadequate. Nineteen of you came to help on the day and dozens of you brought food, soda pop, gift cards, prizes and useful items for the free “store”. The clothing and towels were especially appreciated by guests. You helped with the set-up and some came later to help clean-up.

The Migrant Workers’ 2025 welcome event will be recorded as a resounding success, not only due to the demonstrated honouring of our local migrant heroes by the congregations of Carlisle and Kilbride, but because of the coming together of many from outside our communities

in an outpouring of caring and generosity, evidence that outreach, another way of following in the footsteps of Jesus, is growing and thriving.

To all whom I have not named personally, my heartfelt thanks for your gifts in all of their forms. You have all made life a little more pleasant for our hardworking friends.

Catherine Swatten



Smiling faces despite the heat. Special thanks to Catherine Swatten, who organizes this very amazing outreach initiative and welcomes every guest with grace.



Guests and volunteers at the Migrant Workers welcome event on Sunday June 22.

Mark Your Calendar



- **Sundays in July** ~ Services in Kilbride at 10 am
- **Sundays in August** ~ Services in Carlisle at 10 am
- **Mondays July 7, August 11, September 8** ~ Prayer Circle, 12:45
- **Monday July 14 to Friday July 18** ~ Vacation Bible Camp, 9 am to noon
- **Wednesday September 10** ~ United Church Women resume meetings weekly, Wednesdays at 9 am
- **Sunday October 5** ~ Concert, TBA
- **Saturday October 18** ~ Paper Shredding Event, 10 to 1
- **Saturday November 22** ~ "Christmas in the Country" Bazaar

Prayer Circle

It always lifts our hearts to share our prayer time in the summer under the trees at the church. We suggest that you bring a lawn chair to our summer gatherings in hopes that the weather will enable us to meet outdoors.

Although our usual meeting days are the second Monday of the month, we are making a change in the July date, as the second Monday falls in the week of Vacation Bible Camp.

Meeting dates for the next three months are: July 7 (FIRST Monday), August 11 and September 8. Hope to see you at 12:45 to share with one another and to support the needs of our church community and the world.

Linda Dodman and Joan Eagle

In this year's budget, there is provision for the purchase of a replacement for the **hearing assistance system** in the Sanctuary. We are interested in hearing from anyone who has information on or a recommendation for this type of equipment. Please contact Secretary@carlisleuc.ca. Thanks!

How to Be Sharp

Now that gardening season is upon us, this is just to let you know that Swatten's Sharpening Service is available to hone your gardening and household tools. Just drop them off in the porch basket at 2 Parkshore Place, attach your name plus telephone number, and we will try for a one day turn around time. Clippers and shears will be disassembled, cleaned, sharpened, oiled and reassembled. Mower blades need to be removed first!



All that is asked is a free-will donation to Carlisle United Church.



This spring we flew our new Peace flag for all the world to see. May it be so.

Announcement about the Food Bank Food Program

Overview

We are shifting toward a nutrition-focused approach that promotes a healthy, fresh food environment, guided by the principles of the Canada Food Guide. This change allows us to enhance the quality and value of the food we provide, promoting healthy eating and nutritional well-being of the families attending the food bank.

Key Goals

- Reduce high-sugar, high-salt and high-fat foods
- Provide a greater variety of fresh food choices
- Offer food that better supports healthy eating
- Ensure sustainability by supporting a food model that can meet the needs of families now and in the future, especially during challenging economic times

What's Changing

We are gradually removing or reducing:

- Sugary beverages (pop, juice boxes)
- High-sugar, high-salt snacks (cookies, granola bars, chocolate, chips)
- Salty processed meals (instant noodles, canned pasta, soup and Kraft Dinner)
- Coffee, tea, sugar

What's Staying

We will continue to offer in increased quantity:

- Fresh fruits and vegetables
- Whole grains: pasta, bread, oats, rice
- Protein-rich options: beans, lentils, tofu, eggs, meat, fish
- Staple pantry items: canned vegetables, canned beans, jam, cereal, peanut butter
- Dairy: butter, milk, cheese, yogurt

Donation Guidelines

- We continue to welcome affordable, nutritious items like canned vegetables, tuna and beans

- Items with <15% of daily sugar, sodium or fat per serving are preferred, as defined in the Nutrition Facts food label
- Items not meeting these standards may be redirected to Hamilton Emergency Food Network (Hamilton Food Share)
- Check our website, newsletter and social media for up-to-date priority items

Thank You

We deeply appreciate and value your continued partnership. Your support is helping us move toward a healthier, more equitable food system. We welcome your feedback — feel free to connect by phone, email or in person. We are also introducing new programs and communication for families to support food knowledge and skill development. Together, we aim to reduce food insecurity by eliminating barriers to accessing safe, nutritious, and reliable food.

