

# STAMFORD PRESBYTERIAN CHURCH

June 2026 Volume 5, Issue 2.1



*Fatherhood is a blessing and a responsibility, a privilege to reflect the love of God the Father to your children.*

*- Tony Evans*

*Having one accepting adult in a 2SLGBTQIA+ young persons life, reduces their suicide risk by 40%.*

*Be that adult.*



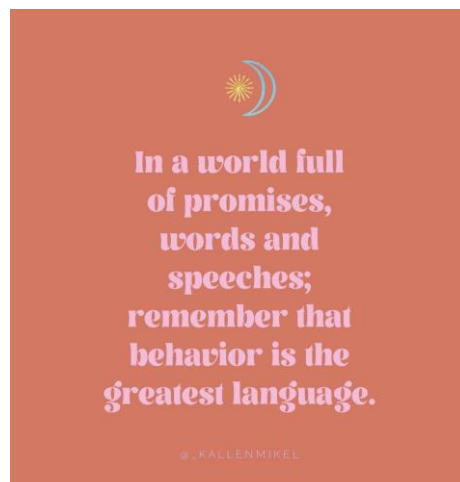
*Welcome, June!*

*"As May closes its chapter and leaves behind its lessons and light, a new month brings a new rhythm; a new breath, a new beginning.*

*May June offer you Courage, Strength, Confidence, Patience, Self-Love, and a deep sense of Inner Peace.*

*May each day arrive with Hope, Light, Warmth, and the energy you need to move gently forward.*

*Let this month hold space for Joy, Fun, and the kind of laughter that softens the edges of life."*



## ***Father's Day – June 21st***

Blessed is the man who trusts in the Lord, and who has made the Lord his hope and confidence. – Jeremiah 17:7

“In your eyes  
I’ve seen God’s love  
In your words  
I’ve heard His wisdom  
Through your life  
I’ve found his grace.”

This poem is my dad through and through. He never missed a soccer game or event when I was little, he read us stories with funny voices, he shared stories and conversation with any and everyone, and he would give the shirt off his back to help another. Everyone who knew him, knew of his love and steadfast faith in God. His last few years with us saw many challenges; endless hospital trips and so much missed from feeling unwell. During one particularly long hospital stay where he was in an induced coma, the doctors were sure he wasn't going to pull through. We refused to accept that reality, and when he did in fact, come back around, the first thing he said was “Trust in God.” Our family has held on to those words since that day, even through losing him 4 years later. We often speak of how frustrated he would get with being in and out of hospital because as he said – “God saved him for a reason, how was he supposed to do what God needed him to do when he was always getting sick?” Little did he know he was doing **exactly** what he was meant to do. By sharing his story of how sick he was and how God saved him, he was having more of an impact on those around him than he ever could have realized. I've heard many times how much he helped other men open up at the men's bible studies with Trevor VanNest. He made people feel comfortable and safe to speak of their own feelings, and to share their own stories. His kindness, faith, trust, and love was a testament to the love and glory of God. In his eyes, I could see God's love; in his words, I heard God's wisdom; through his life, I've found God's grace.

Wishing a happy Father's Day to the amazing Dad's and father figures of all kinds, and to those praying to be Dad's. To those missing their dads a little extra at this time, I send you my love and pray you find comfort in knowing they're with our Father in Heaven, watching over us, until we meet again.

