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June 3, 2021



By Rev. Katy Walters

One of my friends posted that she was going to do a "Joyful June," and I thought, "golly, that's a grand idea!" I love the idea of training my mind and my heart to seek joy in the big and small moments. She posted the image below from **Action for Happiness**. Action for Happiness is a movement of people committed to building a happier and more caring society. They "want to see a fundamentally different way of life - where people care less about what they can get just for themselves and more about the happiness of others."

They seek to "bring together like-minded people from all walks of life and help them take practical action, drawing on the latest scientific research, and are backed by leading experts from diverse fields including psychology, education, economics and social innovation." Members of the movement make a simple pledge in joining: "to try to create

So, all set for joy, I printed out the calendar last week, and hung it on the bathroom mirror. The only thing that stood between me and my “Joyful June” was the last weekend of May!

And then, my beloved cat went missing over the weekend. The first day of June found me frozen in fear for my beloved furry feline. As I looked at the task for the day, *“Decide to look for what’s good every day this month,”* I tried to smile while tears streamed down my face. How could I even try to find a sliver of joy with Milo missing?

On the second day of June, I was encouraged to *“say positive things in your conversations with others.”* I wondered aloud if the person who wrote this calendar had ever worked in the “real” world, or attended as many back to back zoom calls some of us have daily. I found the day especially trying to say or stay positive as I was in this whirlwind of grief from the MIA cat and the news that my uncle is accompanying his beloved wife in her final days here on earth. And then, after a long day, chock full of meetings, I walked into my apartment and discovered the guest bathroom was flooded from the AC unit.

I really didn’t have anything positive to say that evening as the clocked moved towards midnight, the temperature crept up to 80 degrees and the blessed emergency maintenance man used his super loud tools to amend the situation. I was very far from feeling joyful.

Just as I thought, “so much for Joyful June,” the words of the psalmist crept into my ear: *“Weeping may linger for the night, but joy comes with the morning.”* Psalm 30 reminds us that God has a tendency for transforming weeping into joy, darkness into light, even death into life. The psalm neither presents suffering as something that one should seek out, nor something that God desires for God’s own or takes delight in seeing among God’s creation. What it does seem to say, however, is that suffering happens in life, perhaps for no clear or good reason, and that it is not an indication of abandonment by God.

Pain, grief, sorrow, dis-ease, weeping; they last for a time, a season, a night. God’s hope, promise, resurrection life, and joy do come. Maybe not in the time we desire, but in God’s own time.

My instructions for today’s Joyful June?

*“Re-frame a worry and try to find a helpful way to think about it.”*

Ha!

In the midst of these rough few days, God remains present. In family and friends who offer prayers, in kind words from co-workers, and even in dreary weather, sprinkled too with moments of sunshine. Whether you’re leading the Joyful June Train or joining me in the caboose, we remember God is in it all.

Thanks be to God.

*Prayer: We sing praises to you, O God of All Creation; we give thanks to Your Holy Name. We hold fast to the promises of Your mercies made new each morning. May we remember in our weeping in the night, that Your joy will come. May we hold onto Your hope, Your goodness, and Your love. In Jesus’ name we pray, Amen.*

Joyful June 2021



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy



28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

# THIS WEEK IN WORSHIP

[Click Here for this Week's Bulletin](#)



FOREST HILLS  
PRESBYTERIAN CHURCH

# Name Tags

New Magnetic FHPC  
Member Name Tags  
\$7.00 per tag

Our Fellowship Committee is working on new name tags for our church body. After a year of only seeing half of our faces, these new magnetic name tags will help us greet one another by name. Place your order online or in-person using the form provided and pay online or through check/cash.

**Cost is \$7.00 per nametag.**

*Please let Rev. Katy Walters know if you need financial assistance towards your name tag.*

[Click here for the online order form.](#)

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(Stay tuned for more information - there is a rain plan if need be!)



## WORSHIP SURVEY

On behalf of the Worship Committee, we appreciate you taking the time to fill out this short survey regarding comfort levels in returning to worship and returning to singing in worship.

This survey is anonymous and the data collected will be given to the Session. Thank you.



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A graphic for the Gamesters event. It features a large blue rectangle on the left with the text "LET'S PLAY." in bold yellow letters. To its right is a vertical orange rectangle with a pattern of white right-pointing chevrons. Below these are three smaller rectangles: a yellow one on the left with the text "THURSDAY JUNE 17, 2021 11:30 AM", a central orange one with the chevron pattern, and a blue one on the right with the text "GAMESTERS BRING YOUR LUNCH AND JOIN US EVERY THIRD THURSDAY".

The Gamesters are back and ready to play! Bring a sack lunch, any game to play, and join in the fun the Third Thursday of the month, beginning **Thursday, June 17th at 11:30 in the CWNC Building.**

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A collage of three photographs showing men with children. The first shows a man and a boy with a baseball bat. The second shows a man holding a baby. The third shows a man with a baby on his shoulders. To the right of the photos is a light gray box with the text "FATHER'S DAY" in large green letters and "Send us your pictures." in smaller gray letters below it.

On June 20th, Father's Day, our Sunday Worship will acknowledge the men in our lives who have encouraged us in our faith journey. We're asking for submissions of pictures of fathers, grandfathers, step-fathers, sons, uncles, men who have played a role in our life. In sending your picture, please identify who is who in the photo.



Forest Hills Presbyterian Church

**VBS**  
**2021**

# You've Got a Friend in Me!

July 26-29 from 6:00-8:00 pm  
Dinner is served from 5:30-6:00 pm.



VBS is happening! This year's theme is "You've Got a Friend in Me." Here's how you can help us ensure this is a faith filled week of fun:

- Volunteer to help! We need greeters, group leaders, assistant group leaders, station helpers, nursery, set up and clean up helpers
- Donate an item from the Giving Tree (located in the narthex) or from the Amazon Wishlist
- Collect small 12 oz Gatorade bottles (with lids) and cardboard boxes no smaller than 8x10 inches and no larger than 10x14 inches

Click below to view the 2021 VBS Amazon Wish List

[VBS Amazon Wish List](#)

Please place donations in the narthex no later than July 11. Contact Emily or Cami to volunteer or for more information.

To register for VBS, simply click on the button below!

[Register Here](#)

## Birthdays & Anniversaries

Happy Birthday to Heather Mikel and Tyler Moore.

Happy Anniversary to Pat & Susan Dullnig.

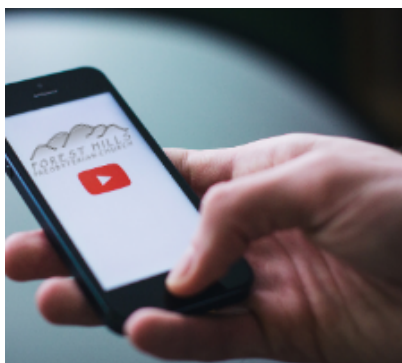




## Submit your prayer requests here.

You can also join our weekly prayer email by clicking below.

[Send requests or sign up here.](#)



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# Online Giving

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