Jim Leamen, Flamborough Foodbank Manager

Canada Food Guide



Pencil **Sunday October 5** into your calendars, friends. Heather has an afternoon concert in the works, in support of the Food Bank. More details to come...

Thank You

Hebrews 13:6 reminds us " *Do not forget to do good and to share with others*".



To that end, thanks to those of you who contributed to Wesley's Case for Kids. Marilyn Irish and I enjoyed delivering your contributions on June 1st. After walking around the Bay, we had a delicious cup of soft ice cream as we watched two little girls dancing to the music that was provided. Truly a joyful Sunday afternoon!

Rashad Afif, Executive Director from Wesley, also sends some words of gratitude: "*As we move through June, I want to extend heartfelt thanks to everyone who supported this year's Case for Kids event. Whether you donated, participated, volunteered, or helped spread the word—your contribution will have a direct and lasting impact on the lives of children, youth, and families in our community. Thank you for being part of something so meaningful.*"

Lynn Gladstone



A big thank you to Henry and Paul Vos of Foxwood Greenhouses for partnering with us to provide beautiful flats of geraniums and begonias for our annual plant sale fundraiser. Thanks also to all who purchased plants and to the tireless volunteers who delivered the 143 flats to appreciative customers. And most especially, thanks to Linda Dodman for her superlative organization of sales and delivery routes! (Photos courtesy of Drew Mudge)

Carlisle Butterfly Habitat

Thanks to the generosity of the Freed family and Jane Freed, our butterfly garden has a new rain barrel and drip irrigation system this spring, and also an infusion of new shrubs and pollinator-friendly plants. This irrigation system will make the task of watering through the hot summer months so much more manageable. Thanks to Bob Moulder for construction of the rain barrel base and the plumbing necessary. The rain barrel and plants were in place for the Cemetery Memorial service on June 8, and the drip lines are now installed and in the process of being tweaked for optimum flow.

And another positive story to share has to do with Mrs. Cassidy and her Grade 2/3 and Grade 6 classes at Balaclava School. They are planting a butterfly garden on the school grounds this spring and sent out a request for plants to help them get started. I was able to share some seedlings and transplants from our butterfly garden with the children, and we received a charming 'thank you' note for supporting their initiative. Mrs. Cassidy hopes to have each new class expand the garden in subsequent years as they study the importance of pollinators to our environment. One of the

goals of our participation in the Monarch Waystation project is educating others, so this feels like an excellent success story for us as well as for the students. And hopefully for the butterflies, too.

Cathy Moulder



New rain barrel irrigation system installed in the Carlisle Butterfly Habitat.



Balaclava students proudly show off their new butterfly garden on the school grounds.

Milk Bag Mat Project

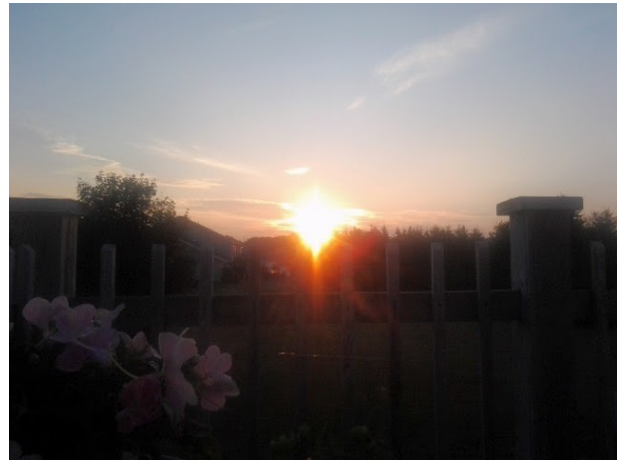
Mat number one hundred and one is finished and when I have 5 or more together, my friend might pick them up and take them to Canadian Food for Children and the many people who are in need of them. As you can see, many colours of different bags have come together. Thank you very much for doing your part in keeping the bags out of the landfill sites. I have received bags from all over Ontario, e.g. Meaford, Huntsville, Carlisle and Grimsby. As I have said before, many thanks to everyone that's supporting this project.



Mat 101. (Photo courtesy of Erika Friesen)

If you would like to be a weaver, there are frames available, just let me know me know. See more info on the worldwide project at <https://milkbagsunlimited.ca/>

Erika Friesen



View from Gayle's balcony at sunrise, Prince Edward Island, 2014. (Photo courtesy of Gayle MacDonald)

As the Day Wakes

Coffee
Slowly
called from dreaming

chickadee chants
"first light light light"
then another, another, another

sparrow, robin, mourning dove
join the song of life and light

a symphony of praise
to the pink gold sky
bursting into being

Night scavengers slide away,
to hide or to sleep
under cover of trees or coverts.

Awake and moving,
I raise my cup of coffee,
rich and dark
to toast the choir,
and salute the sun
ascending its stellar throne.

by Muriel Gayle MacDonald, ©2014