# Father's Day Word Search

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



CARD  
CARING  
CELEBRATE  
CHILDREN  
DAD  
FAMILY

FATHER  
GIFT  
HOLIDAY  
JUNE  
LOVING  
PARENT



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*“Life is what happens while we are making other plans.” –*

*Allen Saunders*

## Prayer for my Children - a prayer from a father, to our Father

Heavenly Father,

*With all the love in my heart, I lift my children up to You. You know their every need, every dream, and every challenge they face. I ask that You wrap them in Your loving arms, guide their steps, and protect them from harm. Fill their hearts with Your peace, their mind with wisdom, and their lives with purpose. May they always feel Your presence, knowing that You are their strength in times of need. Help them to grow in faith, love, and kindness, and may they always seek Your will in all they do. Bless their paths and lead them toward the bright future You have prepared for them.*

*In Jesus' Name, Amen.*

## **Indigenous People's Month**

June is National Indigenous People's Month. It is crucial, however, that as a church and as a community we recognize, acknowledge, and learn about the impact we have had on these communities and do what we can to make amends and do better going forward every day. As a congregation within **The Presbyterian Church in Canada**, Stamford Presbyterian Church is called not only to hospitality, but to justice.

*How can I do that?*

- *Listening before speaking*
- *Learning before leading*
- *Repairing before defending*
- *Never assuming - always asking respectfully*

*Below is a framework of **Dos and Don'ts for Indigenous Cultural Safety**, grounded in a human rights lens and rooted in the call to respect and reconciliation. This approach aligns with the spirit of the **Truth and Reconciliation Commission of Canada Calls to Action** and the human rights protections affirmed in the **Ontario Human Rights Code** and the **United Nations Declaration on the Rights of Indigenous Peoples**.*

**DO**

- 1. Do Lead with Respect and Humility**
- 2. Do Ground Your Practice in Human Rights**
- 3. Do Honour Self-Identification**
- 4. Do Practice Meaningful Land Acknowledgements**
- 5. Do Commit to Ongoing Education**
- 6. Do Create Safe Participation Spaces**

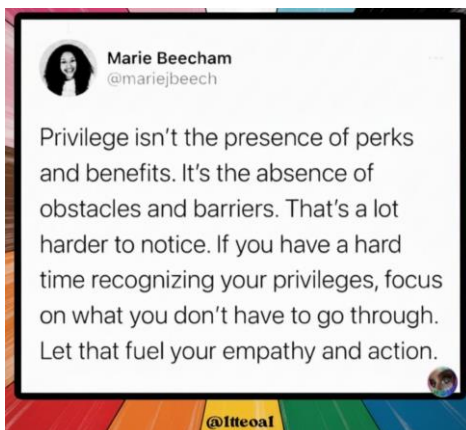
**7. Do Address Harm Promptly**

**DON'T**

- 1. Don't Assume**
- 2. Don't Tokenize**
- 3. Don't Minimize Lived Experience**
- 4. Don't Appropriation**
- 5. Don't Center Defensiveness**
- 6. Don't Confuse Equality with Equity**

*Reconciliation is not symbolic. It is relational.  
It is sustained through humility, policy, education, and courage.*

*Special thanks to Leila who shared this meaningful and helpful information for us!*



*“No matter what anybody tells you, words and ideas can change the world.” – Robin Williams*

## *Pride Month*

The Presbyterian Church in Canada is called to reflect the love, grace, and justice of Jesus Christ. We believe that every person is created in the image of God and is worthy of dignity, respect and love.


People often ask, “Why do we need Pride Month?” or “When do we get Straight Pride Month?” The answer is simple: members of the 2SLGBTQIA+ community continue to face discrimination, bullying, hate crimes, barriers to healthcare and threats to their basic human rights. Pride is not simply a celebration, it is a reminder that many people still do not enjoy the safety, acceptance and equality that others take for granted.

The tragic story of Matthew Shepard, who was murdered because he was gay, reminds us why visibility, advocacy and inclusion remain so important. Sadly, his story is only one among many.

As followers of Christ, we are called to love our neighbours and stand with those who are marginalized. Jesus consistently welcomed those whom society excluded, and we strive to do the same.

At Stamford Presbyterian Church, everyone is welcome. Regardless of sexual orientation, gender identity, gender expression, race, age, ability or background, we seek to be a community where all people can experience God's love, acceptance and belonging.

Supporting Pride is one way we live out our faith by affirming the dignity and worth of all God's children.

