

STAMFORD PRESBYTERIAN CHURCH

May 2026 Volume 5, Issue 2



Spring!!

"God could not be everywhere, and therefore he made mothers."

- Rudyard Kipling

"I am sure that if the mothers of various nations could meet, there would be no more wars."

— E. M. Forster



It's finally here!! Spring is the time of rebirth and renewal. There are little sprigs of color showing up everywhere. The birds start their joyous singing by 4am.

Here at Stamford we have also been blessed with "spring" in our steps. Session has worked diligently over the last number of months to secure that positions in administration are filled with people that will help us show God's love and caring for our congregation and the wider community.

We have been so blessed to have had Rev. Jacob Lee as our moderator until a few months ago and then Rev. Trish Cunningham stepped into the role.

Well, we now have our Music Director in place. Lynne Honsberger has truly blessed us with her energy, talent, and her obvious love of praising the Lord. She has some exciting ideas to enhance our Sunday services. We look forward to many Sundays of wonderful music.

The Administrative Assistant has also stepped into place in the office. Her enthusiasm is quite contagious, and she is thoroughly enjoying the challenges that come with the position. Catherine Lane is so thankful for all the encouragement she has received from the members of session and the congregation.

Last, but certainly not least, is our wonderful Pastor Nehemia. At the time of this writing, he is our "Stated Supply". Pastor Nehemia makes everyone feel welcomed, and his laughter is so infectious. He has many wonderful ideas to make us the best we can be by adding some new ideas to old traditions. Pastor Nehemia has an incredible singing voice, and he is looking forward to leading us into the future, and we are excited to see where God leads us!!

Blessings, Rita

Happy Mother's Day!

Two Mothers Remembered

I had two Mothers – two Mothers I claim.
Two different people, yet with the same name.

Two separate women, diverse by design,
But I loved them both because they were mine.

The first was the Mother who carried me here,
Gave birth and nurtured and launched my career.

She was the one whose features I bear,
Complete with the facial expressions I wear.

She gave me her love, which follows me yet,
Along with the examples in life that she set.

As I got older, she somehow younger grew,
And we'd laugh as just Mothers and daughters should do.

But then came the time that her mind clouded so,
And I sensed that the Mother I knew would soon go.

So quickly she changed and turned into the other –
A stranger who dressed in the clothes of my Mother.

Oh, she looked the same, at least at arm's length,
But now she was the child and I was her strength.

We'd come full circle, we women three,
My Mother the first, the second and me.

And if my own children should come to a day,
When a new Mother comes and the old goes away,

I'd ask of them nothing that I didn't do –
Love both of your Mothers as both have loved you.

Author Unknown

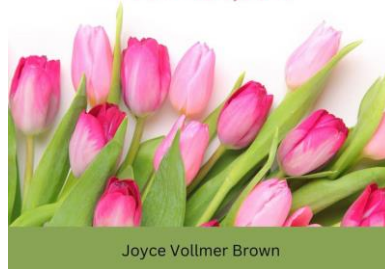
"Pay close attention, my child, to your father's wise words and never forget your mother's instructions. For their insight will bring you success, adorning you with grace-filled thoughts and giving you reins to guide your decisions."

- Proverbs 1:8-9

Happy Mother's Day!

*Love never gives up, never
loses faith, is always hopeful,
and endures through every
circumstance.*

- 1 Cor. 13:7, NLT



As we celebrate all the wonderful mothers in our lives, may we also pause and remember the mothers we've lost, the mothers grieving for lost children, and those who so desperately pray to be blessed with children of their own, to experience the true glory of motherhood.

Mother's Day is a filled with many emotions – joy, gratitude, love, as well as grief and sadness. May we be gentle with ourselves, and with others.

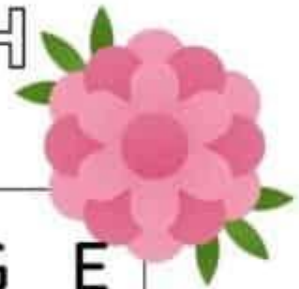
"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." - Galatians 5:22-23

Offer someone love today. You'll be pleased when it returns to you.

MOTHERS DAY

WORD SEARCH

FIND AND CIRCLE EACH WORD!



M	O	T	H	E	R	I	G	E
O	S	O	A	E	P	I	N	K
M	F	L	O	W	E	R	S	O
B	S	W	E	E	T	C	A	R
C	H	O	C	O	L	A	T	E
A	E	L	O	V	E	N	R	D
R	A	P	C	A	R	D	E	U
E	R	C	O	F	F	E	E	N
Y	T	N	E	G	I	F	T	K

Heart

Pink

Flower

Care

Chocolate

Sweet

Gift

Mom

Love

Mother

Coffee

Card

HOMEMADEHEATHER.COM

May is Mental Health Month

In honour of mental health month, below is some clarifications between mental health and mental illness, as well as some eye-opening statistics.