For a quick “lighter” sample of why pride matters, here’s a link to a “catchy” TikTok video that shares what rights members of the trans community have in the various countries around the world. (Shout out to Canada here!) 

<https://vt.tiktok.com/ZSxJmabeY/>

*Life is an echo. What you send out, comes back. What you sow, you reap. What you give, you get. What you see in others exists in you.*

*Zig Ziglar*

## WARREN'S THOUGHTS

### THE CHURCH IS A FAMILY

The church not only helps us center on God, it also helps us connect with other believers. God did not put us here to live an isolated life. While we're here on Earth, God wants us to learn to love other people. Romans 12:5 says, "In the same way, we are many people, but in Christ we are all one body. We are the parts of that body, and each part belongs to all the others."

Each of us finds our meaning and function as a part of his body. Spiritual life would be more difficult if disconnected from the family of God. We need each other if we want to grow spiritually and fulfill God's purpose for our lives.

A study on mental health discovered that if you isolate yourself from others and don't develop close friendships, you are more likely suffer physical and mental problems, and even to die an earlier death. So for our own mental and physical health, we need to be a part of the family of God.

Ephesians 2:19 says, "You are members of God's own family . . . and you belong in God's household with every other Christian."

.....Warren

Ref. Richard Warren

**June is a busy month of awareness and celebration, including Indigenous Peoples Month and Pride Month. It is also PTSD Awareness Month and Men's Health Month.**

**PTSD can affect anyone who has experienced or witnessed trauma, including veterans, first responders, survivors of abuse, Indigenous Peoples impacted by residential schools and intergenerational trauma, members of the 2SLGBTQIA+ community who have experienced discrimination or violence and many others.**

**As Christians, we are called to walk alongside those who are hurting, offering compassion, understanding and support. PTSD is often an invisible struggle and healing takes time, patience and community.**

**This month, let us remember those living with trauma, pray for healing and hope, and strive to create a community where all people feel safe, supported, and loved.**

**Men's Health Month is an opportunity to raise awareness about the physical, mental, emotional and spiritual well-being of men and boys.**

For too long, many men have been told to "tough it out," stay silent, or carry their burdens alone. These stigmas can prevent men from seeking help, talking about their mental health, accessing medical care or reaching out when they are struggling.

At Stamford Presbyterian Church, we encourage the men in our community to smash the stigma surrounding men's health. Strength is not found in silence, it is found in honesty, connection and the courage to ask for help when needed.

As people of faith, we are reminded that we were never meant to walk life's journey alone. This month, let us support the men in our lives, encourage open conversations, and pray for health, healing and wholeness for all.

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."*

*– Martin Luther King Jr*

## **Fundraising Efforts**

Our annual plant sale this year brought in over \$500, despite the rain and smaller turnout than we'd hoped – thanks to the generosity of those who did come by, as well as our own congregation who purchased on the Sunday!

On Sunday May 31<sup>st</sup>, our "\$5 Mac & Cheese Lunch" brought in an amazing \$355 for "Help Kids Shine" – supporting Niagara Children's Centre in honour of Sophie.

This congregation's generosity continues to inspire and warm the heart and soul. Thank you to each and everyone of you for always showing up in whatever capacity you can – for your friends, your family, and your community. What a blessing you truly are!

## **UPCOMING EVENTS**

Our \$5 "picnic" themed lunch is now going to be a **(FREE)** BBQ!

Join us OUTSIDE (weather permitting) for a lovely BBQ – hamburgers, hot dogs, salads, and dessert! Celebrate the start of summer with our beautiful congregation and delicious foods!

If you are willing/able to make a contribution to the BBQ (salad, buns, condiments, etc.) please contact the church office, either by email anytime or by phone during office hours.



*“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” - Ephesians 4:32*

## **COLLECTIVE**

**Collective** is a spirit-filled gathering for youth, young adults, and their leaders—a space to grow in faith, build community, and reflect on shared experiences. Throughout the event, there will be times for everyone to be together, as well each group has dedicated programming designed to inspire, challenge, and equip them. Every day is filled with worship, recreation, discipleship groups, interactive workshops, and of course, delicious meals.

The Presbyterian Church in Canada (PCC) and The United Church of Canada (UCC) came together for hosting this joint event. This partnership was born from the rich traditions of PCC’s Canada Youth and UCC’s Rendez-Vous events, uniting two vibrant communities in a shared vision for the future. With this, hopefully participants can focus more on our similarities than differences to work collaboratively for the Kingdom of God.

Pastor Nehemia, Leila, and Robin will be working at this wonderful event, and registration for the Collective has been extended to June 30<sup>th</sup>!

For more information or to register, check out the link below!

<https://www.collective-gathering.ca/>

*Jeremiah 29:11: For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.*

## **DONATIONS**

**Pop Cans** - We are still collecting pop cans for Wilma’s grandson! They can be left in the upper hall, under the coat rack.

**Stamps** – As we have had some used stamps left by the office a couple of times, I’ve have managed to track down where they can go! So, if you have used stamps, please feel free to leave them on the table outside of the office, and once there is a large enough collection, I will get them sent off! – In case you’re wondering, they go to the Canadian Bible Society, located in Toronto.

**Treasure Trove** – Do you have any gently used items that would make a great gift? Consider donating them for this years Treasure Trove at Ye Olde Christmas Shoppe! – New/like new items only please!

**Silent Auction** – Do you or someone you know have a business that could donate something for our silent auction at PumpkinFest? I know we're only in June, but time has a funny way of sneaking up on us! It is our hope to have the most successful PumpkinFest to date, and the silent auction is a big part of that success! We would love to see some fresh new items in this year's auction – with a variety of price ranges to be accessible for all. – New items only please, gift cards/certificates gladly accepted!



### **Honey Bran Muffins**

1 cup natural bran 1 cup buttermilk  
1/3 cup margarine or butter 1/2 cup brown sugar  
2 tbsp honey 1 egg  
1 cup flour 2 tsp. baking powder  
1/2 tsp. baking soda 1 tsp. salt

Soak bran in buttermilk while preparing the rest.

Cream butter and brown sugar, then beat in honey and egg. Add  
the bran mixture.

In a separate bowl, stir together the flour, baking powder and  
soda and salt.

Add dry ingredients and stir until moistened.

Bake at 375\* for 15-20 minutes. Makes 9 – 12 muffins.

Raisins, nuts or chocolate chips can be added, but they are great  
just plain.



## Apple Cinnamon Muffins

1/2 cup butter or margarine 3/4 cup white sugar

1 egg, beaten 1 cup buttermilk

1 tsp. salt 1 1/2 cup diced apple

1 cup flour 3/4 cup whole wheat

flour

1 tsp. baking soda 1 tsp. cinnamon

TOPPING: 1 tsp. cinnamon 2-3tbsp. white sugar

Blend margarine, sugar, and egg until smooth. Add buttermilk,  
salt, apples and mix well.

Stir together flour, soda and cinnamon. Add to buttermilk mixture,  
stirring only to moisten.


Spoon into muffin greased muffin tins and sprinkle with topping.

Bake at 375\* 20 minutes.

Makes 14 good-sized muffins.

Great with your morning coffee or afternoon tea.

## AROUND & ABOUT STAMFORD PRESBYTERIAN CHURCH JUNE, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Fundraising Mtg – 10am	<b>2</b>	<b>3</b>	<b>4</b> Session 7pm	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Communion Sunday	<b>15</b>	<b>16</b> Tuesday Tea – 2pm-4pm  Board Mtg – 7pm	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Father's Day  Indigenous People's Day  1 <sup>st</sup> Day of Summer 	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> BBQ Lunch – Outside!  New Members Sunday	<b>29</b>	<b>30</b>				

### Contact Us

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<https://pccweb.ca/stamfordpresbyterian>