Mental health and mental illness are often used to mean the same thing but they're different.

Mental health is similar physical health: it refers to a state of well-being. Our mental health is a product of our experiences, emotions, thoughts, memories, interactions with and feelings of connection to others, and our life circumstances. When we have good mental health, we're better able to respond to life's stresses.^[1]

Mental illnesses are changes in what someone thinks, says, feels, and/or does during significant distress and can make day-to-day functions difficult. Symptoms of mental illnesses may come and go and can show up in different ways for different people.^[2]

A mental illness diagnosis isn't always a predictor of good or poor mental health. Someone without a mental illness can have poor mental health while someone with a mental illness can have excellent mental health.^[3]

Mental illnesses include:

- mood disorders such as major depressive and bipolar disorder
- anxiety disorders
- schizophrenia and other psychotic disorders
- personality disorders
- eating disorders and
- substance use disorders.

Problems with substance use may be a sign that someone has a substance use disorder, i.e., a mental illness.

Mental illnesses affect people of all genders, ages, education, income levels, and cultures but inequality and injustice (racism, poverty, homelessness, discrimination, violence, etc.) contribute to poor mental health, mental illnesses, and/or symptoms of distress.^[4]

In any given year, 1 in 5 people in Canada are living with a mental illness.^[5]

By age 40, about half of Canada's population will have or have had a mental illness,^[6] and in their lifetime:

- 14% of people in Canada will experience major depressive disorder.^[7]
- 13.3% of people in Canada will experience general anxiety disorder.^[8]
- 3.4% of people in Canada will experience bipolar disorder.^[9]
- About 21.6% of Canadians (six million people) will experience a substance use disorder.^[10] This includes using alcohol, cannabis and other drugs.
- Eating disorders affect about one million Canadians (between 0.3-1% of the population). They impact women at a rate ten times that of men and have the highest rate of mortality of any mental illness.^[11]

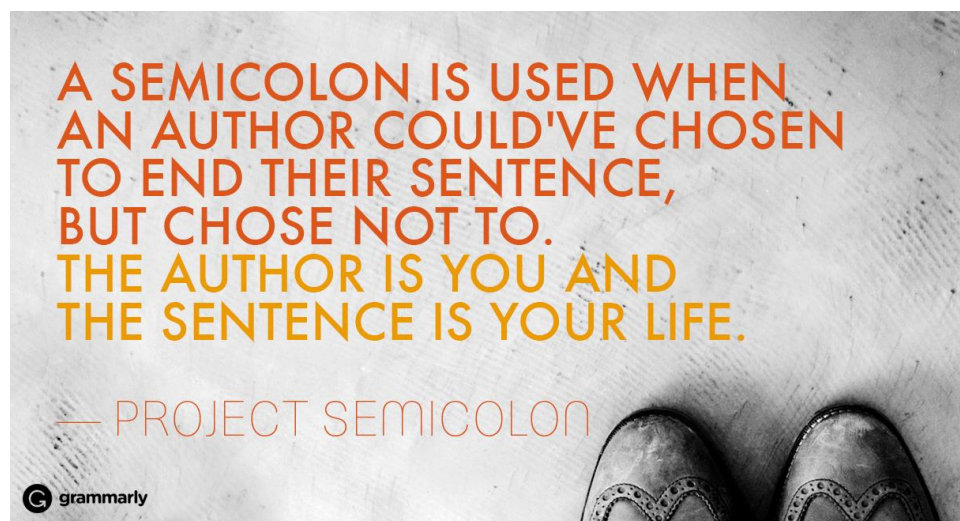
About 4,500 Canadians die by suicide every year in Canada; this is almost 12 suicides each day.^[12]

- The suicide rate among men is three times higher than among women.
- In Canada, suicide rates among Indigenous Peoples are disproportionate. Among First Nations, the rate is three times higher than the non-Indigenous population, and nine times higher among Inuit.^[13]

Girls and young women are three times more likely than men to harm themselves and be hospitalized due to self-harm.^[14]

*The above information is from the CMHA (*Canadian Mental Health Association*) website. This information and more can be found here: <https://cmha.ca/find-info/mental-health/general-info/fast-facts/>

Pursue inner peace. It's the deepest of all blessings.



The semicolon is often a symbol of those who have struggled with suicidal ideation. It represents one who could have ended the “sentence” but chose not to.

The CAMH (*center for addiction and mental health*) has a number of free courses available online for anyone wanting to learn more. Follow this link to check them out:

<https://www.camh.ca/en/health-info/mental-health-101>

You will find a few booklets around the upper hall on how to help those who are struggling, as well as posters on the bulletin boards for the CAMH (Centre for Addiction and Mental Health) Sunrise Challenge. I will be rising with the sun from May 25th – 29th and sharing photos of my early morning moments to raise funds and awareness of the realities of mental health challenges and mental illness.

“If you see someone without a smile, give them one of yours.” – Dolly Parton

So often, people choose to suffer in silence. They fear stigma and judgement; worry they’ll be perceived as weak or attention seeking. Sometimes they just don’t want to “burden” their loved ones or “drag them down.” I think often of the late Robin Williams. Someone who spent their life trying to bring joy and laughter to others but suffered so deeply in private. I never would have imagined how much pain he must have been in, yet in contemplation, I’m also not surprised.

I, too, suffered in silence for many years. I recall reading stories in “Chicken Soup for the Soul – Tough Stuff” about people who had self-harmed and thinking “I could never do that, it would never be that bad,” until it was. But those stories of people who attempted suicide? – “I could never, it would never be *THAT* bad,” until it was. I was diagnosed in my mid-late teens with major depressive disorder and “various” anxiety disorders including social anxiety, in a report from one of my group therapists, they made mention of “borderline personality disorder tendencies” – I wish I had known then what this actually was, because it honestly makes so much sense to me now. I left high school at 16 as a result of my mental illnesses. I’ve had counselors, tried many different medications, group therapies, etc. Still to this day, I never know when it might hit me. I’ve lost a lot of faith in the medical world when it comes to mental health. The gaps are many, the support is limited. I’ve had to try and figure out a lot on my own.

My child has been struggling as well – for many years now. I’m grateful for my own experiences so I can be more understanding of what he’s going through and be more compassionate and patient (though some have thought “too lenient”) because I get it, to the best that I possibly could. Mental

illness, like really anything else, needs to be lived to be fully understood, but it also affects everyone differently. I am grateful that we have found an incredible therapist to help Rainy, but decent long-term therapists come at a cost – and a steep one – that not everyone can manage.

The reality is that there are so many more people in need of mental health support now than ever before, but the systems in place just can't keep up. This is why I'm such an advocate and supporter of these challenges and just generally raising awareness. I'm open to speaking about my experiences and my stories, so people know they're not alone and that it's okay to talk about.

I thank God for the amazing people in my life who love and support me and try to understand me the best they can. The ones who love without condition, and without judgement. May we all strive to be that person for someone else. You never know when it could save a life.

"The kindest hearts have the most scars." – Jeff Hood.

Words of wisdom

Imagine if we all walked into the world
with the belief that each person
was inherently worthy.

Imagine if our goal
was to help each other recognize
that we are worthy of being loved.

Imagine if we sought to listen
more than we spoke.

Mr. Rogers

UPCOMING EVENTS

Come one and all. Bring friends. There are only 2 more Tuesday Teas until we break for the summer. Good Lord willing, we will be back enjoying each other's company on Sept 15th. These get togethers have been very popular. They are on the 3rd Tuesday of the month from 2pm until 4pm. We serve coffee, regular tea and herbal teas, along with lots and lots of delicious treats. There is no charge for this fun-filled afternoon, and everybody is welcome, the more the merrier.



It's time for more

\$5.00 LUNCHESES

On May 31st after the service we will be
Serving baked macaroni and cheese with salad, dessert and beverage.



On June 28th we will have a summer picnic. Hot dogs, salads, beverages and dessert.



Come on over to the upper hall and enjoy fellowship AND
Good food!

“If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely.”

Roald Dahl

“Growing up is realizing what a blessing it is to have parents who still wait at the window to wave goodbye to you after each visit!!”

I read this the other day and it made me smile. Years ago, my grandparents lived in a tiny apartment above our garage on the farm. EVERY TIME we went out as a family, my grandmother would go to the window and wave. We were all expected to wave back!! My mom used to say how annoying this was.

This went on for many years and as we all grew up, strangely the “annoying” tradition continued. Any time one of us left my parents house after a visit, my mom would be at the window to wave goodbye. Even after they moved into an apartment and the visitor parking was out front, we would back up in the parking lot to their balcony and wave. We all laughed about how silly it all seemed and yet none of us could stop the tradition.

Well, now my children are all grown and this mom still goes to the window to wave goodbye. Even when my friends come to visit, I wave from the window as they leave.

That silly tradition. It just feels right.

Rita

Better to be the one who smiled than the one who didn't smile back.

Looking for something to keep those hands busy during the summer?

If you enjoy knitting and/or crocheting, we are always gathering hats, scarves, mitts, and socks for the homeless for the winter. How wonderful it would be to have lots of them ready long before the cold weather comes back again. (I know that we just got rid of the winter weather, but it does pass the time making these things for others.) Just deposit them in the Upper Hall.

Had the urge to clean out closets and cupboards, purge those little hiding spots of all their little tchotchkes? Feel free to donate GOOD used items for the Christmas Bazaar's Treasure Trove.

In case you didn't know, we are still collecting empty pop cans. The bin is in the back of the upper hall under the coat rack.

Warren's Thoughts

Opportunities to Help and Serve Others

God always gives us opportunities to show kindness. But, the question is..... will we take notice of the people who need a word of encouragement, an errand done, or some other kind of assistance.

It's easy to say we'll do something when things settle down. But the Bible tells us that things never will. Ecclesiastes 11:4 says, "If you wait for perfect conditions, you will never get anything done."

With this understanding we should continually be looking for opportunities to help and encourage others.

Proverbs 3:27 says, "Do not withhold good from those who deserve it, when it is within your power to help them." Opportunities to help others often quickly slip away.

In Luke 22:27 Christ says, "Who is more important: the one serving or the one sitting at the table being served? Is it not the one at the table? But I have been with you as the one who serves."

.....Warren

Ref. Richard Warren

Sometimes I feel tiny and lost in this vast universe. Then I remember how loved I am by the One who made the stars and who knows me by name, and I can't help but to be overwhelmed with gratitude and wonder.

Homemade Salsa for Canning

6 pints

9.5 cups fresh tomatoes, diced 2 cups chopped onions
2 cups diced green peppers 10 cloves fresh garlic, minced
¾ cup jalapeno peppers diced (opt) ¼ cup white sugar
½ cup fresh cilantro, chopped 2 tbsp kosher salt
1 cup apple cider vinegar or plain vinegar

Add onion, green peppers, garlic, jalapeno peppers, sugar, cilantro, salt, vinegar, and tomatoes in a large stock pot.

Bring to a boil. Reduce heat and cook the vegetable mixture for 15 minutes. While salsa is cooking, sterilize the canning jars and lids.

When ready to can, fill jars to the neck of the jar. Wipe rim clean, place lid on and screw on cap tightly.

Place jars in a water bath canner filled with hot water to cover jars. Bring to boil. Boil for 15 minutes. Remove from canner and place on counter lined with kitchen towel.

Bask in the sunshine. It'll warm your heart.

Nana's Cucumber Salad

1 cup sour cream (small container)

1 TBSP vinegar

3 TBSP. sugar

salt, pepper to taste

thinly sliced onion

thinly sliced cucumber.

Mix cream, sugar, vinegar, salt and pepper together. Add onion and cucumbers.

Let stand several hours.

Lime Jello Salad

Small pkg. Lime Jello

1-19 oz. container cottage cheese

1-19 oz. can crushed pineapple 1 pkg Dream Whip

Drain pineapple, saving $3\frac{1}{4}$ cup juice. Add enough water to juice to make 1 $\frac{1}{2}$ cups liquid. Heat this to boiling add Jello, stirring until dissolved. Let set. Mash cheese and beat until soft. Make Dream Whip and fold in cheese, when Jello is set, whip together with cheese; fold in pineapple.

Pour into mould. Serve.

THANK YOU!

We would like to express a heartfelt thanks to the various contributors to this issue of the Stamford Newsletter!


Warren Trickey and Gloria-Jean Buczkowski

Thank you for your meaningful input and contributions, they truly add so much value to our wonderful newsletter, and to our community! <3

AROUND & ABOUT STAMFORD PRESBYTERIAN CHURCH MAY, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Fundraising Mtg – 10am	5	6 Session 7p	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19 Tuesday Tea – 2pm-4pm Board Mtg – 7pm	20	21	22	23 Plant Sale – 10am-noon
24	25	26	27	28	29	30
31 \$5 Lunch – Baked Mac & Cheese!						

AROUND & ABOUT STAMFORD PRESBYTERIAN CHURCH JUNE, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Fundraising Mtg – 10am	2	3	4 Session 7p	5	6
7	8	9	10	11	12	13
14	15	16 Tuesday Tea – 2pm-4pm Board Mtg – 7pm	17	18	19	20
21 Father’s Day Indigenous People’s Day 1 st Day of Summer 	22	23	24	25	26	27
28 \$5 Lunch – “It’s a Picnic!”	29	30				

Contact Us

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